

THE BANNER

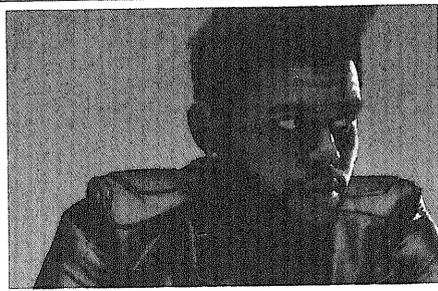
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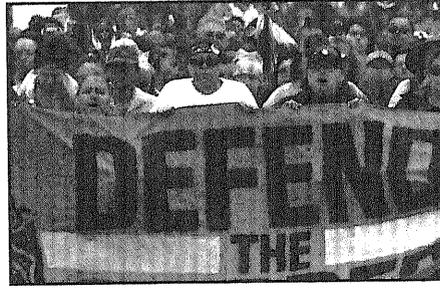
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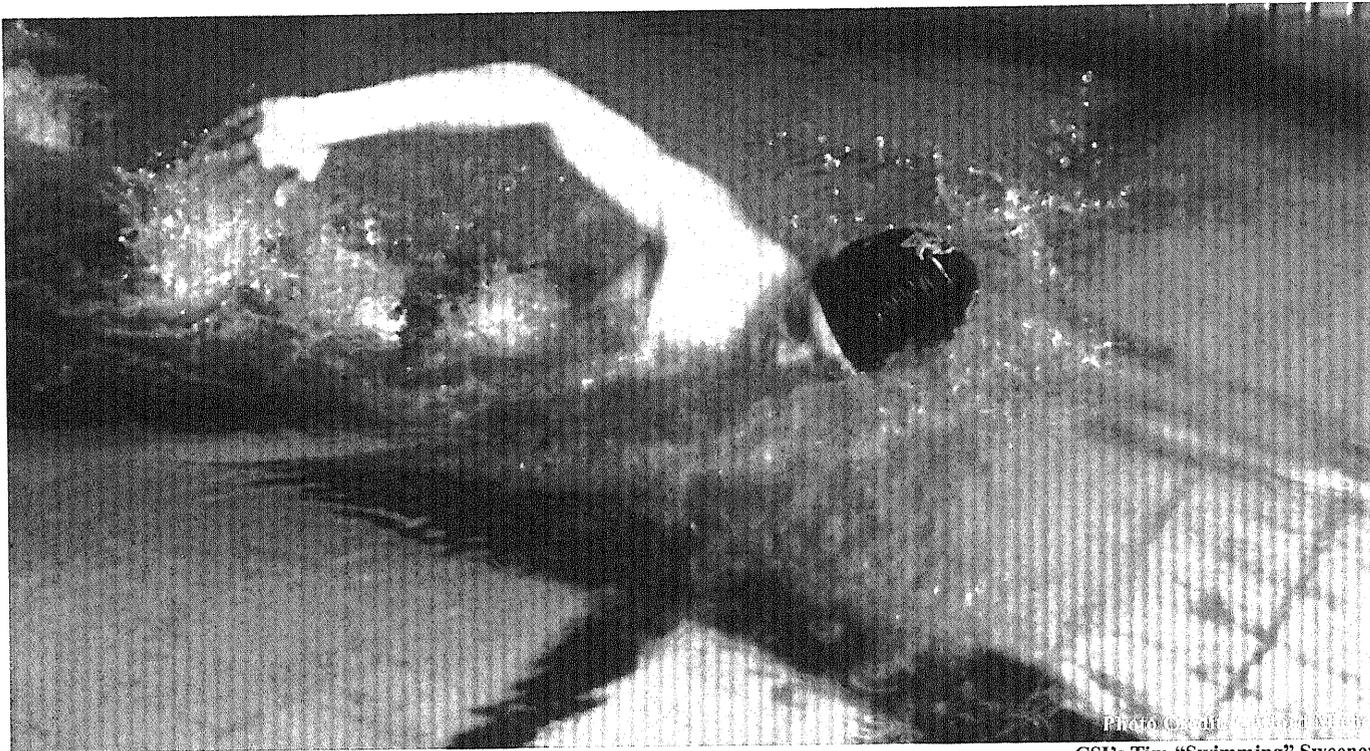


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Top Notch Colleges Challenge CSI to Swimming Invitational *Two Star Swimmers Put to the Test*



CSI's Tim "Swimming" Sweeney

BY SAMANTHA FLECKER

For the past two years, the Dolphins swimming team have swam their way to back-to-back CUNYAC championship titles.

The target they have placed on their backs has become widely recognized by the most prestigious colleges for the 2016-2017 season.

Division II Queens College Knights competed against CSI last season, where the men's and women's team paddled away with the win.

The men crushed their opponents, 130-98, while the Knights just missed the tails of the female Dolphins, 115-111.

The division two school will seek revenge against CSI at the Drew University Invitational on December 2nd.

"This is the first time ever that we have been invited to a meet and a very competitive one," said head coach Mike Ackalitis. "Queens will be after us since last year's upset, but that doesn't bother me."

Drew University reached out to five colleges, including the Dolphins and Knights, to take part in the meet. Fair-

"This is the first time ever that we have been invited to a meet and a very competitive one. Queens will be after us since last year's upset, but that doesn't bother me."

leigh Dickinson (Division one), College of New Rochelle, and Fashion Institute of Technology (FIT) will be joining CSI, targeting the bullseye behind the Dolphins.

Fairleigh Dickenson starts off their season with a perfect record, 4-0, for their men's and women's team.

The Dolphins trailing not too far behind, 2-1 (men) and 2-2 (women), will rely on Victoria Crea and Timmy Sweeney to improve their records in the upcoming meet.

Timmy 'Swimming' Sweeney, the face of the men's team, placed the bar high as he broke another record against Montclair State University, on November 13th, the 50 freestyle by half a second.

"I told myself to leave my mark at

CSI and I feel like I'm doing just that," said Sweeney in an article by Tom Krychowski. "I just want to lead my team to another huge win, starting with the invitational."

Last year, the women's team lost their star swimmer from the 2014-2015 season due to a left ACL injury.

Sophomore Victoria Crea, or 'Muscles', 21, a three-sport athlete (Cross Country, Basketball, and Swimming) craves the taste of victory as she made her comeback leading her team to two straight wins.

"It feels great being back in the water," said Crea. "Since my injury, I want to give back to my team for supporting me. Helping them get a win will be perfect."

The star athletes share similar leader-

ship talents, where both swimmers shine as they come back from knee injuries.

Sweeney has been cautious to not irritate right knee, especially with the Dolphins' personal trainer, Mike Wilson, who looks out for the two as they have very long seasons ahead.

"Their focus is on this invitational," said Wilson. "They have one more meet before Drew, but my job is to make sure they're taking care of their bodies especially with their injury."

'Muscles' and 'Swimming Sweeney' are key factors to the Dolphin's success.

The Drew Invitational displays a vast group of talented swimmers, laying out fierce competition for the men's and women's team.

Ackalitis prepares his team for a clash of the NCAA Divisions.

CSI, the top Division three team in the invitational, will go head-to-head with Division one and two schools, where

Ackalitis believes that Sweeney and Crea will play a large role in clinching first place.

'Muscles' will be compete in the 200-medley relay, 50 and 100-yard freestyle, 100 butterfly and the three-meter dive. 'Swimming Sweeney' is included in the same events as Crea, other than diving, but will participate in the 1000-yard freestyle.

"I'm trying to place both swimmers accordingly," said Ackalitis. "I can't afford not to have them in the water, they're a huge chunk of our success, which helps us in the long run."

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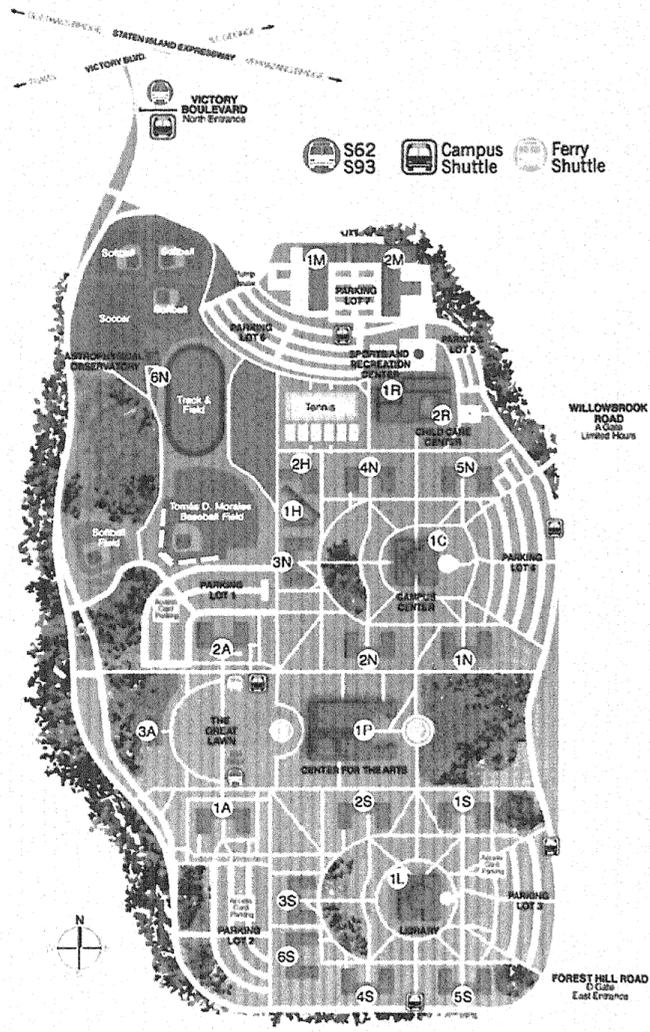
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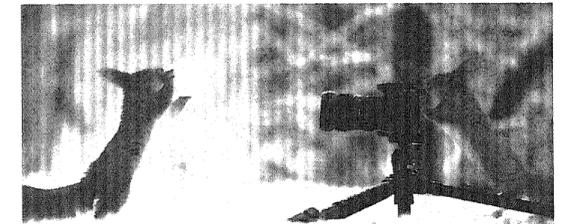
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College of Staten Island



The Geraldo Rivera Fund for Social Work & Disability Studies

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The Power of Policy: *How Can We Strengthen Supports for College Students with Autism?*

Please Join Us for a presentation by Dr. Gillespie-Lynch on educational strategies, clinical insights, student perspectives, policy needs as well as a question and answer forum.

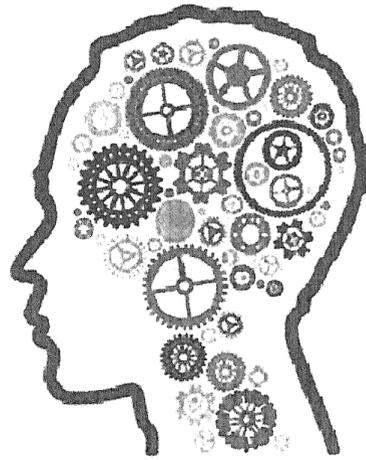
Tuesday, March 14th
2:30-4:25pm
1P-Lecture Hall/West Lounge

GUEST PRESENTER: Dr. Kristen Gillespie-Lynch is an Assistant Professor of Psychology at the College of Staten Island and the Graduate Center of CUNY. Dr. Gillespie-Lynch studies the strengths and challenges associated with autism spectrum disorders across the lifespan.

Moderated by: Dr. Mayra Humphreys, BSSW Program Director

Co-sponsored by the Advanced Certificate Program
in Autism Spectrum Disorders
Refreshments to follow

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BANNER NEWS

After Trump's Victory, Students, Professors Call for CSI Administrators to Take Action *Members of the CSI Community Want to Make CSI a "Sanctuary Campus"*

BY CLIFFORD MICHEL

In the wake of President-elect Donald J. Trump's victory last month, some CSI students and faculty members are advocating for the College to take a stance on issues surrounding immigration.

Several academic departments at CSI have signed onto a letter urging President Fritz to sign a letter supporting the continuation and expansion of the Deferred Action for Childhood Arrivals (DACA), which allows for young undocumented citizens who were brought here in their youth to obtain protection and work permits.

"As CSI faculty, many of us have taught students enrolled in DACA in our courses and can testify to their contributions to CSI as exemplary students and campus leaders," the letter says. "We urge you to add the College of Staten Island's name to this growing call for fairness and respect for basic human rights."

The letter also notes that CUNY's chancellor, James Milliken, the presidents of 10 other CUNY campuses and 500 other college leaders from across the country have already signed onto the letter.

As of December 14, President Fritz has not signed onto the letter.

A petition has been circulating campus asking President Fritz and CSI's Provost, Gary Reichard, to designate CSI as a "sanctuary campus."

Making CSI a sanctuary campus would

mean protecting members of the CSI community "from intimidation, unfair investigation, and deportation."

"Declaring CSI a sanctuary campus would mean that the college will pledge to protect our students, staff, and faculty when they are on campus from deportation, harassment, discrimination, hate speech, targeting by immigration authorities, and/or other forms of identity-based intimidation," the petition reads.

"This is a concrete action that we can take to demonstrate that the college will defend the rights and safety of our community," it continues.

The petition currently has a little over 180 signatures on it.

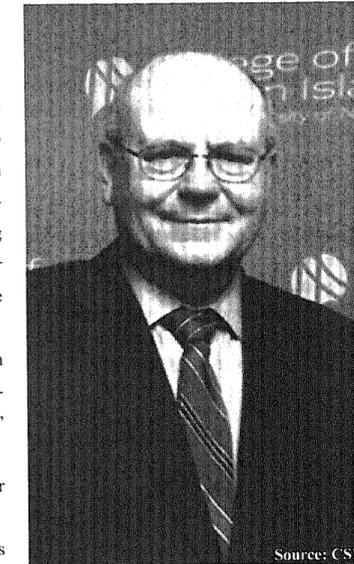
Neither Reichard or President Fritz has come out in support of this notion as of December 14.

President Fritz's Response

William J. Fritz, the College of Staten Island's President, released a statement on November 15 stating that CSI would grapple with issues surrounding the election and Trump's rhetoric.

"Last week, our nation elected a new President. The results have been deeply felt by many on our campus, as across the nation," said in a statement.

"Whatever position each of us held in the election, we are all invested in ensuring that CSI remains resolute in its commitment to inclusion and freedom of expression.

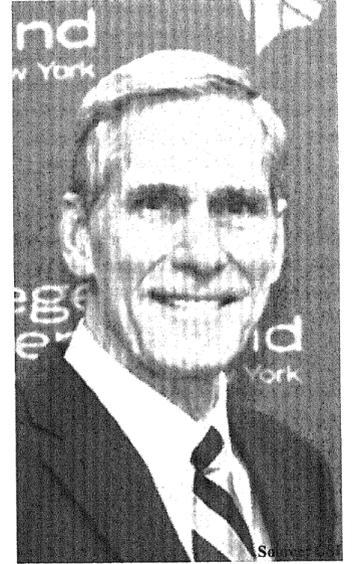


Source: CSI

"We celebrate our diversity and the vital role that CSI plays in expanding educational opportunity, particularly for immigrants and underrepresented populations."

President Fritz also touched on the feelings of uncertainty that many portions of the United States' electorate—including many minorities, immigrants and women—have felt since the election.

"Many students, faculty, and staff feel vulnerable and concerned for themselves, their families, or their friends in the emotional aftermath of the election," Fritz wrote. "I understand and share these concerns and want us all to work together to keep a civil and open environment on our campus. Our



Source: CSI

campus has always been a sanctuary and that will continue.

"Thus, I urge you to report immediately any incidents of perceived hostility, intolerance, or intimidation to the Office of Diversity and Compliance."

In closing, Fritz promised that CSI would hold events to discuss the election further.

"In the next few months, we will be announcing upcoming opportunities for discussion and reflection. I encourage each of you to engage in this important dialogue," Fritz wrote. "I have confidence that we can learn from each other as we strive to understand the complicated issues before us and move forward together."

The Other Side: What Your Major Actually Means Post-Grad

BY VICTORIA PRIOLA

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

A CSI senior's dream would be walking onto the Great Lawn in June with degree in hand and a prosperous full-time gig already waiting for them.

Reality check: it probably won't work out that way; and that's OK.

As millennials entering a difficult economy, we're pretty much forced to be comfortable with discomfort. It's harder now, more than ever, to find a stable job related to what you studied in school. In retrospect, your major has little to no effect on what you'll actually be doing after college.

"Entry-level hiring is one of the first things to go when there's uncertainty," Mark DiMassimo, chief executive of the DiMassimo Goldstein ad agency, told Crain's New York. "New graduates need to be trained, and their lack of business experience means that their expectations are often not aligned with the reality of work."

It's the same "need experience to get experience" contradiction many millennials at CSI have dealt with since the early days of trying to get a job the Staten Island Mall.

So, why even bother going to college? What's the deal, Baby Boomers?

It'd be unfair to put the blame for our lack of opportunity solely on the previous generation. If you're enrolled in classes, being active on campus and studying hard—it doesn't matter what field you're going for—

you'll succeed no matter what.

The best advice I could give you is to just finish; no matter what.

Even if it's just an associate's in Liberal Arts, a degree is a degree and its necessary in today's job market.

Finding a job is not solely based on what you studied in college. It's about your work ethic, your drive and overall personality. The more you put yourself out there, the better your chances at a great career are.

In my last semester at CSI, I took an Advanced Journalism class and my professor gave me some advice: He said to major in what you want to do, and minor in a complementary field, because it'll increase your chances of finding a better job.

In a time where entirely new positions are being created every few months, employ-

ees need to be able to wear many hats, and do it well. Sometimes, a job is a job. Even if it's not what you studied in undergrad, you need to make a decision on what's best for you financially.

You are not a failure if you do not get into the field you studied in college.

I want you to read that line to yourself whenever you get a rejection email in your inbox, or if you get offered a job that isn't what you pictured yourself doing.

You are a person that is forever growing; don't limit yourself to one specific job at a specific company.

Planning your career and having goals are crucial, and you should never give up on them.

But you're setting yourself up for failure if you search through tunnel vision.

BANNER LIFESTYLES

How to Live Alone Like an Actual Adult

5 Tips for Improving Your Solo Lifestyle

BY CLIFFORD MICHEL

This past summer, I moved out of Dolphin Cove, CSI's student housing complex, and into a studio apartment in New Springville. I thought the transition would be seamless, but, unbeknownst to me at the time, living alone takes quite a bit of work.

Here are a few tips to get you started.

Watch the Drinking (Also, Drink)

When you start living alone, it is easy to polish off one or two beers or an extra-tall glass of wine every night, because—to put it frankly—you can. That and you're also probably bored.

You'll be glad to know that having a drink on a weeknight is perfectly fine. It helps take the edge off a long day in a responsible manner. Still, it's best to set up some rules for yourself for the sake of your health and your wallet.

A glass of wine (5 oz.) is roughly equivalent to a beer (12 oz.) and a beer is equivalent to a drink of liquor (2 oz.). It's best to stick to one drink per night, though most people can handle a second beer. And if you must drink liquor, never have more than one on a weeknight.

If you stick to those measurements, a bottle of wine or a six pack of beer will get you through the week.

What you should absolutely avoid like the PLAGUE is day drinking. When you day drink, even if it's a light beer, there's an unpleasant come-down period that will follow your buzz. Not only will you feel groggy, you might get a headache and have an intense urge to nap.

If you find yourself not following your own rules, then you should ditch having alcohol in your home all together.

Lastly, no matter how experienced of a drinker you are, your body will thank you

if you have some water afterwards. For my lightweights out there: consider taking a baby aspirin with your water.

Sound Can Save Lives

Whether you had roommates in the past or lived with your family before, the lack of sound that accompanies an empty studio or apartment can be overwhelming -- or just make you feel downright lonely.

The best solution for this is to fill your space with noise. This can be whatever floats your boat: talk radio, your favorite music, or even a podcast. Also, don't be scared to ditch your headphones either; if you chose to live alone, you should embrace the fact that no one will stop you if you play your music out loud.

I like to start off my mornings with the news via my radio. I tend to leave it on while I do my more mundane tasks, such as showering, getting dressed, making breakfast, and packing. I usually throw on a podcast at night



The Friendzone: Are you in or Out?

How to Accept and Move on From Unrequited Love.

BY BEREN SABUNCU

You have a great friend of the opposite sex. They're attractive, caring and attentive. With time, you eventually develop feelings for them.

It seems too good to be true; they're so much fun and you laugh a lot together. They're always there for you and thinking about them makes you happy, because having a person like that in your life is empowering on it's own.

You constantly want to talk to them and hey, maybe they're the one. So you muster up your courage and open up. You tell them how much you love them, how much you care, how happy you guys will be.

But wait: What if they only see you as a friend? After everything that you guys have been through, how can they still say that? How? Well, they just aren't into you. Unrequited love is painful, but instead of seeing

this scenario as a rejection, you should see it as a clarification of feelings.

You feel like the nice person places last, and this is only going to make you feel worse and push your friend away.

The nice person narrative is as follows; "Nice people aren't appreciated. They always go for the more attractive ones with more of something that the other lacks. While you've been nothing but nice to them, they went and chose someone else. Now you're chanting, "The friend zone sucks!"

Just because someone is your friend and is nice to you, doesn't mean you are entitled to their heart. Being their friend just because you expect them to eventually be romantically involved with you is selfish.

Were you ever really their friend in the first place if seeing them be happy with someone else would bother you?

Sometimes two people are not meant to be together; it doesn't mean you aren't good

while I cook and I save music for whenever I'm cleaning.

Own Your Mess

When you live alone, you become messier. It's just true. No one's going to complain about the dishes piling up or about the random pair of jeans in the hallway.

There's two ways to confront this:

Try to get yourself into an active mindset of putting things back where they belong and immediately cleaning up after you cook.

The other is to use a block of time during the weekend to clean your entire living space. This way you're hitting reset every week, making it difficult for your home to look akin to that of a hoarder's.

Eat at Home & Cook in Advance

Another bad habit that's easy to form when living alone is constantly ordering out.

There's nothing wrong with this on a surface level, but if you want to prevent your wallet from completely draining and packing

on a few extra pounds, it's best that you go grocery shopping.

But if you hate cooking when you get home, consider meal prepping so you can store the food away and eat it over the next few days.

Friends Matter; Netflix Doesn't

As college students, many of us have been in social situations without really having to try to be social. We see our friends in class and tend to passively hangout with them one way or another. This is especially true if you've had roommates in the past. In that scenario, all you have to do to be social is walk in the door.

It's a bit different when you live on your own.

Most people tend to fall into an endless hole of watching Netflix day after day for hours on end. And while that's okay to do sometimes, it's so important to get out there and connect with friends or family.

I can't stress this enough: it's not healthy to avoid interfacing with other humans.

Scheduling is key for this. As the work week approaches, reach out to some of your friends and ask if they're free to hangout during the week.

You don't have to go crazy with the planning. Things like grabbing coffee, going out to lunch, going to the movies, or meeting up for a drink are all perfect ideas.

Don't forget to be considerate of your friend's time. I usually do this by keeping hangouts simple for weeknights (i.e. lunch, coffee) and saving the more time-consuming hangouts (i.e. movies, bar-hopping) for the weekend.

If you're struggling to find people to go out with, make it a point to go out on your own. There's nothing wrong with experiencing the world solo.

that you click with, and it's harder to find someone to click with that you're attracted to.

That being said, it takes two to tango. If, for whatever reason, they say they don't want to be in a relationship, then let them be. Never force a relationship.

Never force someone's affection either. You will definitely get hurt.

Yes, maybe you're going to have a hard time overlooking romantic feelings at first, but it is normal to do so. If the other person is mature enough to try to work the friendship out, then so should you.

In such situations, it's important to remember two things: First and foremost, remember to love yourself.

Secondly, remember to let your love be selfless for everyone around you, whether the relationship be platonic or romantic. Selfless love is one of the best kinds of love.

You will thank me in the end.

It's not the easiest thing to find someone

BANNER LIFESTYLES

Overcoming Your Fears about Graduation

How to Transition into the Real World Post-Graduation

BY BRIANA DELBUONO

Am I going to be late to work? What does FAFSA want now? Could this bus go any slower? During the day you bombard yourself with countless questions.

You have bills to pay, homework to finish, jobs to clock into, relationships and friendships to tend to. Life is busy, and you probably feel like you're in a car going full speed with no brakes.

You might feel overwhelmed or underwhelmed by your life; maybe it's a little too much or maybe you're not satisfied.

You hate the mediocre tasks of your life, such as washing the dishes or your long commute.

Your life may be busy, you might feel lonely or not lonely enough, but all you have to do is to breathe.

John Lennon once said something that every other mindfulness article on the web uses: "Life is what happens to you while you're busy making other plans." As cliché as it may be, the saying is true.

Why don't you enjoy the commute? Your life is spent rushing from one place to the other, so any tedious task you have to

do should be turned into a brief meditative break. Moreover, you should just concentrate on whatever you are doing at that second. Stop violently thinking. "Violently thinking" is a term I just created for aggressively and simultaneously thinking about 5-6 things at a time instead of focusing on the task at hand. If you learn to appreciate even the most mediocre of tasks, mindfulness will be a virtue that comes easily to you.

One of the best definitions of mindfulness I ever came across was that of Jon Kabat-Zinn, the founder of the Mindfulness-Based Stress Reduction program at the University of Massachusetts Medical Center.

He describes mindfulness as "Paying attention in a particular way; on purpose, in the present moment, and non-judgmentally."

It will most probably be impossible to not think. Many Buddhists meditate all throughout their lifetime to be able to 'not think'.

While achieving Nirvana may be hard especially in the city, through mindfulness you can achieve a more relaxed state of mind.

There are countless mindfulness articles online and I fully encourage you to read at least several, because the following 3 ways to

live in the present are subjective to me.

The first mindfulness tip I have for you is to not reach for your phone first thing in the morning. Why do you always reach for your phone when you wake up?

Apart from the very annoying alarm you need to turn off, there is no reason as to why you should check your phone first thing in the morning. The likes, the comments, that cute "good-morning" text can all wait.

You have a full day ahead of you, so why not take that time to relax and pamper yourself. Brush your teeth and wash your face leisurely.

Make breakfast, paying attention to the food. Grab a book or a magazine and eat your food while you're reading. I've been starting my day with that routine, and I don't remember ever feeling as peaceful as I do now.

Another important mindfulness tip would be to try and enjoy even the most tedious of tasks. Life is really marvelous when you think about it.

The colors, the people and the emotions make life what it is and every little bit of it is filled with wonder. Call me weird, but I genuinely enjoy washing the dishes.

There are several positive implications of dishes. They mean I had food, they mean I have running water, they mean I have a house, or better yet a friend has invited me over to theirs. I am simply happy I'm lucky enough to wash them. Appreciating and finding wonder in "tediousness" means you get to go to bed with a smile on your face.

Lastly, stop comparing yourself to others. This tip might feel a little out of place considering its connection to mindfulness is not an obvious one.

The connection is surprisingly tangible albeit subtle. I don't like comparing myself to those who are less fortunate, simply because the happiness I'd get from comparison leads to sadness I'll get from another.

Saying "at least I have running water while X doesn't" leads into saying "why don't I have a big house like Y."

Why would you enjoy the commute while Z has their own driver? Stop comparing and stop sabotaging your happiness.

I get it, life is busy. It can be stressful, and you gotta do what you gotta do. Mindfulness just ensures that you do whatever you normally do with a little more panache.

How To Recreate Celebrity Looks For Less

You Don't Have to go Broke While Trying to Look like Kim K.

BY JENNIFER WEEKS

It's winter again and your wallet is about to take a hit after you hit the mall and pick up everyone's Christmas gifts. But hey, you're still trying to look good. So what now?

Whether it's trying to find the perfect coat, or those adorable must have boots you see a celeb wearing but can't afford to buy, everything just seems to be out of your league. Well, the struggle is over. Follow my advice and you'll be able to snag these must haves for less.

One clothing item that celebrities are wearing this winter is the fashionable mink coat. It's cute, fashionable and let's not forget -- warm. They can run you anywhere from hundreds to thousands of dollars. But have no fear, there are a few places where you can snag a similar one for so much less.

One place you can get a similar and inexpensive mink coat, is Forever 21. They sell short, and long sleeved coats that run under \$60, depending on which one you decide to buy.

Or if you're in need of a plus size mink coat, the store Torrid sells them for a low \$83. Both places carry gorgeous and inexpensive mink coats that fit your budget and style.

Another item of clothing that celebrities wear is the sweater dress, which is a long-sleeved dress, with either cashmere or knit-



ted material. This look is sexy, slimming and weather appropriate; a definite must have.

If you're looking to go for the long maxi dress look, you can get one online on the website SoHo girl for roughly \$40. Not bad! And if you're looking for a short and sexy one maxi, try Sexydresses.com, where they sell for \$20!

Another item that you can get for less are knee-high high boots that are frequently donned by celebs on Instagram. They can be paired with anything, whether it's a sweater dress or a pair of jeans, they will have you

feeling amazing. They range from \$100 - \$1,000. Yes, they are insanely expensive -- No worries, there are places you can get sexy ones for less.

Hit up Target for a pair of sleek boots with a heel and can help you create a look for a sexy or casual night out. They won't break the bank either, selling for \$39.99. You can get a suede pair from the popular shoe site Justfab.com, which are a little pricier and will run you \$62.00.

A popular bag that celebrities carry around are Michael Kors totes. Every girl best friend is a handbag. Michael Kors are pricy, unless you snag them on sale, which is always the case at TJMaxx and during the Macy's friends and family sale, which happens twice a year (offering customers 25% off name brand labels). Both places are good choices to find designer handbags.

Another great piece that celebrities have been spotted wearing is classic black leather gloves. No winter style is complete without those. A nice pair can run you anywhere from \$80 to \$100 but don't worry, you can get them for way less at TJMaxx where they sell Michael Kors renditions. TJmaxx sells them for \$25, which is definitely a steal.

Collared shirts that celebs are wearing under their sweaters are now a big trend. Now you can get tops that are already de-

signed like that or you can be creative and buy both pieces separate.

You can get a simple button down, at NY & CO for around \$30, and the sweater will only run you about \$20 at Forever 21. But if you're looking for a two-piece set, you can find one at a low friendly budget of \$19.99 at Rue 21 or Forever 21.

Last but not least, we tackle sunglasses. Every outfit is not complete without these shade blockers. And most are in fact, not expensive at all. Many great clothing shops sell inexpensive designer brands. Amazon sells inexpensive, yet authentic pairs and you can be sure that they are real.

Looking for workout gear this season? Try Fabletics. The brand, created by Kate Hudson, offers hot work out clothes that will be sure to turn heads at the gym. For just \$25, you can get your entire outfit. What are you waiting for?

If you don't exactly know which look you want to recreate but you know you want to look fab, try shopping at Mande. There are stores available on Staten Island that offer the trendiest looks for cheap.

Dressing like a celebrity with designer labels doesn't have to break your budget or put you in debt. You can always recreate their looks without breaking the bank, you just have to know where to shop!

BANNER ARTS

“Starboy” Is a Truly Relatable Experience

The Weeknd's New Album Connects to Everyone's Tastes

BY BRIANA DELBUONO

R&B singer, The Weeknd, has come out with a new album titled “Starboy” and it has us listening non-stop. Needless to say, we are pretty obsessed.

The album, released on November 25, 2016, sold 248,000 album units in the first week alone and made it to the number one spot on the Billboard 200.

The Weeknd collaborated with a couple of other well-known artists on his album like Daft Punk, Lana Del Rey, Kendrick Lamar, and Future. “Starboy” takes cues from artists such as The Smiths, Prince, Talking Heads, and Bad Brains, who all bring their own sense of diversity to The Weeknd’s album.

“Starboy,” a single released prior to the popular artist’s album, currently has over 3 million views on Vevo.

With lyrics like “Switch up my style, I take any lane,” The Weeknd is hinting at the obvious fact that this album is quite different from his last, “Beauty Behind the Madness,” but he will still be on top.

This song is not only catchy, but emits a specific confidence that people can relate to.

It’s a song retaliating against doubters. The short interlude with Lana Del Rey titled “Stargirl Interlude” is short, but interesting.

The song juxtaposes Lana Del Rey and The Weeknd as they sing about having intercourse on the kitchen counter.

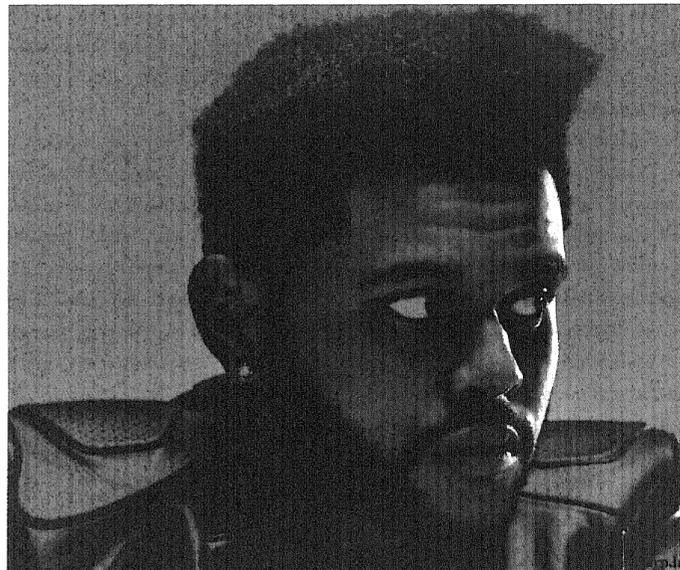
Aside from the explicit nature of the

song, it incorporates a sad tone in addition to Del Rey crying out towards the end of it (probably in ecstasy).

“Rockin,” another one of The Weeknd’s hits, is about having fun and not letting anything stop you from partying.

The chorus of the song goes “You don’t have to spend your life with me. You don’t have to waste your energy. We can just be Rockin.”

The pop-style beat goes a long way, while at the same time, sounds like it would



be blaring in a Forever 21 store.

In “Secrets,” the singer catches his significant other in lies about talking to other men. “I hear the secrets that you keep, when you’re talking in your sleep,” the song echoes. The very beginning of this song sounds like elevator music, but after, takes on a funky and upbeat tone.

“Love To Lay” is about a love interest and her interest in sleeping around. In this song, which includes lyrics like “Well I told her I’ve been thinking ‘bout her lately, but

she told me that to love her is so crazy.” The Weeknd truly pours his heart out. Whoever he’s talking about, clearly has not been loyal to him.

“A Lonely Night,” another fan favorite where The Weeknd says “Baby girl I loved you on a lonely night. It was the only time and if I led you on then I apologize.”

Clearly, he wasn’t interested in a relationship with that girl.

Though, he later elaborates that the two are “no good for each other.” Aside from the lyrics, the song is otherwise upbeat and goes well with the album’s omnipresent theme.

The Weeknd collaborated with Daft Punk for his song, “I Feel It Coming,” which is about getting a girl to come home with him but hints at the deeper idea of a long-term companionship, which arguably, everyone ultimately wants.

The song says things like, “You are not the single type. So baby, this is the perfect time.” Maybe The Weeknd is opening up to his monogamous side.

“All I Know” is another song that talks about getting a girl that he wants to love him. He says things like “I could tell why you would doubt me, I hit one time you can’t live without me,” which clearly implies that his ego hasn’t gone anywhere.

Overall, “Starboy” is a hit and definitely relates to everyone no matter what stage they’re at in life, whether it be a breakup, a makeup, or anything in between.

Joy and Jubilation Leaves a Lasting Mark on 2016’s Hip-Hop

From Chance the Rapper to Lil Yachty, Positivity Proves to be a Resounding Theme

BY CLIFFORD MICHEL

After the 2016 MTV Video Music Awards, Chance the Rapper took to Twitter to post a picture of himself with the hashtag #BlackBoyJoy.

Almost immediately, the hashtag blew up as fans took to Twitter to post pictures of themselves that can only be described as, well, joyful.

The hashtag seems to be emblematic of a theme that has dominated hip-hop this year: happiness.

When you move away from mega releases—such as Kanye West’s “The Life of Pablo” and Drake’s “Views”—positivity is littered throughout some of 2016’s best releases.

Chance’s critically acclaimed “Coloring Book,” is perhaps the posterchild of this theme.

The mixtape is brimming with funk, jazz and gospel influences as well as unique takes on love, life and success.

There are a few other albums this year that prioritize happiness and jubilation over all else. Here are a few of them:

“Lil Boat” by Lil Yachty

Lil Yachty is a rapper from Atlanta who broke into the mainstream with his March

released mixtape, “Lil Boat.” His voice and style transcends that of rappers who’ve sought to embrace a style of trap similar to artists like Migos and Future.

Lil Yachty seems to know how goofy his voice sounds and appears to fully embrace it on this record.

If the fact that he gives a heartfelt shout out to his lawyer on one of his tracks (“Shout out to Pat! /Pat, that’s my lawyer, he got me off them charges / 8 stacks for that boy”) doesn’t convince you of that, maybe his decision to sample “Finding Nemo” on his opening track, will.

Lil Yachty’s lyricism is perhaps the weakest part of this album, but he makes up for it with personality, charisma and great production.

Tracks on “Lil Boat” stray away from the traditional bass-heavy style of trap music. Instead, the mixtape offers very airy and glossy beats with a touch of sub-bass and percussion.

The track “Good Day” is the perfect example of this. Mellow piano playing, mixed in with drums and soft singing makes the song incredibly catchy.

And while Lil Yachty raps and sings about his new found fame (rapping “I just

check my bank account and there’s so many O’s” is nothing new in hip-hop), it’s easy to get lost in the glossy melody of the song.

He closes the album with the track “We Did It ‘Positivity Song,’” a particularly blissful track where Yachty raps about success and ignoring his haters:

“So for everyone talking down / Anybody who makes you frown / Let them know that its possible / Oh, its possible / Cause if they ever knock you down / Get up and let them know you finna run the town.”

“Big Baby D.R.A.M.” by D.R.A.M.

D.R.A.M. is a rapper and singer from Virginia who rose to fame with his hit “Cha Cha,” which inspired Drake’s “Hotline Bling,” and “Broccoli,” which happened to feature Lil Yachty.

Anthony Fantano, a popular music blogger and YouTuber, described the first track of D.R.A.M.’s album “a sunrise on a new morning, and in the middle of the sun is D.R.A.M.’s big goofy face smiling.”

We’d extend that analysis to the entire album.

The album’s intro track, “Get It Myself,” is one of the best opening tracks we’ve heard all year.

The song is a smooth and sultry self-reli-

ance anthem. D.R.A.M. does his own backup singing on the track and harmonizes the vocals perfectly.

Both of the album’s singles—“Cash Machine” and “Broccoli”—are refreshing, catchy, and upbeat.

So much so that it’s hard to imagine that he’s rapping about the most basic rap tropes: making money and smoking weed.

D.R.A.M.’s clever use of sampling an actual cash counting machine on “Cash Machine,” mixed in with his loose sing-rap flow makes for a catchy as hell tune that anyone who’s ever experienced the joy of a payday will instantly relate to.

The song “Cute” has a very subdued beat that, if amplified, any other rapper would turn into a banger.

Instead, D.R.A.M. decided to make 2016’s most adorable track. With gentle backup vocal harmonization lyrics like “I choose you like a Pokémon,” he makes having a hopeless schoolboy crush seem cool and, more importantly sweet.

D.R.A.M.’s singing style is superb and reminiscent of 90s R&B. Tracks like “Wi-Fi,” “Password” and “100%” showcase his ability to take a step back and make slow jams that are nothing short of sexy.

BANNER ARTS

Square Enix Develops a Universe of Fun with “Final Fantasy XV”

Satisfying Gameplay & Charming Characters are Not Without Flaws

BY RAMI TABARI

After a tiresome journey of delays and setbacks, the long awaited “Final Fantasy XV” has blown us away with its incredibly immersive world, but is weighed down by its overly vague plot.

Ever since the game’s announcement in 2006, “FFXV” has been long awaited by many fans because of its innovative style and darker story. With a shift in direction, platform, and audience, the game had suffered 10 years of what’s known as development hell.

“FFXV” follows Prince Noctis and his best friends seeking to reclaim the throne after his father’s murder. Noctis, Gladiolus, Prompto, and Ignis must retrieve a ring from the princess, Lady Lunafreya, that will bestow an ultimate power which enables them to fight back.

Trailers and early previews seemed to promise a much deeper story, however, it turned out to be vague and lackluster. Most of the main missions command you to go to certain places and do certain things but it is never said why you’re doing them or why these things matter.

While the story fails to captivate you, the characters speak, breathe, and act as if they’re real, bantering like a group of best friends would.

Square Enix has given these characters

life, humanizing them with their actions: showing them cook, fish, bet on card games, camp in the woods or stay at hotels, eat at fancy restaurants, go on roadtrips, crack lame jokes, and on the side, kill wildlife.

Although these characters are fun to hang out with, they’re not particularly well developed. Noctis and the gang talk and interact as if they know everything about each other, but unfortunately, the game reveals very little about them. It makes us feel like outsiders, and in reality, it’s awkward.

A strong feature of “FFXV” would be the ability to hop out of your car and go wherever you want. Heading into a restaurant, and asking the manager for a bounty to kill tough creatures, and then getting distracted by the fishing pond you see on the way there is one of the few examples of the silly things you can do while exploring.

From its ginormous wildlife to its vast landscapes, “FFXV” is absolutely breathtaking. When exploring the open world, the clever mix between sci-fi and fantasy makes it a visually unique experience. However, during missions or dungeons, low-resolution textures can destroy the immersion. Additionally, certain cutscenes seem sloppily animated and rough around the edges.

“FFXV” introduces an unfamiliar battle system that spurred a wide controversy

among fans. The series’ most popular title, “FFVII,” used the Active Time Battle system, which is what fans are most accustomed to.

Simply put, the ATB takes turn based gameplay, and replaces the turns with time based actions. Instead of using ATB, “FFXV” focuses on fast paced combat, similar to a hack & slash like “Devil May Cry” or “God of War.”

This is a drastic change, and the idea might seem unwelcomed, but its execution is what makes it spectacular. Zipping around like lightning while spellcasting and sword slamming leaves you giddy with satisfaction when Square Enix pits you against colossal titans, giant robots, and waves of imperial soldiers.

A recurring aspect of the Final Fantasy franchise would be their critically acclaimed



“Arrival” is a Science Fiction Masterpiece

Denis Villeneuve’s Film Sends a Crucial Message About Communication While Honoring the Sci-Fi World

BY BRENTON MITCHELL

“Arrival,” based on a story by Ted Chiang titled “Story of Your Life,” channels the glory of the Sci-Fi genre by blending the past and future to create something timeless. Unlike most Sci-Fis, it brings the scope away from of outer-space and back to Earth.

The tone is set from the first moment, opening to the bleak scenario of Louise Banks (Amy Adams) going through the horrendous experience of great loss while the film tunes to the haunting score of Max Richter’s “The Swimmer.”

Tragedy from home transitions to terror from above as 12 alien ships materialize all over the globe.

Though unbeknownst to the public, first contact has already been made and the government taps Louise, a linguistics expert, for the task of bridging the communication gap between humanity and its visitors.

As the year comes to a close, it becomes increasingly clear how easily the interconnectedness of humanity is lost in the divisiveness of politics, race, and religion.

Often forgotten, though incredibly vital, the ability to communicate is the driving component behind the advancement of humanity, and in many ways it is our potential

downfall.

It’s interesting for a film whose central idea is the importance, beauty, and possibility of language, that the majority of the story is told through sound and ambiance rather than dialogue.

This isn’t to say that there are long stretches of silence.

The actors definitely earn their keep, but one of the aspects that makes “Arrival” so intriguing is the use of subtext and atmosphere to tell the viewer all they need to know.

While the chemistry between Louise and physicist Ian (Jeremy Renner) is grounded and believable, at many times it felt that they weren’t the main characters of the film.

This isn’t to say that the performances were particularly bad, though at times bland, it was more the idea that the plot was more than the main characters.

Like they were merely backdrops for a greater story that’s being told, a stark contrast to the Hollywood trope of the main character being the center of the universe.

This aura of separation, isolation, is permeated throughout the film through impressive use of cinematography. The likes of which Villeneuve is known for with his pre-

vious films “Sicario” and “Prisoners.”

“Arrival” takes a page from the Sci-Fi handbook and lathers scenes in a blue-tinted hue, providing a level of coldness that mirrors the emotions of the characters.

It is only during Louise’s flashbacks that we see the shift from cold blue to warm orange and red hues, signifying the warmth of better times.

CGI is used sparsely, preserved exclusively for the alien ship and its captains, though where it does show, it delivers with incredibly beautiful landscape shots that are seamless and believable.

The sparse use of CGI has the added benefit of allowing the actors to stay within their element, and grounds the film in reality despite the otherworldly premise.

The film progresses with purpose, every scene having value and intent.

There is a distinct lack of filler, and even the more subdued scenes have information and reference that may only become apparent after the third viewing.

With a climax that bends both minds and expectations, a second viewing is almost mandatory to pick up the tells that fly under the viewer’s nose.

soundtracks. “FFXV” is no exception, as the score greatly enhances each battle, car ride, and journey through the unknown with its melancholic tone.

It’s sad that the driving mechanic was never fully realized in the game, it’s so simple to drive, all you need to do is hold the accelerate button and the Regalia will turn for you.

Additionally, the initial loading screen is excruciatingly long. This would be okay if it didn’t occur with the fast travel loading time as well. At that point, it doesn’t even make it worth fast travelling, you might as well just drive to your next location.

Although it has suffered from various flaws, the incredible aspects of exploration, combat, and character interactions make “FFXV” more than worth the ten year wait.

It leaves every second to be picked over literally before being battled metaphorically.

“Arrival” is a film for the mind, its intent is to make you think. An intellectual film with the purpose of causing introspection, of looking at the people around us and the possibility of potential; the potential for piece, and the films biggest motif: the presence of hope.

In the end, “Arrival” is near perfection with an excellent blend of cinematography, tone, music, and acting.

Every scene has immense value, packed with information and intricacy that will reveal itself through multiple viewings, increasing an already impressively dense presentation with even more layers to unravel.

It’s no surprise “Arrival” has come to claim both box-office and critical success, for in a time where major blockbusters either wear capes or are animated, it’s refreshing to see a true intelligent Sci-Fi grab hold on the slippery reins of mainstream appeal.

Whether or not this will spur an increase in unique original screenplays, only time will tell. However one thing is for certain, “Arrival” will leave an impressive, lasting impact in the nature of films to come.

BANNER OPINIONS

Domestic Abuse Is Not An Imperfection.

Violence is a Worldwide Issue, Not Something to be Covered Up.

BY BRIELLE SPARACINO

When I scroll through my Facebook feed on the daily, I come across so much bullsh*t on my timeline that I tend to skip most of it. A few days ago, however, a video showed up on timeline that I couldn't ignore. The clip was a segment taken from a Moroccan TV show (2M TV), which depicted how to cover up bruising as a result of domestic violence "on the occasion of the International Day for the Elimination of Violence Against Women."

The smiling makeup artist used color correcting and flesh-tone concealers to eliminate the appearance of blue/purple bruising while simultaneously clarifying how much of a "painful and sorrowful topic" domestic violence was. Are you serious?

I'll be honest; I don't know much about life in Morocco.

I don't know how things work there, except from what I've read in an article about the segment posted by Sarah Sirgany and Elizabeth Roberts on CNN.com.

What I do know is that as a woman, a feminist, and a makeup artist, this segment

never should have been aired in the first place.

"Domestic violence is not a crime in Morocco and, according to a government survey conducted in 2009/10, two thirds of women had experienced physical, psychological, sexual or economic violence," Sirgany and Roberts said.

A draft bill that would officially consider this act a crime has been passed by the first chamber of parliament this past summer, but it has yet to be reviewed by the second chamber due to a general election last month.

Apparently, the bill wouldn't do much to benefit women anyway, since it would only provide protective measures to the ones who chose to prosecute their abuser.

Because of pressure from their families, however, many women tend to drop their cases.

The Moroccan TV channel has apologized for the segment, admitting that it was inappropriate, and they have even removed the clip from the channel's website.

That's a start, but it doesn't solve the problem of Morocco's excessive amount

of domestic abuse, nor does it re-establish a positive reputation of makeup artists and feminists.

As a self-taught makeup artist who has previously worked at a luxury cosmetics store, I can tell you that my clients telling me how beautiful they felt after I had done a makeover on them was always the highlight of my day.

Being a makeup artist is tougher than you'd think. It is stressful and meticulous as well as intricate and precise.

But, it is one of the most rewarding feelings to know you have made someone else feel confident in their own skin.

Obviously, I have not been a makeup artist as long as some of my friends or most seasoned pros have, but I can say with 100% certainty that none of us began this job with the intention of covering up bruises as a result of any kind of abuse.

We can cover imperfections, sure; we can conceal a pimple here and there, or an entire face of cystic acne.

We can even cover up tattoos or even out a client's skin tone if they have too much

or not enough of their pigment, but I don't believe you will ever come across a makeup artist who would willingly cover up signs of abuse, no questions asked.

That is morally wrong, and it gives makeup artists a bad name.

When it comes to the concept of feminism, actions must have consequences when it comes to both genders in order for feminism to reach the pinnacle of true equality.

In this case, as with most cases, the victims are women, but domestic abuse should not be normalized in any country.

This is not ancient Greece, or ancient Rome, or America before the women's suffrage movement.

Women are not the property of men. We are not playthings, or objects to occupy men's time. We are people, just like men.

We are brave, strong, and intelligent. Women have accomplished so much in this world, and it's a shame that desiring equality in a modern world is still such an issue.

We have voices and opinions that need to be heard, and they have no right to be silenced with a hand, regardless of gender.

Victory for the Standing Rock Sioux Tribe and Environment.

The Impact of Protesting and Activism

BY MUHAMMAD SIDDIQUE

Earlier this December, water protectors and environmentalists all over the world celebrated as the Army Corps of Engineers announced that the 3 billion dollar Dakota Access Pipeline would not be allowed to start drilling under the Missouri River.

This announcement came after more than 2,000 veterans showed up to North Dakota in support of the water protectors who are protesting the oil pipeline construction and the militarized police who are protecting the pipeline.

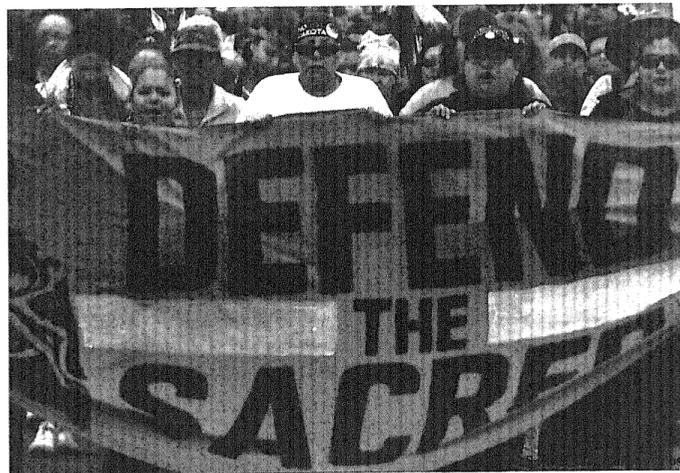
The victory for the water protectors is historical and shows a larger message that isn't brought up often: Activism works. Civil Disobedience works. Fighting for what is right works.

The Native Americans who have been fighting this battle from day 1, have been attacked by dogs, sprayed with tear gas and brutally attacked, and have been told that they did not stand a chance in fighting against billion dollar oil companies.

But when thousands of people rose up and stood with them to say "Water is sacred and we can't have companies destroy this earth to make a profit!" they won.

Voting is great, but it isn't enough. When we want something to happen, we need to fight for it to win.

In this case, the Native Americans have been sacrificing so much throughout history but with organizing and peaceful protests,



they won even if it's just for today.

The fact of the matter is that every great stride in this country and every small stride in this country had a group or groups passionate enough to fight for those causes even if it meant imprisonment for them.

In the civil rights era it was not the president or the legislators who wanted to sign the civil rights act, the people forced them to.

Millions of people rose with the civil rights movements with Martin Luther King Jr, risking arrest and even death to say "Segregation is unconstitutional and wrong! Everyone is equal!"

And in the end, after all that brutalization, after all that pain and suffering, they

won.

Many of us say that we would have been marching with Martin Luther King, but would we really? It is one thing to support a dream or a group, but it is much harder to get involved and organize to make that dream a reality.

With all change comes sacrifice. Would we be willing to sacrifice arrest to fight for what we believe in?

Would we be willing to sacrifice standing in freezing temperatures to protect the water by protesting an oil pipeline? Would we be willing to sacrifice death for equality?

Martin Luther King and The Native Americans in Standing Rock were willing to

The Standing Rock Water Protectors do not expect Big Oil to stand down even if the company does not have the permit because they have a lot of money riding on this. However, the Water Protectors have something more important than money, they have the willingness to fight, which brings up another point that seems to have been forgotten: ALWAYS KEEP FIGHTING.

The Civil Rights Act was a major victory for black and minority communities, but just because we have a black president does not mean everything is ok now.

There is always a struggle for equality and there are always groups fighting for it as well as groups fighting against it. It is up to us whether we join them or stay silent.

With the increase of hate crimes and dangerous rhetoric, it is more important now than ever that we fight back against the normalization of that behavior.

All it takes is meeting up with other local groups around campus or going to solidarity rallies across the city.

"Injustice anywhere is a threat to Justice everywhere," said Martin Luther King Jr.

So when the next president, senator, or representative declares that all Muslims will be banned/ registered on a watch list, or if he plans on deporting millions of undocumented people from their families, or if he thinks about taking away aid to those who need it remember from the victory at Standing Rock, activism works.

SEX AND RELATIONSHIPS

Chasing Fast Love on The Long Road To Commitment

Harmful Habits and Signs You Need To Watch Out For

BY ALISSA MANGICAPRE & JESSICA PASSIONE-SANCHEZ

How many times have you and your friends sat down and tried to understand exactly what went wrong in a relationship? More often than most of us care to admit we get so wrapped up in our own harmful habits that we do not even realize we are doing anything wrong anymore. The best way to fix any relationship or to grow from a failed one is to identify where things went wrong so can you start working on them. Doing any of the things on this list could damage the foundation of your partnership.

1. You keep bringing the past into the present.

What you and your ex did for the holidays or on one of your vacations doesn't matter to your current significant other. No really, they do not care and they have no reason to. It is not part of your relationship requirements to make your partner become uncomfortable at the sound of your ex's name. Likewise, there is no need for you to constantly question them about their ex's.

In terms of the issues in your own relationship, as difficult as this may be, it is so important to learn when to let things go. If you genuinely want to move on from hard times and build a happy relationship then you need to learn to forgive and actually mean it.

If you cannot genuinely let go of the past then your relationship will never make it into the future. Disclaimer: If you genuinely cannot let go of the past then maybe it is best to move on—without your partner.

2. You give into Digital Dating Abuse.

People in relationships tend to believe that they are entitled to control who their significant other interacts with. Constantly regulating whom your significant other can and cannot speak to or follow on social media is not only annoying, it is abusive.

It can open up the door to other toxic behaviors and it is in no way justified. Sending threatening text messages and voicemails are

the more serious parts of digital dating abuse. Demanding passwords and/or passwords are controlling behaviors that will lead to damaging tension in any relationship.

3. You find it difficult to trust your partner.

This is one can either be considered a harmful habit or a sign that the relationship will not work out depending on the circumstances. Sometimes your gut is trying to tell you something.

If you find it difficult to trust your partner then it might be best to evaluate whether those issues are coming from your own insecurities or whether they are subtle red flags that they are real despite your significant other trying to convince you they are just in your head.

On the other hand, if you find yourself constantly interrogating your significant other and forcing them to facetime your or call you in order to prove they are where they say they are than you need to understand that people can only stand so much of this behavior before it leads to resentment. Besides, why would you want to be with someone you constantly have to check in on anyway?

4. You let your pride get in the way too often.

Some people hate being wrong. While sticking to your convictions is an admirable trait, there is an appropriate time and place for this. I have seen couples almost come to blows over arguments that should never have gotten so serious in the first place just because neither of them wanted to back down.

Destroying your relationship because you are waging a war over trivial things like refusing to admit you were wrong about something is not worth it. Go to separate spaces and pull out a picture from a happy time. It works wonders.

5. You don't have your own hobbies.

One of the saddest and most damaging things people often do in relationships is lose sight of their interests and who they were

before they got into a relationship. Having time for yourself and what you enjoy doing is pivotal to your happiness. It is easy to get caught up in spending time with your significant other all of the time, especially during the honeymoon phase but do not let this run your life.

Keep the boy's/girl's night a tradition, stay in the painting class you have been going to for months, and most importantly remember that no matter how intertwined you are with your significant other, you are an individual and deserve to stay true to that.

6. You fail to acknowledge things you need to work on.

Communication is the key to making any relationship work. Listing everything your partner needs to work on without looking in the mirror and evaluating what you can improve is not helpful. In fact, it is demeaning and counterproductive. If you really want to build a solid foundation then understand that you need to grow and build together. This means that you cannot cast all of the blame on your partner even if it feels like the easiest thing to do.

7. You give ultimatums and feed into emotional hijacking.

"Crocodile tears" and the pouty face are cute when you are five. No one is buying them when you are grown. To that same respect, carrying on or threatening to hurt yourself is emotionally manipulative, and leads to a very unhealthy relationship.

Instead, be honest with your partner and do not suppress your emotions. Find ways to let him or her know what you like or dislike (and vice versa), and trust that he or she will respect your wishes without resorting to manipulative behaviors.

8. You compare your relationship to others.

Relationships are not one-size-fits-all. Taking advice from your friends or admiring the love shared by other couples is great, but when you begin to measure your own rela-

tionship to someone else's you might find yourself adding unnecessary pressure or stress on you and your partner. Be confident in the way that you and your honey share your lives together—it is unique and incomparable to anything else.

9. You feed into jealousy in an unhealthy or excessive way and forbid your partner from having friends of the opposite sex.

Friendships are important in maintaining a healthy balance within your life. You both need to spend time together, as well as apart, in order to keep the spark alive.

Their ability to hang on to old friends is indicative of loyalty—a very desirable quality. Never discourage your partner from spending time with friends, even if they are of the opposite sex. If you have to question whether he or she will cheat, then the issue is not with their friends, but your own relationship.

10. You throw temper tantrums.

Abuse is not limited to hitting. It is important to know that you do not have to close your fist and strike in order to hurt your loved one. Any type of outburst—especially throwing, breaking, destroying or even hiding your partner's stuff, is abusive. This behavior can be seen in both men and women. It is dangerous and can be avoided.

If a disagreement is heading south and becoming tense, remove yourself from the situation, take a walk, clear your head, and resume a calm and rational discussion when you feel less impulsive. Also be aware that it is never okay to shake, scratch, bite or restrain your partner. You must always respect personal boundaries as well as property.

It is easy to develop harmful habits and unfortunately there is such a thing as "too little too late." If you care about someone, respect them and most importantly do not ever let yourself get so used to being a part of any of the things on this list that you stop seeing them as toxic behaviors.

Friends With Benefits And Valuing "The Chase"

Why People Should Not Be Treated As Expendable

BY MARCUS DEL VALLE

In a time where immediate satisfaction is the staple of our society people, are becoming used to things coming and going quickly. These days it feels like other people, and our relationships with them, are becoming just as expendable as the random gaming apps and binges we pick up and the only real way to stop this is to start putting value into the right relationships.

The life of a college student is filled with choices and many of them have an exaggerated weight attributed to them. For example, at this time you're picking a major to lock yourself into a career, joining clubs to meet the "right" kind of friends and (of course) finding a partner.

A long term, short term, "just for fun," or "we don't really like labels kind of partner," are the types of partnerships I'm talking about. The game of finding someone to spend your time with is a complicated process and in our generation, it feels like a lot of love is lost, or at least short lived.

In line with our need for immediate satisfaction, we seem to be losing certain values which cause commitment to seem old fash-

ioned. Many people these days are obsessed with the chase more than they are the idea of commitment.

Naturally though, how could you argue against them? Even if you're a person who prides themselves on not being promiscuous, the idea of other partners can still infect you.

Lust is something that speaks to each of us and relationships often grow to feel commonplace when that lust isn't engaged, not only acted upon but also just thought about and quelled.

We are always looking for something that is new and exciting which doesn't have to be a new partner or a new pursuit. Honestly giving up on a relationship to experience the chase again will only trap you in a loop.

Once the spark is gone you search for it again in someone new. Perhaps this is because the challenge of satisfying a single person is just too difficult?

Or maybe being able to achieve that spark in multiple people feels rewarding?

There is the rational fear that if the excitement leaves the relationship then it might as well be dead. Though that's not really the case. Upon asking others about their experi-

ence, a CSI student had this to say about a friend's relationship.

"She thought that maybe she wasn't with the right man because she felt more sexual enthusiasm in her friends with benefits partner," said Victoria. This is obviously a conundrum.

Being a friend with benefits allows different freedoms between partners. The connection is solely based on sex. When are we going to do it? Where are we going to do it? Oh, you got the free crib for the weekend?

What should I bring so we can have more fun while we do it?

It keeps the sex fun and it keeps the sex new. Every time you engage you feel like it is another chance to just let out the week on each other, to prove yourself a good f***. The sex appeal therefore, never leaves.

Not to mention that a friend with benefits does not ask for emotional support. Though the partners might grant that to each other, it is not expected. A connection based off the physical components of the partner allows a certain level of freedom that might be lost in a romantic relationship.

But this kind of relationship has its lim-

its. If both parties agree that they should remain friends and have the physical connection that they do, then the connection can work out well. But realistically these things don't last and that spark cannot lead a loving relationship.

Being able to care for a single person and build with them is almost a skill. It requires constant thought of that one person and a want to share what you learned and think about the world with that person.

It also requires time apart and a respect for their freedom and privacy.

I believe the perfect connection exists and I think that it comes from having a genuine friendship first.

Loving a person before you ever ask them to be yours is key. After all, having that relationship being based on friendship and not sex is what we want in a spouse, right?

Sex with that person has passion. Sex with that person can be fun, even funny.

Human beings want connection and whether we admit it or not we need each other. It's time to start doing it the right way and not treating one another as expendable.

SPORTS

CSI Swim and Dive teams, Ranger Invitational Recap

Performer of the Week Tim Sweeney Leads his Team to Second Place Finish

BY FRANK COSTAGLIOLA

Despite finishing second, the College of Staten Island men's and women's swim and dive teams compiled four weekly honors from the Ranger Invitational on December 3 at Drew University.

Never to be out done, Senior Tim Sweeney put together another stellar performance at the Ranger Invitational, finishing first place in the 50-yard Freestyle with a time of 21:25. His time of 21:25 was just shy of the CUNYAC record and was big reason why his team finished second among the six other competing teams.

In addition to finishing first in the 50-yard Freestyle, the senior also won his two other individual events in a convincing fashion. In the 100 Butterfly, Sweeney finished with a time of 49.81 and in the 200 Butterfly finished with a time of 1:52.02.

Sweeney, who leads his team in total points with 199 of them, also set a new CSI and CUNYAC record in the 200-yard Freestyle Relay with a time of 21.15.

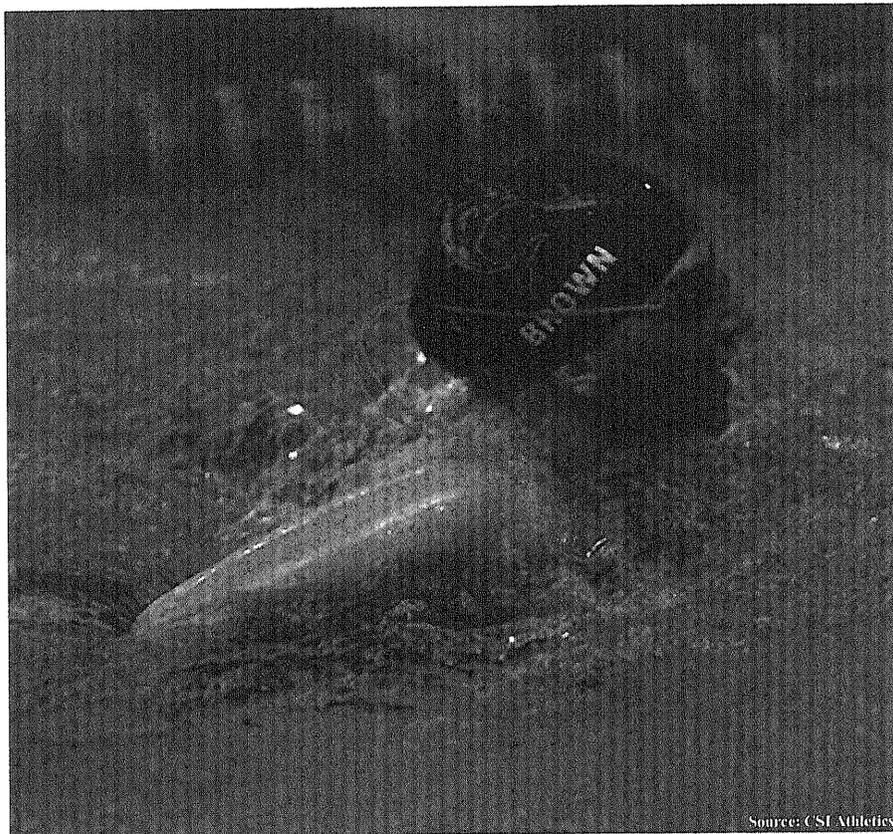
Additionally in the 800-yard Freestyle Relay, the senior finished with a time of 1:42.48 throughout the two day invitational.

With the three individual victories under Sweeney's belt at the Ranger Invitational, Tim is now a perfect 13 for 13 on the season.

Meaning in all 13 races he has competed in thus far, the senior has placed first in all of them.

While it might appear on paper that Sweeney is doing all the heavy lifting for his team, that isn't necessarily the case.

Teammates Derek Villa, Nick Defonte, Brandon Lei, Christopher Pinto and Jonathan Gorinshteyn all contributed points for CSI



during the two day competition.

Senior Derek Villa finished day one with a bronze medal in the 500-yard Freestyle and a fifth place finish in the 200-yard Freestyle.

Overall the senior has contributed 167 total points of his own to the team thus far, and has compiled six 1st place finishes throughout the young season.

Another notable performance was by Freshmen Omar Zaky.

As a part of the 200-yard Freestyle Relay, the Freshmen helped propel his team to a third place finish.

In Zaky's individual races, Omar finished fifth in the 200-Yard Backstroke, eighth in the 100 Back and eighth again in the 200 Free race.

The CSI women competed in several events at the Ranger Invitational on Friday and Saturday which standout performances by swimmers Ewa Wojciechowska, Naomi Gaggi and Samantha Escobedo.

Senior Naomi Gaggi got her team going on Friday with a sixth place finish in the 500-yard Freestyle event on Friday, and teammates Wojciechowska and Escobedo followed up Gaggi's performance with a pair of third place finishes.

On Saturday Wojciechowska and Escobedo also had took home more points for their team in individual races.

In addition to Wojciechowska and Escobedo's individual performances on Saturday, the women also took third place finishes in the 400 and 800-yard Freestyle Relays.

On the diving boards El Hadda earned Diver of the Week honors with first place finishes in both the 1-meter and 3-meter competitions.

In the 1-meter Hadda won comfortably with a 12 point victory over the second place finisher and 14 points over the competition in the 3-meter.

Nora Abualam also had contributed points for the women on the boards with a second place finish on the 3-meter.

CSI will look to make pushes toward the CUNYAC Championship meet, the Metro Swim Championships, the ECAC Open Champions and finally an NCAA Division III appearance in the winter of 2017.

The men's and women's swim and dive teams will be back in action on December 16 against CUNYAC division rivals Lehman College.

New York Rangers: Contenders or Pretenders

BY FRANK COSTAGLIOLA

With nearly a third of the hockey season complete, the New York Rangers find themselves tied a top the Metropolitan Division with the 2016 Stanley Cup Champion Pittsburgh Penguins with 35 points.

Prior to the start of the 2015-2016 season, many hockey analysts believed that well had run dry for this Rangers team, and that the window for a championship had finally closed, but nearly 30 games into the season, the 2017 Rangers have thus proved their naysayers wrong.

Over the past five or so years the Rangers defense was their bread and butter.

Their defense ranked top amongst the league during those years, but never had a championship to show for it.

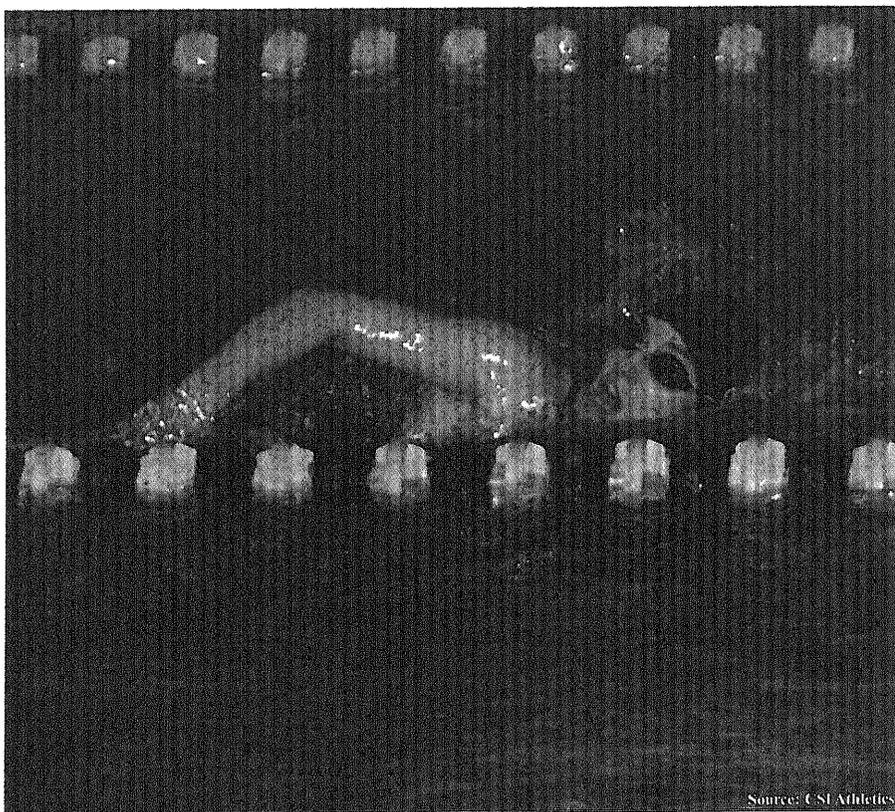
So what they did over this summer was add cheap, but skilled free agents to help create a more balanced offensive and defensive attack.

Among some of the players added were Mika Zibanejad, Jimmy Vesey and Pavel Buchnevich, who jumped from the KHL to the NHL. Although Zibanejad is currently out for at least another month with a broken fibula, he played well during the month or so when he was healthy.

What makes the Rangers contenders, despite Zibanejad's injury and potential others, is that fact that New York added enough talent during the offseason to help them withstand the potential injuries.

With all that new talent added during offense to a team that already had Stepan, Kreider, Zuccarello, Miller and Nash the Rangers were bound to put up big numbers, and that's exactly what they have done.

While the Rangers may need to rely on Lundqvist from time to time, and their defense isn't exactly what it used to be, New York's high powered offense should be able help offset these issues.



Source: CSI Athletics