

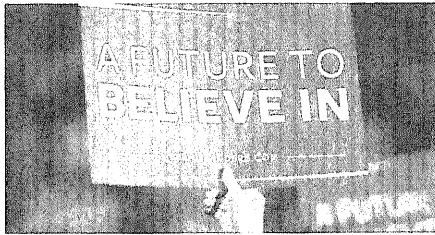
THE BANNER

The Official Newspaper of the College of Staten Island

Established 1993

January 03, 2019

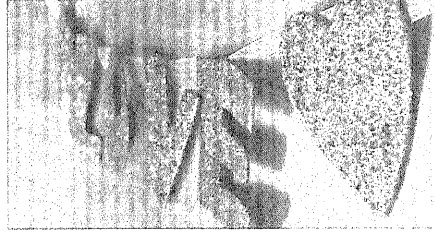
Issue #7



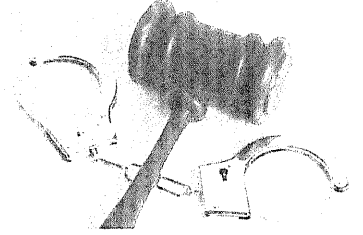
"President Sanders, 2020?" pg 3



"Excelsior to a Legend" pg 9



"Is Love Actually Out There?" pg 11



"Nassar's Death Warrant" pg 12

The Newfound Resurrection of A Reason to Write

A Promising Comeback Makes Way for CSI's Writing Club

BY: LUCIA ELMI

The slow disappearance of CSI's A Reason to Write club has come as a crushing blow to creative writing enthusiasts and club leaders around the school.

Traffic into the club's weekly meetings had been suffering for the past few semesters, with little to no students taking part in the club's activities, which raised questions as to how much longer the club would last.

Elections took place back in the Spring 2018 to reelect the club's new president, but to no avail. It was confirmed that the club's run had officially come to an end.

However, Anthony Acevedo, current English major at CSI has stepped up as president to reestablish the club back to its former ranks as one of CSI's most reputable clubs.

Acevedo heard about the club back in his sophomore days when the club was being run, at the time, by A Reason to Write's founder, Andrea Curry.

"Fast forward to this semester, I've spent a lot of time on and off campus

working, and you know—a lot of things have changed. And one of the changes was that the club was gone. I was very taken aback by that since it was a great club."

One of the club's most notorious activities were their student-run writing

workshops, which included a variety of disciplines such as poetry, creative fiction, and song writing.

Declining club member presence in the club's weekly meetings led to less workshops, and even less club meetings.

Despite the apparent obstacles, Ace-

vedo made a move to save the club. "I started talking to one of my friends that had already moved on and graduated.

She said, 'Why don't you just restart it?' Debi Kee told me who was still on the books as an officer, and her name is Nana, who's now our current Vice President. And it just continued to snowball from there."

Nana Samake, a biology major, was one of the remaining officers from last semester who has now been promoted to vice president.

Acevedo and his team of officers are adamant in helping the club thrive into a functioning outlet for amateur writers who want to expand their passions in writing.

"My leadership and I have been sitting down. We do have planned outings for open mic. We do have planned workshops with certain professors that have agreed to come on next semester and do workshops with us. One of them will involve a journalism workshop with Professor Fioravante."

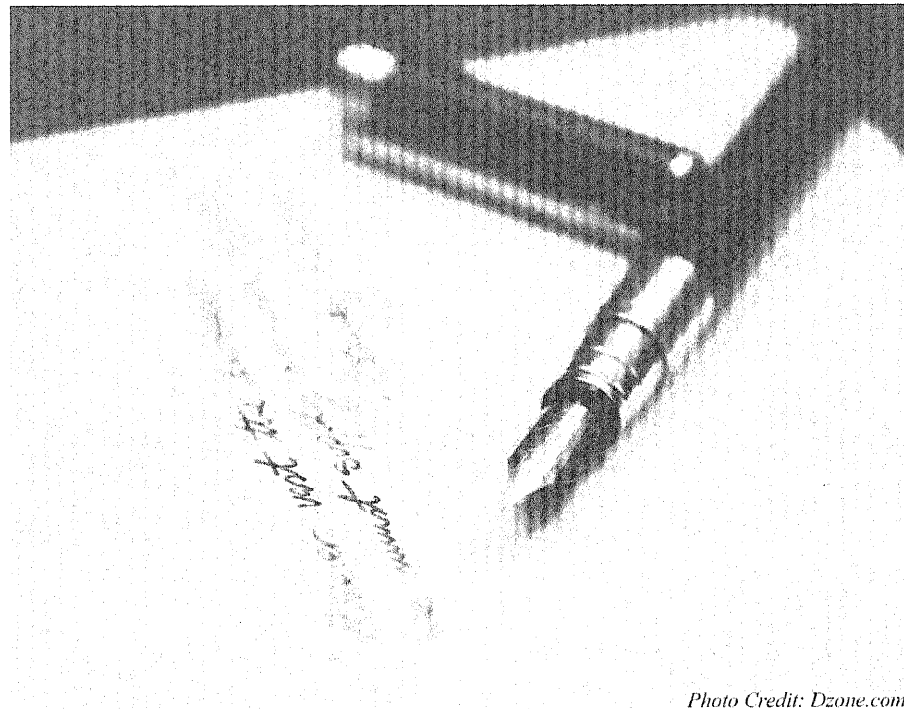


Photo Credit: Dzone.com

Continued on pg #4

New Year, New Fares

MTA Fares are Expected to Increase Come 2019

BY: ALEXIS KATERIDGE

The new year means a lot of things to many people, whether it be heading to the gym to try and get in shape or finally cleaning out your closet to donate some

old clothes. But rarely does it ever mean MTA fare increases.

That's right, it's like the Grinch himself has descended upon us and, during the season of giving, taken something

from the good people of New York City.

It seems like during this time of year the most important word on everyone's mind, even the MTA, is budget. In fact, budgeting seems to be the stem of their decision to increase both tolls and fares in the first place.

According to silive.com, there are currently two options for the fare increase. One involves removing the bonus that people receive for filling their card, the other involves increasing both the fare and the bonus together.

Silive.com fully outlines what effects that these changes will have on pricing listed on their website, and it can also be found in the accompanying picture.

Proposal One suggests doing away

with the bonus that comes along with putting money on your metrocard, so there would be no increase in prices of subway usage. Express buses on the other hand, will increase no matter what proposal is selected.

In the terms of Proposal One, the increase for the Express Bus will be .50 cents, with no bonus. Whereas the increase with Proposal 2 suggests a .75 cent rise in the Express Bus fare.

The main difference is that Proposal Two not only includes the Bonus, but raises it to a 10% bonus with a \$6 purchase, higher than the 5% bonus with a \$5.50 purchase. On the flip side of this increased bonus is the increase in subway

Continued on pg #5



Photo Credit: NYTimes.com

STAFF

EDITOR IN CHIEF:
Veronica Pistek

Business Manager:
Michael Losi

Layout Manager:
Cassandra Lane

Copy Editor:
Alexis Kateridge

Managerial Editor:
Lucia Elmi

Web Editor:
Steven Aiello

Politics Editor:
Olivia Frasca

A&E Editor:
Brooke Price

STAFF:
Kenny Velez
Anez Ahmed
Lauren Silverman
Olivia Frasca
Mark Deutsch
Brooke Price
Roseanne Cassar
Dominick Wojtas
Lucia Elmi
Mohamed Mahmoud

FACULTY ADVISOR:
Frederick Kaufman

College of
Staten Island

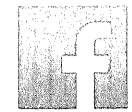
THE BANNER IS PUBLISHED BY THE STUDENTS OF THE COLLEGE OF STATEN ISLAND. ALL WORKS CONTAINED WITHIN THIS PUBLICATION ARE THE PROPERTY OF THEIR CREATORS, AND ARE PROTECTED BY COPYRIGHT LAW. NO MATERIALS WITHIN THIS PUBLICATION MAY BE REPRINTED IN WHOLE OR IN PART IN ANY FORM, WITHOUT THE PERMISSION OF THE EDITORS.

OUR OFFICE IS LOCATED AT 2800 VIC JORY 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.

We're On
The Web:



Facebook.com/TheBannerCSI



TheBannerCSI.com

@thebannercsi

BANNER ADVERTISEMENTS

THE BANNER

VOL. 1 NO.1

CSI'S STUDENT-RUN PUBLICATION

WWW.THEBANNERCSI.COM

BREAKING NEWS: NEW WRITERS WANTED!

HAVE A PASSION FOR WRITING? JOIN CSI'S TOP NEWS TEAM TO DELIVER THE LATEST CAMPUS NEWS AND NATION-WIDE BREAKING STORIES!



WRITE WHAT YOU WANT!
□ CHOOSE FROM A NUMBER OF NEWSPAPER COLUMNS TO WRITE FOR INCLUDING POLITICS, SPORTS, ENTERTAINMENT, AND MORE
DEVELOP YOUR WRITING AND TEAMWORK SKILLS
□ PERFECT ADDITION TO YOUR RESUME
WE OFFER JOURNALISM INTERNSHIPS
□ STOP BY OUR OFFICE FOR DETAILS!
LEVEL UP AND BECOME AN EDITOR OR MANAGER
□ SPECIALTIES INCLUDE WEB DEVELOPMENT, BUSINESS, FINANCE, WRITING, AND PHOTOGRAPHY

AND DID WE FORGET TO MENTION PIZZA PIZZA?



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

BANNER POLITICS

Is Bernie Sanders Electable?

The Most Popular Senator in the U.S. Could Claim the Democratic Nomination in 2020

BY: CHERMO TOURE

Senator Bernie Sanders is undoubtedly one of the Democratic frontrunners to run against President Trump in 2020. Even though Sanders is one of the frontrunners, many still have doubts about his electability.

One of these doubts is his old age. However, those who do have doubts about Sanders' old age don't seem to be concerned about former Vice-President Joe Biden, who is also considered to be a Democratic frontrunner.

Biden is 76 years old, only one year younger than Senator Sanders.

Another doubt over Sanders' electability is that most of the general public believes he is not practical and won't be able to pass any legislation. This is far from the truth. On Capitol Hill, Sanders is known as the "amendment king."

According to PolitiFact, Sanders has passed about ninety amendments from 1995 to 2016. Furthermore, from 1995 to 2006, he was a member of the Republican-controlled House of Representatives.

Most of the electorate claim that they want a politician that can compromise. Sanders was able to pass 49 amendments while in a Republican-controlled House. It seems like he's the true "compromise king."

One of Sanders' signature policies is Medicare For All, or universal healthcare. Some may say that it would be too costly for the United States to have a universal

healthcare system, but numerous academic studies have shown that the United States would actually save money. Even some conservative studies can attest to this.

A Koch-funded study conducted by Mercatus Center at George Mason University found that if the United States moved to a universal single-payer healthcare sys-

tem, the US could save between \$200 billion to \$2 trillion over a ten year period.

Another one of Sanders' signature policies that often gets criticized is the prospect of tuition-free college. Critics often say that the United States cannot afford this, as it is impractical, or representative of a socialist utopia that can never work.



Photo Credit: VanityFair.com

Sanders has a sufficient amount of support behind him for a presidential run.

Virtually every developed country on Earth has tuition-free college. Before and during the 1970s, most colleges in the United States were tuition-free or their tuitions were very low.

Tuition-free colleges are an investment in the future of the United States. Students that graduate debt-free will be future taxpayers.

While supporting some of the most popular policies in the U.S., being just one year older than Biden, and constantly fighting for average Americans, Sanders is a compelling choice for the Democratic nomination.

Recently, Sanders presumably made Amazon increase their minimum wage to \$15 an hour. He is now targeting Wal-Mart to do the same.

During the 2016 Democratic Primary, Sanders had little to no support. Although the Democratic establishment and mainstream media supported Hillary Clinton, Sanders still managed to gain a substantial amount of votes.

Imagine if the Democratic establishment treated Sanders fairly and gave him the publicity he deserved. Would Donald Trump be the president right now? Sanders' presidential bid is very possible in 2020.

Critics will continue to say that the United States does not have the money to pay for single-payer healthcare or tuition-free colleges.

This argument would make sense if the United States did not have about \$6 trillion for the "war on terror" and \$700 billion for

An Inside Look into the Plan for the 116th Congress of the United States

The Democrats' Plan For the New Congress

BY: DEJON VIRGO

The midterm elections of 2018 were a while ago and it is official that Democrats will take back the House after 8 years of Republican control. This gives Democrats a seat at the negotiating table for legislation.

On January 3rd 2019, the new Congress will be in session. Democrats will have 234 seats in the House and Republicans will have 201 seats.

In the Senate, Democrats will have 47 seats and Republicans will hold the majority with 53 seats.

President Donald Trump will now wake up to a new Congress with a different

goal in mind for the coming year. Trump will focus on getting reelected in the 2020 presidential race.

Democrats have two main goals they plan to focus on while having control of the House: investigate and legislate.

Many Democrats will use their victory to put a check on Trump and all the shady business that's been going on during his first two years in office.

According to ABC News, Democrats are planning to investigate Trump's tax returns, his family business, and his Cabinet.

Elijah Cummings, the representative from Maryland's 7th district, is likely going to be the chair of the oversight committee where he will have the power to order

subpoenas. He has 64 subpoenas to be issued when he becomes chair.

Cummings is not the only Trump enemy to become chair of a powerful committee. Representative Adam Schiff will be chair of the House intelligence committee where he said he wants to re-open the House's investigation of Russia.

Representative Maxine Waters will be chair of the House financial services committee where she will have the power to subpoena Trump's tax returns.

Jerrold Nadler will be chair of the House judiciary committee. He is ready to investigate Trump for his tax returns, business deals, and Cabinet. The Cabinet has caused some concern for its outrageous spending habits.

The new Democratic House also has plans to oversee the Trump administration by holding a hearing on the family separation policy rolled out in the summer of 2017 and the addition of U.S. troops to the southern border.

They will also oversee other conflicts of interest, such as Ivanka Trump's use of a private email to carry out government business, according to The Washington Post.

Democrats can't just investigate and provide oversight, they must also show that they can pass legislation. Many have promised voters that they will fight to protect pre-existing conditions such as DACA.

The Democrats may have won the House but the Senate and Presidency still belong to the Republicans. They can't work on legislation that leans too left, so

bipartisanship is key for the Democrats.

Democrats and Republicans share common views when it comes to criminal justice reform, infrastructure, and drug prices. These are topics that for now have bipartisan support and can be passed through Congress.

Nancy Pelosi, who may become Speaker of the House, has called for bipartisanship in a press conference following Election Day. "We will strive for bipartisanship. We believe that we have a responsibility to seek common ground where we can. Where we cannot stand our ground, but we must try."

Immigration, taxes, and Obamacare will continue to be hot-button issues that the two parties disagree on. Any attempt to pass legislation on these issues will likely be met with gridlock.

In early 2017, there was a deal between the Trump administration and Democrats to give DACA recipients citizenship in exchange for border wall funding.

Trump backed out of this deal because he wanted to include an end to "chain migration" and the visa lottery system.

This deal may resurface because Trump's signature promise to his supporters is to build the wall on the southern border, and many Democrats want to protect the Dreamers.

The 116th Congress will consist of a Democrat and Republican majority seeking to learn to govern with divided views. The question is whether both parties can maintain bipartisanship when they take office in January.

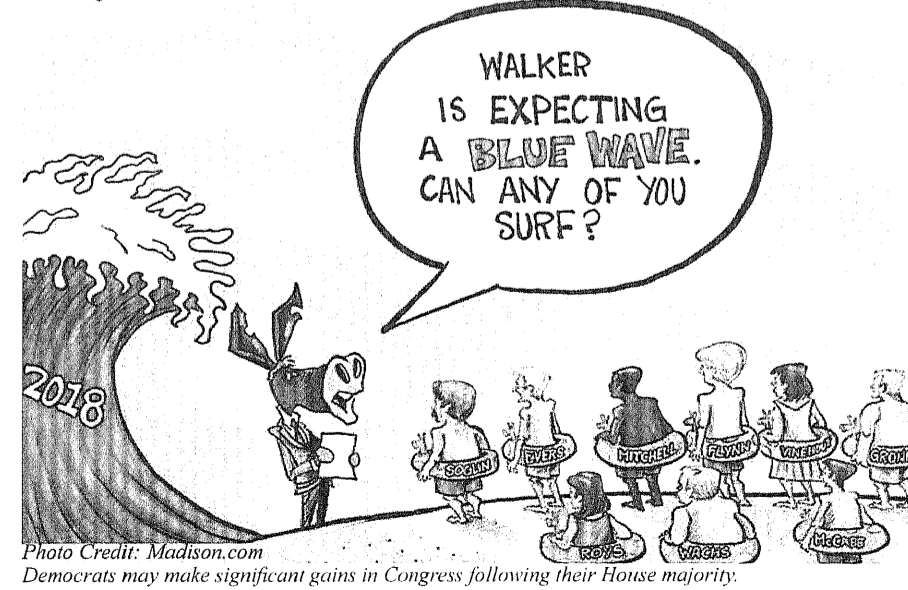


Photo Credit: Madison.com

Democrats may make significant gains in Congress following their House majority.

BANNER NEWS

"A Reason to Write"
Continued from Front Page

As the club makes its new kick-off for the spring semester, the officers intend on supporting the college community by encouraging some of their own club members to perform at CSI's very own open mic. Open mics hosted outside of CSI are up for future consideration.

"We're going to try some guerilla advertising, if you will. One thing I intend on doing next semester is literally reaching out to every professor I know personally in the English department and talk to their classes about coming out to our club."

A Reason to Write plans to explore beyond the club's traditional creative writing sector into other works of writing, such as resume building, nonfiction writing, and even technical writing.

This is in hopes that students from a variety of different academic backgrounds will be encouraged to join the club, and perhaps even develop a newly discovered appreciation for writing in all its forms.

"Scholarly writing is very important. And with the biology and chemistry department, you have people writing lab reports. I myself was a biology major for two years, and then I switched back to writing because I realized that's not my passion and writing is. I realized that experience taught me so much, and one of those things was that I didn't know going into science that you have to write thorough reports on you they find. I feel like there should be more accommodation for people in that realm of academia, as well as for people involved in the English de-



Anthony Acevedo, the new face of A Reason to Write.

partment."

Acevedo is hoping that A Reason to Write will be able to change how we perceive college writing and understand that there are many more facets to writing, and that there is something out there for everyone.

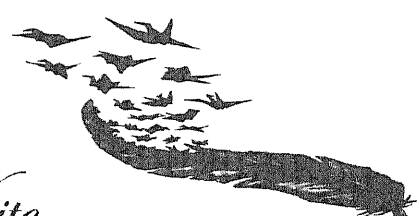
"People can really learn a lot about themselves because when you join a club, you're not just going to fulfill some kind of requirement like you do in your class-

es. But why go to a club? A lot of people learn more about themselves than you would in a classroom because it's completely voluntary. You don't have to go to a club. That alone will tell you what

you're really interested in."

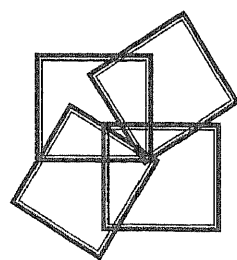
A Reason to Write will be meeting on Tuesdays from 2:30pm to 4:20pm next semester in building 2S room 219. All are welcome to join, no matter the major.

FINDED BY STUDENT
ACTIVITY
FEES ★★

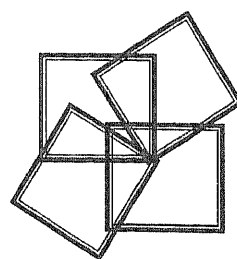


A Reason To Write.....

We seek to find, for nothing else so soothes the mind...



"There is no greater agony than bearing an untold story inside you." - Maya Angelou, I Know Why the Caged Bird Sings



Meetings:
Location 2S—219
Every Tuesday 2:30 – 4:30 pm

Contact Info:
Twitter: AReasonToWrite1
FB: A Reason To Write
Email: CSIARTW@gmail.com
connect.csi.cuny.edu/organization/ARTW

Be the One who
Warns other
Hearts with
Words of your
Pen

CSI's
ONLY
WRITING
CLUB

Photo Credit: Facebook.com

Photo Credit: Twitter.com

An event of A Reason To Write, a student organization of the College of Staten Island. The College of Staten Island and The City University of New York are not responsible for the content or viewpoints expressed

BANNER NEWS

"New Year, New Fares"
Continued from Front Page

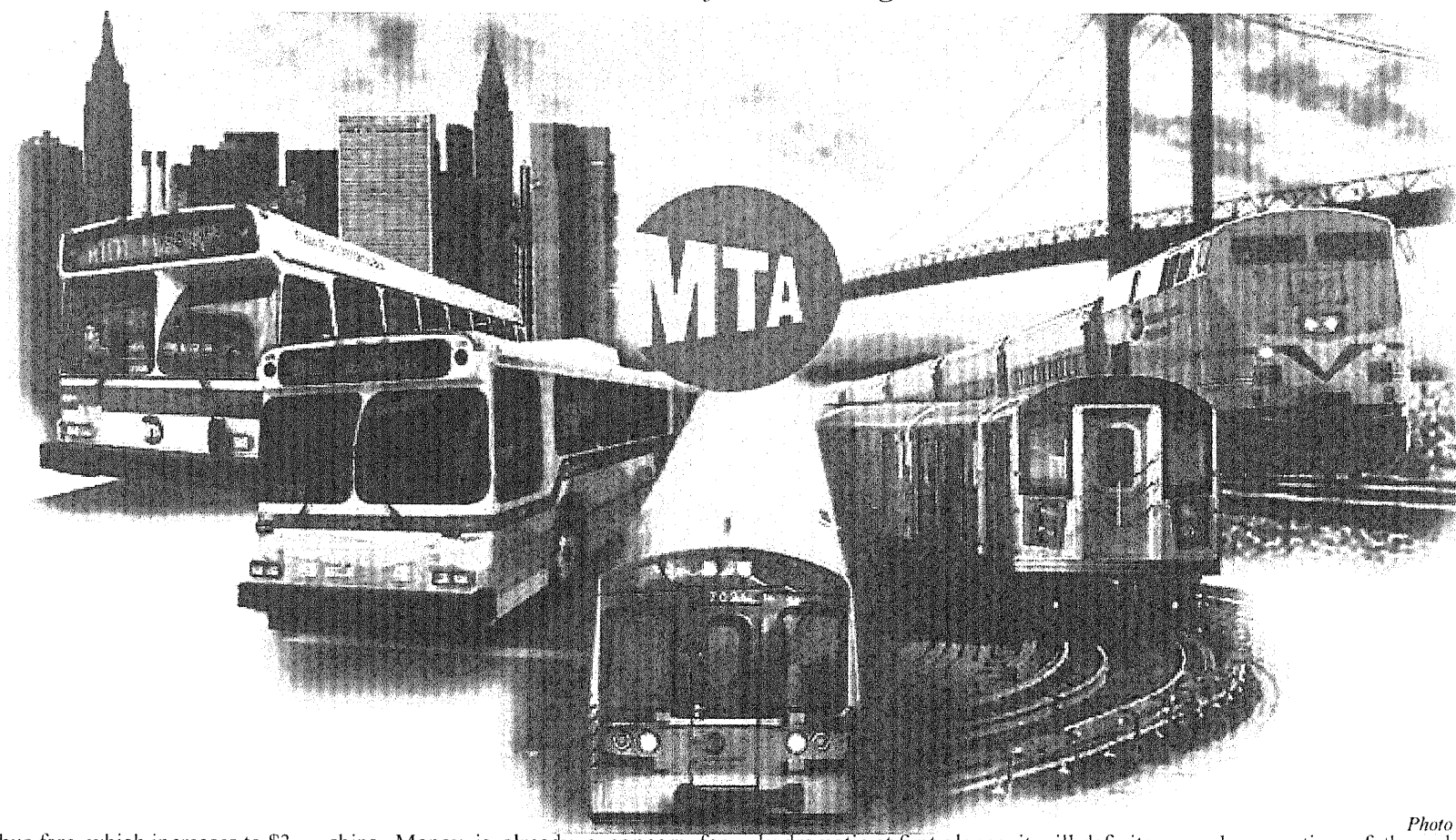


Photo Credit: mta.info

and local bus fare, which increases to \$3. There is some concern from students over how this fare increase will affect their commute to school, work, or intern-

ships. Money is already a concern for many college age students, and this is just another added expense.

While the increase doesn't look over-

ly dramatic at first glance, it will definitely add up over time.

This fare increase is largely a result of insufficient funds for the construction

and renovation of the subway tunnels, according to Zoe Rosenberg, a writer for ny.curbed.com. In order to complete the renovation process, money has to come from somewhere.

It would kind of make sense for it to come from the people utilizing the Subway to help out with its renovations. But is it fair for bus users to get charged on account of a Subway issue?

Maybe so. Anthony Astarita, a College of Staten Island Student, feels that this increase in fare is, well, fair. "The MTA loses a lot of money per seat on the bus. I wouldn't be surprised if the price continues to rise."

This is truly a fair point, why should the MTA have to cover what everyone's fare doesn't? Not to mention the gas as well.

If you figure that buses run all day everyday, even when there is a lull in the amount of people taking the bus, the cost can rack up for the MTA.

Sure a full bus of people might completely cover the cost of that bus trip, but what about the trips the bus takes in the afternoon where only one or two people get on?

So, maybe this increase fare isn't so unfair after all. It all comes down to perspective. According to Rosenberg, the fare increase in 2019 is imminent, and there is no solution for it that will come soon enough (ny.curbed.com).

It might be time for New Yorkers to skip the Christmas Cookies, because they might need to tighten their belts a notch.

Subways and Bus Fares			
Fare Type	Current	Proposal 1	Proposal 2
Base Fare	\$2.75	\$2.75	\$3.00
Bonus	5% with \$5.50 purchase	No Bonus	10% with \$6.00 purchase
Effective Fare with Bonus	\$2.62	\$2.75	\$2.75
Single Ride Ticket	\$3.00	\$3.00	\$3.25
Paratransit Fare	\$2.75	\$2.75	\$3.00
Express Bus Fare			
Base Fare	\$6.50	\$7.00	\$7.25
Effective Fare with Bonus	\$6.19	\$7.00	\$6.59
Unlimited Ride Passes			
30 Day Pass	\$121.00	\$127.00	\$126.25
7 Day Pass	\$32.00		\$33.00
7 Day Express Bus Plus	\$59.50		\$63.00

Note: The \$1.00 fee for an in-system purchase of a new MetroCard remains unchanged.

New Yorkers can expect increases to take action around the beginning of March.

Photo Credit: SILive.com

LIFESTYLES

The Craze is On: Surviving Without Social Media for a Week

My Week-long Adventure Without Social Media

BY: DEJON VIRGO

Social media plays a big role in our society today. With the creation of Facebook, Instagram, Twitter, YouTube, and other social media platforms, it seems like our society has become dependent on these social media outlets to function.

I use social media pretty often and it got me thinking: what would happen if I cut off social media for a week? Can I survive it? Well, I put myself to the test and cut off all social media from my life for a week.

Starting on November 17th, 2018 until November 24th, 2018, I used no social media of any kind. The first day was pretty easy because I thought one day won't kill me, but the challenge was remembering Facebook was a no-go in the morning.

In the morning, the first thing I usually do is turn on my phone and check on Facebook for notifications and messages. I had the urge to go on Facebook when I remembered the challenge and stopped myself from opening the app and the rest of the day went by pretty smoothly.

The second day was even more challenging because it was my birthday and I was getting notification after notification saying, "Happy Birthday!" but I couldn't say anything back unless they texted me directly or called me.

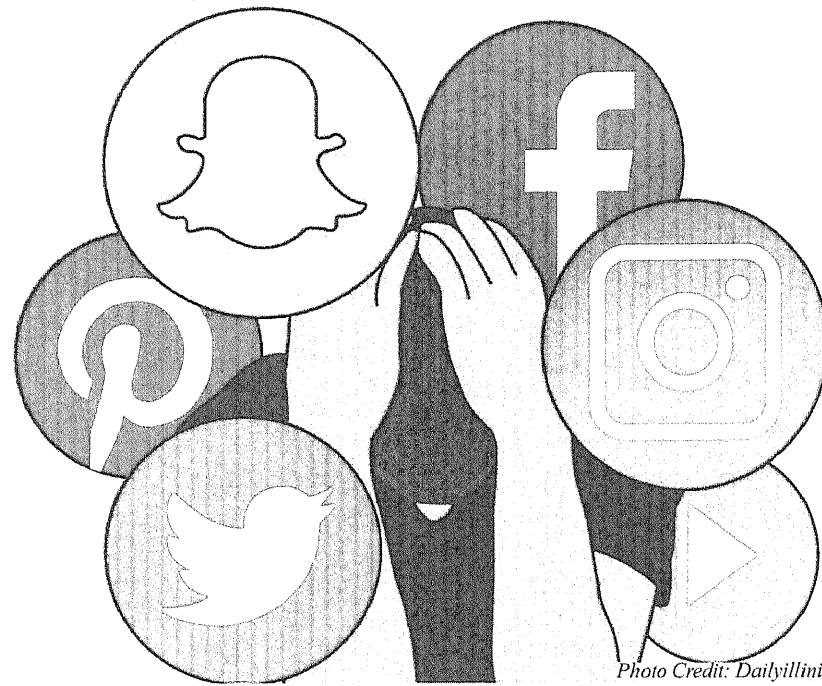
I had to text my friends on my phone to tell them about the challenge I was doing and the first thing they said was that I was crazy.

Then they laughed, but I reminded them it was test for myself and because it

was my birthday, they had to be nice to me. The rest of the day went by like a breeze because I hung out with my friends and went to Dave & Buster's, spending most of the day winning toys and candy distracted me from even thinking about social media.

I turned off my phone until the next morning.

The fourth day I turned on my phone in the morning but I couldn't do much because all I do is go on social media and it had been three days since I had last seen



This is how people feel when pressured by all the major social media outlets surrounding them.

The third day I almost caved in because I wanted to get updated about Ariana Grande on Instagram because she is my favorite artist and I follow everything she does.

Good thing I had my friend with me, because she basically took my phone from me for the whole day because our last class ended at 8 PM. I got a grip on myself and

Facebook, Instagram, and YouTube. I decided to turn off my phone for the whole day because I didn't want to lose the challenge. I only had three more days until I could complete the challenge.

The fifth day I had kept my phone off until I made it to class where my friend opened my social media for me and told me what was on my news feed on Face-

book and Instagram. I told him to check out Ariana Grande's Instagram to see what she posted.

She posted that she was releasing a video for her new single "thank u, next." The rest of the day was fine because I already had a little bit of an update without going on social media.

The sixth day I felt bittersweet because I wanted to go on social media so badly, but I realized that I only had until Saturday morning to finish the challenge. I kept telling myself that I was almost there and I shouldn't give up.

This day was Thanksgiving and I had a lot to cook with my grandma because she likes it when I help her. My family is big so we cooked a lot of food and that kept me busy for the whole day.

The seventh day was pretty easy because I ate so much the day before that I didn't want to move that whole day, but what really kept me from breaking was that I told myself I only had 24 hours until I could go on social media and start posting again. So, I was able to relax.

Finally, the next day had come when I was able to go on social media and the first thing I did was go on Instagram where I saw Ariana Grande on Instagram posting photos from the her "thank u, next" video.

In the end, I kind of did go crazy. I was wondering why because it's only social media, but this challenge made me realize that I should try to stay off social media more so I'm not dependent on it.

However, I do recommend everyone gives this a try to see if you are addicted to social media or not.

Not-So-Obvious Tips for Staying Warm This Winter Season

Clever Ways to Keep Yourself Warm

BY: MARK DEUTSCH

As everyone knows, when winter time turns our side of the world into a freezer, people need to stay warm when venturing outside.

There are many ways to accomplish keeping yourself warm and toasty, from long distance treks that a person may have to travel, or for a short walk with a pet.

There are multiple tips and tricks that a person can utilize, but for now let's start from the head down.

Many people use a scarf and a hat to keep themselves warm. It's not a bad way of keeping your head warm, but there are alternatives. One way is something that

takes some getting used to: by getting conditioned to the cold temperatures and getting used to it.

The other way that is effective is to wear a balaclava. It is a full-face mask that may seem flimsy, but it is surprisingly good at keeping a person warm.

For keeping the chest and arms warm, there are some obvious means of keeping warm, such as wearing a winter coat when going outside.

Depending on how cold outside temperatures are, such as in the twenties or lower, some added necessities may be needed in order to keep warm. Wearing extra layers such as a sweater underneath

or some thermal underwear will help when the temperatures plunge into the negatives.

When it comes down to New York, you will need a pair of gloves. The best type of gloves would have to be at least waterproof since it's been raining a lot lately.

When wearing a pair of gloves when it's freezing enough, the palms may stay warm but your fingers are freezing. There is a solution to this. Keeping one pack of hand warmers tucked into each glove will provide perhaps too much heat depending on the climate.

Now, for the legs, which don't need to be clad in special pants until old man winter strides in. For snow storms or any cold temperatures, what is recommended would be thermal underwear underneath or waterproof snow pants are fine.

Boots are something that even idiots know that they need for winter, but there are some finer points that could be made.

First off, there are boots that go below the knee, which are good for traveling through snow storms and muddy puddles formed from said snow storms. When it comes to purchasing boots, spare no expense: don't purchase the most expensive

pair but get a pair of well-made boots that will last.

For other ways to stay warm that doesn't require cladding oneself in a winter wardrobe, there are ways in which the body itself can do it.

For example, drinking enough alcohol will make a person feel warm, but it should be consumed in small amounts. While drinking, make sure that water is handy for hydration.

There are other things to be consumed that will have a desired effect on making the body feel warm. Eating lots of calories will help the body keep warm, although this doesn't mean that a person should pig out every winter day.

What happens is that by consuming said calories, blood sugar goes up and helps to generate heat in the process.

In short, there are many ways in order to stay warm, from wearing warm clothes and even from the body itself. While this should not be considered as a viable option to stay warm, alcohol does have its uses only if a person keeps their wits.

Winter is a fierce monster that can't be defeated, so you must endure it.



Photo Credit: HerTrack.com

LIFESTYLES

The Benefits of Waking Up Bright and Early

Getting Up Early Can Affect Your Mood Throughout The Day

BY: PHILIP SANZONE

How you wake up in the morning can affect a lot about your day. Proper sleeping and eating habits can help you pass tests and have more healthy social experiences.

Whilst talking to people without getting enough sleep, conversations may feel sluggish. It will also conjure a feeling of being at a loss for what to say when trying to think of something to talk about.

With a sluggish mind, coming up with ideas for a conversation can feel like there are weights keeping you down.

Test-taking can also be heavily influenced by the amount of sleep you get.

If someone studies for a test in advance, but gets no sleep or wakes up late instead of at an appropriate time, it can affect their readiness. They can feel exacerbated and less grounded as they go in to take their test.

Even on weekends or days off, it is good to wake up early with the sun out smiling upon a dreamy headed fellow. It is invigorating and makes things around the room shine. Being a morning person is something that everyone should try to strive towards. Getting up early can even increase productivity.

Having more hours in the day to do things and focus on work that needs to be

done down the line helps a ton when you need time to finish something up like an essay or homework. That is what waking up in the morning can provide, as long as someone takes the first step into fixing their sleep.

The benefits will come right along and won't go even if one or two times they oversleep or stay up late. From experience, even when I slept perfectly for a week and then slept terribly another week, it felt great waking up and functioning perfectly in class.

The only way to get rid of the benefits it gives is to sleep completely off the charts for more than a week. Sleeping appropriately can even help with complexion. Sleeping in makes people less likely to choose healthier decisions in the morning and because of that, they are less likely to properly take care of their skin health.

If you wake up early, there is more time to hydrate and properly take care of ones complexion. In order to get into the groove of sleeping right, first there needs to be a set schedule put in place for everything.

Pick a time that is perfect for shutting down everything and preparing for rest. After that, set an alarm for early in the morning at any time.

Usually 6AM is perfect to start off with, but earlier or later is fine too; just not too late or else that will defeat the purpose. Also, turning things off that stimulate the brain helps as well.

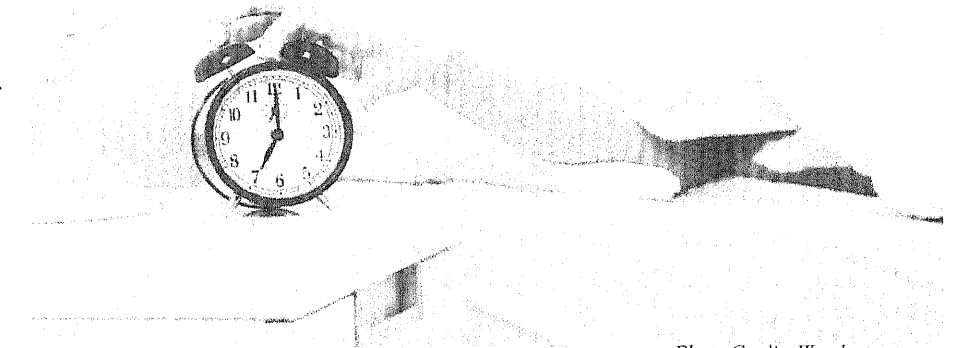
Do what makes you comfortable, like making warm milk before going to sleep or watching T.V. whilst relaxing in bed. Even making sure that the bed is ready and comfortable will help.

Finally, don't eat before bed, because it won't digested properly and it might keep

some people from sleeping. Sleeping is something we all need to grow in order to help us invigorate our bodies for a new day.

It is an integral part of life that no one should miss out on, and neither should college students. Putting health first will completely affect school performance in a positive way.

But doing this isn't easy and it takes time, so be ready to really put yourself to the test when adopting this new technique into your schedule.



There is always time to fix one's sleep, and now might be the time.

Photo Credit: Watchaware.com

Making the Perfect Place for Your Gaming Needs

Create the Perfect Space for Any Game Counsel

BY: MARK DEUTSCH

Every gamer has a unique style when it comes to playing and using a console, computer or even mobile devices. Not only that, but for the fledgling gamers that have just acquired their first game, it takes little time to create a comfy gamer nest.

Here are the many ways in which a person can go about constructing an environment suited for virtually everyone's means.

First off, let's clarify what the difference is between mobile games, since there is something distinct between them. Mobile games on the phone and 3DS have something that generally separates them.

Starting off with the most unique out of all three categories that has been mentioned, and is an item that is new by tech standards, is the Nintendo Switch.

The Switch combines two categories of the console and Nintendo's specialty of creating mobile devices. The Switch can link to a T.V. while using the normal controllers and is portable, making it a versatile gaming machine.

Generally, something this portable is meant to be played anywhere and is meant to be used like the Nintendos before it—meaning that anywhere is suitable for it. The other feature of it is that it can be used like a normal game console.

Like the Wii console, a large space is

recommended for multiplayer games, plus a comfy place with snacks within reach.

Now, onto the two console games that dominate the game market—why even bothering with their names since they are the staple of the video game industry?



The ideal gamer environment.

Photo Credit: Flexjobs.com

That's right—they are the Xbox and PS4 consoles, of which most serious games are made to accommodate besides for gaming computers.

Both are similar in that they are easier to use than gaming computers, yet both consoles and gaming computers share most of the same games, although all three have exclusives that appeal to newcomers.

Next, we will move onto the type of

environment that would best accommodate gamers. The best furniture in any situation for a console would be a room that comes with a television, a couch, and a short distance away from a kitchen.

Since many gamers will have friends

brought to Philip, an avid gamer.

He said, "In short, the level of addictiveness depends on the person and the type of genres they like."

Since mobile games can be played anywhere as seen in the case of the Switch, there are only a few more ways to create a temporary but comfortable game nest. The major problems that some games have the need for WiFi or at least a cellular connection in order to play.

For games that don't require moving around, you should stay within the confines of a secure WiFi connection, especially for games like Pokemon Go.

For the battery drainage that results after playing for a long time, a battery case will help since outlets aren't always at hand.

Lastly, one of the best counsels are gaming computers, which have been referred to since the start. Computers were the start of serious gaming.

Some games do require a computer to play, such as League of Legends and Warcraft, because of the vast multiplayer features.

Abundant snacks and a bathroom close at hand are what's required for a comforting playing experience. A gaming chair equipped with a massage function and surround sound speakers installed is the ultimate cherry on top.

While games are known to be addictive on both mobile and PC devices, the question of which is more addictive was

BANNER OPINIONS

This One's For The Coffee Lovers

The Pros and Cons of That Caffeine Buzz

BY: OLIVIA FRASCA

Most Americans will admit that the day does not officially begin until they drink that coveted cup, or pot, of coffee. Whether they take it with milk, cream, or prefer it black, coffee equips them with the willpower to get out the door.

The FDA reports that more than 80% of American adults drink coffee on the daily. Caffeine is the chemical found in coffee that makes people alert and energetic. It is considered the most popular psychoactive drug in the country.

This drug is not only found in coffee, but also tea, chocolate, ice cream, and soft drinks.

Caffeine resembles a natural brain molecule called adenosine. Adenosine increases in the brain before bed and is responsible for drowsiness.

"Caffeine binds to adenosine receptors on nerve cells, leaving no room for adenosine to get in—so nerve cell activity speeds up, blood vessels constrict—and you get a caffeine buzz," according to EatingWell.

When caffeine enters the bloodstream, it blocks adenosine, the chemical associated with sleep, from fitting into their receptors. This creates a sense of energy and alertness for the coffee drinker.

There are many benefits to consider when weighing the pros and cons of the caffeine craze. To begin, drinking coffee may reduce the risk of Alzheimer's and Parkinson's diseases.

How does this work? "Coffee's antioxidants may prevent some damage to brain cells and boost the effects of neurotransmitters involved in cognitive function," says EatingWell. As coffee intake increases, the risk of glioma, a type of brain cancer, can decrease.

Drinking coffee has also been linked to a lower chance of developing type 2 di-

abetes. Insulin is a hormone found in the pancreas that regulates the level of glucose in the blood.

Chlorogenic acid and quinides are coffee compounds that can enhance insulin sensitivity and therefore lower the chance of insulin resistance.

The compounds in coffee also make the

colon 60% more active than water and 23% more active than decaf coffee, according to Healthline. Studies have even shown that caffeine antioxidants could be inhibiting cancer cells.

While the pros of caffeine may seem compelling for non-coffee drinkers, how much is too much coffee? The Mayo Clinic says that 400 milligrams per day, about 4

need a regular fix to reach their level of alertness. The body adapts to the addiction by producing more adenosine receptors.

It can take up to 6 hours for the effects of caffeine to subside in the body. For those that have trouble falling asleep, it is best to quit coffee, or stick to drinking it in the morning.

Many Americans choose to cut down on their caffeine consumption because they do not want to be dependent on the drug. It might take a week or two for the body to fully adjust to less caffeine.

Caffeine withdrawal was included in the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders in 2013. Quitting caffeine altogether will come with withdrawal symptoms for the average coffee lover.

The brain is used to operating with a certain caffeine intake. Any change in this intake will alter the brain's usual chemistry. Symptoms of withdrawal can include headache, fatigue, mood change, difficulty concentrating, and nausea.

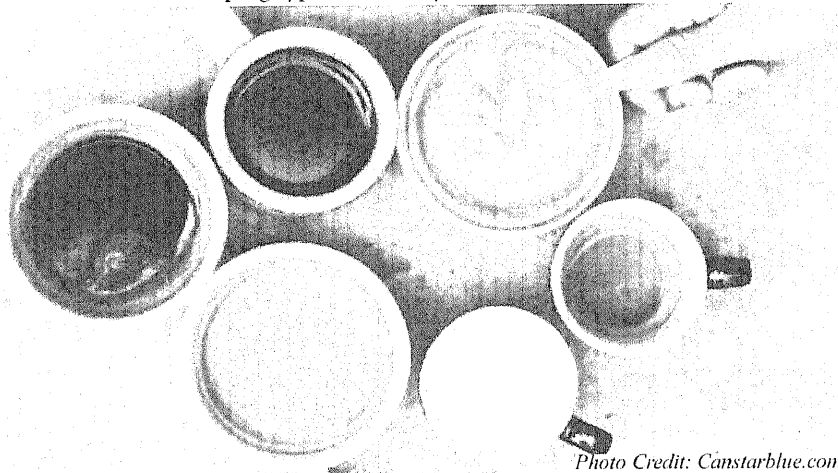
Headaches are the most common symptom of caffeine withdrawal. Don't worry though—these effects will subside after a week or two and the body will adapt to this new habit.

For those that have no desire to kick their love of coffee, don't. Understand that every habit comes with benefits and risks. Feel free to take on the day, coffee cup in hand of course.

cups, is a safe maximum for adults.

The obvious downsides of caffeine are the shakes. Those that are not used to a daily dose of caffeine, or consume more than usual, may experience anxiety and restlessness.

For most avid coffee drinkers that have developed a caffeine tolerance, they will



A cup of joe marks the start of a brew-tiful day for most Americans.

Photo Credit: Canstarblue.com

A Commentary On The Tech-Addiction Epidemic

Is it Such a Bad Thing?

BY: GIANNA SIMONELLI

It seems as though everyday there is new headline generated to slander the technological advancements of our society and those who take advantage of them.

Not to be another pretentious writer out to generalize an entire generation, but the growing role of technology in our daily lives is proving to have long-term, even subconscious, effects on every aspect of the individual psyche.

New language has been developing around the use of cell phones, tablets, computers and other commonplace electronic devices, which may have you questioning whether you are currently suffering from a technological addiction.

While I don't agree that it's fair to put the use of the electronics so readily avail-

able to us on par with the likes of drug use or alcohol abuse, the frequent stimulation we experience because of our beloved devices does come with a cost.

When was the last time you drove a car without putting the radio on? When was the last time you got through an entire class without checking your notifications? When was the last time you consciously put your phone away and paid more attention to those around you?

Cell phones especially have become so seamlessly integrated into our daily routines that they become difficult to detach from.

It's possible that this detachment is accompanied by an overwhelming feeling of anxiety or fear that you might be missing something.

At the root of this anxiety is the idea that people our age are so far removed from feelings of boredom and discomfort because of our deeply-rooted relationship with our electronics.

In our defense, we are bombarded with an unimaginable amount of content on a regular basis.

Between advertisements, social media posts, or superficial conversations with your friends, it is difficult to differentiate meaningful messages from the rest of the noise.

We hardly even realize that we are, in fact, being bombarded because this transfer of information is the only life we know.

The pursuit for constant stimulation can inadvertently be overwhelming. Not only can our inherent attachment to technology reap physical effects on our bodies in the future, but it can cause serious, immediate mental and emotional damage.

Too many of us look at the Internet as a model, or a "how-to" guide. While the Internet is teeming with beneficial resources that can help us advance our personal and professional interests, it is important to remember that you are not competing with the popular figures who flood your social media feeds.

When the consistent stimulation we are accustomed to stops, it opens the door for negativity and feelings of unproductiv-

ity or boredom. Our generation's relationship with boredom is an interesting complex that has the potential to drive people to action.

The social media scene can act as an educator just as much as it acts as an entertainer.

We grew up with our cell phones and have taken advantage of the Digital Age for nearly as long as we can remember.

Instead of labeling the pursuit of constant stimulation a negative aspect of our generation, I believe it's time to rewrite the connotation around our use of electronics.

The Internet may have provided you with a platform for self-expression, enabled you to connect with long lost friends, or pushed you towards discovering new subject matter and skills.

We are the generation that doesn't know how to be bored, because we know how to make the most with the amount of information at our fingertips.

Let the restlessness you experience when you catch your phone battery on a low percentage, or when you find yourself in a dead zone be a reminder of the Age of Opportunity that we live in.

As the generation who rejects discomfort, it is up to us to take advantage of the tools at our disposal to create a world more comfortable for the next generations.

SEX AND RELATIONSHIPS

The Uphill Battle in the Search for Love

When It's Time to Say Goodbye to Unrequited Lust

BY: LUCIA ELMU

The quest for love isn't always easy. It takes a lot of hardships, trial and error, and even moments of despair until you find the person that was meant to be in your life.

Along the way, you'll come across a variety of people with different personalities, values, and personal experiences.

However, for some of us, a majority of those people are those that are just looking for a night of casual sex.

In an age where online dating exists and 'friends with benefits' is the new rolling trend of our generation, it is very easy to get caught up in that current.

It only seems to be making it that much more difficult to find those out there that are actively seeking long-term romantic relationships.

If you're the type of person to attract people only looking for sex, is a matter of personal debate, and a question that only you can answer.

It could be bad luck or something about you that draws such people towards you, but that is something for you to decide, as everyone has experiences unique to them.

Whether or not you picked up on their cues in the first place, is something in and of itself. If you're the type to be able to read

people like a book, you may have picked up on this notion but decided it was still worth giving it a chance.

Who knows? They might just change their mind if they really got a chance to know you.

But one-night stand after another, and it is all to no avail. They just aren't looking to settle down with someone.

In that moment, you begin to question the fairness of life and wonder what you did to deserve such a fate.

You may question if it is you that's the problem, and if you may be the reason why things aren't adding up.

I am here to tell you that none of that matters. Right now, your happiness is what's important. And in order to be happy you need to set your happiness at the forefront of everyone else's and set some strict boundaries.

You shouldn't have to settle for heartache after every attempt to find a partner. If a person only wishes to stay in your life for one night, then they should have no place in your heart to fill you with pain. Learning your worth will be your greatest asset.

Patience will also be an important tool in your journey. You must be able to humble yourself and understand that sometimes people are the way that they are,



*Photo Credit: PsyPost.org
Don't have another one-night regret.*

and the world may not always fit your expectations, but that doesn't mean that you should sacrifice your happiness.

Having peace with the world and with those around you will make the search for love an easier mission.

You must also know your priorities and stick to it. If someone comes along looking for casual sex, by any means, do not take the offer if you know it will not only waste your time, but hurt you in the end.

Be upfront about what you are looking for, that way you can both come to an understanding that you are looking for differ-

ent things and both be on your merry way.

Finally, if there is anything one can learn out of all this, it is that self-love and unconditional acceptance is what matters most.

Even if you remain single for a while, don't beat yourself up about it. The right person will come along at a time when you least expect it.

Besides, being single could be a great way to learn more about yourself, your preferences, and how you fit in with the world around you.

Don't stress and enjoy the journey!

Are You Just a Joke?

Signs Your Relationship Isn't What You Thought It Was

BY: LUCIA ELMU

Being a relationship can be a core part of finding just one of the many joys life has to offer.

It is a place where you can find comfort, love, and genuine acknowledgment. Having someone by your side to be they're with you every step of the way, even in tough times, is a blessing to have in life.

However, no relationship is perfect. Sometimes things won't turn out the way you expected them to. In fact, one of the biggest problems people face in relationships is when one partner is feeling sidelined by the other.

It's an unfortunate situation to be in, and definitely a frustrating one at that.

Being able to identify the problem before it escalates anymore will put you in a better position to be able to determine where you would want to take your relationship from there.

If things clearly aren't going to work out, and you're unable to get through to your partner, it may be time to find someone else.

One sure way to know if your partner just isn't as into the relationship as you are is when they do not prioritize time into their schedule to spend time with you.

In order to develop and strengthen a relationship, quality time is key to making



No more nonsense.

it happen. If they make excuses to spend time with you or say they'd rather spend time with their friends, it is a tale-tell sign that you're not at the top of their priority list.

Another sign is if they struggle to answer the question, "What are we?" If the feeling is mutual, then usual there is no struggle between the partners to know the answer this question.

However, if they hesitate to answer the question or try to change the subject, then this may be a sign that they're not looking to make this a serious relationship.

There are other things that may not be so obvious, such as if your partner makes a light-hearted joke about everything you

say.

There's nothing wrong with the kind of guy or gal who is a big jokester. They can be the life of the party and bring a smile to everyone's face.

However, there is a line to be crossed when light-hearted joking becomes a form of mockery about everything serious you may be trying to get across to them.

This can signify a number of things. For one, it could be that they are attempting to keep an emotional distance from you.

They may not feel as strongly about you as you may feel about them, thus they attempt to keep a distance without actually having to come out and say it.

It can also mean that you're a side piece.

Teasing and joking in excesses is a clear indicator that they don't take you or the relationship seriously, with can get frustrating when trying to bring up serious matters. It will make you feel like your take an endless trip on a merry-go-round.

It's even worse if they have the courage to make fun of you even in front of their closest friends, or even yours.

This might be their way of keeping you in a position that will prevent you from finding out about their other special someone.

Also, if you've become their go-to ATM machine, you have some serious pondering to do.

It is okay to ask for a little help from your partner when it comes to financial matters, but if becomes a regular thing, then that is a boundary that has been crossed.

You will know when things have escalated if you refuse to give them money and they start fights with you over it. That is a sure indicator that you're just a wallet to them.

No one wants to be taken advantage of. It will leave you feeling drained and utterly humiliated. Know the signs and what to do about it if you ever find yourself in a position like this.



*Photo Credit: Edgylabs.com
Just a day in the life.*

SPORTS

Nassar Continues to Destroy USA Gymnastics Reputation

Larry Nassar's Lack of Empathy Cost Him 40-175 Years

BY: VALERIE GONZALEZ

Larry Nassar was the USA Gymnastics national team doctor and an osteopathic physician at Michigan State University. The doctor was sentenced on February 5th of 2018 for criminal sexual assault and child pornography.

It all started with a victim accusing Nassar for assault in September of 2016, which opened the path for dozens of women to accuse Nassar along the years.

This was a part of the beginning of the viral #MeTooMovement.

#MeToo went viral in 2017 by all the women getting together after the Gymnastics team and many activists brought it back from 2006, as a movement against sexual harassment to show the magnitude of the problem.

Nassar's accusers are Simone Biles, McKayla Maroney, Gabby Douglas, Aly Raisman, Jordyn Wieber, Jamie Dantzscher, Rachael Denhollander, and many more.

When it all exploded and the U.S. Olympic Committee fell apart, the sponsors left, and all the girls got was support from some of the trainers and official speakers of the team the senate decided to "call the resignation of Simon" (Debbie Stabenow and Garry Peters).

Not being enough, the victims were asked to state detailed scenarios when they were abused by Nassar and asked who they

have told and why they haven't addressed the problem earlier, but they have, we all have.

Victim Denhollander described her Doctor's appointment with Nassar: "He did this with my own mother in the room, carefully and perfectly obstructing her view." Denhollander addressed many complaints made along the years that were ignored, starting from 1997 to 2017, nevertheless



Rachael Denhollander, February 5th, 2018.

Denhollander stated other harassments ignored by the state such as the 2000's where both the softball team and volleyball team decided to complain about Nassar.

Then, Denhollander proceeds to refer to her teammates and classmates that have been through Nassar's abuse. that none of

them reported the abuse properly, although the girls and women abused shouldn't have to fill an entire report when there have been so many statements referring the same issue with the same person.

When Denhollander finished her statement against Nassar, the judge referred to her as one of strongest woman she has had in a case.

Denhollander was just the first victim

and breadth of how sorry I am for what has occurred," Nassar said.

"An acceptable apology to all of you is impossible to write and convey. I will carry your words with me for the rest of my days," but Judge Aquila decided to interrupt to read an statement from a letter Nassar wrote a week prior the court day in which he expressed very different feelings towards each of his victims.

In the letter, Nassar complained about the length of his sentencing hearing, maintained that his touching of patients was legitimate medical therapy and termed some of the alleged victims' accounts.

Then, Nassar proceeded to demand less sentencing and he directs his eyes to the Judge to state the following: "What I did in the state cases was medical, not sexual, but because of the porn I lost all credibility. So I'm trying to avoid a trial to save the stress to my community, my family...yet look what's happening. It's wrong. I was a good doctor, because my treatments worked and those patients that are now speaking out were the same ones that praised and came back over and over. The media convinced them that it was wrong and bad."

The letter "tells me you still don't get it," Aquilina said.

After 30 minutes of Judge Aquila reading out loud Nassar's sentencing and she finishes with "I've just signed your death warrant."

Best and Worst Surprises for the 2018-2019 NBA Season

These Teams and Players Are Surprising Everyone

BY: GEORGE BURKERT

It's 2 months into the 2018-2019 NBA season and so far, there have been many surprises. Some of those surprises have been great, and others disappointing.

One pleasant surprise this season is the play of former MVP Derrick Rose of the Minnesota Timberwolves. The 2011 MVP has been hit with many injuries since he tore his ACL during the 2012 NBA playoffs and at a couple of points during the 2017-2018 season was rumored to be done in the NBA.

This season Rose has proved his doubters wrong, averaging around 18 points a game, shooting the 3 pointer better, and is a frontrunner for the sixth man of the year. On October 31, Rose scored a career-high 50 points in a win against the Utah Jazz, proving he has a lot of basketball left in him.

Another player playing well is Blake Griffin of the Detroit Pistons. Griffin has struggled the past few seasons with injuries, not adjusting to the changing NBA, and being traded to Detroit last season.

Griffin is averaging around 25 points a game and looks like an all-star once again. His play has made the Pistons a playoff team so far.

The Los Angeles Clippers have been one of the most impressive teams so far this season playing great team ball. Predicted to be a lottery team, the Clippers have started the first 20 games of the season with 14 wins and 6 losses and high in the Western Conference standings.

Another team playing better than expected are the Milwaukee Bucks. The Bucks were predicted to be an okay team in the Eastern Conference, but currently have one of the best records in the Eastern Conference.

New head coach Mike Budenholzer has the players shooting more three-pointers and star player Giannis Antetokounmpo is looking like a candidate for MVP.

Another player playing really well is JaVale McGee of the Los Angeles Lakers. McGee before joining the Lakers was considered one of the biggest goofballs in the NBA, often being made fun of on "Inside the NBA" by Shaquille O'Neal.

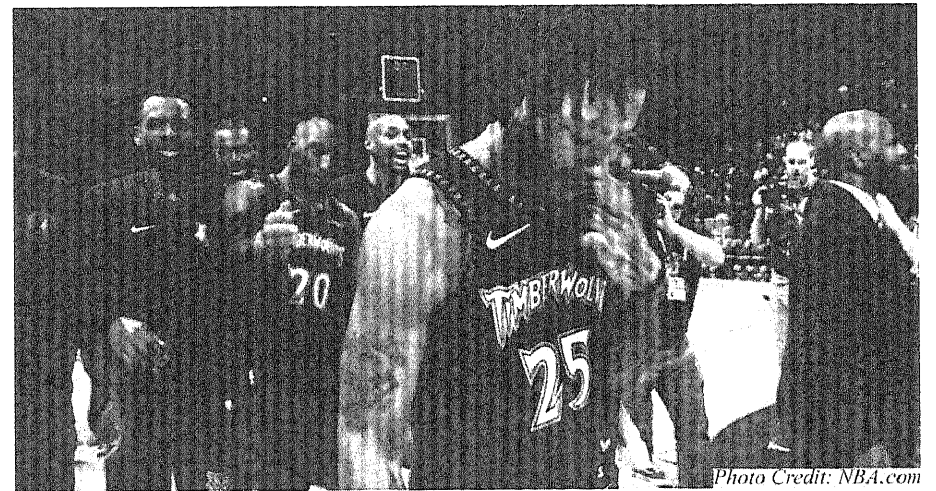
This season McGee is playing his best basketball so far, averaging almost 12 points a game and playing an important role in the Lakers defense, leading the team in blocks with over 2 blocks a game.

One of the most disappointing teams so far this season is the Houston Rockets, who went from winning 65 games and a game away from the NBA Finals to so far not in playoff contention.

Losing key defensive players and injuries to star players James Harden and Chris Paul have contributed to the slow start, but the Rockets have time to catch up.

Part of the disappointment of the Rockets is a player that is also having a disappointing season which is former New York Knicks star Carmelo Anthony, who was released by the Rockets after 10 games only averaging 13.4 points.

Anthony's future in the NBA is uncertain with teams contending for the champi-



Derrick Rose's 50 point game on October 31 was a fairytale night for the NBA.

onship hesitant to sign the 10-time all-star.

Players have defended Anthony from the rumors that he makes teams worse. While rumors that Anthony could retire are growing, there are also rumors that the Los Angeles Lakers or Miami Heat could give Anthony a chance to play for them, with both teams having two of his closest friends LeBron James and Dwyane Wade.

Another player that has been disappointing this season is the former 2017 first pick Markelle Fultz of the Philadelphia 76ers who is only averaging around 8 points a game.

Fultz looks like he has no confidence when playing, not taken out of the starting lineup, playing very little minutes off the bench, and is currently out with thoracic outlet syndrome, which has affected his shooting.

Andrew Wiggins of the Minnesota Timberwolves has also disappointed this season, not living up to the all-star potential and only averaging around 15 points a game.

Even after all-star Jimmy Butler was traded to the 76ers Wiggins has not taken advantage, continuing to show inconsistencies and evening scoring 0 points November 24 against the Chicago Bulls.

Another team disappointing basketball fans are the Washington Wizards, who are dealing with locker room issues and losing games.

Right now, Wizards center Dwight Howard is sidelined with injuries and all-star guards John Wall and Bradley Beal are in trade rumors, which could possibly push the Wizards into rebuild mode if both players are traded.