

THE BANNER

The Official Newspaper of the College of Staten Island

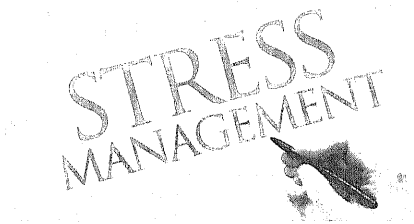
Established 1993

December 1, 2017

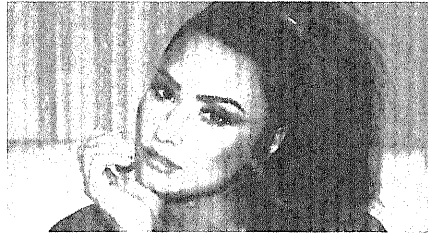
Issue #6



JFK Documents pg 3



Stress Management pg 5



Demi Lovato pg 8



Cheating pg 11

The World's Largest Autism Fundraiser Returns

CSI's Autism Speaks Walk Raises Over \$230,000

BY: STEVEN AIELLO

Autism is disorder that has existed for over a century, though accurate understanding of said disorder has only come about in recent years.

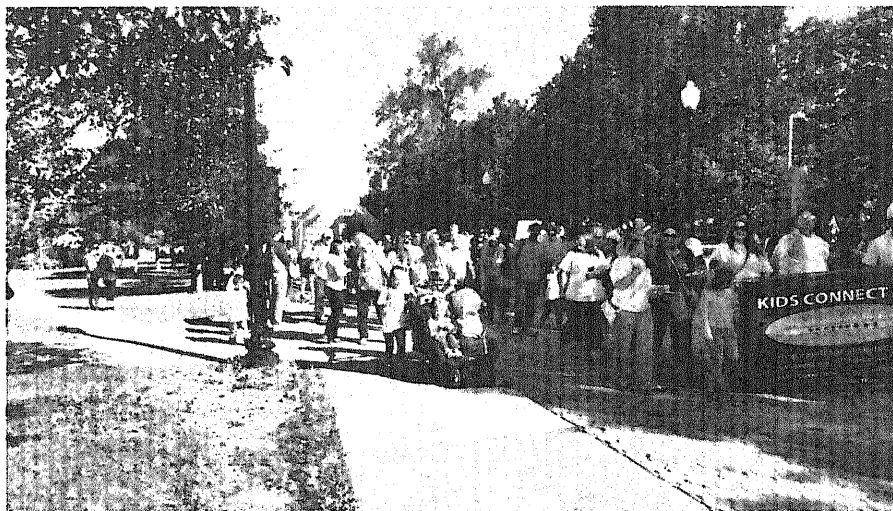
Autism, more commonly referred to as the autism spectrum disorder, is not a single disorder as much as it is an array of disorders, affecting a person's social skills and ability to communicate verbally or nonverbally.

Much of the focus on autism has shifted from curing the disorder, to accepting it, and the people it affects.

One of the most prominent outlets for this, is the Autism Speaks Walk.

The Autism Speaks Walk is a fundraiser that seeks to "promote solutions across the spectrum and throughout the lifespan for the needs of people with autism and their families."

Autism Speaks was founded by Bob and Suzanne Wright in 2005, in order to increase awareness and services for autism, namely, in honor of their autistic



grandson, Christian Wright.

Since its founding, there have been over 60 different walks held annually throughout the country.

The 2017 fundraiser was the sixth walk to be held on Staten Island, and the fifth one to be held at CSI.

Although the walk is the focus of the event, no money is raised from the activity itself. All money is obtained from donations before and during the event, though the walk isn't without purpose.

Many people, notably the parents of autistic people, participate in the walk for various personal and emotional reasons, such as

supporting family and friends or to create a greater sense of community.

Additional information can be found under the "Why We Walk" column on Autism Speaks act website.

Cumulatively, these walks have raised over \$1,000,000 for autism awareness, with the 2017 event raising roughly \$230,000.

The event was also sponsored by a variety of local corporations and businesses, as well as certain schools, such as PS 69.

Of the \$230,000 garnered, the

Continued on pg #6

Empower Today's Youth To Stand Up To Hate

Organizations That Can Help The Fight Against Bullying

BY: JANE PASTRANA

If you google "bullying" one of the first statistics that pops up says about 77% of children have experienced bullying.

Out of that 77%, only 1 out of 5 children will admit to being bullied - or sometimes even being the bully.

With today's technology and social media accessibility, cyber bullying has been climbing to the lead between physical and verbal bullying.

The biggest influence in the fight against bullying will be a child's parent or teacher, which may or may not be you someday.

So, how can everyone get involved to bring that statistic down?

We need to bring awareness to this situation and teach children to be confident in who they are.

Luckily, we are now being provided access to more tools than ever to help fight against all types of bullying.

In 2006, PACER established October as National Bullying Awareness Month and organizations such as Stomp Out Bullying have continued to encourage activities to promote unity amongst students each week of October.

Stomp Out Bullying kicks off October with promoting awareness by encouraging students, faculty, and adults to wear blue on the first Monday of the month.

Following that, each week

Continued on pg #7

CSI Teaches Students the ABC's of Compost

Throw It Away...The Right Way

BY: MARK DEUTSCH

The compost event on Oct. 24, had a very important mission: to inform students on green ideas for both the campus and their own lives.

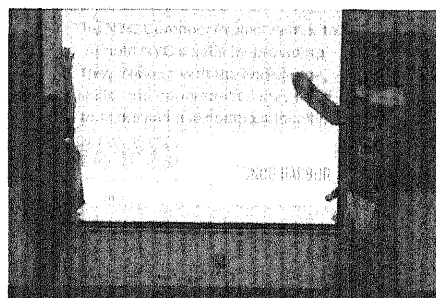
Two people presided over the lecture, Nora Santiago, urban policy analyst at CSI, and Carol Hooper, head of the Snug Harbor Cultural and Botanical Garden.

This event was created to be a fun and engaging workshop about composting, and its benefits to the

environment.

Nora Santiago, avid advocate for the campus to go greener, arranged the compost event.

When asked what Nora San-



tiago hoped to accomplish with the event, she answered, "To raise awareness of the importance of composting and to show faculty staff and students to set their own sustainability goals."

According to her, there is no club focused on making the campus more green and energy friendly.

She hopes to garner enough

Continued on pg #6

STAFF

EDITOR IN CHIEF:
Brielle Sparacino

Editorial Manager:
Rami Tabari

Business Manager:
Brenton Mitchell

Layout Manager:
Brenton Mitchell

Copy Editor:
Lucia Rossi

Josiah Akhtab

Web Editor:
Steven Aiello

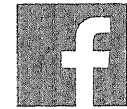
Sports editor:
Eric Ransom

Photography:
Victoria Ifatusin

STAFF:
Kenny Velez
Jennifer Weeks
Beren Sabuncu
Clara Perez
Steven Morris
Haziq Naeem
Eddie Martinez

FACULTY ADVISOR:
Frederick Kaufman

We're On
The Web:



Facebook.com/TheBannerCSI



TheBannerCSI.com

@thebannercsi

BANNER ADVERTISEMENTS

Living La Vida Lucia

LUCIA FRANCESCA ROSSE
MAKEUP ARTIST & BLOGGER
MAKEUP IS ART - BEAUTY IS PASSION

EMAIL:
LUCIA.ROSSI@CIX.CSI.CUNY.EDU

FOLLOW ME:
INSTAGRAM @LIVINLAVIDALUCIA
TWITTER @LIVINLAVIDALUCIA
FACEBOOK BUSINESS PAGE
@LIVINLAVIDALUCIA
BLOG: THEBANNERCSI.COM

NYPIRG Announces

REFUNDS

Students on this campus voted to support a NYPIRG chapter. Like other clubs and organizations on campus, NYPIRG is funded through the mandatory student activity fee. NYPIRG offers a refund of the portion of the current student activity earmarked for NYPIRG to any student who does not wish to contribute.

The New York Public Interest Research group (NYPIRG) is New York State's largest student-directed non-partisan research and advocacy organization. Students involved with NYPIRG's college campus chapters across New York State become educated and energized participants on campus and in their surrounding communities.

NYPIRG students learn event planning, problem solving, debate skills, research, and writing by organizing and engaging in meaningful issue-based campaigns. NYPIRG provides an arena for students to actively engage in civics while learning how to make a difference.

To request a refund or for further information please contact:

Brennan Clark
College of Staten Island NYPIRG Chapter
1C 218
718-982-3109

Refund amount (Fall 2017): \$4

nypirgstudents.org @nypirg facebook.com/NYPIRGCSI

WILL YOU BE OUR NEXT STAR?
Sign up to Audition!

2018 CSI'S OF TALENT

CALLING ALL CSI STUDENTS!

Can you sing, dance, play an instrument, tell a joke, do magic, juggle, yo-yo or mime?
Whatever your talent we want YOU to AUDITION for CSI'S GOT TALENT!
The top 10 to 12 most talented CSI acts will compete the evening of Wednesday, April 19, 2018.

AUDITIONS WILL BE HELD ON THE FOLLOWING DATES:
Tuesday, November 28, 2017 2:30 p.m. - 4:30 p.m.
Thursday, February 22, 2018 2:30 p.m. - 4:30 p.m.
Friday, February 23, 2018 10:00 a.m. - 5:00 p.m.
Tuesday, February 27, 2018 2:30 p.m. - 4:30 p.m.

To sign up to audition, please complete the application CSI CONNECT (www.csiconnect.com/login/college-of-staten-island).

APPLICATION IS AVAILABLE NOW!
You must log in with your CIX Email address and Password to access the application form (username and password used for campus computers).

Applications must be submitted by Monday, February 26, 2018 to guarantee an audition. Applications received after the deadline are not guaranteed an audition time.

Confession
Josh Akhtab

In Karpov's end, to the best of his knowledge, always has been a loner, fighter, and survivor. Gifted with the ability of an exceptionally quick, even superhuman, sidestep. Is travel the land in search of a way to unlock the powers hidden deep inside himself. Along the way, he meets and befriends other talented fighters with superhuman abilities who may just help him, and what he's been searching for.

Josiah Akhtab is an English major at the College of Staten Island. An avid writer, Akhtab aspires to be one of the greatest fiction writers of his time, capturing the world and filling it with possibilities through the lens of imagination. In his spare time, Akhtab also enjoys playing basketball.

ISBN 978-1-60942-231-1 \$9.99

9 780942 231111

DORRANCE PUBLISHING CO
385 Alpha Drive, Pittsburgh, PA 15218

THE BANNER OFFERS INTERNSHIPS TO CSI STUDENTS. INTERNSHIPS LAST ONE SEMESTER AND GIVE STUDENTS THE OPPORTUNITY TO LEARN ABOUT MEDIA. INTERNS WILL WORK A MINIMUM OF 12 HOURS PER WEEK, AND CAN FOCUS ON:

- BLOGGING • EDITING • PHOTOGRAPHY
- GRAPHIC DESIGN • LAYOUT & PRODUCTION
- REPORTING • WEB DESIGN • FACT-CHECKING

VISIT US AND EAT FREE PIZZA ON THURSDAYS, 2:30-4:30, AT 1C-228
OR CONTACT US: (718) 982-3116
E-MAIL: THE.BANNER.CSI@GMAIL.COM

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

FOR ADVERTISING INFORMATION DIAL 718-982-3116

OPINIONS EXPRESSED HEREIN ARE THOSE OF THE WRITERS, AND ARE NOT NECESSARILY SHARED BY THE BANNER STAFF OR THE COLLEGE OF STATEN ISLAND. THE BANNER IS NOT A PUBLICATION OF THE COLLEGE OF STATEN ISLAND AND THE CITY UNIVERSITY OF NEW YORK ARE NOT RESPONSIBLE FOR THE CONTENTS OF THE BANNER.

BANNER POLITICS

Trump's Call To Grieving Widow

Democratic Congresswoman Deems Call "Insensitive"

BY: JOSIAH AKHTAB

Myesha Johnson, wife and widow to the late La David Johnson, a military sergeant who was killed in Niger, received a call from President Donald Trump in regards to her son's death.

Democratic Congresswoman, Frederica Wilson, then deemed the call "insensitive."

She claimed that the president stated, "He (La David) knew what he signed up for, but I guess it still hurt."

In a meeting about tax reform, President Trump responded to the comments made by Congresswoman Wilson, saying "I didn't say what that congress-

woman said. Didn't say it at all."

The president also stated vehemently that "She knows it. And she now is not saying it. I did not say what she said."

Trump, to further defend and clarify the situation, stated he had a "very nice" conversation with Myesha Johnson and also remarked that she "sounds like a very lovely woman."

President Trump, at the same tax reform meeting, further denied the accusations made by Congresswoman Wilson.

"I'd like her to make the statement again because I did not say what she said," President Trump said.

When asked if she was positive

about what Trump had stated in his call, Wilson told WPLG, a local news station in Miami, "Yeah, he said that. You know...that is something you can say in a conversation, but you shouldn't say that to a grieving widow..."

Wilson also said that "Everyone knows when you go to war you could possibly not come back alive, but you don't remind a grieving widow of that. That is so insensitive. So insensitive."

A White House official stepped in and responded with "The President's conversations with the families of American Heroes who have made the ultimate sacrifice are private."

Trump addressed the soldiers' deaths in a Rose Garden news conference, 12 days after they were killed.

Trump stated during the news conference "I felt, very, very badly about that."

He went on to say "I always feel badly. It is the toughest calls I have to make are the calls where this happens, soldiers are killed."

Trump also went on to clarify his policy on calling families of soldiers who were killed, "I really speak for myself. I am not speaking for other people. I don't know what (George W.) Bush did. I don't know what Obama did."

He also said "I believe his policy

was somewhat different from my policy. I can tell you, my policy is I have called every one of them."

"The president stated, 'He (La David) knew what he signed up for, but I guess it still hurt.'"

President Trump received negative comments and feedback, following the accusations that Myesha Johnson and Congresswoman Wilson made.

"Mr. Trump, stop. Please, just stop, this is not about you. This is about them. It is about all of us who lost our loved ones in war," said Karen Meredith, the Gold Star and Military Families Coordinator for VoteVets.

Karen Meredith further criticized President Trump's comments, saying "For once in your life stop making everything about you. For once in your life, at least pretend to know what empathy is. For once in your life, at least try to care about other people and their feelings."

What We Know Now

New JFK Assassination Files Released Among Others

BY: STEVEN MORRIS

On October 26, the National Archives released 2,891 files relating to the assassination of President John F. Kennedy, who was assassinated 54 years ago in Dallas, Texas.

This file release was done in accordance with "The President John F. Kennedy Assassination Records Collection Act of 1992," which states, "Each assassination record shall be publicly disclosed in full, and available in the Collection no later than the date that is 25 years after the date of the enactment of this Act..."

President George H.W. Bush signed this law into effect on October 26, 1992, which became the reason why these documents were released at this time.

Although 2,891 files were released, not all of them have been released yet.

In addition to this file release, President Trump held back files that were sensitive to National Security, after numerous pleas by the CIA and the FBI.

According to the press release by the National Archives, "Based on requests from executive offices and agencies the President has allowed the temporary withholding of certain information that would harm national security, law enforcement, or foreign affairs."

The National Archives further elaborated, "The President also ordered agencies to re-review their proposed

redactions and only redact information in the rarest of circumstances where its withholding is made necessary by an identifiable harm to military defense, intelligence operations, law enforcement, or conduct of foreign relations; and the identifiable harm is of such gravity that it outweighs the public interest in disclosure."

It goes on to say, "These instructions

significance than documents released on October 26.

However, there were interesting tidbits in the file release on October 26.

One file, a memo written by then FBI Director J. Edgar Hoover, was forwarded to the White House, shortly after President Kennedy's death.

In this memo, was the reaction of the Soviet Union in relation to President

States to effect a 'coup.'"

The memo also conjectured, "They seem convinced that the assassination was not the deed of one man, but that it arose out of a carefully planned campaign in which several people played a part."

Another highlight of the file release was a cable by the FBI in which a Cuban intel officer stated that he knew him, and that he agreed with the notion that Oswald was a good shot.

Also, there were files that were released, that had nothing to do with the assassination.

Wedged in these records, were files pertaining to an investigation by the CIA in relation towards a rumor that Adolf Hitler did not kill himself, but escaped to South America.

However, another file relating to this, stated doubt by CIA higher-ups about this rumor.

The tragedy that was the assassination of President John F. Kennedy still remains a situation casted in doubt and is an event with numerous conspiracy theories.

When the documents that haven't been released, are released, we may finally have a clear picture as to what happened on that tragic day.



will allow the National Archives to release as much information as possible by the end of the temporary certification period on April 26, 2018."

The documents being withheld, according to most historians, hold more

Kennedy's death.

The memo states, "According to our source, officials of the Communist Party of the Soviet Union believed there was some well-organized conspiracy on the part of the 'ultra-right' in the United

BANNER NEWS

"Autism Fundraiser"
Continued from Front Page

majority, roughly three quarters, will contribute to funding services for family and autism awareness, in addition to researching autism, most likely to find solutions to better manage it.

These efforts have also led to the creation of additional initiatives such as World Autism Awareness Day, World Autism Awareness Month, and Light It Up Blue.

As a collection of disorders, autism has become increasingly broader in its scope and what it defines, even encompassing Asperger's Syndrome.

It is estimated that as many as 1 in 68 children in the Unit-

"Autistic people should think they are part of the community...they should feel comfortable in their own skin."

ed States suffer from a disorder on the spectrum.

The increase in children with autism correlates with the new approach to autism, which is to support, and accept people with autism.

"Autistic people should think they are part of the community...they should feel comfortable in their own skin," remarked Kathy Stein, a participant of the Autism Walk and



mother of an autistic child.

This attitude of accepting and assisting was also prominent for other participants of the walk.

Supported by various teams such as Team Thomas, and Fight for Frankie, walkers were able to raise almost \$100,000 on their own to help the cause.

Other sponsors also provided a similar amount of money through donations.

Although the target goal of \$292,000 was not met completely, the money obtained will contribute to resources and other services intended to better the lives of autistic people.

These resources and services appeal to a wide vari-

ety of age groups from young children to adults, and include things such as improved safety and outreach, as well as resource guides and tool kits.

Though a cure for autistic spectrum disorder is unlikely, an immeasurable effort has gone towards accepting autism and the people it affects.

David Berenbaum, a senior coordinator and overseer for Autism Speaks' national collegiate program and Autism Speaks U, attested that "everyone has their own disability, regardless of who they are."

pests infest it purpose.

So, if you don't enjoy rats and flies, don't do this.

Tumblers, not the drinking cups, are another good idea for composting, given how easily they can be turned and create compost within a few weeks outside.

In order to prevent bad smells and pests, turn over your compost a couple of times every few days to let the bottom breathe and add oxygen to the compost.

Overall, composting is an effective and energy-friendly way to get rid of those unwanted banana peels and vegetable scraps leftover from cooking.

With these helpful suggestions, composting will prove to be easy on the wallet, as well as the environment.

ers the knowledge, skills and opportunities to learn how to make and use compost," said Hooper in her introduction.

Apparently, decomposition will happen without humans; compost is when humans lend a hand to speed up the process.

However, this doesn't mean you should just throw your garbage on the ground. Hooper explained how compost is made, by way of building compost containers, among other facts.

Another reason why people should use compost containers is because it helps keep away pests, such as rodents and bugs.

Containers for compost aren't always necessary, there are multiple compost methods.

One is called an aeration pile, which let's all sorts of

place plastic utensils with biodegradable ones instead, for composting or recycling for later use.

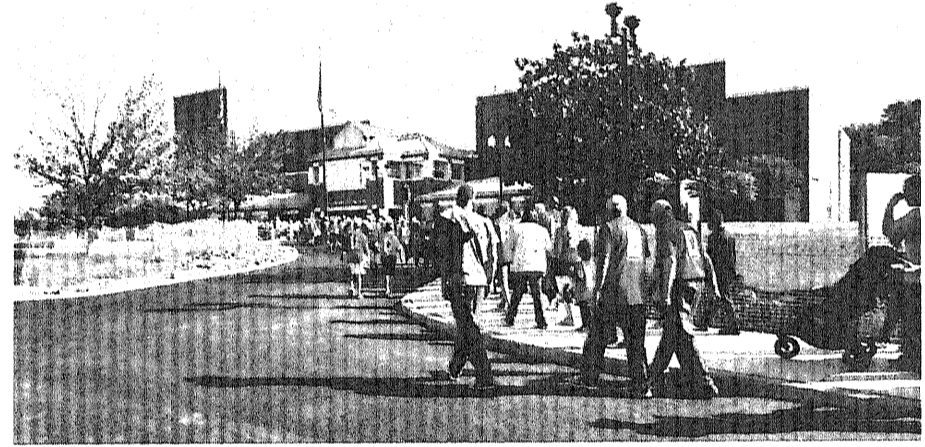
This idea can be implemented easily and would cost the same as their plastic counterparts.

It was also suggested that we attain compressor trash cans or as some people call them "smart trash cans".

These trash cans will let sanitation know when they are full, cutting down on time spent doing routine garbage pick up.

After all of these great ideas were introduced, Carol Hooper began her part of the presentation about the science of composting.

"I'm the project manager and I help teach people how to make and use compost. We help rebuild New York-



"Compost"
Continued from Front Page

interest, starting with the compost event to attract people, in hopes of seeding a club.

The president of the Gardening Club attended, saying she was interested in learning how to compost.

One idea for composting, was the "bring your own mug" program for the cafeteria, among other establishments that serve drinks.

This would cut down on the sheer volume of litter lying around campus, and it would look more picturesque to students and newcomers alike.

This seemed to be a very doable idea, since mugs could either be bought at the CSI bookstore, or brought from home.

Another idea, was to re-

BANNER NEWS

Behind the Scenes of The Writing Center

Anna Kantor Supports Students Through English and Psychology

BY: ANDREA ROMAN

Anna Kantor works as an assistant at the College of Staten Island and uses her previous experiences as a student to guide others.

Though it is not uncommon for students to begin working at the CSI while also attending, the job opportunities vary.

As a college assistant, primarily in the Writing Center, Kantor's job is to support students and help them improve their writing outside of class.

Kantor's background in psychology allows her to comprehend different ways to assist students in their struggles, which in turn may be affecting their writing.

"I actually got my Masters in counseling. Because of tutoring people, sometimes people come in and they're upset, and it isn't really the English that's the problem," Kantor mentions.

Not often do non-English majors find themselves actively working in the Writing Center at CSI.

However, the lack of direct involvement with English as a major does not affect her skills as a college assistant in the Writing Center.

In fact, her degree in psychology proves to be very helpful to further assist students.



While writing properly is a skill that is highly valuable, regardless of one's major, the level of involvement varies.

Kantor's initial intention was not to major in psychology and work at CSI; she had initially began her college career with liberal arts as her major.

"After 9/11, with all the devastation, and how people needed so much help, I told myself 'I need to major in psychology'," Kantor said.

Aside from gaining this incentive, her motivation to originally pursue her college career revolved around the disap-

pointment of a job denial due to her lack of college education.

"I felt so let down that I didn't get that education, that job. It really motivated me to get the degree because it limited job offerings," Kantor stated.

Though she now has the degrees she pursued, the primary reason to remain with her part-time job at CSI is the passion for helping students who are struggling.

Kantor views her role as a college assistant to be one step closer to her goal as a counselor in the near future.

Kantor commented, "This is as close as I get. I get to tutor people, I get to learn all kinds of subjects. That's my passion. I have the need to help other people [and to] have a person to turn to."

Kantor's ways of approaching students were put to the test prior to her employment with CSI.

Robert Brandt, English professor and Director of the Writing Center, mentioned, "I observed how well she worked with other students when I had her in a class of mine."

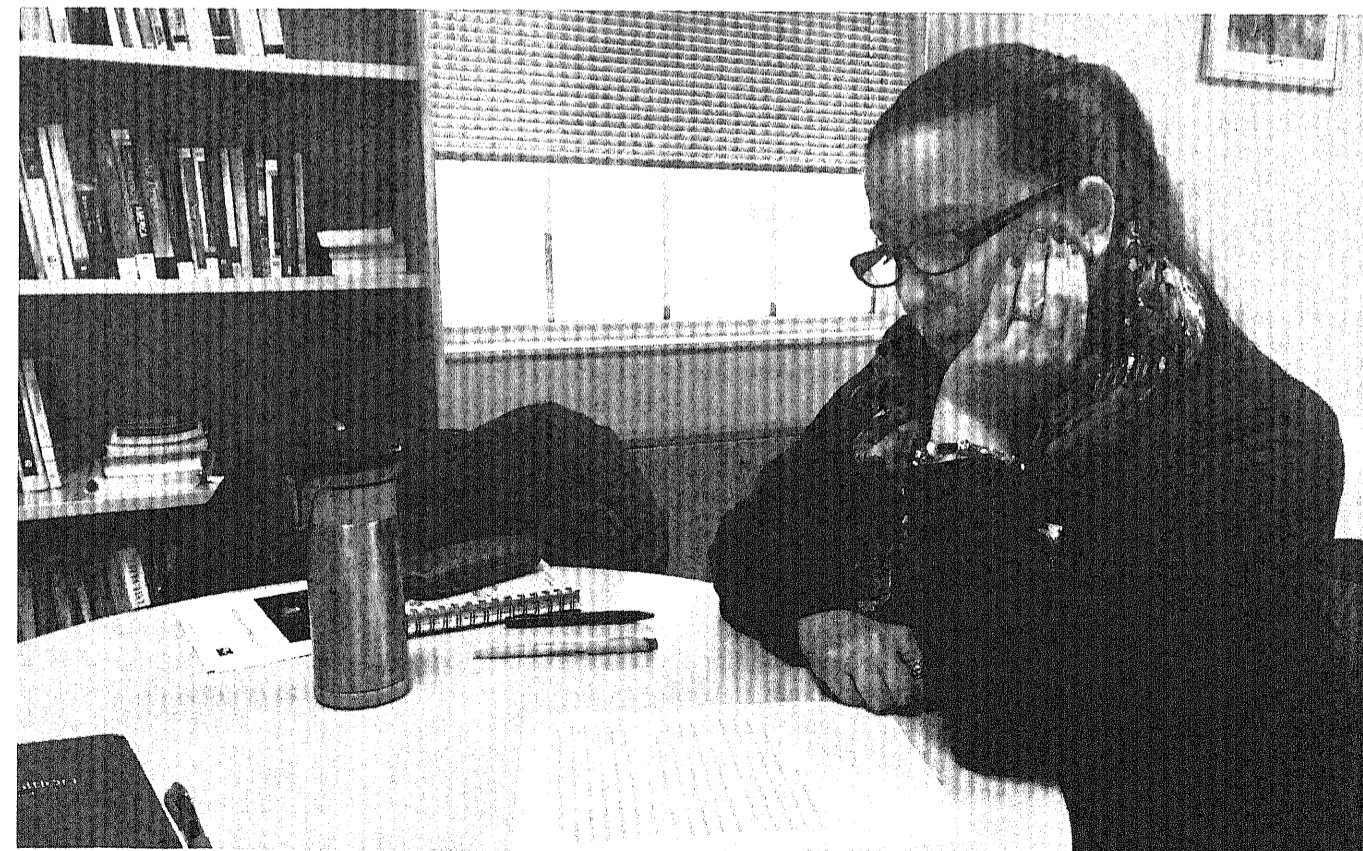
After Kantor was placed in a situation where she assisted her former classmates with their writing, she was able to explore her talents and general knowledge.

Tiffani Roberts, a student at CSI, has had Kantor's support from very early in her college career.

"She explains everything very well, finding different ways to explain everything in ways myself and others can understand," Roberts said.

Roberts believes Kantor truly goes above and beyond.

"For me, it's the passion to help people help themselves. Teach them how to [improve], whether it be psychologically or academically. That's what's important," Kantor said.



LIFESTYLES

How To Manage Your Stressful Life

Tips and Tricks For the Overwhelmed Student

BY: BEREN SABUNCU

Life will only get busier- this is a reality that is hard to face.

We as students all have school. Some of us have jobs, and some of us even have kids. It is so easy to overlook what one deems their "redundant needs."

It seems counter-active to read a book when one already has so many to read for school. It feels so repetitive to take a few hours to rest and renew yourself because you feel as though that one episode of your favorite show is rest enough.

To always focus on sleeping 8 hours can be quite a challenge, as those countless essays need to be finished, as well as homework and studying for exams.

The sad part is that we do not realize how terribly vital that hour of rest, or that extra hour of sleep, really is.

People are always "connected" and feel the need to "keep in touch" without actually following through. Our spare time is spent on multiple apps to see "who ate what", and "who wore what."

We tire our eyes and mind under the illusion that this is our downtime and add on to all the stresses we face throughout the day.

As a student, it's known that when exams come up, homework is assigned, and the pressure of a social life arises, your mental space is compromised. The time for "luxuries" disappears, like alone time, going out, or even having an hour to put aside responsibilities.

What most don't realize is what we deem redundant is what's most important. Of course, responsibilities are vital, in that tasks are to be finished to get to where you want to be professionally. Taking care of yourself is crucial in order to enjoy life once you get where you want to be.

Food is another topic of discussion. We either don't eat enough, or healthy enough. It may always be easier to get fast food, or skip meals. Though people tend to overlook the importance of food, its value can affect everything.

Food influences the way you look, feel and think, as it acts like fuel. Your personal state of being is most important, and it's illogical dismissing whatever needs you might have as being redundant.

That being said, if we were to all take long breaks having lavish meals, nothing would get done.

Imagine being 50 years old, and along with having successfully attained the career desired, a myriad of medical issues and you're not really happy. At that point you might think it's about the life you have chosen



for yourself, when in reality, it's the way you got there.

So how do you balance it all? What is the one thing you can do to ensure you are responsible for yourself?

If you want to enjoy your success once you achieve your goals, give yourself time. Pamper yourself, and if you don't have time to do so, simply give yourself the treatment you would a child that depends on you.

"We do not realize how terribly vital that hour of rest, or that extra hour of sleep really is."

If you had a child that depended on you, as some of us do, you would feed the child properly no matter how short on time you were. You would bathe that child often, and ensure that they're clean, as well as make sure that your child sleeps enough.

In a way, you are your own child. You don't deserve anything less than the nurturing a child should get.

There are quite a number of tips and tricks that work for overwhelmed students. We are all different, as these will work for some, but not all, and can be tweaked to fit your needs.

Tips and Tricks for the Overwhelmed College Student

1-Sleep

Experts say that the average adult needs 6-8 hours of sleep per day. Even if you can't sleep a uninterrupted 6-8 hours, take little naps

throughout your day to elevate your mood and heighten your senses.

A well-rested mind is the best mind for projects and exams! You are helping yourself achieve your goals and taking care of your well-being at the same time. It's a win-win!

2- Eat a lot of small (and healthy) meals throughout your day.

Your metabolism needs attention every couple of hours. You could carry a tiny snack bag which include nuts, fruits and little veggie sandwiches. Your body will thank you, and feeling lethargic can be eliminated!

3- Keep clean.

It is common courtesy to smell nice, and it will absolutely make you feel confident. In return, you will be more assertive in both classes and amongst your friends. Just take short showers when you can, use natural/common deodorants, and use perfume if you prefer to.

4- Read non-curricular sources every week.

Begin to read or glance over newspaper articles, nonfiction or fiction. Reading something not related to your curriculum will take your mind off your coursework. It will also broaden your horizons and make you look at the world in a different way.

6- Squeeze in a morning workout.

Though life is hectic, and probably won't have time for a full-blown workout session, simply stretch for 10 minutes to get your blood flowing. This will help pump up your blood and "wake" your mind up.

7-Make time for friends.

If you have a best friend that lives near you, meet up for coffee and talk for an hour. It will strengthen your bond with them, and make you forget what stresses you out. If they don't live nearby, Facetime or Skype them. Technology isn't all that bad!

9- Make lists. Lots of them.

As students, we are used to having to do a flurry of things all at once. Make a list: organize, prioritize what's urgent, and conquer those assignments! It helps greatly to see all of your tasks on paper.

10- Call your family! (Or whoever you consider to be family)

This will remind you that people have your back no matter what happens.

11- Less screen time!

Limit your screen time during the day, and especially at night before bed. We are all guilty of obsessive nighttime scrolling, but it really isn't helping us.

12- Create.

Whenever you have the time, doodle, write or paint. Get those creative juices flowing! It will make you feel rested and sharpen your talents

13- Hydrate.

Drink water throughout the day, at least eight normal sized glasses. This one's a no-brainer!

14- Take yourself out on a mini date.

Even if you have an hour, just grab some coffee, walk around, and think. If you do have more time, take yourself out to your favorite restaurant or store and just enjoy your day. Your body and mind will thank you for that mini break!

15- Give yourself ten minute breaks by doing absolutely nothing.

Whatever you're doing can wait 10 minutes (except timed exams- do NOT take a 10 minute break). If you're disciplined enough to take a 10 minute break and not turn it into a two hour TV show marathon, you and your work will both benefit from it.

"Even if you have an hour, just grab some coffee, walk around, and think."

Life might be hectic, it might be busy, but it's only as hard as you make it for yourself. Try these tips and tricks, and see if life gets easier for you, as it has for many others.

Never forget that you are the single most important person in your life. Take care of yourself first, and no feat will be too challenging for you!

BY: VERONICA PISTEK

We all have had our fair share of awkward moments, especially when making a first impression upon a stranger.

Some get nervous and tense up, crossing their arms and avoiding eye contact. There are also "naturals" whom exude bright energy and friendliness with each new encounter.

Despite which impression one creates, as humans, we naturally infect others with our non-verbal, verbal, and emotional tendencies.

What if I told you that we can physically and psychologically catch emotions?

Emotions such as anxiety, sadness, and even confidence can be detected subconsciously and equated into someone's first impression.

Without even saying the first line, one's body language is a non-verbal cue that determines whether they are open or closed-off.

For instance, approaching a stranger with folded arms, non-visible hands, eyes down, and distraction somewhere else immediately tells the stranger that one is not available for conversation.

On the other hand, if one stands tall, has their hands visible and open, eyes ready for engagement, focus on the stranger, and especially express a genuine smile, immediately the stranger becomes infected by your friendly contagion.

"Bullying"

Continued from Front Page

of October.

Stomp Out Bullying kicks off October with promoting awareness by encouraging students, faculty, and adults to wear blue on the first Monday of the month.

Following that, each week has a particular theme to keep students active in the fight against bullying.

The week of October 9, children are encouraged to befriend someone new.

October 23 is the Week of Inclusion. During this week, students participate in #nooneeatsalone by making sure no one is left alone in their cafeteria during lunch.

The act of inclusion is extremely important in creating an environment that is not conducive to bullying, as well as teaching children how to act when they grow up.

From wearing blue on October 2, to #nooneeatsalone week, these are great ways to keep students

LIFESTYLES

The Social Contagion Phenomenon

How Do You Want to Infect People?

Just by opening your body and not your mouth, you become more likable and memorable.

While we usually get so caught up in "what should I say?", we should focus on simplicity and how we say our primary line.

Picture this: you are tense already and start sweating about making a good first impression, so you think of a complex or clever introduction that results with stuttering on the first word.



It is known widely that if we keep it simple with a nice "Hey, how are you?", one is more likely to feel invited and comfortable around you. Even so, it is less likely that one will mess up and get anxious if the introduction is kept as simple as possible!

Just as important as your

phrase is, your handshake also makes quite the impact.

The first physical touch with someone creates an immediate bond, and ultimately a more positive impression of you.

Consequently, you should reinforce a firm handshake with dry hands, paired with a bright smile and comfortable eye contact.

All of these non-verbal cues strengthen your internal confidence and release the desire for the other

person to be comfortable and confident as well.

Naturally, as humans we love to be liked. A main way of gaining the friendships we have start by engaging in the right conversations.

It is common to ask someone how their day is going, which could possibly result in a response that is

person to be comfortable and confident as well.

Naturally, as humans we love to be liked. A main way of gaining the friendships we have start by engaging in the right conversations.

It is common to ask someone how their day is going, which could possibly result in a response that is

active in creating a less isolated environment.

For more detailed information on how to get involved with Stomp Out Bullying's monthly activities, check out stompoutbullying.org.

Empowering today's youth is another excellent way to minimize the opportunity or the need for a child or teenager to bully others.

The Door is a great organization that gives you the opportunity to volunteer with counseling a

diverse group of today's youths (gay, straight, or minority) in a variety of needs for the individual.

They have volunteering opportunities that range from tutoring, administrative support, and working with their creative arts program.

For more information and to apply for any of these great positions, go to door.org.

In addition to being aware of general bullying, being an advocate for the LGBTQ community is a cause that's important to teach children early on as well.

With same-sex marriage legal in the United States, children are exposed to so many different combinations of families.

This may initiate bullying the children that come from a same-sex marriage or towards a child that isn't comfortable with expressing who they are.

This past October 11 was National Coming Out Day which be-

gan in 1988.

All day long, celebrities and the social media community posted support and stories to help create a safe platform for those scared to express themselves.

While this is a wonderful day filled with positivity, it should be an important goal to create this environment every day of the year.

There are numerous ways to get involved to support the LGBTQ community by finding volunteering opportunities on gaycenter.org, or door.org as well.

At the end of the day, the best lesson to teach any child is to accept and celebrate someone's differences as an opportunity to learn, grow, and make a new friend.

Bullying won't go away overnight, but if we all get involved in promoting acceptance instead of judgement, it will help make this fight against bullying an easier one.



BANNER ARTS

Simply Complicated: Demi Lovato's Story

A Difficult Yet Inspiring Story of a Troubled Woman Who Rises Above

BY: JESSICA SCARIMBOLO

Singer and songwriter, Demi Lovato, has recently proven her honesty in the last few difficult years of her life.

In her new YouTube documentary "Simply Complicated," Lovato spoke truthfully on the aspects of her life fans only thought they knew.

The documentary opened with Lovato commenting on her anxiety regarding the interview due to her being high on cocaine during filming for her last documentary. During the documentary "Staying Strong," she repetitively lied about her sobriety.

Lovato was incredibly honest about being bullied throughout her life, which eventually led to her abusing drugs and alcohol.

She also confessed that her birth father chose the same substances over her family, which inspired her to seek what was so great and powerful about them.

Fans knew that she struggled with depression along with a number of other issues. However fans were unaware of how young of an age her problems developed.

At the age of 12, she was bullied, and was told she should kill herself and slit her wrists. After this, a suicide petition was passed around the school, where classmates would sign encouraging Demi to kill herself.

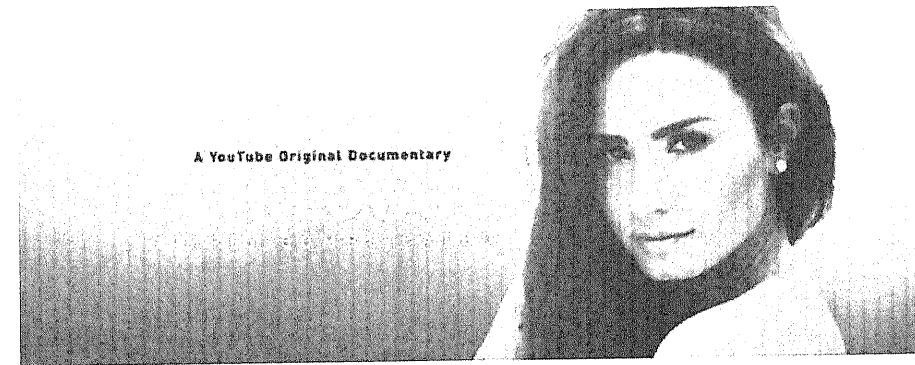
She also confessed to being fascinated by death at a young age, and even imagined what her funeral would be like.

During that time Demi had no friends, and as a result, she believed the negative things people would say about her. They would repeatedly tell her she was a "whore"

and called her fat.

After she left school because of the bullying, her eating disorder developed further. Demi's mother Dianna told of when she found Demi's diary where she had drawn a picture of how she thought she looked, and how she felt she needed to look in order to be successful.

In the first picture, she was incredibly heavy, while in the second, dangerously thin.



A YouTube Original Documentary

She felt that to be successful she had to meet a specific look and sing an exact way, a quality that her mother admits to have passed down to her.

Being a former Dallas Cowboys cheerleader, Dianna spoke about her own pressures to be thin.

"I felt that I had to be thin to be beautiful and successful and that this is what you need to look like in order to be perfect," said Dianna.

When the aspiring actress was 15, she began working for Disney Channel, and ex-

pressed that she felt immense pressure after starring in "Camp Rock."

"All of a sudden I was on tour, writing songs for my album with the Jonas Brothers and then I was on a tour of my own. Looking back, it was a lot for anyone, let alone a kid," she said.

Lovato expanded on the amount of stress she accumulated from working at such a young age.

Though they remain friends, she confessed that she felt she needed him to fill the loneliness in her life.

Even though she feels that she has grown since their break up, but it has been difficult for her.

She also commented on the relapse of her eating disorder. Though she has been sober, she confessed to recently having purged due to missing Valderrama.

"When I was in a relationship with Wilmer, I went three years without purging and when we broke up, that's one of the first things I did. When I feel lonely, my heart feels hungry."

The documentary takes a positive turn with commentary on her new album, "Tell Me You Love Me."

She explained that after going through a lot in her life, she has learned to use her emotion and turn it into soul music.

Moving forward, Lovato appears to be a much happier and confident woman.

Those who have followed Demi for years, cannot help but notice a positive change in her.

Though her relationships, body image, career and mental state have been anything but simple, Demi Lovato has consistently proven to rise above life's challenges.

"When I look back at my life, I feel like if I didn't have music, I don't know what I'd have. I have my friends and my family, but music gave me a purpose when I was bullied in school. It gave me the motivation to keep going and prove to everyone that didn't believe in me that I was gonna be something

At age 17, Lovato tried cocaine for the first time, which was the beginning of a long standing habit for her.

"I was either craving drugs or on drugs...I was using while I had a sober companion," she said. She was routinely high on cocaine, adderall and xanax.

At age 19, Lovato was a judge on "The X Factor USA" while living in a sober home, helping her reach her first year of sobriety.

The singer also spoke on her recent breakup with longtime boyfriend Wilmer Valderrama.

Jimmy Kimmel Comes Home to Brooklyn

Talk Show Visits NYC for the Third Time

BY: ERIC RANSOM

Jimmy Kimmel doesn't forget his roots.

Kimmel has once again brought the popular late night talk show "Jimmy Kimmel Live!" to his home borough of Brooklyn, hosting shows from October 16-20.

The "Back to Brooklyn" shows featured guests such as David Letterman, Woody Harrelson, DJ Khaled and musical guests Billy Joel and Tony Bennett.

Former Late Show bandleader Paul Shaffer sat in with Kimmel's house band "Cleo and the Cletones" for the entire week.

Kimmel first took his show from LA to NY back in 2012 amidst the aftermath of Hurricane Sandy, and later in 2015 featured a "Back to the Future" reunion.

Despite Kimmel growing up in Las Vegas, Brooklyn was his birthplace and first home before moving to Nevada at age nine.

All five shows took place inside the Peter Jay Sharp building at the Brooklyn Academy of Music, within walking distance from the Barclays Center.

It was a packed house for the Friday night show, featuring Woody Harrelson, Paul Shaffer, Tony Bennett and a surprise appearance from Jon Stewart.

Stewart arrived with a flurry of dancers in red jumpsuits to promote the "Night of Too Many Stars" special, a gathering of numerous comedians performing to raise money for people with autism.

He has hosted the event since 2006, rais-

ing over 18 million dollars since.

Harrelson arrived to promote his biopic on President Lyndon B. Johnson, in which he stars as the former Commander-in-Chief in the lead role.

The movie titled "LBJ" is set to be released in theaters on November 3.

Shaffer spoke on the dates he will be performing at Caesar's Palace in Las Vegas, starting on December 21.

Once the band leader on "Late Night with David Letterman", Kimmel holds the show very dear to his heart, inspiring him to want to become a talk show host in the first place.

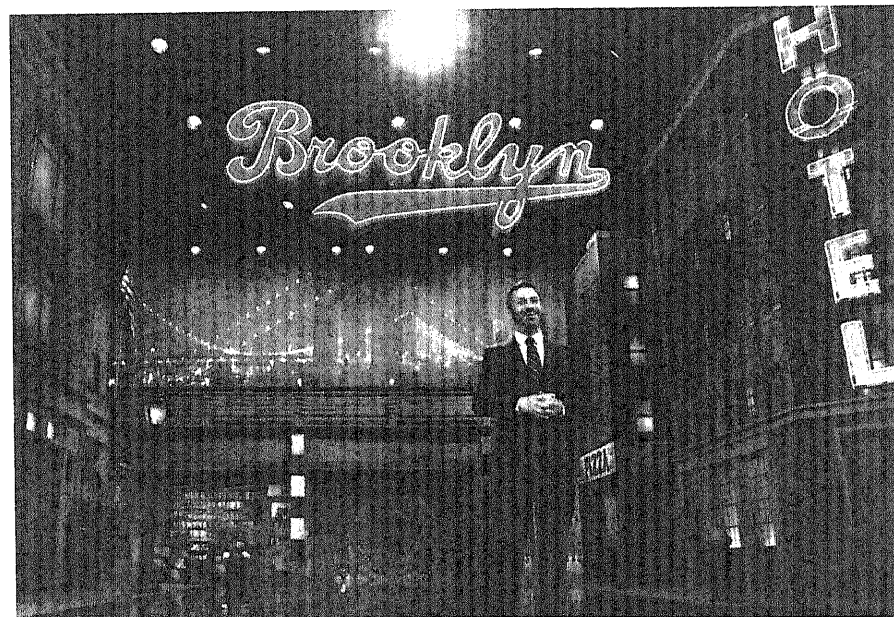
Tony Bennett, 91, performed "The Best is yet to Come", a song from his latest album "Tony Bennett Celebrates 90" that released last December.

The crowd was energetic and excited to see their favorite late night talk show host deliver a great show, and he certainly did.

Kimmel never fails to disappoint his fans. He actively engages with his audience, including showcasing their talents before the start of the show and talking with members of the crowd in-between segments.

"Jimmy Kimmel Live!" has been not only one of the most popular shows on television, but a major platform for political stances against the current Trump administration.

Kimmel has been a vocal leader in the fight to preserve the Affordable Care Act, after his newborn son Billy was born with a



hole in his heart.

Thankfully, Billy is alive today because of his father's wealth, but has future operations on the horizon.

Countless other babies though wouldn't be as fortunate. Many with Billy's condition would die if not for the Affordable Care Act, as parents without health care would not be able to afford the surgeries that Kimmel could.

A fact he expressed to lawmakers in an emotional display a few months ago.

He also advocated for gun control after the tragic Las Vegas shooting in early October.

Due to his history with the area, an emotional Kimmel cried for the victims and pleaded for stricter gun laws.

Kimmel said of the senators against gun control, "We have a major problem with gun violence in this country, and I guess they don't care. If I'm wrong on that, fine, do something about it, because I'm sick of it."

Kimmel's Brooklyn shows are a massive hit, returning the favor to his birthplace with an entertaining week of laughs and cheers.

Brooklyn-born Kimmel can't possibly do anything wrong - fuhgeddaboutit!

BANNER ARTS

"Stranger Things" Season Two Brings The Horror

The hit Netflix show returns to the town of Hawkins

BY: BRENTON MITCHELL

Last year, Netflix Original "Stranger Things" captivated audiences and quickly gathered a dedicated fanbase who fell in love with the small town of Hawkins.

The series' success was largely due to a delightful combination of nostalgia, compelling characters and interesting concept. As far as concepts go "small town mystery-horror" is far from new, but the show's execution and splices of comedy helped alleviate the show to national attention.

The result of this success was a widely anticipated second season, with the monumental task of living up to the high expectations set by the strong first offering.

Unfortunately, while "Stranger

Things" season two does live up to the hype in some areas the majority of the season is conceptually lackluster.

The primary issue is that for the first half it does not feel like a second season at all. At most the plot progresses as if it were "Stranger Things" 1.5.

The show begins a year after the events of the first season, with the cast trying to cope with the memories of past events brought up by the upcoming anniversary of their horror. A time skip is useful for giving the story some room to breathe, but for "Stranger Things" we are shown little to prove that the time spent was actually worthwhile.

Noteworthy changes are the addition of new characters, their quality



and importance varying except for a shared quality of shallowness.

Joyce gets a new boyfriend, the main group gets a new girl while Eleven is away, and a new villain is introduced to function as a foil to Steve to change him to a hero.

Plot lines and character developments that were built in the first season are washed away. Along with last season's cliffhanger, which was supposed to be important but is found to have been no worry at all.

As such, the first half of the series drags on longer than it needs to. Using that time to focus on characters and setup the horrors that they will have to face this time. The only issue with this slow burn is that the scenes they present aren't incredibly interesting.

What made the first season so incredible was the level of danger and the constant amount of threat. These dangers were real and present from the very first episode, frequently shown and interacted with to add another layer to the mystery.

The buildup of the second season is long, but ultimately worth it. The climax is excellent and the second half is loaded with all the action that had been missing.

How good of a show "Stranger Things" will grow to be is yet to be seen, but for those who are patient for a show that gets better over time, then "Stranger Things" is sure to scratch that visual itch.

Netflix's "Mindhunter": A Walk Down The Psycho-Path

Understanding Why Killers Kill the Way They Do

BY: JOSIAH AKHTAB

American Crime Drama web TV Series "Mindhunter" takes us for a walk down the "psycho-path"... psycho being a vast understatement.

Set in 1977, "Mindhunter" centers around FBI Agents Holden Ford (Jonathan Groff) and Bill Tench (Holt McCallany), who interview criminals to gain a better understanding of how they think so it can be applied to real world cases.

The Netflix series is based on the novel "Mindhunter: Inside the FBI's Elite Serial Crime Unit" by John E. Douglas and Mark Olshaker.

Throughout the show, we as viewers get to explore the minds of the most vicious, horrifying, and just plain "WTF!" murder cases in existence.

We see how killers, serial killers among other types, choose their victims, how they plan to kill them, what they do afterwards in dealing with law enforcement, and much more.

The acting by Jonathan Groff and Holt McCallany make the show convincing, as they perfectly portray two FBI agents with the same agenda with two differing mindsets.

Holden is the forward thinking agent, where as Bill is the old school agent who

rarely is able to be as such.

The writing makes not only the roles of the agents, but the role of the killers captivating and horrifying.

The casualness in which the killers speak of their crimes shows the writers did their research and knew what they were doing.

They did a fantastic job pulling people into the world of serial killers, and keeping them there for the duration of the show.

The show's music created the right tone for the subject matter, that being slow, methodical, classical, and dark.

The music accentuates the importance and gravity of what is taking place inside the show, as well as help take the viewer from the real world to the world of the characters and

the issues they face.

It also helped heighten key moments in the show, hooking in viewers effectively.

The tone of the movie was effortlessly clear.

The setting was often in dark rooms, at night, or on cloudy and overcast days. The setting brings the depressing, melancholy tone of the show to life, creating a world of perpetual problems, despair, mental anguish, and so on.

The tone meshed well with the other elements, making for a true psychological crime series.

Great cinematography also helped in establishing tone.

The camera angle on the characters at

key moments of the show aided in showing the toll this world takes on the characters: the baggy eyes, the irritability, and the long sighs. The angles the characters are shot from convey the feelings the characters are experiencing.

The setting was very morbid, from the police stations, to the prisons, to the characters homes. It perpetuated this dark world and the few bright spots it possessed magnificently.

It was very easy for viewers to get sucked into the show, showing one of the many layers reality possesses.

"Mindhunter" took a true concept and put a unique spin on it.

By setting it in the 1970's, where criminal psychology was still new, viewers got to see the true horrors of reality of that time, as well as how institutions dealt with these horrors. This gives the show a real chance at attaining longevity in the psychological crime genre.

The show was filmed in McKeesport, Pennsylvania and released Oct 13. It received a 78/100 on Metacritic, based on 23 critics.

Rotten Tomatoes' site consensus stated, "Mindhunter" distinguishes itself in a crowded genre with ambitiously cinematic visuals and a meticulous attention to character development."

BANNER OPINIONS

Constitutional Rights Belong in Sports

Kaepernick Files Charges Against NFL and Seeks Employment

BY: **Anthony Russo**

Just before the commence of the 2016 NFL regular season, Colin Kaepernick knelt down for the national anthem, which drew much controversy from the world.

Kaepernick knelt in protest of the ongoing issues in America pertaining to police brutality, oppression and other social issues.

Many critiques have labeled Kaepernick of being un-American and disrespectful to his country and military. But is Kaepernick actually disrespecting anything?

"I have family, I have friends that have gone and fought for this country. And they fight for freedom, they fight

for the people," said Kaepernick in a media session on Sunday August 28, 2016.

"They fight for liberty and justice, for everyone. That's something that's not happening. I've seen videos, I've seen circumstances where men and women that have been in the military have come back and been treated unjustly by the country they have fought for."

Kaepernick's intention wasn't to disrespect the flag, the country and those who have fought for the country, but to bring attention and conversation to the social injustices in the United States.

There's nothing unconstitutional about Kaepernick's actions, in fact,

part of the first amendment of the Constitution, "freedom to assemble" supports his right to peacefully protest.

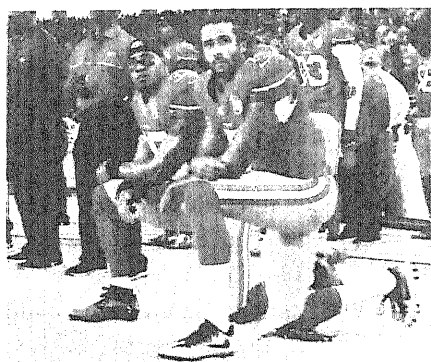
Yes, there are other ways to "peacefully protest", but what better way to get your message across than in front of a large audience on national television?

Kaepernick's message did start a ripple effect across the NFL immediately after he knelt for the first time during the national anthem.

Eventually, players across the league followed in support of Kaepernick.

Kaepernick stayed in this position along with players who joined him for the national anthem for the remainder of the 2016 season.

Since the ending of the 2016 sea-



son, Kaepernick has remained jobless because of his protest.

Kaepernick in his NFL career has four career playoff wins and one super bowl appearance, while finishing his 2016 campaign with completing nearly sixty-percent of his passes and sixteen touchdown passes to four interceptions.

It has been suspected that NFL owners and fans believe politics should be kept out of sports. Yet, Kaepernick still hasn't been signed.

Kaepernick, as a result, has filed grievance charges against NFL owners on October 15, that would violate the Collective Bargaining Agreement (CBA).

Kaepernick believes the issue for him remaining unemployed is due to NFL owners having an internal agreement to restrict themselves from him being signed, which would be a clear violation against the CBA.

Whether NFL owners are guilty of violating that specific section of the CBA remains to be seen, but either way, they seem reluctant to give Kaepernick a chance to play because of his protest.

The question remains, should politics be kept out of sports?

Political beliefs can often lead to controversy, which is why NFL owners and fans prefer them to be kept out of sports, but there is nothing under player contracts or the CBA that restricts players from expressing their first amendment right.

As long as the players don't violate their contracts and the CBA, then players should be able to assemble themselves without penalties.

NFL owners and fans should respect their player's decisions, even if they don't agree with them, as it is their protest in a peaceful manner.

For Kaepernick and the rest of the players that have knelt for the national anthem, their intention isn't to show crude displeasure towards the military and others that have defended the freedoms in the United States.

Therefore, there shouldn't be an issue with players expressing their rights to protest.

Regardless, players today still continue to kneel for the national anthem to fight against social injustices, inspired by Kaepernick.

SEX AND RELATIONSHIPS

Cheating...It's Not Just for Men

How Narrowing the Gender Gap Has Made Infidelity Fair Game

BY: **LISA VIVIANI GORIS**

Cheating is a dirty word.

"Cheating" won me seething stares of contempt when I said it aloud at the agency where I currently intern as a budding social worker in the MSW program.

I'd said it in context as I attempted to recruit interviews from fellow work interns: no takers. No one likes a cheater.

I was a little taken aback; after all, I was writing an article and attempting to solicit commentary.

I explained my intent: nope, still no takers. So, what is the deal with cheating anyway? And, is it preventable?

"It takes effort to make something mean nothing"

After all, just because people are averse to talking about cheating, doesn't mean it's not happening. In fact, studies show it's widespread, and it's not just men flying the coop.

Psychotherapist and New York Times bestselling author, Esther Perel, claims that over time, it appears our definition of cheating has expanded.

In the past, we considered infidelity to be easily recognizable by the birth of a child outside of a marriage or committed relationship.

Today, we view cheating to encompass flirting, "office spouses", watching pornography, friending an ex-lover on Facebook, or following someone on Instagram who might pose a risk to one's relationship.

While definitions vary among individuals and couples, Perel says infidelity encompasses three components.

Firstly, it revolves around a secret.

Second component is emotional involvement.

Even a one-night stand fits the bill. Perel says, "it takes effort to make something mean nothing" therefore even a "hit and run" requires some level of emotion.

Third component is sexual alchemy. And by alchemy, Perel quotes Marcel Proust as saying "it's our imagination that is responsible for love, not the other person".

By now you might be thinking "oh man, I AM a cheater" but before you go running into the woods, it's best to understand the root of our behavior and/or thoughts; you may even forgive yourself if you take a look at how our needs have evolved over time.

Perel says we expect our partners to provide for us what an entire village once did: a sense of belonging, purpose, industry, friendship, and spirituality.

She claims the severity of devastation caused by infidelity is a result of entrusting these roles, and hence our identity, to one person. That seems to make sense.

After all, if our entire world exists

within the confines of one relationship, when our partner strays, the walls come crashing down.

Perel says there's an increase in infidelity and the closing of the gender gap has aided this role transition for women.

Women's need for financial security has diminished as more households are comprised of dual-income earners.



Women's lives are flush with working relationships, as well as social networks, across all mediums. Women have the opportunity to engage in affairs—sexual and/or emotional—once reserved for men as the breadwinners of their families.

So, how can you prevent an affair from becoming part of your story?

While you are a college student today, eventually, you will graduate and move on to a career, have more financial responsibility, perhaps have a committed relationship, marriage, and possibly, become a parent.

In her article, "Seven - Maybe - Tips for Avoiding an Office Affair", author of "The Happiness Project", Gretchen Ru-

bin, offers seven tips to avoid a workplace affair.

1. Never take a first step in flirtation, even in jest.

2. Never have more than one drink with people from work.

3. Never confide details from your personal life to people from work, and don't allow them to confide in me.

4. Never allow myself to have a "special friend" of the attractive sex (aka "work spouse") to whom I turn for particular support (sometimes called an "emotional affair").

5. Unless it's an unmistakably professional context, don't meet alone with a colleague or client of the attractive sex. E.g. When a client calls with tickets for a game, don't go in a twosome.

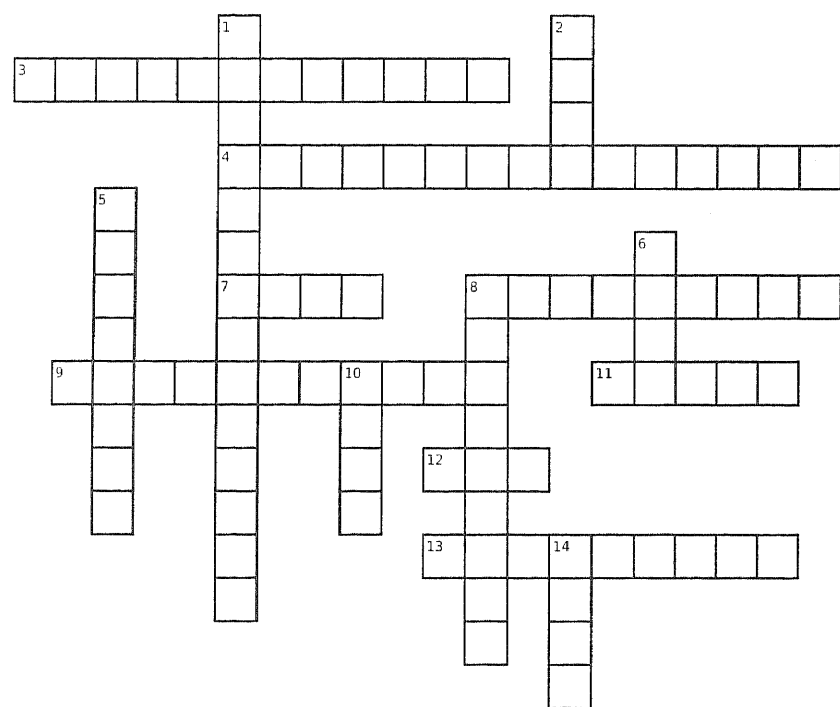
6. Imagine your spouse/partner as an audience - cc'd on the email, listening to the phone call, walking into the conference room. If you'd feel uncomfortable in that situation, you've crossed some line.

7. If you develop a close relationship with someone from the attractive sex at work, get to know his or her family. That puts a damper on things!

While we might consider some of Perel's definitions of cheating overreaching, or Rubin's tips to be restrictive, we must continue to talk about the tough stuff.

It seems to me that through shared knowledge and understanding we can continue to foster growth and acceptance in ourselves and in others.

How Well Do You Know CSI?



Down:

1. an honors program at CSI
2. what you use to log on CSI computers
5. other CSI location for classes
6. CSI's radio station
8. the only student newspaper at CSI
10. credits you must acquire by attending events and activities at CSI
14. a CSI program that provides access to college, tutoring, and counseling

Across:

3. CSI's President
4. where students can get free general tutoring
7. a CSI program that helps students get their baccalaureate degrees in four years through advisement and financial support
8. inside of the dome on CSI's track
9. CSI's dorms
11. type of food truck on campus
12. a programming board that holds fun and affordable activities and trips for students
13. an online database from the CSI library that combines all sources in one place

Long Distance Love: Is It Worth It?

How To Survive a Long Distance Relationship, From a Self-Proclaimed Expert

BY: **JESSICA SCARIMBOLO**

When a relationship becomes long distance, it automatically takes on a more serious role. This is because without two committed partners, long distances relationships are more prone to failure.

In my opinion, there are a few inevitable components that a long distance relationship should have in order to be successful: an end date, trust, communication, and effort.

This being said, long distances relationships can definitely work and are worth it!

I, myself, am in a long distance relationship, and have worked through these issues with my girlfriend, because they are incredibly difficult to know without some trial and error.

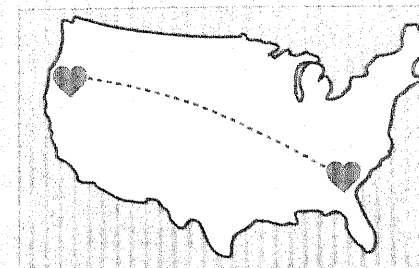
Firstly, knowing that the long distance component of the relationship is only temporary makes surviving with miles between much easier.

If you are aware that your time apart will eventually come to a permanent end, it seems to be the light at the end of a tunnel. Similarly, you will always have the end to look forward to!

As you and your partner reach an-

other month or year closer, it is a reminder that your relationship is closer to reaching normalcy.

If you constantly have to worry about what your partner is doing while you are gone, and do not have trust between one another, it is hard to say that the relation-



ship will last.

Being in separate cities, states, or even countries, requires trust to know that though the person will encounter many other people, they will remain faithful to you.

My girlfriend goes out to bars a few times a month and I am well aware that there are many people who will look at her, or even make a comment towards her. However, I trust her enough to know that she is committed to me though we

have hundreds of miles separating us.

Before you can love someone else, you have to love and take care of yourself.

Lack of trust can drive you crazy, leaving you constantly wondering and worrying what your partner is doing and if they are being faithful.

Even if you and your partner are on different schedules, it is important to make sure to communicate any chance you get.

In 2017, we are very fortunate to be so technologically advanced, allowing us to get in contact with someone at the touch of a button.

Communicating has never been easier than it is today, leaving little room for excuses when it comes to a long distance relationship.

Call, text, FaceTime, Skype, anything! Ask your partner how their day was and let them know you are thinking of them.

On this same note, both members of the relationship should put in equal amounts of effort.

You should both be willing to move around your schedules in order to spend

time together: both over the phone and in person.

A long distance relationship is difficult without ever seeing each other.

My girlfriend and I make it a point to see each other at least once a month, where we watch movies, go on dates, and spend time doing things that people in normal relationships do.

With all that being said, long distance relationships are a great test of how strong your relationship is.

If you have worked through all your challenges and have finally reached the end of your time apart, you can be much more confident that you two are built to last.

When you reach a month or even a year together while apart, make sure to celebrate!

Working and growing with another person is a beautiful, but also an incredibly challenging thing.

Long distance is a mole hill, not a mountain, and hard work from you and your partner can get you through it smoothly.

SPORTS

Mets Pick Mickey Callaway to Manage Team

Callaway Becomes 21st Manager in Mets History

BY: ERIC RANSOM

Not even a month after their manager calls it quits, the New York Mets have found their man.

As Terry Collins stepped down as manager upon the expiration of his contract, the Mets chose Mickey Callaway after a search, which included 35 possible candidates.

Just one round of interviews convinced the Mets front office that Callaway was a fantastic fit for the job.

Callaway was chosen over candidates like Alex Cora and Kevin Long, the Mets hitting coach and initial favorite for the position.

Callaway, 41, grew up in Memphis, Tennessee, and was a Major League pitcher from 1999-2004 for the (Devil) Rays, Angels, and Rangers.

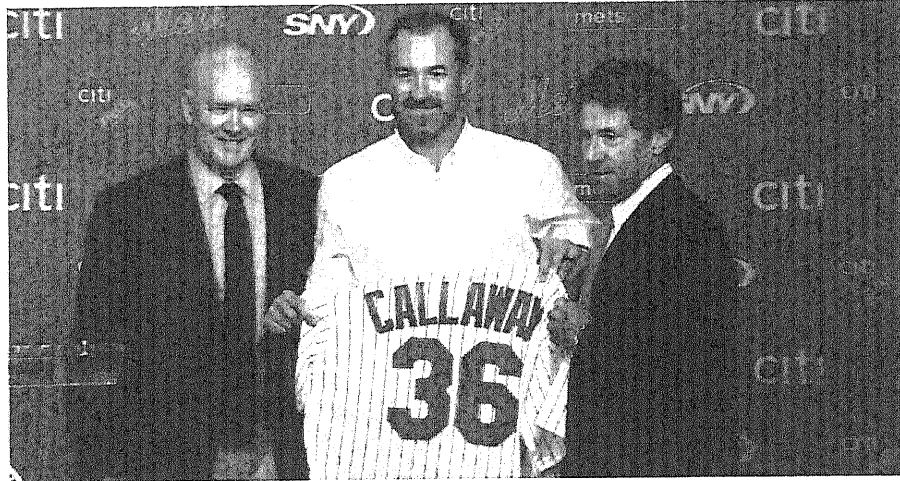
The new coach comes to Queens after five seasons as pitching coach with the Cleveland Indians, leading them to the best average team ERA in the American League during his tenure.

He also coached ace starting pitcher Corey Kluber, who won the AL Cy Young award in 2014, and is the favorite for the award this season as well.

Callaway certainly brings energy, passion, and a willingness to build comradery with his new organization.

"We're going to care more about the players than anyone has ever had before. We're going to know that they're human beings, and individuals," he said.

Communication, as well as the trust of



his new players, were the focal points for Callaway, showing excitement to get to know each player personally in preparation for the upcoming season.

Mets general manager Sandy Alderson said of the search, "We weren't simply looking for a manager, we were looking for a leader. As I think of leadership, I think of two general requirements, one is professional competence, and the second is personal excellence."

Alderson also added, "We planned on having a second round of interviews, but ended our first round and decided there was really only one man for the job. So, rather than going to a second round, we spent the rest of our time trying to convince Mickey (Callaway) to come to New York."

The Amazin's come off an incredibly disappointing season, finishing with a 70-92 record and missing the playoffs after

reaching the postseason over the last two years.

Much has changed since the Mets reached the World Series in 2015, something the Mets, their fans and Callaway certainly hunger to get back to again.

Callaway knows what it's like to lose a World Series after the defeat of the Indians at the hands of the Cubs in 2016, just one year after the Mets were defeated by the Royals.

After the Mets sold players like Jay Bruce, Curtis Granderson, Neil Walker and Lucas Duda last summer, Terry Collins decided it was time to step down as manager after seven seasons at the helm.

With many holes to fill, the Mets completed their first major goal of the offseason, quickly hiring Callaway for the role.

Mets pitcher Noah Syndergaard was one of the first players to express their ap-

proval of the hiring, taking to Twitter to express his positivity on his credentials, and his marvelous facial hair.

"Have heard nothing but great things about Mickey. Very excited to learn from him. Impeccable beard game as well," he said.

It almost seems like Callaway was born for the job. Both he and his brother grew up in a baseball family, and both were named after New York baseball legends.

Callaway got his name "Mickey" after Yankee legend Mickey Mantle. His brother, Casey, got his name after Casey Stengel, another Yankee great, and most notably, the first manager in Mets history.

In fact, the inspiration for Callaway to consider being a coach derived from Stengel, telling the story of when Stengel took a pitching coach job while rehabbing his arm.

When Callaway had the Tommy John surgery that forced him to go into rehab, he followed in the footsteps of Stengel, taking a pitching coach job at a Division III college in Texas.

From there, Callaway grew to love coaching, and as his pitching career officially ended in 2008, Callaway began to focus on his next life in baseball.

After working his way up the ladder, Callaway will lead the Mets into next season with a fresh perspective and instilling a brand new culture.

The new look Mets and the rest of the MLB will begin Spring Training in February.

All Rise! Here Come the Yankees

A Successful 2017 Season With Potential for Future Success

BY: KENNY VELEZ

The New York Yankees certainly exceeded expectations in 2017.

Many have said that this would be a rebuilding year for the team after they traded several players after the 2016 season. In their place, several rookies got called up and given a chance to play in the Majors.

Among them are Gary Sanchez and likely AL Rookie of the Year Aaron Judge, who became stars for the team this past season.

Both are home run hitters, with Sanchez hitting 33 home runs and Judge hitting a rookie record 52 home runs this regular season.

A lot of other rookies got called up and made their debuts this season, such as Clint Frazier and Miguel Andujar, but none of them lasted the entire season, serving as replacements for injured players.

Once the injured players returned, most of the rookies were sent back to the minors.

Didi Gregorius missed the beginning of the season with an arm injury he suffered in the World Baseball Classic. Gregorius returned from his injury to help the Yankees, especially in the postseason, where he hit three home

runs.

Sanchez also missed some time in April and May, but still was able to produce offensively.

The Yankees struggled in June and July. During this time, their bullpen became utterly ineffective.

The reliever who struggled most of all was Tyler Clippard, who ERA rose to 4.95. During this time, Aroldis Chapman and Dellin Betances spent time on the DL.

The Yankees lost many games during that time, and released first baseman Chris Carter, who was prone to striking out during most of his at-bats. They also traded Clippard to the White Sox for former Yankee David Robertson, Tommy Kahnle and Todd Frazier.

First baseman Greg Bird was out for most of the season with an ankle injury he sustained during spring training, attempting to play through it in April, but never could.

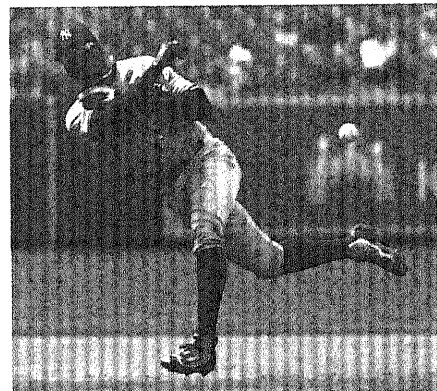
As a result, he did a lengthy stint on the DL. It was not known if Bird would return in 2017, but returned later in the season despite many setbacks, and played well in the postseason.

Many of their other position players went down with injuries, including

Aaron Hicks and Starlin Castro. Chapman briefly lost his closer role due to his struggles, but he was able to earn it back before the season was over.

Despite all the adversity, the Yankees were still contenders in the American League East race up until the last week of the season. At one point, they led the division until the Boston Red Sox came back and maintained their lead.

The Yankees were able to clinch



the top wild card spot, hosting the Minnesota Twins, the team that was able to withstand most of the American League to grab the second wild card position.

In the Wild Card game, The Twins got to Luis Severino in the first inning

and knocked him out of the game.

The Yankees answered back in the second inning, taking the lead and eventually winning the game, advancing them to the American League Division Series against the Cleveland Indians.

In the ALDS, the Yankees lost game one to the Indians. They had a five run lead in game two, but the Indians came out on top in extra innings, 4-0.

Once the series came to Yankee Stadium, the momentum of the series shifted.

The Yankees won both of their home games, and won the decisive game five in Cleveland, 5-2.

They moved on to the ALCS and faced the Houston Astros, but could not win a game on the road.

The Astros reached the World Series after winning the series in five games, sending the Yankees home after an incredible run.

After the season came to a close, Joe Girardi was relieved his duties as manager after 10 seasons.

If this was merely a rebuilding year for the Yankees, they will be certainly be scary as a completed team.