

# The Banner

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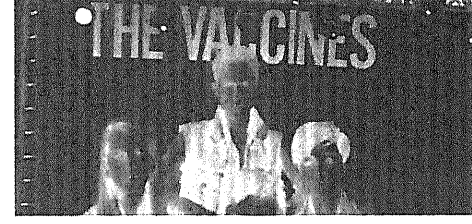
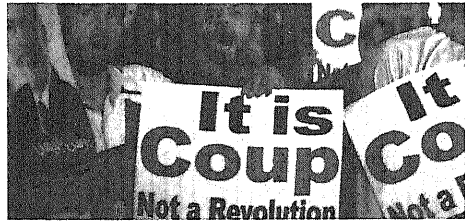
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## Student Elections: A Quiet Revolution or A Quiet Civil War?

*Early Evidence from Inside Student Government Points Towards Infighting Rather than Policymaking*



Photo Credit: Lucy Farfan-Narcisse

BY JEREMY PASKER

The past election for seats on CSI's Student Government became a quiet revolution. Ten students ran for office under the same informal alliance; all ten were elected. It all unfolded under "Team Pi," the name given to the would be "revolutionaries."

Before deciding to run, a few of the

newly elected party of ten banded together and spoke about election guidelines, election etiquette, and election bylaws. Each of them came away from the discussion unappreciative of how those values were practiced by some of last years elected leadership.

Coincidentally, the same day of their unofficial group meeting, like Guy Fawkes

plotting beneath the tower of London, was also the international day for Pi, March 14, 2013. The discussion motivated the group's decision to eventually run for office.

The group of ten also managed to get an ally, Brian Murphy, recently elected to the Campus Activities Board or CAB. His official

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## New Government? New Vision?

*Student Government President Andrea Curry Talks God, Transparency, and Teamwork*



Photo Credit: Lucy Farfan-Narcisse

BY LUCY FARFAN-NARCISSE

The new Student Body President would like Student Government to work as a team and become more transparent to students by enabling them to have a voice, being more involved on campus and teaching them how to lead.

The Banner recently had the opportunity

to meet with recently elected Student Body President Andrea Curry, a senior, student leader and double major at CSI.

**The Banner:** What are your personal and professional goals this year?

**Andrea Curry:** I have a lot of plans. Professionally, I would say that it definitely has to do with making sure that Student

Government comes together as a team. That we are not just singled out and alone trying to do things all by ourselves but that we work together so that Student Government is more transparent to students. Personally, I would say that my plans are to maintain organization and make sure I keep up with all my obligations. As well as take care of my own personal writing because I am currently trying to write a memoir. I want to try to put something together and to hopefully send it into a publisher within the next year, that is definitely one of my personal goals.

**TB:** Could you elaborate more on your meaning of transparency related to SG?

**AC:** Transparency meaning that SG will have more involvement face-to-face with students. To have students know who the Student Government is and that they are able to have a voice with us and know that they can come and approach us. I want to make sure that students know what's going on and what their representatives are fighting for.

**TB:** What do you feel you have to offer the Student Body and what concerns do you have

*Continued on page 4*

## NYPIRG Sweeps Coney Island

*Students from CSI work with NYPIRG Project Coordinator to restore Coney Island Beach*

BY LUCY FARFAN-NARCISSE

The eastern coastline of New York City received a helping hand as the New York Public Interest Research Group Project Coordinators and students participated in a City Wide Beach Clean-Up Day in Coney Island on Friday, July 26.

Volunteers represented the College of Staten Island, Brooklyn College, Hunter College, Bronx Community College, Borough of Manhattan Community College and Queens College which are the only schools that presently have NYPIRG summer chapters.

NYPIRG Project Coordinators Ben Fraimow and Kateri Turner were the two principal organizers for this event. They are making waves and creating awareness this summer in local communities by making beaches a safer and cleaner place to enjoy.

"Part of Beach Clean-Up is enriching the general quality of life but a larger portion of it is safety," said Andrew Oppenheimer, Project Coordinator of the New York Public Interest Research Group at the College of Staten Island. "Coney Island generally appears like it is clean but as we were cleaning we found so much garbage there, so many pieces of glass and cigarette butts which is so disgusting to walk through."

During the clean-up the students witnessed firsthand the danger and reality of having broken glass on a public beach as a first aid van came to assist a man who had stepped on a piece of glass. This occurrence acted as a visual reminder of the importance and necessity of beach clean-ups to ensure the safety and well being of a community and all of its inhabitants.

"Beach Clean-Ups are beneficial to everyone especially for kids," said Junior Monica Sibri, a Political Science and International Studies Major at the College

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OUR OFFICE IS LOCATED AT 2800 VICTORY BLVD. BUILDING 1C, ROOM 228, STATEN ISLAND, NY, 10314. OUR NEWS BUREAU CAN BE REACHED AT (718) 982-3116 OR BY E-MAILING OUR EDITOR (The.BANNER.CSI@gmail.com) OR BY FAXING US AT 718 982-3087.

FOR ADVERTISING INFORMATION DIAL 718 982-3116.

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## LETTERS FROM THE EDITOR

Welcome back to another academic year at the College of Staten Island. As the Editors-In-Chief of the campus newspaper, The Banner, we, Amanda Granberg and Daeyung Lee, are looking forward to supplying the CSI community the most relevant and current campus news including Politics, Arts & Entertainment, Lifestyles, and Sports.

This year marks the twentieth year The Banner has been in print. Looking back through our archives we have seen our newspaper grow with the ever-changing campus, and student body. Just as the front page has changed and the articles have become more modern, The Banner is looking at another year of becoming more connected with the CSI community.

With every new academic year, the campus changes with new policies, governments, and opportunities. Therefore, The Banner changes to share the news that happens in the background during classes, finals, and cram sessions.

We would like to hear from the student body about their experiences at CSI after all our reporting is for you.

Last year, The Banner was blessed with an incredible staff that worked tirelessly to publish 16 issues, filled with breaking stories, and complete with examples of journalistic writing.

Amongst our top stories were the changes to the loop bus, the emergence of CUNY first, the creation of new dormitories on campus, and the conflict behind the Pathways Initiative. We expect that these stories will be revisited throughout the year to keep up to date but that more recent and relevant news also appears.

Inside of our paper you will find a variety of content. Our Politics section can inform you on what is currently happening in our government as well as overseas. Our Arts & Entertainment section will cover everything from music festivals to video game reviews. The Opinions

section will challenge your current outlook on a variety of topics and perhaps give you some insight on others. The back page Sports section will keep score of the CSI Dolphins many sports teams. And as always, Sex in the Island will continue to provide a scandalous read.

We at The Banner believe that CSI students should maintain their priorities toward excelling in academics. However, it is also essential to become aware of news that continues to change our lives on campus. Taking a five-minute break from studying in the library, using the ten minutes before a professor shows up to class, or thirty minutes parked sideways in a lot waiting for a class to get out, spend time on the front page of the student run newspaper. Understand how the Pathways Initiative can change the value of your degree, learn about the variety of clubs CSI has to offer, read about the plans Student Government has to ease the daily grind of school.

Becoming familiar with the ins and outs of campus life can provide invaluable insight to your college experience while allowing us to feel as if we belong to a real community. The adventure and thrill of college escapes when students fall into routine of going to school and going back home without really getting involved.

Beyond that, we encourage students to get immersed into the different programs, internships, and clubs. While it is important to maintain high grades, it is equally important to receive experience in different careers and fields for the future.

The campus offers a variety of different internships for students of all majors. As a newspaper, our staff mainly consists of aspiring journalists, but we can also use students of all majors such as biology majors for a health and wellness piece or economy majors for a business related article.

For this year, we hope to bring you more news centered around events happening on campus. This means we will be more involved with the Campus Activities Board as well as Student Government.

While giving you information on events happening on campus we also believe it is beneficial to cover upcoming events to keep the student current. We would also like to focus on publishing more articles about opportunities happening on campus such as job offerings, internships, and specific programs.

As aspiring journalists, it is important for us to relay the most important and crucial information. As college students, this information takes the form of opportunities that will benefit us once we are ready to move on in life with our degrees whether it be liberal arts or the sciences. As the student newspaper, it is critical that we spend time learning about the advantages we have as students at CSI.

Because our responsibilities seem endless, we are never turning down students who are willing to take pictures, write, or just get involved at our office.

We offer internships for college credits for those looking forward to a major in media. However, as a club and publication on campus, we also offer an office where you can talk amongst your peers, get involved, and become more than a college student.

Again, we hope the year goes by without too much stress despite the fact that college classes are meant to be challengingly stressful. We hope to see more interested students walk in and contribute to their newspaper.

As always; Daeyung, Amanda, or one of the staff writers can be contacted in the Campus Center, building 1C room 228. Meetings are always held during club hours on Thursdays from 2:30 to 4:30 PM.

## New York City's Beloved Boardwalk Fights Off Litter CSI's NYPIRG Combs Coney Island Beach



Photo Credit: Lucy Farfan-Narcisse

**Top Left: Following Hurricane Sandy, the Coney Island amusement park, Astro Land, has returned fully operational**

**Bottom Left: Trash is quickly bagged along the boardwalk to help restore and beautify the beach**

### "Beach Clean Up"

*Continued from front page*

of Staten Island. "During the summer families go to the beach because it's cheap and free and it is more of a family gathering. I wouldn't like kids walking around stepping on pieces of glass and having to take them to the emergency room."

The NYPIRG Chapter at CSI offers students an opportunity to become active members or earn college credits through internships. The internship teaches the necessary skills and training needed so students may run their own Grass Roots

campaign or become public advocates.

The New York Public Interest Research Group began in the early 70's as a way to advocate student rights and important issues such as: Higher Education Affordability, Hunger and Homelessness Outreach, Clean Air and Energy Recycling, Straphangers Campaign in Mass Transit, Consumer Protection Project and Voter Mobilization Rights.

Oppenheimer has big plans for the upcoming fall semester such as the NYPIRG General Interest Meeting on September 17, 2013 in the Green Dolphin



Photo Credit: Lucy Farfan-Narcisse

**Top Right: A faux palm tree adds fun to the beach as a sprinkler for beachgoers looking to escape the salty water**

**Bottom Right: NYPIRG on a break on the Coney Island boardwalk after a vigilan day of cleansing the beach**

Lounge. It will be an informative and interactive meeting that will offer students a sampling of everything NYPIRG works on.

"I would encourage other students to get involved and volunteer because it is rewarding for yourself and at the same time you are able to give back," said Sibiri.

The New York Public Interest Research Group will also assist students in early October by registering them to vote for the upcoming mayoral elections. Oppenheimer hopes to have another successful Trick or Eat event around

Halloween where students dressed in festive costumes conduct a door-to-door food drive where all donations collected will go to Project Hospitality on Staten Island.

A graduate of CSI Oppenheimer credits a visible improvement in his grades, focus and a network of support and friends due to his involvement and the volunteering he did on campus.

"If you care about an issue or problem and you see other students doing something about it don't just leave it on them, get involved and help out."



Photo Credit: Lucy Farfan-Narcisse



Photo Credit: Lucy Farfan-Narcisse

**The Banner is now offering INTERNSHIPS to CSI students. Internships last one semester and give students the opportunity to learn about media. Interns will work a minimum of 12 hours per week, and can focus on:**

- Blogging
- Editing
- Photography
- Graphic design
- Layout & production
- Reporting
- Web design
- Fact-checking

**Visit us and EAT FREE PIZZA on Thursdays, 2:30-4:30, at 1C-228  
Or contact us: (718) 982-3116  
E-Mail: the.Banner.csi@gmail.com**

## "Student Elections" Continued from front page

title: "Coordinator of Special Events."

"I guess you can say I was indirectly voted in," said Murphy. "Because the CAB board voted me in."

CAB is responsible for controlling student trips and the associated funds that are divided amongst student sanctioned events, such as the trips to Six Flags, the many carnivals and barbecues outside the IC building, and the parties held in the Green Dolphin lounge.

That would make a total of eleven members selected, in some capacity or another, to student power under one single coalition.

The quiet revolution was not without its controversy. The recent election was plagued with allegations of fraud and improper electioneering.

A casualty of those accusations was, now senior psychology major Paula Szwaczka, who, at the time, was running for Student Government President. She was disqualified from competition before the votes were finally tabulated.

The revolution was quiet but it wasn't seamless. It did not happen without resistance. During those same elections, there were eight students running opposite team "Pi". Only seven of whom were elected (the odd woman out was Szwaczka), and none of the seven hold a Presidential seat.

But all the affiliates of the opposition group hold Senate seats, and Senatorial duties allow for influence over several commissions and committees. Student Government commissions are responsible for running singular issues on campus.

For perspective, the election commission is informally the marketing arm of Student Government and heading that committee will be Sophomore Senator Dea Aga, a key figure amongst the opposition.

"I'm focusing more on making people vote. In order to achieve that, I'm going to make SG popular," mentioned Senator Aga.

"If everyone knows what Student Government does then more people would be interested in being a part of it, and by more people being interested, the more votes we will get."

It sounds as if constituent support will be fundamental to their opposition tactics. The ideas of a popular coalition are harder to dismiss by CSI faculty and its voters.

"My team and I are discussing various



Photo Credit: Lucy Farfan-Narcisse

**President Andrea Curry was recently elected after heading the "Team Pi" a political alliance between ten Student Government candidates**

ways on how to [garner interest from voters]," she continued to say. "However, we have some ideas in mind already."

Aga denied to elaborate further on what those ideas are since she is unsure what the mood might be amongst her SG colleagues. She fears that there might be some opposition, deciding instead to wait for the first Student Government meeting of the school year, on August 29, to officially unveil them.

Aga is relying on being noticed by potential voters at CSI to persuade her contemporaries on SG onto her side.

What she did mention was her team's "hope" that, by the next election, would be to see a "decent amount of votes" (more than the

450 or so total students that voted last time) and "full recognition [of SG] by the student body."

In the end she hinted at teaming with the overlapping members in CSI clubs, wishing to form a coalition amongst them, as well.

"But I will say, I'm planning to work with all the clubs. They know people," she said with a chuckle. "The people they know [also] know people; and hopefully, in the end,

everyone knows everyone."

The disqualified ex-Presidential candidate, Paula Szwaczka, instead intends to participate on Senator Dea Aga's election commission as a Student-At-Large. The "at large" position is a liaison between the voters and those elected.

Paula Szwaczka is fine with Andrea Curry's leadership as SG President but lacks a similar trust in Vice President Monica Sibri. "I feel like [VP Sibri] is voting 'no' on things for her benefit and doing it because of the personal issues she has with that [other] person," insisted Szwaczka.

But the newly assumed Vice President, and vocal leader on team "Pi," Monica Sibri,

avoided confrontation and stayed on message. She maintained that having students participate fully in the weekly affairs happening at CSI as paramount to her agenda and legacy while here.

"I would love for students to come to meetings and contribute their opinions, raise their concerns [in front of the committee, their elected representatives]," declared Vice President Sibri. "Students aren't aware meetings are open to the public. There were school programs last semester and no one knew about them."

And she brought into question the amount of money paid to members on Student Government. She referred to those as the two key issues inherited by this year's class of elects.

"I want [cash] payments to reflect the amount of work done," said VP Sibri. "Clearly, there is a misunderstanding of what needs to be enough work to get paid."

There is a lot of opposition by other members within SG against it, but according to VP Sibri there is a need to change the criteria for distributing the stipends (paychecks for participating on SG).

CSI Government elect Sibri is ineligible to receive payments for her office contributions due to her undocumented status.

Speaking on her coalition to run for office at the college, Andrea Curry acknowledged "Team Pi's," varied ideology but is confident it won't have an adverse affect on CSI.

"We are all very different, but we all care about CSI and wanna make a difference," SG President-Elect Curry added. "That's what brought us together and it is what will push us to do all we can for the students here at CSI."

So far, this summer, there have been three student government meetings, one on June 7, one on June 21, and another on July 23. All Student Government meetings are held during Thursday club hours (between 2pm and 4pm in building 1C, room 221, every two weeks).

While the story makes for clever headlines and good laughs, the constant focus on Weiner's privates, ahem - private life, has diverted attention away from the campaign issues that matter.

Do you have any idea where the candidates for mayor stand on hot topic issues such as job creation, education, the environment, immigration, transportation, or health care?

Do you even know who the candidates are?

The truth is if you answered "no" to either of those questions you are not ready to make an educated decision voting in your party's primary on September 10, a possible runoff on October 1, or the final election in November.

If you want to be prepared, you're going to have to take the initiative and dig deeper than the local tabloids.

A great place to start is [www.decidenyc.com](http://www.decidenyc.com), which is simple to navigate and has a ton of easy to understand information on all of the city's local elections.

"We believe that you, New York City voters, want and need clear, organized, and accessible information," states DecideNYC's homepage. "And that if we provide it, you will use it...to decide who you trust with your vote in the 2013 NYC elections."

If you want to become more aware of where the Mayoral candidates stand on issues that affect our borough specifically, such as the Island's toll dilemma and our traffic and public transportation woes, then pick up the Staten Island Advance every now and then or log onto their website at [silive.com](http://silive.com). Both have been covering all Mayoral candidate visits to the Island and focusing on their stances on Island related issues.

As the summer winds down and the City cools off, the political scene will be heating up. Make sure you are armed with the information you need to sift through the undue attention being given to a candidate who may very well not be standing erect after his party's primary.

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# BANNER POLITICS

## A Weiner Exposed, Your Privacy Disclosed, and a President Deposed

*This Summer's Hot Local, National, and International Political Headlines*

BY JOHN FALCONE

### Locally

Sexting his way to the front pages of papers across the city, Anthony Weiner, and his namesake, have dominated the local political headlines this summer.

Weiner has made it clear that he has no intention whatsoever to withdraw from the race for the mayoralty of New York City, despite the absolute media circus that has ensued since his text tryst with Sydney Leathers was exposed.

Journalists, radio talk show hosts, and TV personalities have been having a field day with the endless amount of puns, one-liners, and dirty jokes that the whole Weiner sexting scandal so easily provides.

While the story makes for clever headlines and good laughs, the constant focus on Weiner's privates, ahem - private life, has diverted attention away from the campaign issues that matter.

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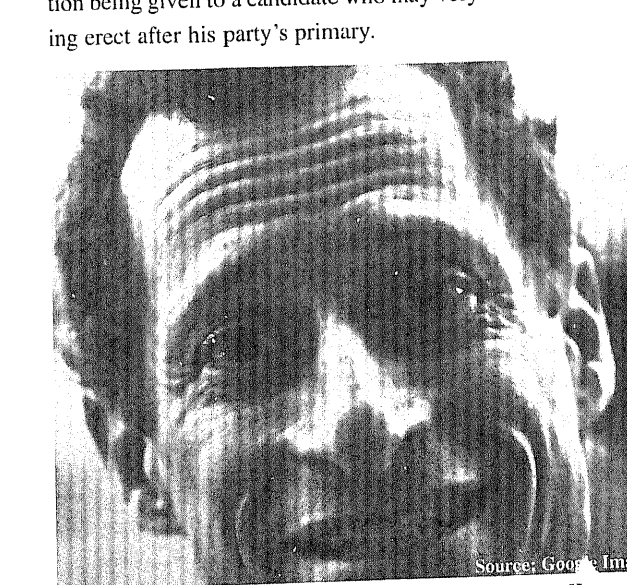
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Tired of only seeing Anthony Weiner's face all over the local news? A Google Image search will provide you with some revealing results.

### Nationally

Got privacy? You may not, but the real question is should you care?

It is possible that last night, while you were home browsing the Internet for the cheapest way to get your textbooks for this semester, your activities were being recorded.

Thanks to information leaked by the now infamous Edward Snowden about National Security Agency (NSA) dragnet computer programs, such as XKeyscore, a debate about "how far is too far" has arisen with regards to the information gathering abilities of our nation's security agencies.

Snowden himself has made headlines this summer, most recently with the news that he was granted one year's temporary asylum in Russia. But, the opinion sections of newspapers have also been busy picking away at the moral debate over the violation of privacy that these spy programs represent.

The aforementioned program, XKeyscore, has the ability to monitor the everyday web activities of any web user utilizing the servers it monitors. The information is then indexed and stored, creating a searchable database. While we now know that the program was monitoring servers in other than the countries, the real controversy arises when speculation begins about whether or not it is used to gather data on Americans.

Most people's initial reaction to such a perceived invasion of privacy is understandably negative, but let's think about this.

Stored in some massive database somewhere is a record of what you've done on the Internet over the past few days. Does any of it pose a threat to national security?

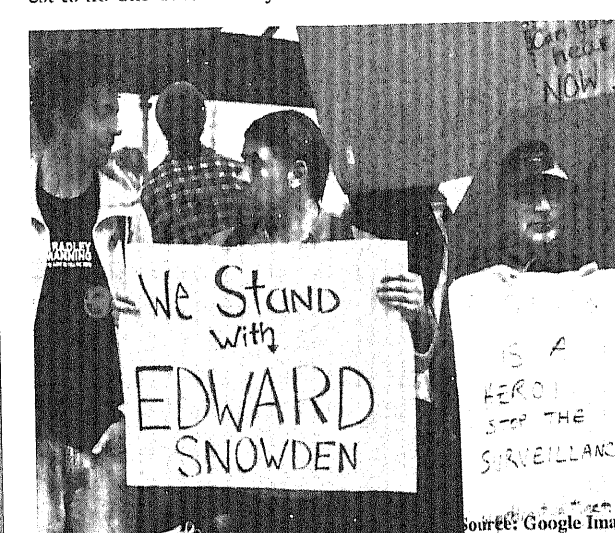
Most likely not, therefore, it is far from reasonable to think that somewhere, some highly paid and specially trained NSA operative is perusing through your search histories and emails creating a secret file on you.

Realistically, no NSA agent is ever going to look at any of that indexed and stored information about you, unless your give them a reason to.

Pause, and try to imagine the unquantifiable amount of information that must be collected everyday from internet users all across the world by these data collecting programs.

The odds are infinitesimal that your internet activities will ever be seen by anyone. That privacy you perceive is being invaded is just that: perceived.

Whether or not you agree with your web activities being recorded, try not to lose any sleep over the possibility that they might be. Chances are your time spent on the internet is of interest to no one other than yourself.



Do you side with protesters in this photo, or is disclosing your privacy an acceptable trade-off to expose possible threats to our national security?

### Internationally

Unless you have been living under a rock, you should be aware that one of this summer's biggest international headlines was the military coup that took place in Egypt.

On July 3, the Egyptian military removed the democratically elected President Mohammed Morsi of the Muslim Brotherhood, taking him captive.

Egypt's military leaders have since thrown out the old constitution and installed its own interim government. Still, the Obama administration refuses to recognize it as a coup.

By doing so, the Obama administration has been able to continue to send Egypt aid in the form of money and political advisors; attempting to stave off further violence and restart the democratic process.

Despite the continued aid, the standoff between pro-Morsi supporters and those who welcome the military has seen little improvement of late.

This latest chapter in the soap opera of the Middle East raises a very important question which we need to answer honestly; at what point do we stop trying the shove the square peg of democracy into the round hole of Middle Eastern politics?

When Mohammed Morsi was elected last year, then Secretary of State Hilary Clinton had this to say: "There can be no going back on the democratic transition called for by the Egyptian people...they're doing something they've never done in 5,000-plus years of history. They have had elections."

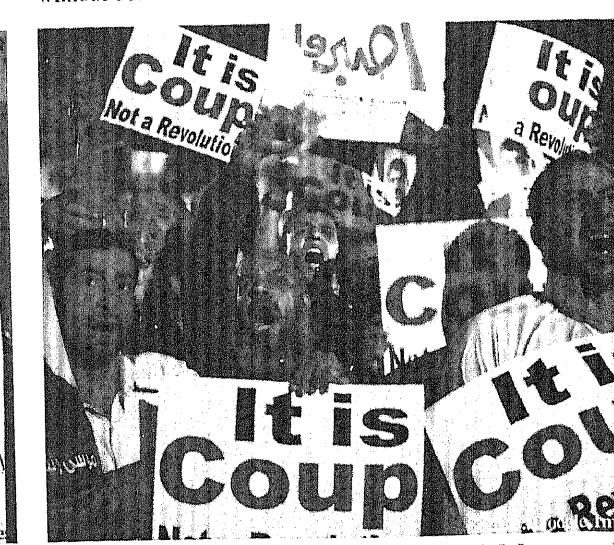
Prophet she is not. Isn't it just slightly pompous to assume that 5,000 years of dictatorial rule could have been undone in one election?

How naive has our 230 year history of peaceful power transition made us here in the America? Naive enough that we seem to think democracy is simply a plug and play form of government.

If our struggles installing democracy in Afghanistan and Iraq has taught us anything, it is that democracy is far from easy to take root in nations who have historically not had democratic tendencies.

However, if Egypt is indeed as ready for a "democratic transition" as Clinton says they are, then it may be best to simply let it play out without getting too involved, trusting that the interim government will make good on its promise to hold new elections.

Barring the outbreak of uncalled-for violence by the military against the Egyptian people (which would warrant intervention of some sort,) there is no reason we cannot acknowledge the situation for what it is, a military coup backed by a large part of the population, and allow the Egyptian people to sort this out themselves without our interference.



Supporters of now deposed President Mohammed Morsi see the military take-over of Egypt for what it is - a coup, not a revolution.

## "Meet President Andrea Curry" Continued from front page

as a student leader?

AC: I am concerned with the larger body because they do not really know whom their representatives are and they don't know what's going on. Just to be a familiar face to them and let students know they can approach me if they are having an issue. A lot of times this is a huge campus and you can get lost in the crowd. If you feel you have a friend, someone you can turn to who knows the ropes and is able to point you in the right direction, I think that is vital to a student's success at a college. We have such a unique campus and students need that extra push and motivation by someone who has their back. I would like to think of myself as well rounded in the CSI community. I was involved with Chi Alpha Christian Fellowship as Vice President, then I started A Reason To Write and I am a part of Third Rail. I have submitted work to all the publications on campus including The Banner. Student Government is kind of the last step in my involvement by reaching out and seeing a need someplace and wanting to fulfill that need.

TB: How will you make yourself transparent to students and how will you be different from

the presidents that have preceded you?

AC: For one thing I want all of Student Government to be more transparent but as far as how we are going to do that has to be settled with the group and how the publicity committee wants to handle it by what directions they want to and the initiatives they want to do. Me personally, will definitely be speaking out in my classes letting students know what positions I hold. Letting them know they can have a voice with me anytime they want. As Student Government president I will approach students randomly and engage them in conversation, figuring out where they want to get involved and pointing them into the right direction.

TB: How would you describe yourself as a leader?

AC: As a leader it is a complicated question for me because I have been in many leadership positions on and off campus. I see myself as a well-rounded leader. I kind of feel like I have had different experiences in working with groups, working alone, putting together events and being able to budget things. I have gotten a little bit of experience in a lot of different fields. I feel like I am able to bring a different perspective then a lot of people who may have just come into leadership or that are

used to working alone rather than in a group. I would say I am a calm and very confident in my leadership abilities and skills. I am not somebody that people can push around but I am also not someone who is going to dictate, "this is what I want and that's all that is going to happen." I want to hear people and want to know their opinions. I am the type of leader that really likes to teach other people how to lead and help them blossom into better leaders themselves. I would say that is something that has always been a priority in any leadership experience that I have ever had. There are so many amazing leaders that I am working with this year. I have seen these people working on campus in different areas and was just truly amazed by them. Now, to know that they are all in one room with me, I am very excited to see what we can do and what we can accomplish because there is so much strength there.

TB: Despite the circumstances and audit that followed the Student Government elections what do you credit your success in winning the election?

AC: In regards to winning the Student Government race I just want to give that victory to God because I feel he's the one that lead and directed me to have a clean cam-

paign. I would like to thank all the people I campaigned with for all their support and everything they did, they worked really hard. I had lost my brother right before the campaign had started so I wasn't able to campaign with them as much as I could and they did a fantastic job. I just want to give them credit where credit is due. I had a lot of support specifically from the leaders I was running with and I appreciate everything they did for me.

TB: What are your initiatives and plans for the students and student body at CSI?

AC: Any ideas that I have or anything I want, [I have] to respect the chain of command and I have to go to commissions for that. I do not really want to say any initiatives or anything that I have to say wouldn't have the approval of SG at this time. I don't want to jump ahead of anyone but I will say I have a lot of plans and a lot of initiatives. I am already into talks with committees, chairpersons, and commissioners on how to put these things into action. I am more of a person that likes to show rather than to say and since I am working towards having SG be more transparent you will definitely hear about what initiatives we are doing, what things we are doing and where we are trying to bring the campus.

# CAMPUS STYLES

## Have Fun in the Sun Without Getting Burned

### A Unique Spin on SPF and Summer Skincare Remedies for Sunbathers

BY VICTORIA CAROCCIA

Exposure to harmful UV rays from the sun and tanning beds can lead to sun burn, premature skin aging, or worse, skin cancer. Our parents and doctors have warned us all thousands of times and yet we continue to put ourselves at risk. While the incessant need to tan is inevitable, there are still plenty of ways to protect yourself and repair your skin from the summer sun.

As a resident of Staten Island, I am fully aware of how crucial it is to be tan. Whether you lay out in the sun basked in baby oil or choose to cook yourself in a tanning bed, we're all willing to do whatever it takes to achieve the perfect summer glow. While these summer rituals may seem harmless, they can lead to dangerous skin cancers, including melanoma.

The sun is strongest between the hours of 10 a.m. and 4 p.m. Dermatologists suggest that spending about 15 minutes a day outdoors without sunscreen can be beneficial to your health. Vitamin D from sunlight can reduce your risk of certain cancers and osteoporosis. However, extended periods of time in the sunlight during high temperatures can be dangerous.

If you're planning on hitting the beach or lying out in your backyard, apply your sunscreen about 30 minutes before heading outdoors. Re-apply every hour, especially

when you're swimming or sweating. The higher the SPF, the better!

Aveeno Active Naturals Hydro-Sport sunscreen spray is waterproof with an SPF of 30, perfect for spending long hours out in the sun and in the ocean. Plus, at just \$11 it's one of the most inexpensive sunscreens on the market.

Sunscreen is a key component to skin protection, but staying hydrated can also do wonders for your skin. Day drinking is among the most popular summer backyard activities. Unfortunately, beer and liquor don't hydrate you the way ice cold water does.

In high temperatures, your body sweats to cool you off and uses up most of your natural fluids. If you don't keep yourself hydrated, you'll begin to suffer from headaches and even a heat stroke. Regardless of how long you're out in the sun, drink lots of water to stay cool.

Despite our growing knowledge on the dangers of UV rays, even the most skincare savvy people can still get burned. When you find yourself resembling Larry the Lobster, just take a cold shower. Rinse off all of the excess sweat, sunscreen, and pool or ocean water with a gentle soap to prevent any further irritation. A good choice is Cetaphil's Gentle Cleansing bar, \$5.

For smaller burns like your shoulders or

your feet, a cold compress is the best relief. Fill up a medium sized bowl with milk and ice. Soak a washcloth in the bowl and press it onto the infected areas. The milk will soothe your skin and the ice will contract your blood vessels, taking away the redness of your skin.

Another great sunburn remedy is aloe. Most stores sell the sticky blue gel, which temporarily cools your skin but doesn't moisturize the infected areas. Many skincare companies have introduced moisturizing lotions made from natural aloe vera, which will relieve your skin and leave it feeling silky smooth.

You can try The Body Shop's Aloe Soothing Moisture Lotion with SPF 15 available online at Ulta.com for \$18. For ultimate relief, put the lotion in the refrigerator. Your sun burned flesh will sigh in relief!

It's difficult to avoid the sun altogether, but not impossible. If you're deathly afraid of sunburn, wrinkling, or melanoma, you can still achieve a beautiful tan. Self-tanner has answered the prayers of pasty people everywhere, and if done correctly, can look just as authentic as a real tan. It's also great for concealing bumps, bruises, and other imperfections.

Jergens Natural Glow Daily Moisturizer, \$9 at drugstores, has always been a favorite among the tanning-challenged because it



Accessorizing with trendy hats and oversized sunglasses are the best ways to protect your face and eyes from the sun!

blends with your skin tone and gradually gives you the perfect amount of color without the dreaded orange glow.

Before applying, completely exfoliate your skin with brown sugar. Rub the lotion in all over using a circular motion, but use sparingly on dry areas like knees, elbows, and knuckles. Re-apply everyday until you've achieved your desired tan, then you only have to re-apply once a week.

Although the summer sun will soon be out of our reach, it's still important to take care of our skin all year round.

# BANNER STYLES

## Dare to Bare in This Season's Modernized Midriff

### The Summer Guide on How to Shop for Creme De La Crop

BY OBIAGELI UKATU

As the era of the '90s creeps back into full swing, it comes as no surprise that the cropped top has resurfaced. This season the trend has taken more of a modern twist, and baring skin has never been more sophisticated.

Remember the green crisscrossed bra top that Britney Spears wore in her "I'm A Slave 4 U" performance? How about when Christina Aguilera gyrated in boxing rings in a red fishnet cropped top and pleated mini skirt? With designers taking queues from the trends of the late '90s, the crop top has been fully revived.



Source: Glamour Magazine

When the Spring/Summer 2013 collections debuted on runways last fall, it served as a reminder that summer was just around the corner. Designers this season were inclined to take a more sophisticated and ladylike approach, sending their models out in cropped tops that exposed only a portion of their upper midriff.

Michael Kors delivered a nautical vibe with vibrantly colored striped crop tops paired with figure hugging high waist skirts. Alexander Wang presented a similar concept, but opted for an edgier style as his models cascaded down the runway decked out in full

leather ensembles.

Despite the revival and evolution of this season's current midriff, the question still lies: How can I wear this aforementioned top? Chances are you're not going to be wearing leather on leather to school like Alexander Wang's models.

In corresponding to the latter, it's good to think of it like this: you wouldn't wear a smoky eye and bright red lips, right? At least we'd hope not. In terms of the crop top, balancing out your outfit is the key.

If you choose to wear a crop top, you wouldn't pair it with a mini skirt, unless you

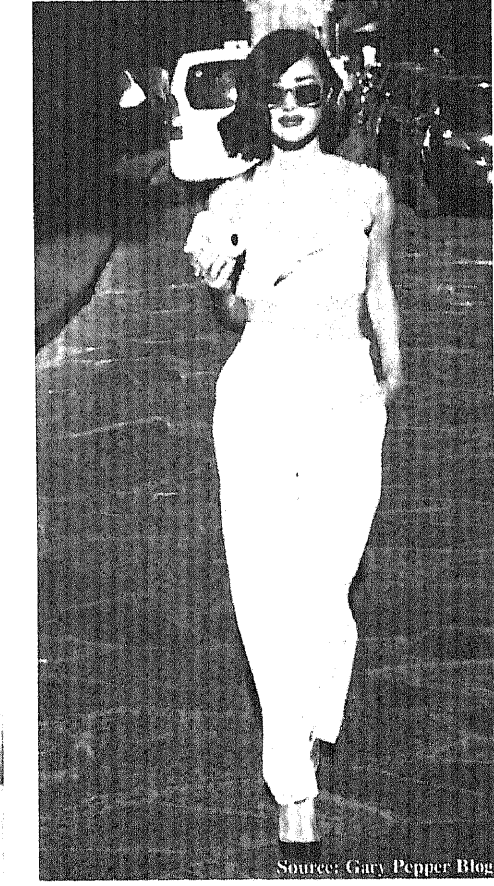
like the idea of being mistaken for a hooker. Think tight on top, loose on the bottom. When paired with a high waist skirt, pants, or shorts, remember that less is truly more in regards to the amount of skin exposed.

The crop top can offer a more refined and polished look, granted the trend is not for everyone.

Fashionable women everywhere felt they would have to have really flat abs to pull off the crop top resurgence. However, it's good to bare in mind (pun intended) that the crop top has come a long way since it's raunchier, skimpier days.



Source: Glamour Magazine



Source: Gary Pepper Blog

## The Best Makeup and Hair Trends of Summer 2013

### Effortless Beauty Tips and Tricks

BY VICTORIA CAROCCIA

Summer is all about bright colors, beach hair, and little-to-no makeup. With the crazy heat wave we experienced in July, our normal hair and makeup routines went out the window. Luckily, this season gave us plenty of beauty trends that were both chic and easy to pull off!

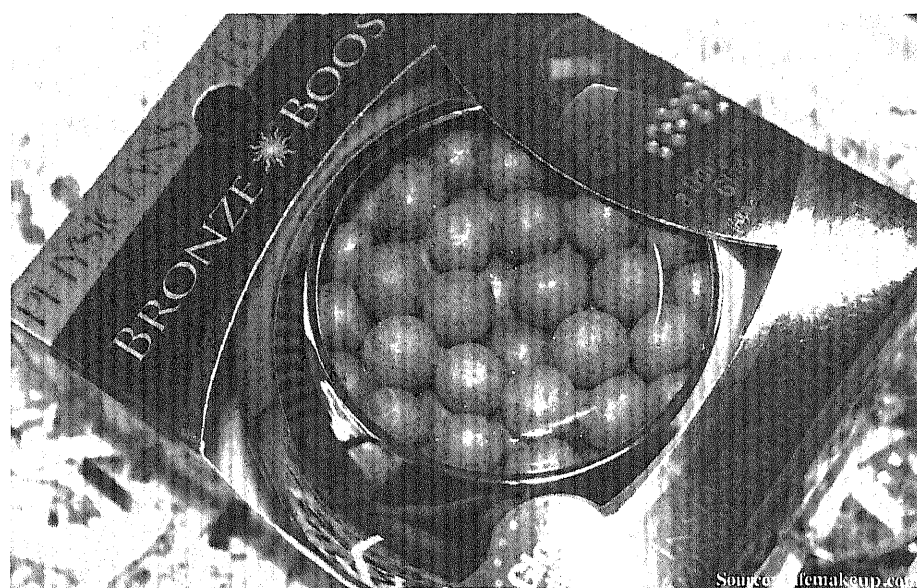
High temperatures and crazy humidity made us sweat more than a day at the gym. Although sweat is great for clearing your pores of dirt and oil, it melts your makeup away and leaves you looking like the wicked witch of the West. On hazy summer days, use an oil-free, non-drying foundation like Revlon's PhotoReady makeup with SPF, available in drugstores. It won't make your skin look shiny,

but won't dry it out either.

To bring out your tan and accentuate your cheekbones, contour your face with a shimmery bronzer like Physicians Formula Powder Palette Blush, also available in drugstores. When paired with your favorite sunglasses, a swipe of red lipstick is the perfect way to add a pop of color and complete any look.

Barely-there makeup is easy to get away with during the summer, but some girls like to spice it up. Metallic shadows and smoky eyes are perfect for any season, but may seem too heavy and dramatic for a summertime look. Waterproof products can outlast scorching summer temperatures while still adding some pizzazz to your makeup application.

Maybelline Eye Studio's Color Tattoo eye



Source: themakeup.com

shadow comes in a variety of colors and is made with a smudge proof formula that lasts 24 hours. You can also pick up waterproof and smudge proof eyeliner from Maybelline Eye Studio at your local drugstore.

Along with effortless makeup tricks, the sticky summer heat has inspired some simple and interesting hairstyles. Among one of the most popular styles are up-do's. A ballerina bun is the ultimate solution to frizz and hair sticking to the back of your neck. It shows off your shoulders, keeps your hair out of your face, and takes all of 30 seconds to complete. Another classic summer 'do is a braid. If you're heading to the pool or the beach, a braid will keep your hair protected and manageable

through chlorine and salt water.

If you're not worried about tangled tresses, leave the salt water in your hair and rock some beach waves. Accessorize your natural locks with a flower headband, which were all this rage this season at countless music festivals. They're super easy to make and go perfectly with any summer ensemble.

Summer 2013 was a season full of fun fashion and effortless beauty. Just because summer is almost over doesn't mean that we can't use these beauty trends to inspire our looks all year round! Brighten up your fall and winter wardrobe with remnants of summer's sunshine and beauty.

## Low Calorie Meals with High Calorie Taste

### DiETING With Food that Does Not Suck

BY VICTORIA CAROCCIA

Every year, we spend countless hours trying to achieve the perfect summer body. Most of us flake out on our diets by mid April and just hit the beach regardless of how we look. But if you're hoping to maintain your beach body throughout the year, follow these guidelines and you'll see great results!

The worst part about dieting is skipping out on your favorite foods. But diet food doesn't have to be gross! Many nutritionists have been experimenting with classic recipes by swapping out fatty ingredients with healthier substitutes. For example, if you love slathering mayonnaise on a burger or turkey sandwich, try plain Greek yogurt instead. They have a similar flavor, but the yogurt has half the fat and twice the protein.

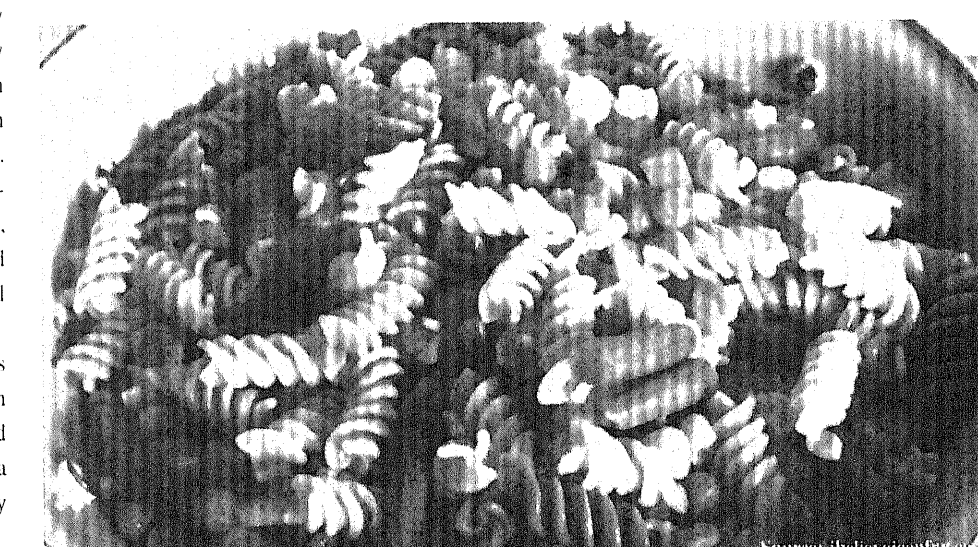
Another great way to lessen your fat intake is by adding extra seasoning to low fat dishes. According to a study conducted by the University of Colorado's Anschutz Health and Wellness Center, reduced fat meals that are cooked with additional spices taste just as good as their full-fat counterparts.

If you're Italian, you can understand how difficult it is to avoid fatty foods at Sunday dinner. Rather than piling your plate high with heavy pasta and meat sauce, try cooking with broccoli, chili peppers, or even strawberries. These fruits and vegetables are high in antioxidants and promote heart health. If you can, say no to the vino; alcohol is full of sugar and creates fat cells, which can completely cancel out all of your clean eating habits.

Craving some deep fried chicken nuggets from McDonald's? Try making your own using egg whites, potato flakes, paprika, and garlic powder. They'll taste even better than a kid's meal and won't clog your arteries nearly as much.

Losing or maintaining your weight has a lot to do with what you eat, but people fail to pay attention to how often they eat. Starving yourself will slow down your metabolism, making it even harder for you to burn fat. Snacking throughout the day will not only keep your stomach satisfied but will boost your metabolism as well.

Ideally, you're supposed to have three nor-



Source: thecheatmeal.com

mal sized meals a day with three smaller meals in between. That means waking up and making a big breakfast with a mid-morning granola bar or yogurt later on. Once lunchtime rolls around, have a sandwich or a wrap and then eat a piece of fruit a few hours later. Have dinner and eat a bowl of cereal right before you go to bed.

Another important thing to keep in mind

while dieting is that cheat days are 100% acceptable. The stricter you are with your diet, the more likely you'll be to completely cave and fall off track. Pick one day a week for you to treat yourself; grab a cupcake on your lunch break or go to happy hour with your friends. Don't think about the calories, you'll burn them off tomorrow!



Source: shesaidit.com

## Governors Ball 2013

BY MARK REVELLO

The Governor's Ball Music Festival, or Gov Ball, is a music festival held every summer in New York City, hosting its inaugural year in 2011 on Governor's Island. It has since been moved to Randall's Island while being expanded from 1 day in 2011, to 2 in 2012, and now 3 in 2013.

On Randall's Island, nestled in between the Bronx and Queens in the Harlem River, New York City's premier music festival went off for the third year with unique New York problems: namely the wetter-than-usual summer and the normal acoustic problems of playing an open-air festival.

With the acoustics mostly addressed, and the weather subsiding for the second and third days, nearly every performer got their chance to play to the massive, shifting crowds.

With four stages, over 30+ bands, and this year's added elements of water and mud acting against the weary music-goer, it is hard if not impossible to catch every artist there. Here are a few takes from throughout the three-day music scene.

The first day of Governor's Ball 2013 looked grim. Though the festival was to happen rain or shine, Friday June 6, tested the limits of the rain portion of that statement. Despite water falling at a drenching average of nearly an inch an hour, the first day went off mostly without a hitch; only three of the artists playing that day cancelled due to the inclement weather.

Most of the first day's artists managed to perform admirably through the torrential downpour that went on uninterrupted all day.

Crystal Castles played in the mid-afternoon under the Skyy Vodka Tent, giving fans a temporary break from the mild temperatures and falling rain. Crystal Castles played songs from each one of their studio LPs, including the single from Crystal Castles III, "Plague".

Young The Giant's lead singer Sameer Gadhia teased the crowds about the rain in between tracks such as "Cough Syrup" and "My Body" while fighting off the rain on the Honda Stage completely underdressed for the weather.

The most memorable scenes that were not from any performing artists, but rather the huddled masses of fans gathered underneath the porta-potties that were set up en-masse for the

festival. As the bathroom areas were the only parts of the entire park with a roof to protect concert-goers from the sheets of water, people huddled together, smoked cigarettes, and drank as much as they could during sets, or in between sets just to avoid the inevitable soaking.

After a twenty-minute delay, Beach House took to the You're Doing Great Stage for three songs before the rest of the evening was cancelled. Insisting fans not get too rowdy as a result of the cancellation, lead singer Victoria Legrand bade a good night after Beach House's last song, ending a very wet day one.

With the rain finally gone by Saturday morning, the second day of Governor's Ball went on uninterrupted and without any problems, despite the mud, and soaked ground from the previous evening.

Wild Nothing took to the Governor's Ball stage around 1:30 PM on Saturday to begin the second day. Wild Nothing's set list took from all of their various studio albums and recombined them into an hour-long set played to an above average afternoon crowd.

When The Japandroids took the same stage about an hour later, lead singer Brian King immediately thanked the crowd for letting Guns N Roses play on the same stage as Japandroids, making a self-deprecating play on what its like to be the less famous band. Japandroids set list contained songs mostly from their second LP, "Celebration Rock", like their single "The House that Heaven Built" with a few songs like "Wet Hair" mixed in from their first LP, "Post-Nothing".

Divine Fits, the 'supergroup' consisting of lead singer Britt Daniel of Spoon, guitarists Dan Boeckner of Wolf Parade, and Sam Brown of the New Bomb Turks, plus drummer Alex Fischel of Handsome Furs took to the Governor's Ball main stage mid-afternoon the second day. With only one LP released so far, *This is Divine Fits*, the band stuck mostly to the album, playing songs like "Would that Not Be Nice?" and "My Love is Real" with a cover or two mixed in.

Edward Sharpe and The Magnetic Zeros performed on the Your Doing Great Stage to a packed area. Edward Sharpe stuck to their first and only LP, *Up From Below*, as their set list, opening with "40 Day Dream" to an excited

crowd. Edward Sharpe and The Magnetic Zeros played everything else you would have expected, from "Junglin'" to their most well-known song, "Home".

Animal Collective began their performance on the Your Doing Great Stage around 8p.m. to a large number of screaming fans. Performing songs like "Applesauce" from their most recent album, *Centipede Hz*, Animal Collective also played songs from *Merrivewather Post Pavilion* with accompanying bass loud enough to vibrate the ground.

The headliner of the second night was none other than Queens very own Nas. Playing across the river from his hometown, a visibly excited Nas performed songs from throughout his career such as "New York State of Mind" off of the *Illmatic* album.

Though Nas performed well, he was clearly out of practice. By the end of the set, and after a few bars from a variety of songs combined into a solid medley, an out-of-breath Nas quickly lamented about his last performance some-time-ago and how long it had been since then. After thanking the crowd he finished his set and left the stage twenty minutes ahead of what fans had been expecting.

Guns N Roses, closing the second night on the Gov Ball stage, played everything you would expect to hear from Guns N Roses; nearly every song off of *Appetite for Destruction*. With full on glam-rock effects, GNR plowed through all the known favorites like "Welcome to the Jungle" and "Sweet Child O' Mine".

The Vaccines, on the Honda Stage to start the third and final day early in the afternoon, stuck to their second LP, *Coming of Age*, for most of their forty-five minute set list. "Teenage Icon", and bad mood were among the songs performed to a smaller than average crowd.

Portugal. The Man performed on the Governor's Ball stage mid-afternoon Sunday to a significant crowd. Playing songs such as "Creep in a T-Shirt", "Evil Friends".

Grizzly Bear performed on the Governor's Ball Stage mid-afternoon Sunday, playing songs primarily from their most recent two LPs, *Veckatimest* and *Shields*. In between Vocalist Ed Droste lamenting about how it had been too long since he and Grizzly Bear had last been in New York, the band played "Two Weeks" and "All We Ask" mixed in with newer releases like "Sleeping



Photo Credit: Mark Revello

Ute", "Yet Again", and "A Simple Answer". The XX came onto the You're Doing Great Stage around 8:30p.m. to a massive, cheering crowd. Accompanying The XX's unique sound was a light show projected into the crowd. The backdrop of the setting sun and the twilight of a New York dusk combined with both The XX and the light show made for an experience in and of itself.

The XX stuck to tracks from their 2012 album *Co-Exist* playing favorites such as, "Fiction", "Chained", and "Sunset", with a few songs like "VCR" mixed in from their self-titled debut LP.

The final performer of Gov Ball was Kanye West. Dizzying lights and a beacon flashing 'anti-commercial' images accompanied "Black Skinhead", and Kanye to the stage to perform his first song of the night, and the first single from his at the time upcoming album *Yeezus*. Kanye followed up "Black Skinhead" with the track "New Slaves", another *Yeezus* feature. Afterward Kanye played most of his set list straight, with songs throughout his career, pausing and addressing the crowd minimally for the first half.

True to Kanye fashion, he began a rant towards the end of the set with, "This is the part of the show where I complain about shit". Speaking to the crowd about various topics, from his new album *Yeezus* and its lack of promotion, to taking

jobs at artist and former friend Jay-Z for the way he announced *Magna Carta Holy Grail*, Kanye professed the poor state of radio, and wanting to make music for the fans before finishing his set to an uproarious crowd. As the final performer of the three-day music festival Kanye closed it out the event extremely well.

## Man of Steel: The Loved or Hated Summer Action Blockbuster

BY LUCIA ROSSI

The strongest Superman reboot in a long time may be the most polarizing film of the summer.

Fans are either raving about how they hated it or loved it, with those people who loved it lynching the people who hated it and vice-versa.

Director Zack Snyder, a veteran of comic and graphic novels adaptations, having made *Watchmen* and *300*, took this film and made it into a total power fantasy. The musical score was brilliant and the visual effects were top notch throughout the entire movie. Henry Cavill, the actor who played Superman, looked the part with a well-designed costume, and also did well with what little speaking he was given.

There were, of course, the crazy demolitions and destruction that made it an obvious

summer box office blockbuster success.

One of the critiques of "Man of Steel" was that there wasn't enough character development and that some characters on-screen fell short on personality. Clark Kent was hidden behind dark and gloomy emotions and lacked the dialogue to be expressed as multi-dimensional character.

While Cavill, as Clark Kent, fell short of expectations, other characters on-screen boost the overall movie. Russell Crowe as Jor-El, Michael Shannon as General Zod, and Antje Traue as a female Kryptonian soldier all add a unique presence on screen.

Another chief complain of the film was that it had too much action and not enough storyline. The action became repetitive and excessive for the last 45 minutes of the film. Also, how many people do you think died when all these skyscrapers fell down? There was no

mention of the victims and Superman didn't stop to notice because he was too busy in battle. The REAL Superman puts others before himself and always stops to save everyone. Superman is not supposed to be a passive superhero.

Lastly, people seemed to believe that the representation of Superman was inaccurate. Traditionally, Superman is more like a boy scout than a dark, brooding character. Despite being an established superhero for 75 years, the film did not capture the core of Superman. Clark Kent represents morality, hope, love and optimism but we did not get to see him mature into that person who cares so much about humans. Kent as a character didn't get a chance to inspire us to be better people like he would in the comics. The worst part was that Superman didn't look like he knew what he was

doing as the Earth's protector; this may be just an alien movie and not a Superman movie. Some movie-goers were also not fond of the imagery similar to the 9/11 terrorist attacks as well religious allusions, but overall they are very minor aspects of a much larger movie.

Also, did you notice the LexCorp truck and the WayneCorp satellite? In the end, this is an origin film and is setting up for something bigger and better; Justice League will be out sooner than you know, and Superman with Batman will be an unbelievable team. Fear not, there is still hope for our favorite DC comic characters.

The sequel film for Man of Steel is much more promising. Clark Kent, the moral, innocent, naive, socially awkward reporter, was nonexistent in this film, but will have a bigger role in the second film while hopefully showing these familiar traits.

## The Great GoogaMooga Kicks Off Summer Festival Series

*The Perfect Start to A Perfect Summer of Music*

BY MARIE SCARSELLA

Despite a little rain and mud, the Great GoogaMooga was the perfect kickoff to this summer's festival season. Featuring big name acts such as the Yeah Yeah Yeahs, the Flaming Lips, and Matt and Kim, the three-day (later turned two day due to weather) festival was filled with good tunes and good vibes.

The festival kicked off on Friday with a silly and energetic set from England's glam-rock frontrunners, The Darkness. The group, known for their 2003 hit "I Believe in a Thing Called Love" and their colorful jumpsuits, tore through a mid-afternoon set and brought the crowd's energy level up.

The set consisted of old tunes and new tunes alike, and came complete with headstands and falsettos from front man Justin Hawkins. Donning a pinstriped one-piece, he led the crowd in chants and claps, cracking jokes and bouncing about.

The highlight of the set came with the bands two biggest singles, "Growing on Me" and "I Believe in a Thing Called Love." Not only were people dancing, but they were also shouting so loud it was hard to hear Hawkins.

The level of excitement to hear the songs was immense, and it came through in the band's performance, which was the most on point it had been throughout the whole set.

Following the Darkness were the ever-kooky Flaming Lips, who took to the silver bubble and rope covered stage early evening for a psychedelic set. Front man Wayne Coyne, who is often described as a "silver fox" due to his attractive appearance in his older age, sported a metallic dress-type suit and carried a plastic baby for most of the set.

The band played a series of songs that sounded as if they seamlessly blended together. Highlights included "Try to Explain," "The Terror," and a rendition of "You Lust" that featured the singer of Phantogram. Coyne awkwardly pulled her hair in a blatantly sexual manner throughout the entire song while she kneeled at his side, singing as if nothing odd



Photo Credit: Marie Scarsella

The Darkness performed mid-afternoon on the first day of the festival to a very excited crowd

## E3 Officially Ushers In the New War of Next-Generation Consoles

BY STEPHEN KLEIN

Two months ago the world's biggest video game show, E3, ran its course and gave gamers a glimpse at the next generation of gaming.

All eyes were on the PlayStation 4 and Xbox One as Nintendo opted not to hold a console conference, but rather a Nintendo Direct presentation.

Arguably, Microsoft had the most pressure on them due to mixed responses towards the initial TV-oriented teasers and restrictive policies on used games, all of which have been removed post-E3. Microsoft had to come out swinging and show gamers why they need to have an Xbox One; when it came to the games, Microsoft did not disappoint.

Microsoft started off strong with a new trailer for the Xbox One version of Metal Gear Solid V, the series first appearance on a Microsoft console; (it was confirmed the following day that there would also PS4 release). Microsoft followed this up strongly by announcing several Xbox One exclusives including Sunset Overdrive, from the makers of Ratchet & Clank and Resistance, Dead Rising 3, Ryse: Son of Rome, Killer Instinct, and a new Halo.

There were three games, however, that

caught the eye: Quantum Break, from the creators of Max Payne, D4, from the creators of Deadly Premonition, and Titanfall. Microsoft concluded their portion by confirming the \$500 price tag and a November release for Xbox One.

Later that day, Sony held their E3 conference. While it started off slow, it quickly picked up speed and ended in thunderous applause from the audience. While Sony physically showcased the PS4 to the world, they also announced that Sony Pictures would be producing special content for gamers, thus

countering Microsoft's initial Xbox One announcements. The biggest reaction from the crowd occurred after Jack Tretton stated that the PS4 would not restrict playing of used games or require online verification every 24 hours, countering DRM rumors.

The conference was filled with other announcements and new bits of information. Sony stated that there are 140 PS4 games currently in development and that 100 should be out within the first year, 40 of which have exclusive content. Sony Worldwide Studios has 30 games in development for PS4, 12 of

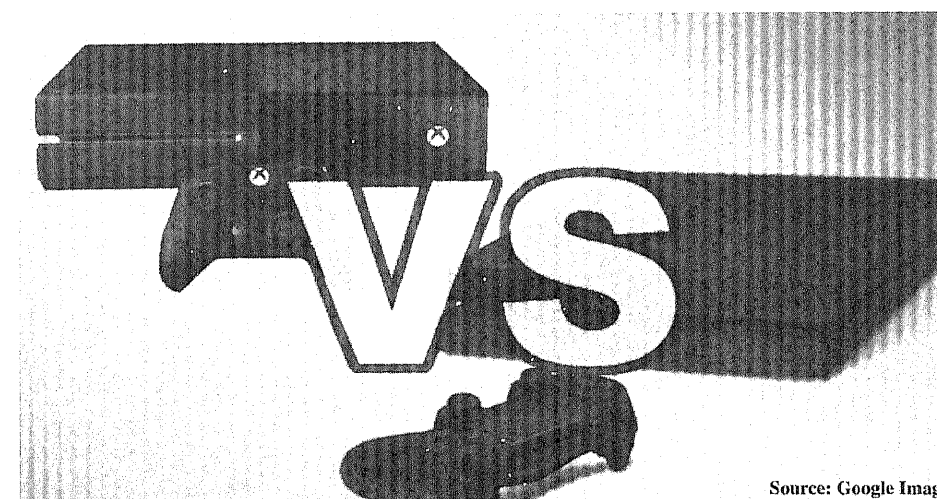
which are new franchises, and 20 of which should be out in the first year. One of these new franchises shown was The Order: 1886.

Some of the biggest news came from Square Enix. With the re-branding of Final Fantasy Versus XIII as Final Fantasy XV and the unveiling of Kingdom Hearts III, both of which are now for PS4, with Xbox One versions of both confirmed the following day.

There was also new info on PlayStation Plus for PS4 and PlayStation Cloud, a PS3 game streaming service. The conference ended with a twelve-minute demo of Destiny and a \$400 price tag confirmation for the PS4.

Both next-generation platforms have their own set of strengths and weaknesses. While Microsoft may have removed their restrictive DRM software after the announcement of Xbox One, some gamers are still uncomfortable with the new mandatory Kinect. Meanwhile PlayStation fans may rejoice about the cheaper price point, but some may bemoan needing PlayStation Plus for online multiplayer.

So, who 'won' E3? PlayStation 4 or Xbox One? I will leave all that for you to decide.



Source: Google Images

# BANNER OPINIONS

## Life After Death: The Birth of a Supersun

### A Stellar Way to Accept Your Morality

BY JEAN-CLAUDE QUINTYNE

Today had begun like the thirty before it—waking up and staring at the ceiling, meticulously brewing three cups of coffee while thinking about the day's plans, and firing up my laptop to read the morning's news for an hour.

As I sat at my laptop, my steaming cup of coffee at hand, I was knocked out of my sluggish, boorish state when my eyes fixated on an article published by TIME.com.

The piece, entitled "Supersun! A Giant New Star is Born in the Milky Way", discusses a new star discovered early in the process of formation.

According to the article, the star is forming "deep within a cloud of cold gas and dust," made up of the remnants of stars that lived and died roughly thirteen billion years ago.

The rare find was spotted about 11,000 light-years away from Earth by astronomers using the Atacama Large Millimeter-submillimeter Array telescope, (ALMA), four months ago.

Gary Fuller, of the United Kingdom's University of Manchester and co-author of a paper being submitted to the science journal *Astronomy and Astrophysics*, announced in a statement that stars such as the one found by the ALMA telescope have a rapid birth and short lifespans, "but...finding such a massive object so early in its evolution is a spectacular result."

The piece continued to discuss the specifications of the star's formation, estimating that the cold gas of the "proto-star" weighs in at approximately five-hundred times the mass of the Sun, creating the

framework to be one of the Milky Way Galaxy's "superstars" with an estimated surface temperature of fifty-thousand degrees Fahrenheit, our Sun's is ten-thousand, and a lifespan that will last a few million years before it explodes.

Astonished by the find and excited to tell all the interstellar details of to my youngest brother, who has an affinity for outer space, I immediately stopped in my tracks and dwelled on the "explosion" part of the article.

A star's explosion is called a "supernova", a cataclysmic event that gives off a massive burst of energy that increases the star's luminosity by sometimes twenty magnitudes, blowing its mass away at a high velocity, and leaving behind a very dense core, which in some instances becomes a black hole.

The indescribable feeling that visualizing such an event elicited an emotion inside me that caused a vast array of thoughts about the mortality of the Earth, the mortality of the universe, and the mortality of myself, a train of thoughts that I had not entertained since my last year of high school.

That galaxy of feelings then educed a chain of more vivid thoughts that provoked feelings strong enough to cause a supernova.

I examined just about everything that I love and cherish, and began to sulk at the fact that they will one day perish.

Needing to snap myself out of that spell so as to not give up on everything I was doing in life, I recognized that that isn't an issue that is supposed to be prevented; it is inevitable, and at some point



Source: NASA.org

**The Formax Galaxy Cluster, sixty million light years from Earth, is the closest galaxy cluster to the Milky Way**

needs to be accepted.

That realization then established a new chain of thoughts, ones that brightened the morbid and darkened ones that had filled my heart.

I took a sip of coffee, walked to my window and stared at the leaves of the tree that were swaying in the wind.

Turning to the left, I gazed at my neighbor's garden, which featured a variety of colorful flowers, beautiful scented herbs, and ready-to-be-picked-vegetables.

"Those plants don't worry about stars exploding," I said to myself. "And neither do the floating cumulus clouds that are floating carefree in the clear blue sky."

Then I pictured myself on my deathbed, wondering if by then I'll know what to expect happens after I pass away.

Preventing myself successfully falling back into asking myself morbid questions about the meaning of my existence and whether or not the things that I am doing in my life are worth it, I was moved by a warm, humbling feeling.

Humans have been calling the end of living "death" forever, completely missing the observation that that is what we call the happening, without actually knowing what it is.

Though there are vast amounts of literature and academic research that have sparked incredible debates about the topic, religions that offer methods by which their followers can live peaceful, stress-free lives.

Many insightful philosophical theories dating as far back as the times of Ancient Egypt which suggest the possibility of an afterlife, an answer or conclusion has not

been discovered.

Not knowing what exactly "life", "death", and what may or may not come after it, while brooding, can also elicit and illuminate the excitement of wonder, making the journey that life is much more valuable.

Perhaps the answer to the meaning of life and what follows death is that it must remain a mystery. I have no idea what I would do if, at twenty-one years of age, I unearthed the mystery.

Living would lose a great amount of its significance and reality, as I perceive it would make an about-face.

I am satisfied with continuing to exist in this mystery and am willing to accept that it is meant to stay that way.

For each and every one of us who finds that our minds and actions constantly wander into the realm of questioning our mortality, I feel it necessary to write on this page that such thoughts are healthy, and can be applied to every aspect of our lives.

Engaging such a thought process can offer a laid back, and carefree approach to combat some of the more stress-laden parts of life.

The last thing I expected to gain from reading about supernovas and proto-stars was an intricate new perspective about life.

The experience provided me with lenses from which to view life through, making the sights a much more amusing, abstract, and incredible spectacle. Perhaps our descendants, millions of years from now, can use similar lenses to gaze into the stars.

# SEX AND THE ISLAND

## An Old Man In Tears

### A Night Where Rum and Sex Became Rage and Violence

BY JEAN-CLAUDE QUINTYNE

On an unseasonably warm mid-January night one year ago I was feeling quite chipper after having finally escaped the clutches of the psycho-goiter-lady I wrote about a few issues back. I had been doing some serious soul-searching after that monstrosity of a hook-up and needed an evening to unfurl. Following an hour or so of aimless strolling, I happened upon a flyer for the grand opening of a bar and grill restaurant about forty-five minutes away from my home.

Immediately after looking through the flyer, I decided that the restaurant would be where I'd spend the evening. On my way there, I stopped in front of a local café to light up my first Dunhill in nearly two months. About halfway through it, a scorching hot twenty-something year old woman approached me. A bit buzzed from the cigarette, I curiously gazed in wonder at the resplendent creature that stood before me. With a grin that revealed one of the most perfect sets of pearly whites I'd seen in my life, she kindly greeted me, asked for one of my cigarettes and proceeded to walk into the café.

My eyes followed her trip from the entrance to the cash register where she ordered a cup of coffee. And as I watched the transaction take place, trying my level best not to come off as some sort of stalker because, you know, that's creepy, I began to get nervous. I was contemplating whether or not I should invite this beautiful stranger to the restaurant.

Before I knew it, she was back outside. Noticing that I was still staring into space, she giggled a bit and asked for a light. Perhaps my staying there and non-intentional creepily staring at her was a good thing, I thought. Quickly,

*Quickly, I thought of a way to ask her out, so whilst fumbling my lighter around in my pocket like a madman to make it seem as if I couldn't find it, I hastily thought up a way to ask her if she was interested in accompanying me.*

I thought of a way to ask her out, so whilst fumbling my lighter around in my pocket like a madman to make it seem as if I couldn't find it, I hastily thought up a way to ask her if she was interested in accompanying me.

Somehow after stuttering all of my words, falling into an intense blushing spell, and laughing nervously at my own comy jokes, she agreed after I asked if I could be her arm candy for the evening. To this day, I still do not understand how I pulled off such a feat, but for all intents and purposes, I've chalked it up as a win on my board.

We started off the train ride with a bit of small talk. Though I despise it, that night it went eerily well. I was able to, without rapidly bouncing my leg, twiddling my thumbs, or

constantly clearing my throat, fluidly speak about myself and asked decent questions about her. I guess my anxiousness was eased by the stolid, yet, enchanting vibe that she emitted.

Tyraebia was in the final days of a two-month vacation that had featured visits to Egypt, France, and Russia. She was reluctant to tell me what she did for a living and what her background was, so I asked about her hobbies. She revealed that she can play "a mean electric guitar" and aspired to someday release a record. Also, she expressed a deep appreciation for jazz music, which was well represented in her outfit, she had the wine-and-beret look going on, and regarded herself a "coffee connoisseur".

Now deeply engrained in conversation, we inched closer to one another and stared into each other's eyes. I could feel her hand moving around my waist as she signaled for me to come closer, my heartbeat increased dramatically. Suddenly, the train had come to a stop, which lurched us forward and knocked us out of that moment of serenity. My eyes darted around the train and I'd realized that we had missed our stop. Luckily, we were on one of those stretches of stops in which a simple walk across the platform enabled access to trains going in the opposite direction. When we got off, she turned to me and said that she has a bit of a crush on me.

Speechless, I adjusted the crooked brooch on the breast pocket of her jacket, held her hand, and hugged her tightly. She then leaned in to kiss me and when our lips touched, my knees buckled. Her hands quickly wrapped around my waist as if she could tell that I was about to fall and after steadying my body, she rested her hands on my shoulders and within

seconds I was involved in one of the most passionate kisses I had ever experienced. A few minutes had passed and we remembered that we were in the middle of a train platform, providing a show for other people waiting for the train. As I let go of her, the scarf I was wearing had gotten stuck on her brooch and slipped off. As she bent down to get it, an elderly man, slowly approaching us from behind, stopped, noticed Tyraebia was bent over, and said in a raspy voice, "I'd sure like to have a piece of that ass for dinner."

After a few seconds of silence during which I was staring at the overwhelming scowl of outrage she was giving the old man, he walked away, snickering. She then glared at me, disappointed at the fact that I hadn't done

anything and distanced herself. Oh, yes, I was infuriated, but I had never acted on my anger before. I wanted to approach the guy, call him every foul word in existence, and rip the cane out from his arm and maniacally laugh at him tumbling down the staircase, but I was frozen, trapped between the line of action and inaction.

The train had finally arrived and the two stops or so passed with us saying nothing to each other. She looked dejected until we got to the restaurant. In an attempt to clear the air, I suggested we smoke again, and discuss what had just transpired. I explained to her that I'm not the confrontational type and that I'm not used to situations like that. Understanding the explanation I gave, she whispered "there may be some instances where you'll have to get out of character a bit to protect your girlfriend." My head hung until she said "girlfriend". I promptly, nearly broke my neck looking up in

*Understanding the explanation I gave, she whispered "there may be some instances where you'll have to get out of character a bit to protect your girlfriend."*

shock. She flashed a smile at me, kissed me on the cheek, and dragged me by an arm into the restaurant.

Located at the corner of a quiet street, the place was packed. As Tyraebia and I entered, the atmosphere captivated us. The sounds of people talking and clanking dinnerware kissed the lips of the psychedelic jazz music that hummed in the background. Dim yellow lights complimented the red, brown, and black colors of the restaurant's interior, which was eloquently designed. An intoxicating smell of grilled food blended perfectly with the faint smell of alcohol, which perfectly framed the scene.

Believing we were in another world, we kissed once more and found a cozy table at the end of the bar, which had a semi-circle couch and ordered two glasses of white rum mixed with cranberry juice. While we waited for the drinks, we were served a complimentary bowl of lightly salted mixed nuts, which were nestled in a beautiful wooden bowl.

Looking around the place, I reached for a handful; I hadn't noticed that she'd done the same. Our hands gently bumped together and we giggled. The drinks arrived. Before the waiter could place them on the table, she lifted one and asked me to take a sip. I followed suit and watched her lick her lips. She looked at me seductively after taking another and leaned in to kiss me.

I wondered whether or not I was dreaming. The setting, the buzz that I was beginning to get, and looking at such a beautiful woman sitting just inches away from me made it very difficult for to believe that I wasn't; it was surreal.

An hour's worth of conversation and four drinks later she had placed herself on my lap. After a few minutes of whispering dirty nothings in my ear, she straddled me. We began kissing again and after being interrupted by the waiter, she grabbed my hand and asked me to follow her. Somehow, after what seemed like a fifteen-minute journey, we found ourselves outside and behind the restaurant.

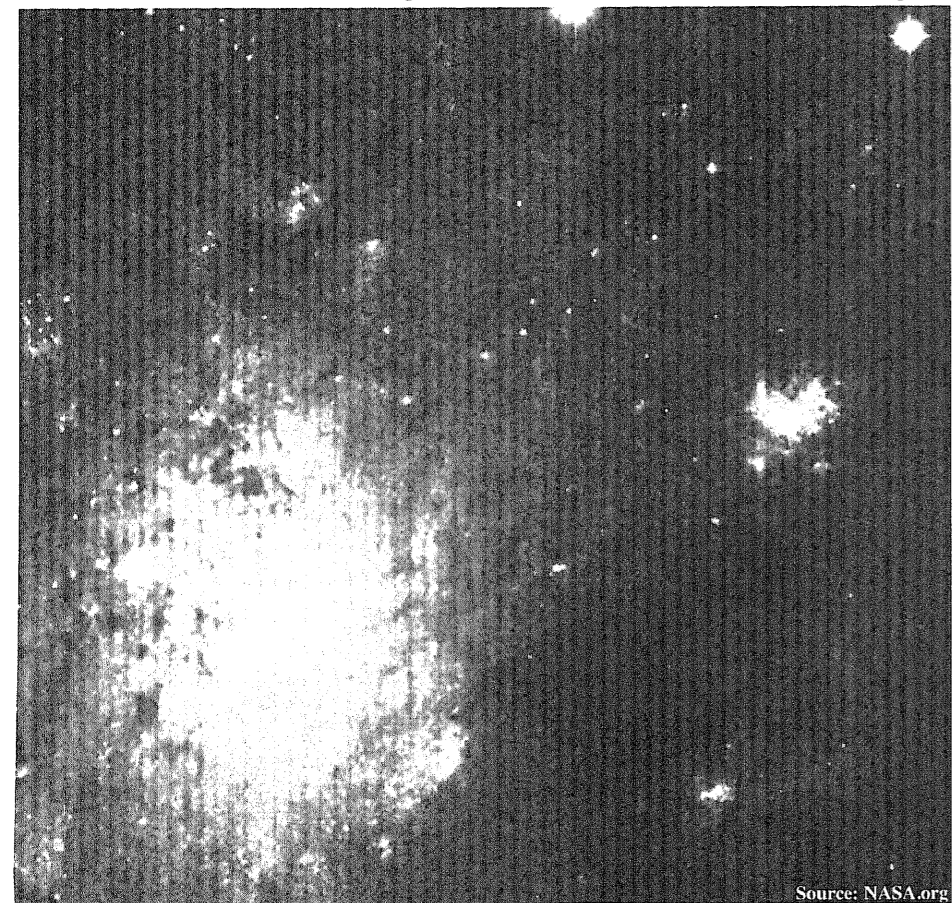
She asked if I found her attractive and I responded accordingly. Then she expressed to what a good time she was having and me how "hot" she thought I was. Then, after covering my eyes with the palm of her hand, she moved it downward to close them. Her hand slowly made its way past my neck and onto my chest, which she rubbed gently for a few seconds and continued downward towards my abdomen, where she ran her nails up and down, putting her hand underneath my shirt. With my eyes still closed, I felt her unbuttoning my pants.

Still numbed by the rum, I could hear the infinite echo of passing cars and could feel the cool midnight breeze hit my face moments after it already had. The environment was spinning around me and I was struggling to stand up straight. I could feel myself being laid down and moments later I could feel her putting a condom on me. Before I knew it, we were having sex.

As I touched her body it felt as if every part of mine was being stimulated to the highest degree. She held me tightly, kissed me, and caressed me. It felt as if she was removing every ounce of stress that I had. Time skipped ahead and when I came to, we were back at our table. After two more drinks, I went to the bathroom.

The sound of breaking glass and deafening screeches startled me as I washed my hands. I rushed out and saw two waiters standing between Tyraebia, who was hysterical, and an old man wielding a knife; he had tried to stab her. Recalling the incident from earlier, I, in a drunken rage, stumbled over to the man, yelled at the top of my lungs, picked up a chair, threatened to do every violent thing my drunken mind could think of, slammed the chair onto his table, and began laughing maniacally.

Tyraebia and the waiters hurried over to me and begged that I calm down. I lowered the chair, seeing that the old man had burst into tears. He began shaking in fear and was violently hyperventilating. Realizing that I had frightened him, I sobered up, left the restaurant, and headed home.



Source: NASA.org

**This supernova, shining with the brightness of 200 million suns, was photographed by the NASA Hubble Space Telescope**

# SPORTS

## NFL Season Preview

### *A Play-by-Play Recap of the Off-Season*

BY MICHAEL PAPANDREA

The most talked about story of the off-season was the highly publicized Aaron Hernandez murder scandal. The images of Hernandez walking out of his mansion, handcuffed with his hands inside his shirt have been embedded in every football fan's mind, especially Patriots fans.

The team rightfully cut the star Tight End and has to find new targets for Tom Brady to throw to with Wes Welker signing to the Denver Broncos and Rob Gronkowski out for the first four weeks of the season. The signing of Danny Amendola was meant to replace Welker, but the two receivers don't exactly have the same track record as Welker has played in all 32 games the past two season and Amendola has started just twelve.

The Broncos offense looks like it will be unstoppable now that Welker and rookie running back, Montee Ball, have been added to the roster. Both players will give the future Hall of Famer, Peyton Manning, more options for how he chooses to rack points up against his opponents.

Another dominant quarterback, Aaron Rodgers, was also treated with a new rookie running back to try and give the Packers a run game that they desperately need. In the past 3

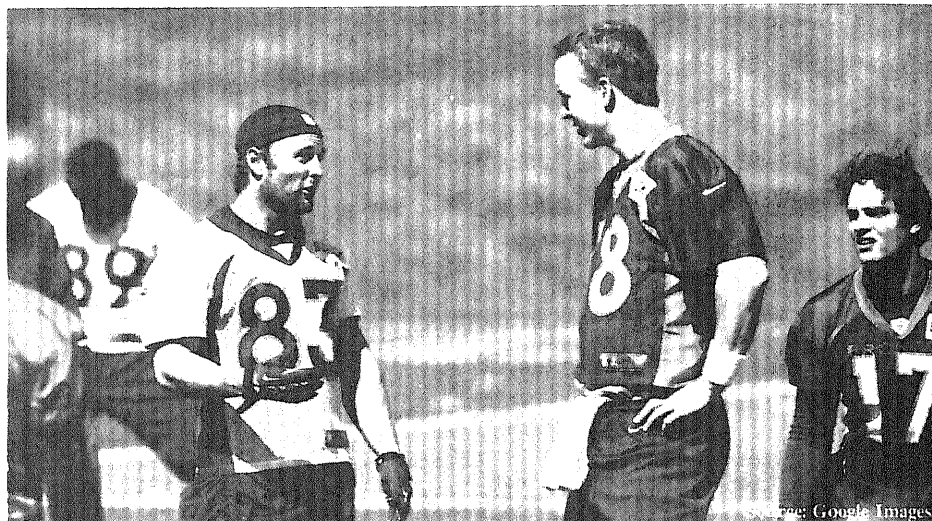
years they have been ranked twentieth or worse in rushing yards per game, but the powerful back, Eddie Lacey, is looking to change that ugly tradition for the Pack.

As for the local teams, problems the Jets faced in 2012 have lingered into the 2013 season. The starting quarterback job is still up in the air, and regardless of who gets it, the group of receivers surrounding them is not up to par with that of other teams receiving corps; and that's putting it nicely.

Their best receiver, Santonio Holmes, was placed on the physically unable to perform list (PUP), and their next best target, Tight End Dustin Keller, now plays for the rival Dolphins. The Jets will need secondary receivers like Stephen Hill, Jeremy Kerley, and running back Chris Ivory to have bigger roles in their offense.

The Giants were able to sign star receiver, Victor Cruz, and are hoping for their other receiver, Hakeem Nicks, to play at the level he was able to before foot and knee injuries hindered his performance. No matter how healthy Nicks is, the G-Men will not be able to compete with second year QB Robert Griffin and the division rival Redskins if their defense continues to have offenses run and pass all over them.

2013 will be a telling year for second year



Slot Receiver, Wes Welker (Left), talks to his new Quarterback, Peyton Manning (Right), at Broncos training camp.

QBs like RGIII, Andrew Luck, and Russell Wilson. After they all managed to get their respected teams into the postseason, their second go around will be a test to see if they can get them back there, or if they can lead them even further.

If last season was the year of rookie QBs, then this year should be the year of the similarly exciting offensive line. The first two picks of the draft were offensive tackles, Eric Fisher and Luke Joeckel by the Chiefs and Jaguars. These picks may not be as alluring as the quar-

terbacks of 2012, but they will go a long way as to helping protect their QBs and open up holes in the run game.

With all that being said, it's time to sit back and watch how the season will unfold for all 32 teams. The favorites to win the Super Bowl are the AFC Broncos and the NFC 49ers, but every sports fan knows that you don't win championships by having the best team on paper. Unless you're Miami Heat, Then you've already won.

## Don't Get Lazy in the Off-Season

### *Tips and Tricks for Athletes to Stay in Shape During the Summer*

BY JESSICA PIFALO

When the sports season ends, many athletes want to take a little break, kick up their feet and just relax for a few days, even a few weeks during what is called the "off season."

Well during summer those days and weeks turn into a few months and before you know it, the season starts again.

Yes, it is that time again athletes, the dreaded pre-season and maybe you're finding yourself ten to fifteen pounds heavier and out of shape.

Fear not, don't beat yourself up too bad, chances are your teammates are right along side with you struggling, leaving you all with this question, "How can you beat the "off-season blues?"

For starters, you are not going to beat them by exercising once in a while. Athletes should be exercising at least a minimum three days a week. Now, three days a week seems like nothing compared to your normal in season seven day-a-week training.

Whether you are running, swimming, going to a gym or some fitness classes down at the local YMCA, you need to stay in shape. Let's find out how CSI Athletes stayed in shape this off-season.

"It is very important. I run, I bike, hit the

gym and play soccer about two to three times a week," says CSI Men's Soccer player Aziz Kubulyriasov. "You are maintaining a certain level of fitness, so the risk of injuries go down tremendously."

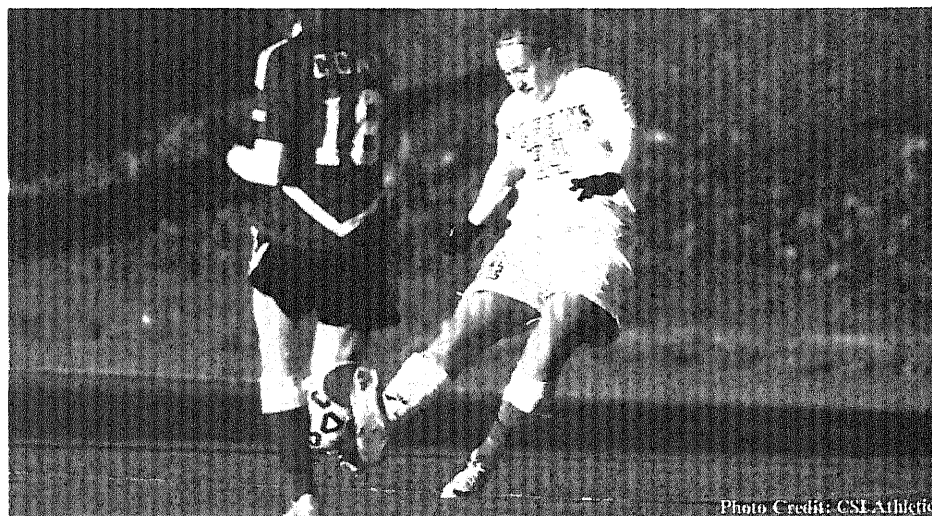
Kubulyriasov says that being active in the off-season, helps prevent injuries come pre-season and regular season.

"If you're in shape during the off-season, you can focus on specific skills, perform better and have an edge over your competition when it's time for your regular season," said Teammate Michael Massa who believes that a good off-season sets the tone for the regular season. "You'll pretty much see me running everywhere which helps me get ready for the ninety minutes of intense soccer."

Massa focuses on cardio and strength training during the off-season, which benefits him, comes August.

Still having a tough time getting off the couch, or maybe the excuse is, "I don't have the time." Well, make working out a part of your daily schedule; incorporate an hour of your day for exercise.

"Scheduling is big for me, I schedule my workouts two to three days a week," said swimmer Dakota Dawkins. "Without a solid schedule, you will get lazy and not feel like working out or come up with these excuses."



CSI's athletes gear up for the regular season by practicing and staying in shape during the off season.

Working out is not the only factor athletes should be focusing on, proper nutrition and dieting is crucial at a time like this.

Since you are working out so much less than you do during the season you need to be conscious on what you are putting into your body to make sure those pounds aren't creeping up.

Brian Fourman of the CSI Men's Soccer Team knows all about eating right in the off-season. The junior goalkeeper went on a strict diet in order to become more fit for the upcoming season.

Fourman, who is a big fan of Salmon ate

fish three to four times a week.

"It's delicious and great for you, I highly recommend it," said Fourman

Fourman believed the hardest thing about it all was the temptations.

"When my friends wanted to go out to eat or go drink at a bar, I didn't go, which was definitely tough," said Fourman. "You just have to have a good support system and the discipline."

There you have it, simple as that. Proper nutrition and set schedules, the three simple ways our CSI athletes beat the off-season blues.