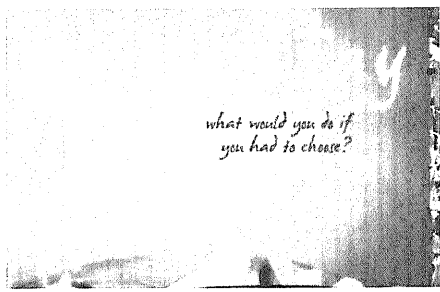


THE BANNER

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December 1, 2016

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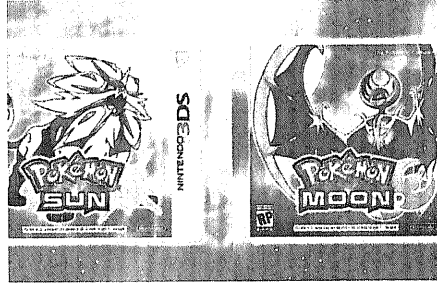
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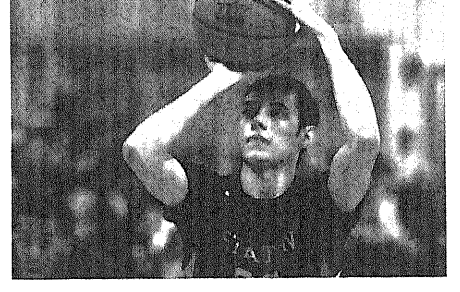
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Men's Basketball Opens With Loss - Page 12

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.



Source: CSI

"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

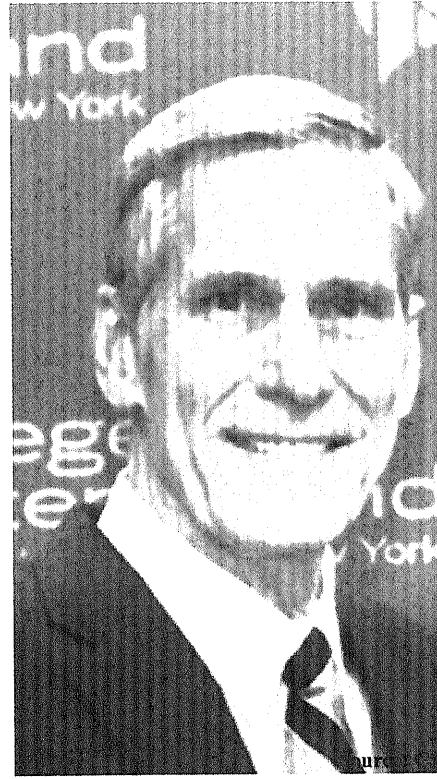
William J. Fritz, the College of Staten Island's President, released a statement on November 15 stating that CSI would grapple with issues surrounding the election and Trump's rhetoric.

"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.

"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 feel-



Source: CSI

ings 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 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."

College of Staten

Island Life

Hacks

ADVICE FROM THE
BANNER STAFF

BY THE BANNER STAFF

Ditch The Wall Charger, Get a Portable Battery

We're on our phones most of the day and due to lack of service on campus it drains your phone battery just by sending a simple text message. Instead of hunting for an outlet in the classroom, get a portable charger!

I have the Mophie Power Reserve portable battery (\$35) but you can get a decent one from Best Buy anywhere from \$12 and up and most come half charged.

Batteries that hold 2600 mAh (milli-amp hour) is enough to charge an iPhone one full time and then some. Just don't forget to charge it the night before!

Time Your Arrival

Campus can get pretty busy.

If you don't time your arrival on campus you can spend copious amounts of time finding parking, picking up something from the bookstore, or even ordering a slice of pizza from the cafeteria.

Try to come on campus during what I like to call "the peaceful hours." Yes, it sounds corny, but there are several brief periods during the day where the campus is blissfully empty and quiet.

No lines, no screaming in the cafeteria, no fighting for parking.

I'll break it down for you. There are several standard class intervals at CSI: 8-9:55am, 10:10am-12:05pm, 12:20-2:15pm, 2:30-4:15pm, 4:40-6:20pm, 6:30-8:20pm, and 6:30-9:50pm.

Most students come onto campus half an hour or less before their class time.

That, in addition, to students coming out of classes preceding that session, makes for the busiest times on campus, leading to—you guessed it—long lines.

The solution is simple: come to CSI 15 to 20 minutes before the session preceding yours even begins or, better yet, in the middle of that session.

Continued on Page 4

STAFF

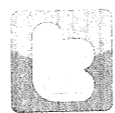
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North Campus

- Astrophysical Observatory 6N
- Business 3N
- Campus Center 1C
- Campus Services and Central Plant 1M
- Children's Center 2R
- Computer Science 1N
- Engineering Science and Physics . . 1N
- Engineering Technologies 4N
- History Marchi Hall, 2N
- Physical Therapy 5N
- Political Science, Economics, and Philosophy . . Marchi Hall, 2N
- Residence Halls 1H, 2H
- Sports and Recreation Center . . . 1R
- Future Use 2M

South Campus

- Biology 6S
- Chemistry 6S
- Education 3S
- English 2S
- Library 1L
- Mathematics 1S
- Media Culture 1P
- Nursing Marcus Hall, 5S
- Performing and Creative Arts . . . 1P
- Psychology 4S
- Social Work 1L
- Sociology and Anthropology 4S
- World Languages and Literatures . . 2S

Administration Loop

- Center for the Arts 1P
- North Administration 2A
- South Administration 1A
- West Administration 3A

College of Staten Island

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BANNER POLITICS

Presidential Election Aftermaths: 2008 vs. 2016

Public Takes a Stand; No Matter What the Circumstance

BY BRIANA DELBUONO

After the polls close and the results are drawn, there is always a particular discomfort on the unfavorable side. This is shown throughout the years, especially during the most recent election where Donald Trump swept up the majority of electoral votes.

Because Hillary synched the popular vote, her supporters went into an uproar and began questioning the validity of the Electoral College, suggesting its abolishment despite the system being in place for the last 230 years.

The backlash went further than just unhappy speculations. Angry voters contested the presidency and started protesting in the streets with signs stating that Trump is "not their president."

In Portland, peaceful protesting took a turn for the worse.

"Due to extensive criminal and danger-

ous behavior, protest is now considered a riot. Crowd has been advised," Portland police officials said in a Twitter post late Thursday, as reported on the Washington Post website.

"The department earlier warned that some drivers were being attacked during the demonstrations and advised protesters to stop the use of 'illegal fire devices,'" the website continued.

In 2008, when Barack Obama won the election against John McCain, equal outrage ensued. Republicans started Tea Party Protests, which is affiliated with the Tea Party

Movement, otherwise known as a conservative political movement, with the purpose of opposing the efforts of the Obama Administration.

Sound familiar?

There have been significant efforts to reverse the results of the 2016 election. President-elect Trump did not win the popular

vote; there is still a chance for Hillary to become president.

Over 4.3 million people have signed a petition asking the Electoral College to vote for Hillary Clinton as early as November 12th. Technically, the Electoral College doesn't vote until December 19th, and the electors have the ability to choose Clinton instead of Trump and essentially overturn the results of the election.

The protesting spread from New York to Los Angeles -- some of which turned into riots.

There were school walkouts in Omaha, Nebraska and Denver. Interstates were blocked and flags were burned.

Although Obama's win in 2008 didn't lead to rioting, it had unhappy Americans speaking out in different ways, questioning Obama's citizenship and harshly rebuking Obamacare.

People channeled their hate to violence and racism was personified, much like it was this year, just days after the 2008 election results were in.

People are calling for the assassination of Trump just as they called for the assassination of Obama -- outrage and fear are prevalent in our society right now, there is no denying that.

Some speculate that it is due to the media, which arguably has blown up since 2008, while others believe that it's Trump himself, and the insensitive comments that he has uttered during his campaign, that has brought about this fear.

Regardless, this type of post-election fear and uncertainty has always surfaced.

The level of violence that comes along with it varies from election to election. Ultimately, the racist undertones imbedded in our society will always reemerge.

Commentary: Blame It On The...

Voters Point Fingers as Trump Becomes President

BY STEVEN MORRIS

On November 8, 2016, Donald Trump was voted in as the 45th president of the United States, which sent a shockwave through the country and even the world, as Hillary Clinton was almost unanimously predicted to win.

Trump's win was seemingly the biggest upset in American political history.

The election of Trump had a huge impact on the people of the United States and world markets. As election night was progressing, the markets around the world were digressing.

The Dow Jones Industrial Futures' was down almost 800 points, and markets around the world, such as Japan and England, were slipping in reaction to Trump's lead over Clinton.

As the electorate who voted for Trump were joyous that their candidate was elected, there were also a lot of people that were surprised and scared.

Controversial events such as this lead people to point fingers and blame others for the outcome; it's human nature. As expected, those who did not vote for Trump looked to rationalize the outcome of the election and understand how Trump became president.

Through it all, there were three groups of people that were focused on the blame game.

Those three groups include the people who voted for third party candidates, such as Gary Johnson and Jill Stein, the surge of the white working class population, who propelled Trump to becoming president, and the Democratic Party.

Let's start with the blame that the voters of Gary Johnson and Jill Stein have been receiving.

The theory that third-party candidates can alter an election stems from the 2000 presidential election between George W. Bush and Vice President Al Gore. The third-candidate in this election was Senator Ralph Nader, an independent.

Infamously, the 2000 election was a controversial one as George W. Bush won the Electoral vote, but lost the popular vote. Back then, people blamed Ralph Nader for running, thinking that if he hadn't run, Al Gore would have been elected president.

This same thinking is being applied to candidates' Gary Johnson and Jill Stein, but is not accurate.

For example, nationally, Gary Johnson won 3.3 percent of the vote and Jill Stein won 1.0 percent of the vote, which is a combined 4.3 percent.

Theoretically, this combined total could have flipped a few states such as Michigan and Wisconsin. However, as the Washing-

ton Post concluded, this wouldn't have been enough to win the election. Ultimately, the nation chose between Trump and Clinton.

The second group that has been blamed is the non-college educated white working class population, which election models dramatically underestimated.

The reason for this underestimation was an effect of the 2012 election. In this election, President Obama had the lowest turn-out of white voters without a degree since Walter Mondale. The 2012 election showed that this population only accounted for one-third of the electorate.

Because of this representation, the forecast models of the 2016 election built this representation into the models, which forecasted an almost certain win for Clinton. However, as election night went on, the models were starting to shift towards

Trump because of the unexpected turn-out of the white working class population.

Lastly, there is the blame that the Democratic Party has received. Yes, the Democratic Party has received its fair share of blame, but what are the reasons for this?

First, this blame could be because of the DNC email Wikileaks, which showed that the leadership of the DNC, such as former chair Debbie Weisermann-Shultz, were actively sabotaging the Sanders' campaign to

make Clinton the nominee.

Second, did the Democratic Party choose the right candidate? During the primaries, there were polls that had theoretical matchups between candidates in the Democratic Primary and Republican Primary.

In those polls, Senator Sanders' out-performed Secretary Clinton in a head-to-head match-up with Trump.

Also, during the primaries, almost 80 percent of voters, ages 18-25, supported Sanders over Clinton.

The same white working class population that helped Trump become elected did not vote for Clinton in the Primaries either. During the Primaries, they supported Sanders over Clinton.

Lastly, the Democratic Party is blamed for its voter turnout. Based on the latest data from electproject.org, around 58.3 percent of eligible voters participated in this election, a slight decrease from 58.6 percent in the 2012 presidential election.

Even though there may be a small difference, Republican turnout increased while Democrat turnout didn't budge, per data compiled by Douglas Rivers of YouGov.

Blame will continue to be hashed out, whether it's on the news or on social media. One can blame all they want, but it won't change what happened.

Bestselling Author of "If I Stay" Visits College of Staten Island

Lookout For Her New Novel "Leave Me"

BY JENNIFER WEEKS

New York Times bestselling author, Gayle Forman, visited the College of Staten Island on November 17 to host a panel for the discussion of her new novel "Leave Me."

Gayle Forman, the award-winning author of young adult novels, is best known for her novel "If I Stay," that became a movie adaptation in 2014.

Sponsored by the Hillel Club, this was a clue event, which drew most students there. Other students appeared so they could meet one of their favorite authors and have their books signed.

When Forman walked into the room, the crowd roared with excitement.

She began the panel by discussing her newly released novel "Leave Me."

The book was released on September 6th of this year, through Algonquin Books. On Amazon, the novel received several titles and acknowledgments such as: #1 September Library Reads Selection,

September Indie Next Pick, Amazon Best Book of the Month and A People Pick.

This is Forman's first adult-themed novel that focuses on motherhood and marriage.

The book is about every woman who's fantasized about driving past her exit on the highway instead of going home to make dinner and every woman who has ever dreamed of boarding a train to a place where no one needs constant attention.

Maribeth Klein, a harried working mother who's so busy taking care of her husband and twins, doesn't even realize she had a heart attack.

Surprised to discover that her recuperation seems to be an imposition on those who rely on her, Maribeth does the unthinkable: she packs a bag and leaves.

As in most cases, once we get where we're going, we see our lives from a different perspective. She was far from the demands of her family and her career but with the help

of liberating new friendships, Maribeth was able to own up to secrets she has been keeping from herself and those she loves.

Forman wanted to stray away from young adult novels and wanted to take a different approach, hence the genre being about revenge and fantasy, instead of what she's usually known for.

She also wanted a novel based on part of her personal life. For instance, her mother had bypass surgery and Forman herself was having chest pains and saw a cardiologist about the problem.

She wanted to write about the working mother because at one point, she was working three jobs while trying to mother her two children.

The characters in the novel were based on some of her family members and friends as well.

Forman started writing very young and was inspired by these hiking trips she used to dread going on with her parents. On the hikes, she would make up these stories like she was a detective and her parents were Nazi spies.

"I began writing at the age of eight, and have been writing all my life," said Forman in the discussion.

When she finished high school, she backpacked through Europe for three years and settled in Amsterdam.

She decided to she wanted to go to college and almost went to school in Amsterdam.

Instead, she chose to attend Oregon University and was there for two semesters. She took a journalism class and loved it but she loved traveling and writing more.

"I really wanted to work for Sassy Magazine, but it was dying and I ended up working for Seventeen Magazine," she said.

This led her to her going to NYC and becoming a journalist. She started out as a senior writer for Seventeen magazine. Every

month, she wrote a new article and was traveling to various places for her stories.

Forman then switched to freelance writing and did some pieces for Elle, Cosmopolitan and Marie Claire.

From there she ventured off into novel writing, where she wrote "Sisters and Sanity" and the nonfiction novel "You Can't Get There from Here: A Year on the Fringes of a Shrinking World." She also wrote a duology under the surname of Chloe Walsh.

"It never occurred to me I was going to be a novelist," she said.

What made Forman a success in her career was her bestselling young adult novel, "If I Stay."

When asked what gave her the inspiration for this, she responded: "I woke up one morning and saw this girl with dark hair and blue eyes, who played the cello."

This novel changed her whole writing

career. Because of it, she is able to quit her teaching job, writing and editing freelance, and become a full-time writer if she wanted to.

The novel was such a success, it won the 2009 NAIBA Book of the Year Award and won the 2010 Indie Choice Honor Award.

Eventually she wrote the sequel to continue the story and was eventually optioned for film and it hit theaters in 2014.

When asking her what was it liked to write the novel, she responded: "It was therapeutic, it was away for me to escape reality. This was a personal story. As well as close to my heart."

Ms. Forman continued answering questions and giving advice to anyone looking to become a writer, whether its novel writing or journalism.

"I will continue writing, and sharing my work with others," Ms. Forman said.



"CSI Campus Tips"

Continued from Front Page

You'll find yourself in an empty campus that's ready for your taking.

-- Clifford Michel, Co-Editor in Chief

Bring a Canteen to Campus This Semester

CSI has installed new water fountains in 1C that refill your water bottles without you having to hold the button down while holding it at that uncomfortable angle. Sayonara!

This invention came to CSI during the 2016 school year and is valuable information for the students who are new to the school (or just haven't been to 1C in a while).

The environment conscious inventions are designed to remove lead and filter your every sip.

Next time you're thirsty and need to be on campus, remember to bring your canteen or water bottle to save yourself money and

time!

-- Briana Delbuono, Co-Lifestyles Editor

Bring Your Own Toilet Paper

Here's a life hack that may sound a bit weird, but you'll be totally glad you listened to me after you've heard it.

Ladies, always make sure to carry one or two mini tissue packets with you in your purse when you head to the bathroom.

For some insane reason, there never seems to be any toilet paper in the girl's bathroom stalls, and nine times out of ten, I've had to ask the person in the stall next to me to hand me toilet paper.

Don't disregard this if you know what's good for you. You'll thank me later.

-- Brielle Sparacino, Co-Lifestyles Editor

Actually Go to Tutoring

Can't afford the exorbitant prices of private tutoring? Know that your tuition entitles you to the help you need.

There may be several tutoring labs available, like the Biology Tutorial Center, Computer Science Tutoring Lab, Math Tutorial Laboratory, The Nursing Neighborhood, The Writing Center, and Online Tutoring, for example.

However, if these options don't work for you, there is another.

Through the Office of Academic Support, there are two locations where you can receive tutoring for subjects such as: English, math, computer science, physics, psychology, chemistry, finance, astronomy, philosophy, COR 100 and more.

You can go to either 1L-117 or 1A-08, where tutoring is available for any student during morning, evening, and weekend hours.

Be sure to call The Office of Academic Support ahead of time, to confirm that a tutor for your subject is available during the time you would like to come in.

Be aware that tutors cannot do your work

for you, but they are there to help you better understand your material and guide you along whatever process is required.

This is free assistance for you, so take advantage!

-- Lucia Rossi, Arts and Entertainment Editor

Utilize CAB

The Campus Activities Board is one of CSI's hidden gems. The board uses its budget to give students huge discounts on events and outings that a college student might think twice about.

They host trips to Six Flags, NFL games, NBA games, and even Broadway shows.

They even screen blockbuster movies for free in 1C on a regular basis (right now, they're screening Captain America: Civil War).

Keep an eye out for their posters around campus.

-- Clifford Michel, Co-Editor in Chief

POWER OF SPEECH: CONSTRUCTIVE CONVERSATIONS ON DIFFICULT ISSUES

EVENT DETAILS:

Tuesday, December 6, 2016

2:30 to 4:00 p.m.

1P-Springer Concert Hall

Join students, faculty, and staff to develop skills to engage in constructive dialogue about various topics, some of which may be controversial or provocative.

PG and CC CLUE

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BANNER LIFESTYLES

Healthy Relationships Rule

How To Have A Healthy Relationship, As Explained By Long-Term Relationship People

BY BEREN SABUNCU

Love is beautiful. If you have the right person in your life, you change for the better, and are mostly happy.

Yet even if you have found the right person for you, there are so many faux-pas of a healthy relationship. We've asked people in relationships for their opinions on what makes a relationship healthy.

Aisha H., who has been in a happy and healthy long-distance relationship for two months says, "I have three words for you: commitment, honesty and understanding." This also goes for any and all interpersonal relationships, but obviously more so in romantic relationships.

Katrina D., who has been in a happy relationship for over 9 months says, "I don't put pressure on matters, I just go with the flow. I don't get jealous over small stuff, but when I do feel jealous I let him know. Communication is key."

Gizem U., who is 23 years old and has been in a loving relationship for more than 4 years gives incredible relationship advice that should be listened to, no matter your age.

"Both parties should have their own separate friend groups. They should spend time without each other and with their separate group of friends every once in awhile," she says, and how very correct.

Having only one shared friend group isn't healthy. Introducing friends to each other may be a good idea, but have your own friends so as to not feel suffocated. Having personal space is always good.

"Some of your friends might not like your beau, and that's alright. Your beau might not like them, and that's fine too. So long as they can keep it civil and drama-free, they don't have to be friends. Same of course goes with you and his friends!" says Gizem.

You are in a relationship and your friends should respect that, even if they don't necessarily like the person you're with. "Double dates are good ideas for people who have been friends for a good amount of time, yet if you're just getting to know a couple, it's not necessarily the best idea to go on a holiday with them.

Doing so may not be the best idea, causing fights or putting a strain on the relationship." It's unnecessary, so remind yourself that a relationship is made up of two people.

"You don't need to tell everything to the other person, there could be some secrets and that's alright" says Gizem.

Telling your partner everything could cause unwanted tension.

For example, if you have a friend flirting with you, just take that person out of your life. You don't need to create a situation in which your significant other would feel the need to do something rash.

It's tacky, and a bad idea.

"Both parties should have hobbies, school and/or a job that keeps them busy. If you are a busybody and the other person isn't, it would create a one-sided relationship, and that is not healthy." There are few things less attractive than a dependent person. For some it might be an ego boost to know that their

partner wants/needs them all the time, but for most it's draining.

"You have to spend time with him when you're not necessarily at your most polished. You shouldn't be afraid to go out with him when you're sick or tired." This particular piece of advice from Gizem is so important. Being scruffy is never a good idea, even when you're not going to see them, but when you don't feel like looking what you deem is your 'best,' that is perfectly fine.

If they're not okay with it, then there is a problem in the relationship. "Opinions on burping, passing gas, one entering the bath-

room while the other one pees differs from one relationship to the next, but that's where I draw a line. I would personally not prefer to be that casual." This is Decency 101, really. There is a very fine line between being comfortable, and being nasty. It's all natural, but it's also etiquette.

Relationships can be supportive and healthy, or codependent and draining.

They are what you make of them, and of course there are no set rules for a healthy relationship. Make your own, these are just some that have worked before. Just remember, relationships are meant to be fun.



Source: Lifehack.com

No Time For The Gym? No Problem

Ways to Causally Keep a Healthy Lifestyle

BY BEREN SABUNCU

The gym is great. It's the one place you can go to unwind after a long day, it's where you can forget your stress and just work on your body.

Yet, for the working class person who simply can't make time for it, the gym is also a luxury. Worry no more! There are actually many different ways you can stay active and toned, even if you don't go to the gym that often (or ever).

Eat healthy and maintain a balanced diet. It might not seem like being active necessarily correlates with eating healthy, but it does. People usually don't "eat whatever they want because they work out like a dog" as you like to tell yourself.

Sorry. Unless your metabolism is running at the speed of light, you have to watch what you eat. The better your diet, the lighter and healthier you will feel, and that will brighten your mood. This will energize you, making you feel and be more active.

Use the stairs whenever you have the chance. This is seriously like a mini workout for your glutes and legs. Using the stairs

burns more calories per minute than jogging, and it's the perfect mini exercise if you don't have time to hit the gym.

Get up. Whenever someone needs something, be it water, snacks, or a book, get up. Try not to ask people to hand you things. You wouldn't think it would help you get leaner and obtain a toned body, but it will.

Experts say that fidgeting throughout the day, like moving your legs up and down, for example, helps you stay lean.

That is because the calorie loss accumulates, and your muscles will contract and eventually become toned over time. Every little thing helps!

Do food lunges. Food lunges are lunges that you do while waiting for your food to be cooked.

You eat thrice everyday, and if any one of those meals are at your house, it means that you can do food lunges. This goes for every exercise you prefer, just do it while your food is cooking!

Use public transportation, or ride your bike. If you don't have the time or the money to use a bike, try borrowing one from a

friend; it's a great workout.

Using public transportation instead of your car can help you to keep active due to the amount of walking that comes along with it -- and it helps the environment too! All you need to do is manage your time accordingly.

In your spare time, go to museums or art galleries. This allows you to enrich your soul, while walking around the entire day -- a win-win situation! Another bonus is that walking around galleries is usually free. Yes, please!

Don't shop online! If you shop a lot, then shopping is pretty much your cardio. You get to buy the stuff you need and walk around carrying the heavy bags. (Lift things up and put them down, haha! Get it?) It might be exhausting, but it is the good kind of exhausting.

Make sure to hit the dance floor when you go out. At a sweet sixteen? Or a wedding? Bust a move.

You don't have time for the gym, but you have time for bars and clubs? Easy solution. Get on the dance floor and shake what your momma gave you. It's fun, lets you unwind and it's a great workout.

The best way of keeping active is being happy. Happiness creates happiness. Dopamine, serotonin, oxytocin and endorphins are what chemically create our happiness and there are many ways to trigger their release. Being active leads to feeling accomplished and creates higher levels of the happiness quartet, which leads to you being more active! Life can be a beautiful wondrous thing when you take advantage of it.

Keeping active is genuinely a cheat for happiness. Your happiest moments weren't sitting on your couch. Yes, the gym is great, but you can look and feel great without it too!



Source: Greatist.com

BANNER LIFESTYLES

First Lady Fashion: Then & Now

Analyzing The Outfits Of Our New First Lady, Melania Trump

BY BRIANA DELBUONO

For those of you who have been paying attention to the 2016 presidential election, you have probably noticed that our new first lady has been pulling off some pretty spectacular outfits, not unlike our former first lady, Michelle Obama.

Both women have pretty different tastes in clothing, but both seem to always slay the game. Set aside the claims that the two are competing with each other, and we can appreciate and analyze both of these beautiful women as they are.

Former model, Melania Trump, is used to dressing in many different ways due to her career history, and now she will adopt conservative, political attire, as she has pulled off quite seamlessly during the election.

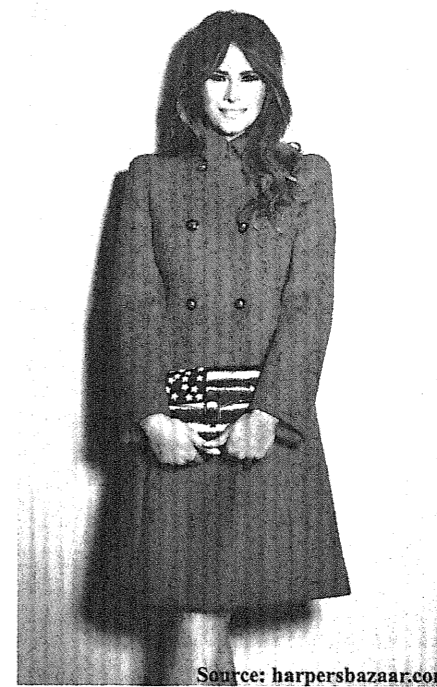
For the first presidential debate, Melania wore a gorgeous off-the-shoulder black gown by Roland Mouret with matching black pumps.

Her blonde locks were loose, flowing and successfully framing her perfectly symmetrical face. Well done!

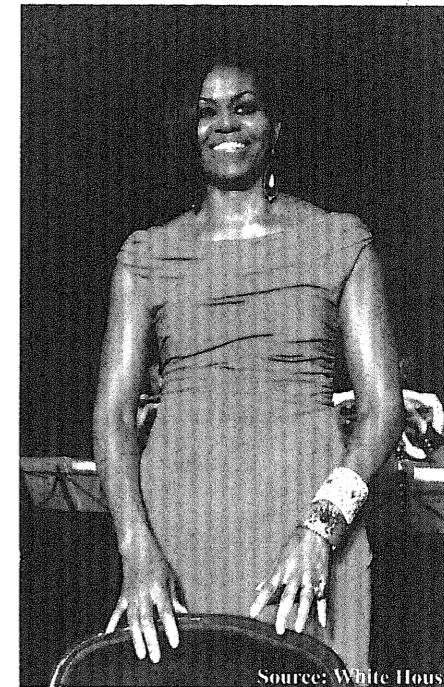
At the 2012 Democratic Convention, Michelle Obama wore a pink floral brocade Tracy Reese frock along with a pair of J. Crew Everly suede pumps in the color rhubarb.

This luminescent dress showed off her toned arms, a feature that she has been revered for throughout her presence in the White House.

More recently, Melania Trump was seen



Source: harpersbazaar.com



Source: White House

wearing a hot-pink high-neck pussy bow blouse by Gucci along with matching pants at the second presidential debate this year.

Due to the rivalry between Donald Trump and Hillary Clinton, the public speculated that this move was a way of Melania aligning herself with Clinton, who was known for frequently donning pantsuits, and even sparked Facebook users to create a secret 'Pantsuit Nation' group.

Though this is probably not true, it goes to show how closely the media will scrutinize you when you hold an important position such as being the First Lady.

Michelle wore a sensible turquoise knee-

length dress designed by her friend, Maria Pinto, at the Democratic National Convention in 2008.

This simple high-neck, classy dress gained her a lot of attention for her "fashion forward chic" and was even compared to Jackie Kennedy. Michelle never disappoints!

For the third presidential debate of the 2016 election, Melania donned a gorgeous black jumpsuit from Ralph Lauren with yet another pussy bow (similar to the one she wore for the second debate).

With it, she wore a patent-leather belt and an Alexander McQueen clutch, as reported by Vogue. She definitely turned heads in

this number, once again.

The morning after Obama swept the election in 2008, the former FLOTUS donned a black and red sheath dress by Narciso Rodriguez, an adaptation of the designer's original version of the dress, which was seen on the runway just two months earlier.

This dress sparked a particular debate amongst voters, one even stating that they "voted for Obama but didn't vote for that dress." Harsh.

On the 2016 election night, Melania wore a flattering all-white jumpsuit by Ralph Lauren with her blonde locks flowing, as per her usual look.

Speculators say the new FLOTUS took a cue from Hillary Clinton, who donned the color white during the latter portion of her campaign.

Once again, she knocked this look out of the water.

It seems like the two FLOTUS have a few things in common; they are always in the spotlight, impeccably stylish and are always guaranteed to dress conservatively and still turn heads.

Melania has already left a significant mark and her husband hasn't even been inaugurated yet. Surely, we have an interesting four years ahead of us, and Melania is definitely going to slay her way through.

If we are going to use any women as role models, first ladies are definitely a good place to start.

12 Tips To Minimize Credit Card Debt

Credit Cards Can Lead You Down A Rabbit Hole. Here's How To Get Out

BY JENNIFER WEEKS

Credit card debt is one of our country's biggest problems. Not everyone has a credit card, and the ones who do are likely drowning in debt. Credit cards are not free money, nor are they a way to skip out on using cash. No matter how much you want that new purse or those jeans, having a credit card is not a good excuse to buy via your impulses.

Credit card debt is not easy to get out of either -- nor is it impossible to achieve. If you are willing and determined, you can minimize and eventually eliminate your debt. Here's how:

Get organized. A spread sheet is one of the most helpful ways to detail which cards you have, how much debt you owe on each card and each of the card's interest rates.

By using this method you'll know how much you owe and you can figure out how to pay them off and how long it will take.

Set a budget. Pay all of your bills first, then divide whatever is left towards your weekly necessities and put the rest in your savings account.

Your weekly spending money consists of whatever you have left after you put gas in

your car, buy groceries and pay all your bills. Business first, party later.

Use cash. Remember what I said about budget? Okay, good. Take all the money you have left over out in cash. This way you know how much you have and can plan accordingly.

When your money runs out, so will your spending -- and you won't be racking up more debt on top of what you already owe.

Make TWO minimum payments per month. If you're able to make this many payments a month, pay one in the beginning of the month and the second one at the end.

This will dwindle your card balance and it will lower your monthly interest rate.

Lock your credit cards in a safe. There are plenty of places to buy a cheap tiny safe.

It doesn't have to be anything extravagant or excessive, you can even go to a dollar store to get one. With your credit cards locked up, you can't use them and you might even forget you have them.

Request a lower interest rate. If your balances are high, but you have a good credit score, and the credit card company sees you are making your payments on time,

they will lower your interest rate.

By doing this, you will be one step closer to paying them off.

Consolidate your debt. You can consolidate your debt through a few websites that cater to debt relief.

These companies work with you to help you put all of your cards onto one bill where you can make payments that fit your budget.

This is a great way to take control of your credit cards and decrease your debt quicker.

Work a side job for extra cash. You're in debt, so you can probably use some extra cash.

Whether it's working a second job in retail, babysitting or even dog walking, any extra cash can come in handy when it comes time to pay your bills.

Delete credit card information off websites. Chances are, you have some store credit cards where your card is saved to your account.

Now that online shopping is so convenient, it's harder to stay away, but with websites you can create an account and leave your card information stored. It's time to draw a line.

Deleting the card information off the site will deter you from filling your shopping cart with unnecessary purchases.

Cut up the credit cards you've paid off and don't need. By doing this, you can't use what you don't have.

If you really don't trust yourself not to engage in some retail therapy, then just cut them out of your life (literally).

This way, you won't get the urge to use them and eventually, you'll forget about them.

Utilize balance transfers. Most credit cards offer free balance transfers.

If you own more than one credit card by the same consumer and have balances on all your cards, you can do a balance transfer, where all balances get combined on one card.

This means only one payment per month and money saving.

Don't use your cards while paying them off. Your balance is not going to keep going down if you keep using your card. Doing that does not solve anything, it only adds to your problem and anxiety.

Follow these steps and you'll be living debt free before you know it!

BANNER ARTS

“Fantastic Beasts” Doesn’t Disappoint

J.K. Rowling and David Yates Create a Compelling Spinoff

BY JENNIFER WEEKS

J.K. Rowling and David Yates come together and bring another magical movie to life, a spinoff to the highly successful Harry Potter series with “Fantastic Beasts and Where to Find Them.”

The duo not only delivered another successful movie to the franchise, but one without Harry Potter’s presence.

Warner Bros. has already layered the new release with four planned sequels to come. While producing this film they had to re-introduce and strengthen the entire “Harry Potter” franchise.

Warner Bros. as well as Rowling was unsure how movie reviewers and fans would react to the new spinoff. It didn’t help that the book its based off of was only 128 pages long.

Following the story, Rowling took an unexpected and different approach. It’s set in New York, 70 years before Harry Potter’s story.

“Fantastic Beasts and Where to Find Them” does not feature any of the original characters, but focuses on a magizoologist named Newt Scamander (Eddie Redmayne).

He is an awkward, sheepish wizard, who



Source: YouTube

travels to New York with a suitcase full of creatures who are considered extremely dangerous in this era of wizarding history.

When a handful of creatures escape out into the real world, Newt must race across Manhattan before the magical congress of the USA captures them.

He finds help from two American witch sisters, Tina and Queenie Goldstein, as well

as Jacob Kowalski, a muggle trying to start a bakery. It was difficult to watch a new trio of heroes ruling the wizarding world of magic. But in “Fantastic Beasts,” Rowling gives fans a new trio worthy of leading the big screen.

Newt, Trina, Queenie, and Jacob had fantastic chemistry as a group and all balance each other out. With Rowling’s impeccable

imagination paired with Harry Potter’s (films five through eight) director David Yates, they really made the movie live up to the standards that fans were expecting.

Yates was able to incorporate a lot of the visual sequences and chase scenes that reflected Rowling’s original world that she created, but at the same time, made them his own in a distinct way.

The movie generates a lot of new concepts, plots, and even some romance as well. There was a lot of new aspects to this you didn’t quite get to see in the “Harry Potter” franchise.

It was awesome to see a different perspective of the wizarding world brought to life from the imagination of Yates and Rowling.

“Fantastic Beasts and Where to Find Them” was overall a great movie, especially in the way it wasn’t trying to be a complete replica of Harry Potter.

It somewhat strayed away from that and did its own thing, took its own storyline and fleshed it out completely.

The characters have so much potential to expand and be able to explore the depths of the wizarding world within the next four sequels.

It’s Bullies vs. Beasts in the Hilarious “She Kills Monsters”

Guiding Lights and Plastic Swords, Nerds Unite to Fight Hordes!

BY MARCUS DEL VALLE

Qui Nguyen’s “She Kills Monsters” triumphs as a live action imagining of a Dungeons and Dragons journey filled with some gut busting humor, amazing props, perfectly timed music and an inspiring tale for anyone who has ever loved and lost, no matter what that love looked like.

The LGBT community has made some large strides forward within the past few years. With the new president-elect soon to take office, many communities (queer, disabled, people of color, feminists, or women in general, Muslims and many others) are afraid that those movements will recede. Kathi Wolfe wrote, in an article for The Blade, that art is needed now more than ever during the Trump Era.

The College of Staten Island’s own Professor Lee Papa is an artist who tackles some of today’s largest social issues while maintaining an air of fun. Directing a play of both representation and intense nerdism, slaying the dragon of hatred.

The play opens with an overview of two sisters and their struggle to bond while living two vastly different lives. After one of the sisters tragically dies in a car accident, the second sister goes on a Dungeons and Dragons journey to discover the sister she never really knew.

Along the way, like any good Role Play-



Source: newyorktheatrereview.blogspot.com

ing Game, she meets many different players who join her on a journey to discover who her sister was. These characters, each represent a different underrepresented member of our society that is given power within the game.

As stated in the play, “Every adventurer has a party!” And this party was a damn good one!

In traditional RPG style, the play follows the adventurers through a series of mishaps that test their courage and willingness to work together. Nguyen’s masterful comedic wit is displayed through these situations as each member of the party is a caricature of

traditional RPG and fantasy film characters. A shy school girl, and potential love interest, becomes a bad ass axe wielding mistress with a temper and a potty mouth as strong as her swing.

A paraplegic young girl becomes the sexy and strong battle elf, and a slacker becomes the overlord of hell!

By placing this band of tropes together, Nguyen builds, not only a party of adventurers, but a community for the underrepresented. The game being the bond that keeps them together.

He also plays on the movie trope of the black guy dying first as The Mighty Wizard

of the East, Steve, is the stalwart volunteer of misery. Constantly cut down by each of the play’s bosses in order to display that boss’ power.

Yes, there are boss battles!

When the older sister meets the players in real life she becomes witness to a very powerful lesson. The game unites these people. It makes them equal, not only to each other, but to the larger community of gamers as well.

“Kelly gets to walk again. Ronte gets super strong. I get the girl.”

They are all gamers, regardless of their physical capabilities or sexual orientation.

The play is a subtle and resolute fight against any thought that members of communities not considered mainstream are any less than normal.

It also points to another problem: family.

The family you have, is the family you have. While you can create a family from the loyalties around you, your blood is your blood. Enjoy them while you can, before it is too late.

Qui Nguyen weaves a story that is layers deep and so important to our world today. Through Lee Papa’s imagination, and the wonderful talent of the actors here at CSI, we are able to find solace in a world we wished we lived in.

“The world finally embraced nerds. Not as outsiders, but as awesome.”

What more could you ask for?

BANNER ARTS

Pokémon Rises Again With “Sun & Moon”

Nintendo Blends New Mechanics into the Beautiful Alola Landscape

BY BRENTON MITCHELL

With the immense success of “Pokemon Go,” Nintendo created an unprecedented surge in popularity for the hit series. As a result, it is no surprise that all eyes are on “Sun & Moon,” the recently released 7th generation of Pokémon that takes players to the beautiful region of Alola.

Pokémon hasn’t changed much over the years, with the themes of exploration, catching, and battling being core to the gameplay experience. “Sun & Moon” follows the same path; players take the role of a prospective Pokémon trainer and go on their quest to catch-em-all.

This quest involves capturing their favorite pokemon, forming teams, and battling other trainers to increase their strength and effectiveness. Though what truly separates “Sun & Moon” from its predecessors are the things that happen outside of the usual formula.

While the tried-and-true methods of gameplay have the benefit of making each generation of Pokémon a consistent experience, a side-effect is the feeling that each iteration is just another collection-simulator. “Sun & Moon” takes a different route by putting in an impressive effort to make the game feel alive.

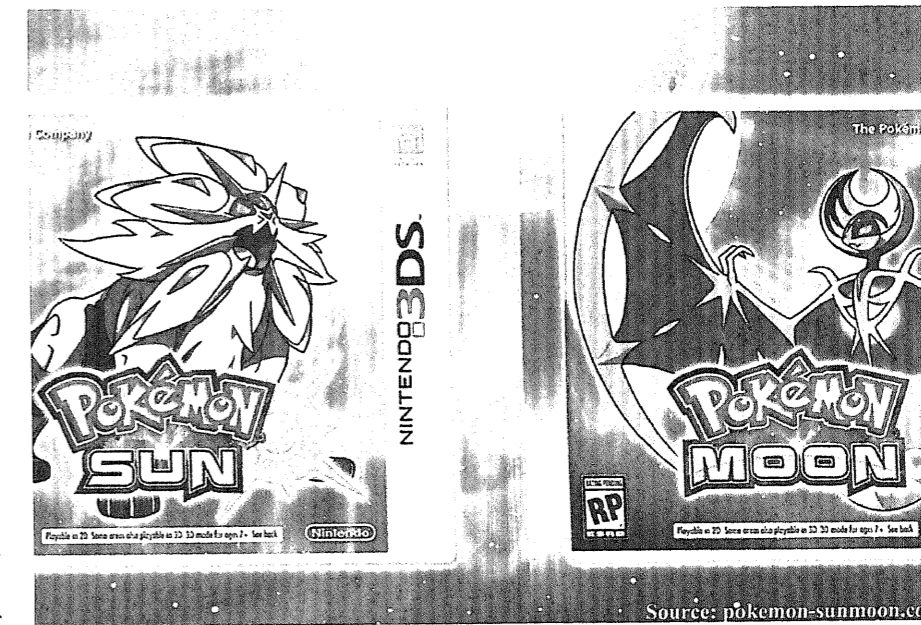
The Alola region, based off Hawaii, is incredibly detailed and visually stunning. The various sections of the region have their

own atmosphere and identity, something that is reflected into the gameplay with Pokémon transforming their types based on climate.

As players venture through the game, they can see Pokémon moving around and hear them chattering about. This results in a very engaging experience.

Pokémon has never been a game that was known for its story, an aspect that Nintendo has made an effort to dispel.

The story of “Sun & Moon” is more than just a backdrop for Pokémon collection. It’s well crafted and thought out, providing a solid foundation for the actions and motivations of the player character.



Source: pokemon-sunmoon.com

“24k Magic” a Nostalgic Reminder of Pop’s Heyday

Listen As Bruno Mars Bridges The Gap

BY JESSICA PASSIONE-SANCHEZ

With a name like “24k Magic,” some serious innovation and a showcase of brilliant collaborations were expected from Bruno Mars’ newest album.

Keeping his tradition as with “Doo-Wops & Hooligans” and “Unorthodox Jukebox,” “24k Magic” is only a couple minutes over a half an hour long. By the time you’re really getting into it, its over.

Why would you do this to us, Bruno? Perhaps it’s a strategy to keep us wanting more. We do and it seems that we always will.

Bruno Mars is a key element in the music industry that bridges past musical movements to the present.

His appreciation and influences can be heard throughout all of his albums, including this one.

The album starts with “24k Magic,” the hit single that reminded listeners of the timeless phenomenon that is Bruno Mars.

Starting the album with this song was the best choice because it undoubtedly is the most memorable.

Its upbeat tempo and comical lyrics

make it the perfect song to pregame to with your friends or even do a killer karaoke performance to. Starting on a high note and grabbing attention was the motif here and it works.

It is Bruno Mars’ first album in four years and his main goal was to create a record that was reminiscent of the 90’s and his time spent at school dances.

If there’s one thing that can be certain about a Bruno Mars album, it is that you will most definitely be traveling across time and musical genres while listening.

Musically, this record is perfect for dancing and feeling good. Lyrically, it lacks completely.

Some of the best pop hits have the most simple or silly lyrics but it’s unclear what the intent behind “24k Magic” was, especially after releasing an album with heartfelt ballads like “Young Girls” and “When I Was Your Man.”

An artist is only as good as his or her progression. As listeners we want to see transitions and style-changes. Sometimes it works and sometimes it doesn’t.

If Bruno Mars’ simple and mostly joking

The relationship between a trainer and their Pokémon also takes precedence as well, the introduction of new gameplay tools allow trainers to clean and pet their Pokémon.

This keeps up their happiness and in turn allows them to perform better in battle while trainers advance their journey.

In an effort to increase the influence of these changes, “Sun & Moon” takes a brave step by removing a core element of Pokémon gameplay since its first inception: Gyms.

In previous games, gyms and their leaders were the sub-bosses that players had to beat in order to progress to the next portion of the game. The main purpose of training

pokemon was to beat these gyms and get their respective badges, aiming to collect all of them in the region.

“Sun & Moon” replaces them with the Island Challenge, a rite of passage of the Alola region that tasks trainers with completing Island Trials on each of its four islands.

The benefit of Island Trials is that it provides a clear purpose for the actions of the game by grounding it in the history and tradition of the region, something that Gyms never could accomplish.

Island Trials also open up opportunity for more enjoyable aspects of progression, for even though battles are always involved in some aspect different tasks also contribute to completion of that island’s trial.

The result is gameplay that retains the usual progression of difficulty and challenge, while keeping the player thoroughly engrossed in the game’s world.

The transition between exploration and battle being seamless to the game’s progression, Alola feels like a unified place instead of obvious re-skinned zones for the player to complete.

“Sun & Moon” is the Pokémon game we wanted for the next generation, its effective blend of new and recurring elements reflect its resurging fan base. From starter Pokémon to the Final Four, the islands of Alola provide many conquests, but all are eclipsed by the timeless fun that is Pokémon.

There are so many influences that can be heard throughout the album that makeup the overall sound of what “24k Magic” is.

What was anticipated to be an album filled with new music that would be gold for a new generation of listeners actually turned out to be filled with gold from past musical genres and movements.

Although it may not be brand new music, to younger people that have never taken the time to listen to pop music from the 90’s or earlier, it is very different compared to what is currently going on in the music industry.

“24k Magic” is a breath of fresh air right now and a sweet nostalgic reminder of the past, a combination that sounds impossible until you listen to the album.

“Pop music, when I was growing up, was New Edition, Boyz II Men, Michael Jackson, Whitney Houston, Mariah Carey -- that was pop music,” Bruno Mars said in an interview with KIIS-FM.

“It’s the reason why I’m talking to you today.

My love for that and seeing that as a kid and saying one day I want to do that. So I kind of just wanted to bring it back to that.”

BANNER OPINIONS

Will The Real Donald Trump Please Stand Up?

The Social Media Campaign and its Generational Fears

BY MARCUS DEL VALLE

With the uprise of social media news and the unfortunate shift of yellow journalism becoming "news," forming a well-rounded opinion has become more difficult than ever.

President elect Donald Trump has been able to capture this shift of "news" worthiness and wield it to his advantage.

Gaining him a popularity that resembles the likes of reality television stars from the Bad Girls Club, Jersey Shore, or, you guessed it, The Apprentice!

Through his chameleon like escapades he has created an image that has allowed him to conduct himself like no other presidential contestant in history and still land the presidential seat!

Let's remember, most presidential scandals have happened well into their time in office. This guy has them written on his back before ever walking through the door.

Donald Trump is an actor, both a failed and successful businessman, owner of real estate, a master of rhetoric, a fraud, a father, an information broker, a con artist, a stern yet confused speaker, oftentimes contradictory and an overall enigma.

These qualities belong to many politicians and therefore I will not focus on calling him any different. Here, I will only ask one simple question.

Who is he, really?

I have considered politics important since my days in a high school program by the name of Global Kids. Global Kids works to create passionate activists and community leaders out of their students and hope that they are ready to participate as leaders in the world as they emerge as adults.

After gaining the power to vote in 2008 I was elated with using the power I had learned that I possessed.

After all, not many people from the hood see the need to vote. Obama was a proud first vote for me.

Trump has made people who I have never had political conversations with, suddenly have an opinion on issues spanning international agreements, foreign trade deals, and immigration laws.

These people are appearing in droves and whether they like Trump or not is irrelevant. Either way, they are talking about him.

With the "news" coming out of these social media outlets everyone is seeing these things transpire. They may not have an opinion but it is in their face and they are following it.

The real question is however, are they thinking about it?

If they were, they would be as confused as I am.

Donald Trump uses Twitter as often as some of my middle school students use Snapchat and it is detrimental to himself but also an asset to his campaign.

He once wrote that "Politicians are all talk and no action."

Two months later in an interview with



Source: NewYorker.com

"Most presidential scandals have happened well into their time in office. This guy has them written on his back before ever walking through the door."

The New York Times he called himself no different than any other politician running for office.

It was a contradiction that inspired laughter and then was ignored and even accepted. He has flip flopped on whether he considers himself a Democrat or a Republican many times before and has even stated that he has been an activist for both parties. How?!

He has spent an entire campaign slandering his opponents rather than talking about himself and I'm starting to think that's because he doesn't really know who he is either.

The image of him is so unclear, people who are vouching to work under him don't really know what he is thinking.

According to NBCnews.com, during the second presidential debate when asked a question about his stance with running mate Mike Pence on the humanitarian crisis in Aleppo and military action to stop Syrian siege Trump responded with, "He and I haven't spoken and we disagree."

If you analyze the way Donald answers questions, you will see that he is constantly restating the question and nodding along, avoiding ever divulging a direct stance or plan.

All the evidence shows that his stances don't remain very firm and he often says things that rile people up rather than inform them.

Donald Trump turned politics into Pro Wrestling. I kind of liked wrestling, but it scares me that a person so involved with talking down about others, and being so unempathetic, will have the power that he will soon possess.

Any of the policies that he has reportedly come out with, he has discredited or contradicted himself through his rhetoric. He argued that he would make Mexico pay for the wall, and that he would deport any illegals with criminal records. He now boasts about his experience in construction allowing him

to get the wall built with his own workers and that he does not need Mexico.

He berates China, constantly, but uses their goods for his business. Trump uses both Chinese steel to build his tower and Chinese cloth to make his hats.

During the second debate Donald Trump made threats to Hillary Clinton about having a special prosecutor investigate her case about the deleted emails.

He recanted that statement recently when asked saying, in light of him winning the election, "I don't want to hurt the Clintons. I really don't. She went through a lot and suffered greatly in many different ways."

The truth is that he probably doesn't have a special prosecutor.

In that same debate, he answered questions about inclusivity for the Muslim community by shifting focus to radical Islamists.

He condescended political affiliates and news reporters and bashed individuals who asked him for clarification.

What about this so far sounds Presidential?

In my opinion, none of it. It all sounds like a Life and Times special of a washed-up businessman who fought paparazzi and is now writing a memoir to reclaim his image. Except that's not what this is.

People have also said that Donald will be different because he is not a career politician. I agree.

Because Trump is an outsider to the politicians he might be a breath of fresh air in terms of policies.

But he is still a demagogue with zero empathy for many of the displaced people of our country.

In his own words the Presidency is not a move up from the world of a business owner to something new. It is in fact, merely, just "Big League" business and that scares me too.

I end this tirade with a story.

I now work for the Global Kids program I credit my political knowledge too and help facilitate three different programs Academic Support, Peacekeepers and The Comic Book Project.

In the Peace Keepers program, we discuss finding peace within oneself so that we may become active change agents against infringements of peace and harmony within our communities and against violations of Human Rights.

On Wednesday November 9th, 2016, my co-facilitators and I led a discussion on how the students feel about living in the upcoming Trump Era.

We take what we call "the temperature" of the room before we begin any of our workshops. Each student raises their hand to tell us their temperature.

If you are at a 1 then you are chillin' and ready to have the conversation. If you are at a 10 then you are heated and having the conversation will be difficult. The average temperature of the room was a 9.5.

My students at P.S. 109 in Brooklyn were outraged. They were scared and far too upset to have a conversation about Donald Trump. They ranted hateful words to each other and gave praise to their peers for having jokes to say as well.

Some of them shared stories of how they were afraid that their immigrant families were going to lose their citizenship and be deported back to where they came from.

Others said that he just wouldn't care about their lives, that Obama gave them hope and now they have nothing.

I was asked by one of my students if they would have to become slaves again when Trump became President.

My students did not want to listen, they wanted to yell. They wanted to release. The anxiety and weight of the situation scared them.

They had been following it all on social media as well.

In the end, we don't know who Donald Trump is, or if he will be able to create a plan and stick to it or not, but I know for sure that the future of this nation seems a lot darker and even our children are feeling it.

SEX AND RELATIONSHIPS

Who's Afraid of the Big Bad Wolf?

Inviting Your Partner To Live With You: How soon is too soon?

BY ALISSA MANGIACAPRE

It only took a huff and a puff before The Big Bad Wolf reduced the poor little piggy's house to a pile of rubble.

Karen, a long time friend of mine, had often wondered how long it would take for her incompatible mate to do the same to her home. She eventually found out.

Karen's ex-boyfriend, Danny, moved into her one bedroom apartment after only six months of dating.

She told me over dinner one night, that she was certain that they were in a "solid and loving relationship."

Surely, they had built the kind of stable foundation needed to take the next step—marrying their socks together into the perfect disarray of a shared top drawer.

Two weeks after he moved in, she knew she had made a terrible mistake. She is an "early bird," and he sleeps past noon.

She keeps a tidy home, while he tends to leave empty water bottles all over the house. The seemingly small things that he did to bother her never

mattered before living together.

In the past, when they would engage in what she referred to as a "petty fight," she would storm out, and retreat to her own home across town. But as roommates, suddenly he was everywhere.

We sat together on her stoop one night after their final fight. She had forced him to go sleep at his mother's house.

"I just need space from all of this," she said, pointing to the pile of cigarettes that Danny habitually flicked on the ground.

She had always avoided smokers. I was surprised when she started dating one, let alone moved in with one.

However, his smoking habit, and lack of ashtrays were the least of her concerns.

"He just irks me," she joked.

I knew it was more than that. She complained about not being able to visit the ladies room without seeing his lanky body leaning against the door frame, toothbrush in mouth, towel slung over his arm, just waiting for her.

"The simple task of peeing is suffocating," she explained.

Everything he did seemed to drive her insane. I asked her if she remembered the story of the "Three Little Pigs."

"Um, yeah," she laughed as she swept the cigarette butts into a tiny mound.

"The piggy with the brick house survived the Wolf's attack, while the weaker structures that were built with straw or twigs, easily fell to the ground," she replied.

It seems stability is key. Especially, when it comes to relationships. So, where did Karen and Danny go wrong?

In a recent study done for the peer-reviewed journal Demographic Research, Christine Schnor used data from the German Family Panel to gather information on thousands of men and women, regarding the connection between the amount of time they spent living separately, to the success of their relationship after cohabitation.

One might assume that couples that have been together for longer periods of

time have stronger, and longer lasting relationships than couples that have only had a brief courtship. According to the study, that is a fair assumption.

If Karen had spent another few months dating Danny, she might have found out sooner that their relationship was not stable enough to withstand a sudden blow.

Moving in together is not what ruined the relationship between Karen and Danny, because the relationship was never strong enough to begin with.

Taking the time to get to know one another, learning about a person's quirks, habits and even strong suits, only helps the relationship in the long run.

According to Schnor, "Those who take the time to gather information about a potential domestic partner should have much better prospects of union success than those who move in together fairly quickly.

Partners who discover that they are not well matched are less likely to form a household, and will presumably end the partnership."

When The Love You Give Is Unrequited

The Healing Powers of Self-Love

"It felt like I sprinted to the top of the love mountain, but experienced an avalanche. When I looked at her, I had to rearrange my cognitivity so that there was room for her grace."

BY WILLIAM MORTON

Those who complain about trivial problems in relationships should feel grateful for actually being in any type of relationship that involves mutual feelings with a significant other. I was in the pursuit of love and the love I gave wasn't returned.

It was the typical story: I found a girl attractive, but the only difference in this story is that in the end I was friendzoned...

I wanted to relax, cuddle up with her and watch some type of movie. Then I discovered that she was fond of someone else. I was the gawky kid who asked out the lovely girl: what were the chances of that working out in my favor?

It felt like I sprinted to the top of the love mountain, but experienced an avalanche. When I looked at her, I had to rearrange my cognitivity so that there was room for her grace.

I forget the song that was playing when she and I first danced, but I could actually recognize what emotion the song had spoken, cliché right? Sometimes that's just how it goes.

The shift from that happiness to depression after getting snubbed made me feel obsolete like some vintage payphone. The ironic thing is that payphones required change to function, and I changed my style to please her, but the result wasn't what I expected. The content of unrequited love is made of the sighs of those who have experienced it.

It has been my experience that unrequited love is common amongst the youth of today. To those who know the feeling, don't let it make you have low self-esteem.

Don't binge drink to try to regain swag you thought you didn't have. What you should do is have appreciation for your personality. Have fun doing what you enjoy doing. The French equivalent to unrequited love is called *la douleur exquise*, which basically

I think the type of love that is the most concrete is the one that isn't returned because it not only requires emotional strength to admit how you truly feel, but also to deal with the harsh reality that those feelings are not reciprocated.

Don't fret about what could have been; look at what could happen. There is going to be a person who thinks you are perfect, but you have to wait. The love that is going to bloom and be treasured is the one that is mutual.

Get your priorities balanced; it will help you to attract the one you want or possibly the one you need. The fact is, you are your own treasure. Self-love is the first step to getting mutual feelings in a relationship.

Confidence is thought to be sexy, and what better way is there to boost your self-esteem than by knowing that you had the confidence to go up to the one that you like, say how you feel about them and regardless of the result, have the motivation to continue to entertain your self-growth and teach yourself how to love someone else, and most importantly yourself.

SPORTS

Dolphins Fall Short in Optimist Tournament

The Dolphins Open the Season 0-2

BY FRANK COSTAGLIOLA

After losing 83-65 to Salisbury College in their season opener, the Dolphins lost their second consecutive game to Cabrini College on Friday, November 19th.

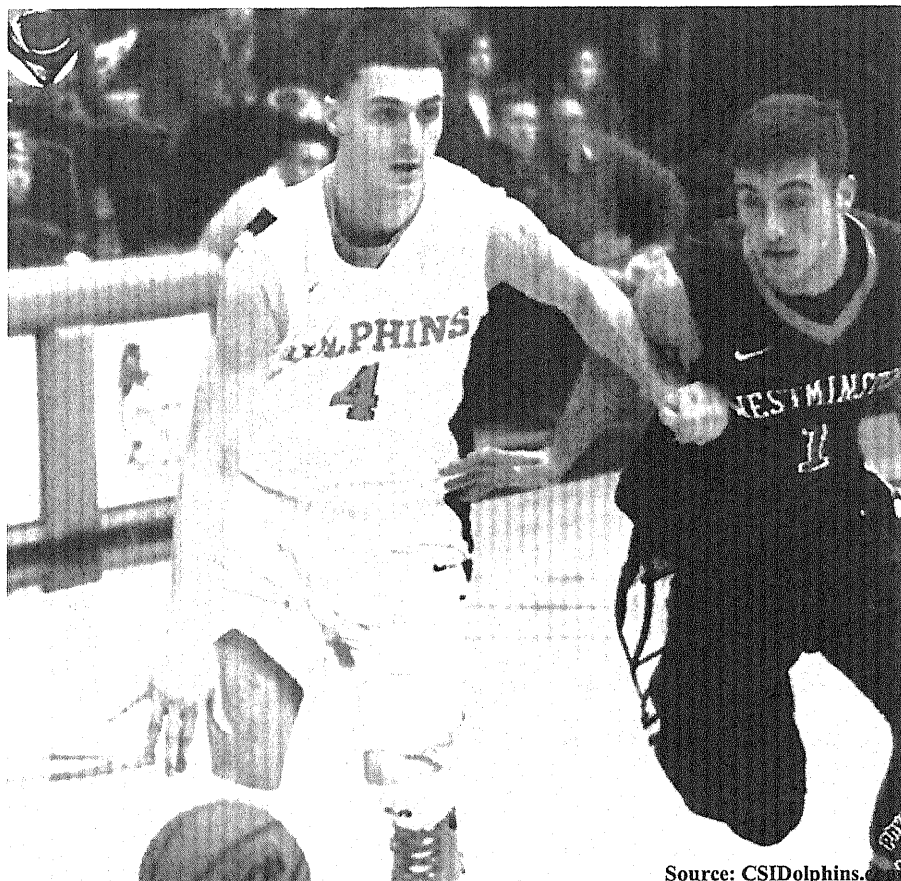
With the losses on Thursday and Friday, the Dolphins kicked off the 2016-2017 regular season with an 0-2 record. The last time the Dolphins started a regular season with this record was the 2011-2012 season when they ended with a 26-5 record and won the CUNYAC Championship.

During game one of the Optimist Tournament, CSI and Salisbury College were trading buckets back and forth during the first half of play. With less than a minute left during the first half of play, the Dolphins trailed the Seagulls by five.

With less than 30 seconds remaining on the clock before halftime, Junior Forward, Edin Bracic, hit a three pointer to cut the deficit to two. That three was then followed by another, thanks to Frank Schettino, who gave the Dolphins a 37-36 lead heading into the half.

Unfortunately for the Dolphins, the second half was a completely different story. Starting the second half with a lot of momentum, The Dolphins went completely cold and only shot 1-12.

The Seagulls took full advantage of the Dolphins' offense struggles and stretched their lead by 19 points with nearly 10 minutes left. The Dolphins, however, wouldn't



Source: CSIDolphins.com

go down without a fight. They kept things competitive but ultimately dug themselves a hole too deep and lost 83-65.

After a disappointing loss in tournament opener, the Dolphins came into game two of tournament optimistic, despite their loss the night before. They found themselves in a bit of trouble midway through the first half when the Cavaliers went on an 11-0 run.

The Dolphins would slowly inch their way back into the game and went into halftime with a 40-38 lead.

The Dolphins came out of halftime rolling and jumped out 9 point lead, giving them their largest lead of the game. It looked like CSI would get their first win of the sea-

son but the 9 point lead over Cabrini College quickly evaporated.

The Dolphins did have plenty of opportunities to win the game but were unsuccessful in doing so and the Cavaliers ultimately won, 85-80.

If there's a silver lining to the 0-2 to start for CSI, it has to be their Senior Guard, Frank Schettino. The 5-11 senior has put up big numbers for his team, despite their two losses.

In the Dolphins' season opener against Salisbury College, Schettino scored 21 points for his team, followed by another impressive 28 point performance on Saturday against Cabrini College.

With the departures of Will Fonseca and Thomas Delahanty from this year's team, Frank Schettino and the other upperclassmen are expected to help fill the scoring gap left behind by the former players.

Schettino, who averaged 15.4 points in 21 games last season, has shown through the first two games of the season that he's ready to help his team score points.

The Dolphins will play their first divisional game of the season against John Jay College November 29th at the CSI Complex Center.

Despite Offensive

Woes, Giants Continue to Win

BY FRANK COSTAGLIOLA

The New York Giants' defense has propelled the team to their best start in nearly a decade, and there is no reason why it can't continue.

While the Dallas Cowboys might be the feel good story of the season in the NFC East, the New York Giants have quietly put together a five game win streak of their own and now have positioned themselves to make the postseason.

It's also not out of the realm of possibilities that the Giants could win out the division either.

While the Cowboys are currently riding a historic nine game winning streak, the G-Men did hand the Cowboys their only loss on the season.

In addition to that, the Giants will have another chance to gain ground on the Cowboys when they play again on December 11th, which can have tremendous implications on the division title.

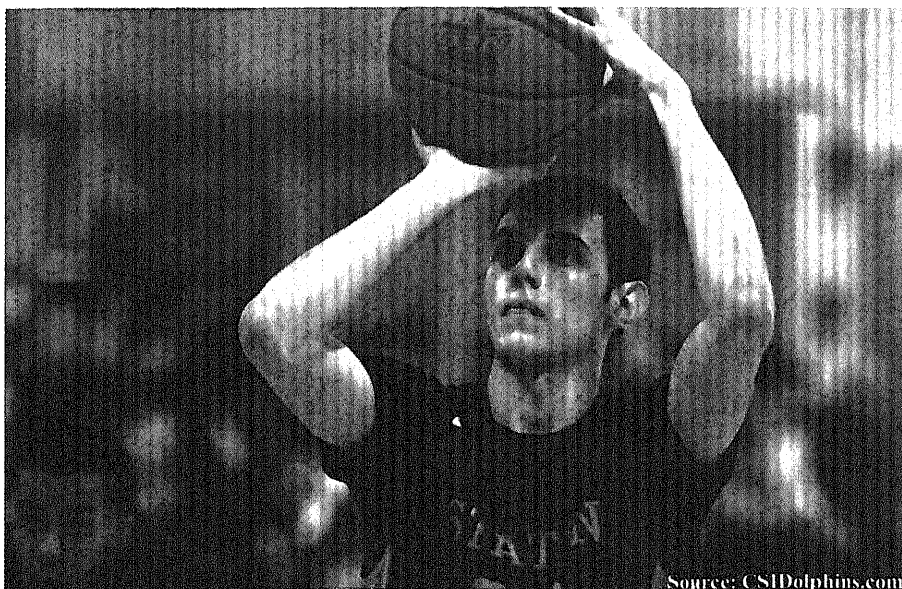
With that said, the Giants' offense has an area of concern for the team all season long, despite their winning streak.

Quarterback Eli Manning has shown flashes of what this offense can be at times, but overall has been way to inconsistent.

Furthermore, the Giants run game, which ranks 31st in the league, has been a real issue for the team on offense.

The Giants defense on the other hand, is the reason why this team has enjoyed as much success as they have all up until this point in the season. The defense, which ranked last a year ago, was completely overhauled during off season, and has been tremendous dividends for the team thus far.

Each one of the Giants' seven victories this season has come by the score of a touchdown or less. The Giants defense has secured almost all the victories for the team so far and has proven that it can be a crutch the offense can rely on.



Source: CSIDolphins.com