

THE BANNER

The Official Newspaper of the College of Staten Island

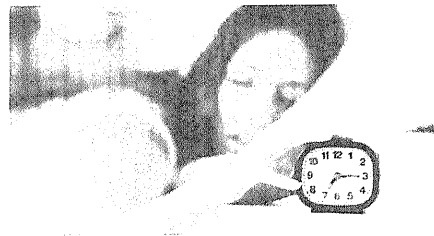
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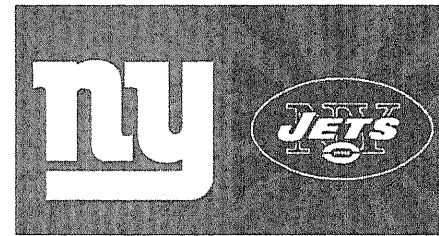
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Whose Fees? Our Fees!

The CUNY Wide Fight For Our Student Activities Fees

BY: LUCIA ROSSI

Every student has a right to know that our democratic control over our student activities fees is currently under attack by the CUNY Board of Trustees.

On February 26, the Student Affairs Committee of the CUNY Board of Trustees introduced a proposal comprised of changes to Article XVI Student Activities Fees and Auxiliary Enterprises which, two days later, resulted in about 60 students protesting and attending the board meeting. By the time a month had passed, the number of student protesters grew to 200.

The proposed changes that have moved so many against this policy are as follows: the removal of funding for community service programs, eliminating funds for outside organizations which alludes to NYP-IRG, the removal of the ability to earmark which guarantees consistent funding for clubs, services and organizations, elimination of the student majority budget committee which then gives the power over the fees to the college association that lacks student input and an attempt to make referendum viewpoint neutral.

These are major changes that will affect every student in CUNY.

These changes are also important because the student activity fees were created for students by students and this proposal takes away just that.

Even the very definition of this fee is changed in the first section to reflect what is being taken away, just so litigation could

be avoided.

"This move by the Board to infringe upon students' rights to self-govern im-

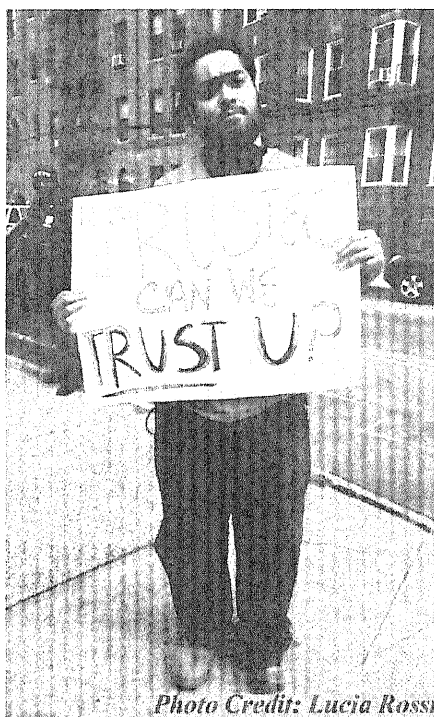


Photo Credit: Lucia Rossi

CUNY students gathered and protested in the cold outside of the Board of Trustees hearing.

plies that the Board does not believe students can be responsible for their own funds," said Emanoil Shafik, CSI's Student Government President.

"We believe that by taking that responsibility away, you remove students' potential for growth through experiential learning and thus fail at upholding this

university's commitment to teaching and learning."

According to Shafik, the Board of Trustees fails to uphold the preamble of Article XV, which states that, "Student participation, responsibility, academic freedom, and due process are essential to the operation of the academic enterprise. As members of the academic community, students should be encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth."

Every year, CUNY students see the tuition rise. Upon that, the Board of Trustees directly implements other fees including tech fees, consolidated fees, and excellence fees.

Just when you thought student activities fees couldn't get any higher, the new changes will raise them even more to compensate for what the state of New York refuses to fund.

Your student activities fees cover many services and organizations such as athletic teams, intramurals, student government, clubs, publications, CSI Association, child care, Campus Activities Board, WSIA 88.9FM-our radio station, the Health & Wellness Center, our shuttle bus, NYP-IRG, and the University Student Senate.

The complete list of student activities fees are available publicly on the USS CUNY website, along with the articles in question.

Without earmark funding to these

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Step into Italy at CSI, C'e Un Bel Club Italiano

CSI's Italian Club is Back

BY: GIANMARCO PANZINI

Anyone is welcome to indulge in some gelato, learn some Italian, or just have a few laughs at the CSI club Viva L'Italiano on Thursday afternoons.

President of the club Viva L'Italiano of CSI, Samantha Massey, plans to resurrect this club from once being canceled, to a growing and active community.

"We want to create a better awareness for the Italian culture and language," she said. "It's open to everyone at CSI."

Two years ago, before Massey was president of this club, the club Viva L'Italiano was created. Unfortunately, the club was later canceled.

With help from fellow students and professors Paola Ureni, Chiara Ferrari, and Gerry Milligan within the Italian language department at CSI, Massey brought the club back to life.

Massey found her love for the Italian culture and language through memories with her grandmother speaking Italian. She latched onto this, helping feed her desire to learn the language and culture.

Having teachers and professors throughout her life who displayed an intense appreciation and devotion to the Italian language and culture helped guide her into falling in love with it.

Massey has been to Italy three times. Once on a school trip when she was younger, and the other two times studying abroad in Florence, loving the visit each time.

"I feel as if the culture is not appreciated as much over here," she said. "Over there, they are more prideful of their Italian culture."

Viva L'Italiano is a relatively small club that strives to flourish and spread the best of Italy, but this club is not only for Italians or Italian-Americans; it is open to everyone willing to enjoy the culture and language.

The professors in the Italian language department at CSI are very supportive of this club. They urge students to join the club and further their love for the culture.

As for students not taking Italian courses, this club serves as an excellent way for

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If You're a DV Survivor, You're Not Alone

The FJC Wants CSI to Know About Domestic Violence

BY: VICTORIA IFATUSIN

October may be a while from now, but that doesn't mean domestic violence shouldn't be acknowledged now.

"In the United States, one in four women experience abuse during their lifetime," said Alison Francis-Lord, the Executive Director for the NYC Family Justice Center.

"An estimated one in 10 young adults in a dating relationship report experiencing physical dating violence in the past year, and that number is double for LGBTQ-identified youth and triple for pregnant or parenting teens."

The New York City Family Justice Center is known for coordinating the de-

livery of services to victims of intimate partner violence, sex trafficking and elder abuse, and manages the centers on-site partners, services providers and programs.

The Mayor's Office to Combat Domestic Violence – which operates the FJC – "formulates policies and programs, coordinates the citywide delivery of domestic violence services and works with diverse communities and community leavers to increase awareness of domestic violence," said Francis-Lord.

It works hand-in-hand with government and nonprofit agencies that provide assistance to domestic violence survivors.

"The FJCs are co-located multidis-

ciplinary domestic violence service centers that provide vital social service, civil legal and criminal justice assistance for survivors of intimate partner violence and their children under one roof," said Francis-Lord.

She also described the importance of children – some whose parents are college students – becoming either perpetrators or victims of domestic violence.

This is usually determined if whether or not they grew up in a home where there was domestic violence.

The statistics consequently show the

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BANNER POLITICS

Commentary: Stoneman Douglas High School, Home of the Brave

Students Take the Fight to Politicians and the NRA

BY: STEVEN MORRIS

On February 14, another mass shooting occurred here in the United States. This time, it was at Stoneman Douglas High School in Parkland, Florida.

This mass shooting, committed by 19-year-old Nikolas Cruz, a former Stoneman Douglas student, resulted in 17 murdered and another 17 injured.

Since 2014, there has been 1,377 incidents that are deemed "mass shootings" that have happened, according to the Gun Violence Archive website. Out of those 1,377 incidents, 45 incidents have happened so far in 2018.

Mass shootings in the United States, unfortunately, have become a normal occurrence. After every such incident, there is a short outcry from citizens and some politicians about gun control and the NRA, that only lasts a few days and if we're lucky, about a week.

After each incident, the voices who advocate for "thoughts and prayers" drown out the voices who call for reform of the archaic and broken system of gun regulation.

However, this mass shooting at Stoneman Douglas is different. The outrage is different; the topic has not been easily forgotten. These high school students, are taking the fight to the politicians and the NRA and are not accepting the requests of "thoughts and prayers".

These students want change and they want change now.

Delaney Tarr, a senior at Stoneman Douglas, in a speech to lawmakers in Tallahassee on February 21, said "This movement, created by students, led by students, is based on emotion. It is based on passion and it is based on pain. Our biggest flaws—our tendency to be a bit too aggressive, our tendency to lash out, things that you expect from a normal



Photo Credit: Rhonda Wise, AFP/Getty Images

teenager—these are our strengths. The only reason that we've gotten so far is that we are not afraid of losing money, we're not afraid of getting reelected or not getting reelected, we have nothing to lose. The only thing we have to gain at this point is our safety."

Another Senior, Ryan Dietsch, who has been one of the faces of this movement, told PBS News in an interview that "We've had enough. We are the generation that was born after Columbine. We have lived with is our entire lives and now it happened at my school. I spent two hours in a closet just hiding and I am done hiding. We're done hiding. Ameri-

ca (is) done hiding." According to the numbers, it certainly does look like "America [is] done hiding". A February poll conducted by Quinnipiac University, states that "Support for universal background checks is itself almost universal, 97 - 2 percent, including 97 - 3 percent among gun owners. Support for gun control on other questions is at its highest level since the Quinnipiac University Poll began focusing on this issue in the wake of the Sandy Hook massacre."

In the same poll by Quinnipiac, "67 - 29 percent for a nationwide ban on the sale of assault weapons" and "83 - 14

percent for a mandatory waiting period for all gun purchases. It is too easy to buy a gun in the U.S. today, American voters say 67 - 3 percent. If more people carried guns, the U.S. would be less safe, voters say 59 - 33 percent. Congress needs to do more to reduce gun violence, voters say 75 - 17 percent."

The effect the students of Stoneman Douglas have had on American politics has been impactful, to say the least.

Whether it has been a huge shift on public opinion of gun control, to going to the state capital to convince lawmakers for stricter gun control, holding a meeting with President Trump over gun control and now organizing a nationwide protest, asking students to walk out of school on April 21 to protest the lack of gun control laws.

This is why this feels different. Recent school shootings in this country, have been in elementary schools, where children don't really have much of a political voice.

However, this happened in a high school, where students are starting to realize and understand the world around them.

The students of Stoneman Douglas High School are doing something that is a rare sight to see: confronting the people in charge, reminding them that the politicians work for us, not for lobbyists or big corporations.

The story from Parkland, Florida isn't about the shooter; it's about the students of Stoneman Douglas High School who have had enough of the same old "thoughts and prayers" solution.

This is about the students who want actual action taken to regulate the sales of guns in the United States and are willing to stand up against the people in power.



Photo Credit: Don Juan Moore, Getty Images

BANNER NEWS

"Whose Fees? Our Fees!"
Continued from Front Page

groups, they would no longer be guaranteed the money they need to thrive every year. Earmarks refer to designated money that can't be taken away by the college association.

If removed, all the financial control of the SAF will be in the hands of the college association with little say from students.

The referenda process is a general vote

us to exercise our first amendment right without fear of retaliation from governing bodies.

The Board of Trustees is attempting to make referenda viewpoint neutral, which is unnecessary because they are not legally binding. This is due to the belief that students should not have to pay for a student group that they politically don't agree with, like NYPIRG, which they believe is left-leaning and biased.

However, according to a member of

seem clear. It also seems that many of the changes could be linked to Governor Cuomo's budget cuts, especially since he appointed the people on the Board of Trustees. "It is my belief that if this passes, the students power to allocate their own funding will be stripped," said Shafik. "The students need to send letters, show up to these hearings in mass numbers and voice their concerns. We as a student government will not stand for this and neither will the other 24 campuses."

In regards to the Board of Trustees hearing on March 12 at Brooklyn College, Shafik said, "I was disappointed. They frankly didn't care, you could see it on their faces. To have over 60 students speak to the Board of Trustees and see them simply not care, it was disgusting. Some of them were on their phones and even the chair [person] left early."

seem clear.

Another CUNY student that attended the hearing said, "Needless to say, a lot of people were pretty frustrated with the treatment they were given by the Board, but I think the Board heard the message loud and clear. They definitely heard the chants coming from outside."

Students protested in the cold for hours while it was claimed that the room had reached capacity, although pictures were sent from those inside showing that seats were available.

Chants like "When student power is under attack, what do we do? Stand up fight back!" and "Down, down with exploitation, up up with education," was relayed over megaphones.

As this issue progresses, students are urged to get involved and to not let this pass.

Given that General Counsel Martinez is asking that the proposal be approved within the next three months, it seems like another attempt to repeat this.

Raw language or not, the intent and implications proposed by the changes

by the student body that suggests how the student activities fees should be allocated by the college. If earmarks are removed, it would not honor the students who voted to have them in this process.

Not to mention, earmarks also protects the newspaper you are reading by allowing



Photo Credit: Lucia Rossi

The Board of Trustees heard over 60 testimonies at the public hearing in Brooklyn College on March 12.

the SAF Taskforce, which participated in the making of this new proposal, the New York State Attorney General said that viewpoint neutrality is required for referenda.

The University Student Senate is com-

pleted of student government members from all of the CUNY's. In their last meeting, covering this topic, SAF Taskforce members defended their proposal by saying it contains "raw language" which they are aware is confusing, that "it's not a proposal", that "it's open to change", that this was merely a draft and not the final copy and they are looking for feedback.

Although this may be true, CUNY has a reputation for passing legislation quickly over students heads to avoid retaliation.

"Step into Italy"
Continued from Front Page

them to get a taste of the culture and learn some of the language.

Italian major, Rosa Aprilino, is another student, like Massey, who adores the Italian culture and language.

"Being an Italian major has been a great experience, between learning about the history of Italy and reading the literature written by great Italian writers," she said. "I just joined the Italian club, which has been great to get to know other students who enjoy learning about the Italian culture."

The club acts as an outlet for the Italian language department as well, even though Viva L'Italiano students are the primary members who get to experience the charm of the Italian language and culture. Students already involved in the programs can further their pursuit of learning more about Italian heritage.

Some past events hosted by the club include a Jovanotti concert and Italian film showings. The club plans to have future events that hit all aspects of the culture, like maybe going to an Italian league soccer match hosted in the U.S. or hosting a gelato event.

Massey also tutors Italian and is currently student teaching at Susan Wagner High School. At first she was a bit shaken about how her students felt about her teaching, because of bad results from the first exams.

Later she was comforted with seeing her students progressively getting better and learning more as time went on. The feeling of teaching students and having them learn something was rewarding to her.

Massey strives to do what her professors have done for her, which was guiding her into loving the culture and passing that love and knowledge down to students, who hopefully will share the same love.

"What made me love the Italian culture is the professors," she said. "When you take classes with professors Ureni, Ferrari, and Milligan, you feel the love that they give off for the Italian culture and language."

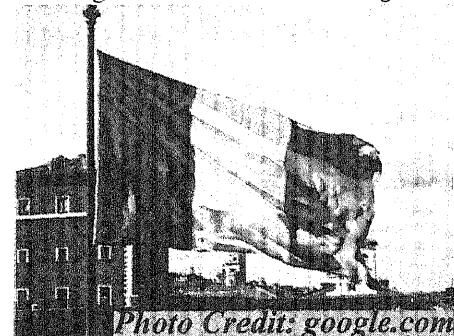
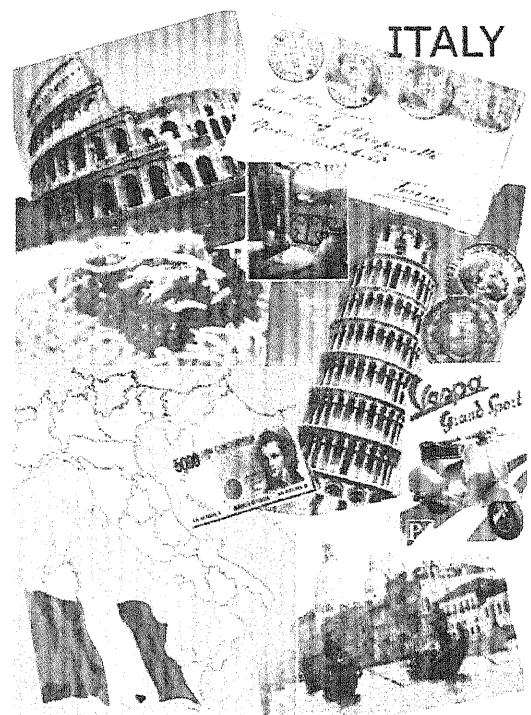


Photo Credit: google.com



ITALY

VIVA L'ITALIANO

The Italian Club!

Do you love everything Italian? Have you always been interested in the Italian language and culture? Or even just Italy itself? Come join the Italian Club!

If you have any questions or concerns feel free to contact the club President Samantha Massey at Samantha.massey@csi.cuny.edu or the club Vice President May Maca at may.maca@csi.cuny.edu

College of Staten Island



Photo Credits: csi.cuny.edu

Join Viva L'Italiano at CSI

Our goal is to create a greater awareness of Italian Language and Culture!

In the past, we have created and hosted numerous fun events about aspects of Italian culture such as Film Festivals on campus, visits to NYC theaters and museums

Now we hope to organize more events about other aspects of Italian culture such as Food, Fashion, and Music!!

We meet on Thursdays in building 25 room 118 at 2:30!

JOIN US at the link below or stop by one of our meetings

<https://orgsync.com/125864/chapter>

ALL MAJORS ARE WELCOME!

BANNER NEWS

"If You're a DV Survivor"
Continued from Front Page

negative effect of abuse and trauma experienced by these survivors. Francis-Lord and the FJC thus "want to connect with all communities in Staten Island to share services, resources and to provide training and support to organizations."

So then, what should college students know about domestic violence, the resources available and what to do when they find themselves in such situation?

Francis-Lord firmly stated, "you are not alone."

Those who experience domestic violence have many alternatives depending on their situation and thus, reaching out for help is the first step.

If you are in immediate danger, call 911.

The NYC Domestic Violence Hotline, 1-800-621-HOPE (4673), can be contacted and is available 24 hours a day for instant safety planning and shelter assistance.

You can visit a Family Justice Center from Monday through Friday, between the hours of 9:00 a.m. and 5:00 p.m., for the creation of a plan for your safety and discuss options with a case manager. Appointments are not necessary.

The NYC Family Justice Center, Staten Island also provides many services all at one location.

They have case managers that can help one plan for safety and provide advice and referrals for public benefits, housing, shelter and other needs.

There are also counselors, therapists and psychiatrists that can help support adults and children dealing with the emotional and psychological impact of intimate partner violence.

Economic Empowerment Services are also available to help with budgeting, credit repair, other financial issues and referrals to job training and educational programs.

Lawyers can advise and represent people in orders of protection, child support, custody, visitation, divorce and immigration matters, and can give referrals for other legal issues.



Photo Credit: Alison Francis-Lord

The New York City Family Justice Center is located on Staten Island in St. George.

The NYC Sheriff's Office is available to assist with serving civil court documents and connected services.

And Child Care is also available whilst one is receiving services at the Family Justice Center.

Because the NYC Family Justice Center, Staten Island is co-located with other services like the Richmond County District Attorney's Office, New York Police Department, and Domestic Violence Prevention Officers, these resources are also available to meet with people looking to engage the criminal justice system.

Francis-Lord also explained the role of colleges and how they "can provide safe spaces for students to share their experiences of abuse and offer resources for students to connect with the supports they need."

She advises the use of "many trainings offered to raise awareness around intimate partner violence and health relationships," including the OCDV's Policy and Training Institute and Healthy Relationships Training Academy which are available to provide trainings to college campuses.

The FJC also has a growing partner-

ship with "Luv on a Leash" – a therapy dog program – that has two therapy dog teams to visit the FJC twice a week to provide support to survivors and their children.

The FJC is currently working with Richmond County Family Court to implement a new program in which survivors seeking an Order of Protection from Family Court have the ability to petition for it, with one of the FJC's advocates and remotely appear via Skype from the FJC for their first court appearance, according to Francis-Lord.

"If you or someone you know is experiencing domestic violence," she states, "call 311 and ask for the City's 24-hour Domestic Violence Hotline or the NYC Family Justice Centers. You can also call the city's DV hotline directly at 800-621-HOPE."

Students can also walk into any one of the New York City Family Justice Centers "to receive Free and Confidential assistance to victims/survivors of intimate partner violence, sex trafficking and elder abuse." The FJC welcomes "people of all ages, sexual orientations and gender identities, regardless of what language you speak, your immigration status or your income."

All Centers are open Monday through Friday from 9:00 am - 5:00 pm, and no appointment is necessary.

Francis-Lord also lets us know about the new domestic violence services portal, NYCHOPE, a hub that provides information, education, and resources about domestic violence. It simultaneously brings in community-based resources and services that survivors can access in one location from any computer, smartphone, tablet, or other device with internet access. Visit NYCHOPE here: www.nyc.gov/nychope.

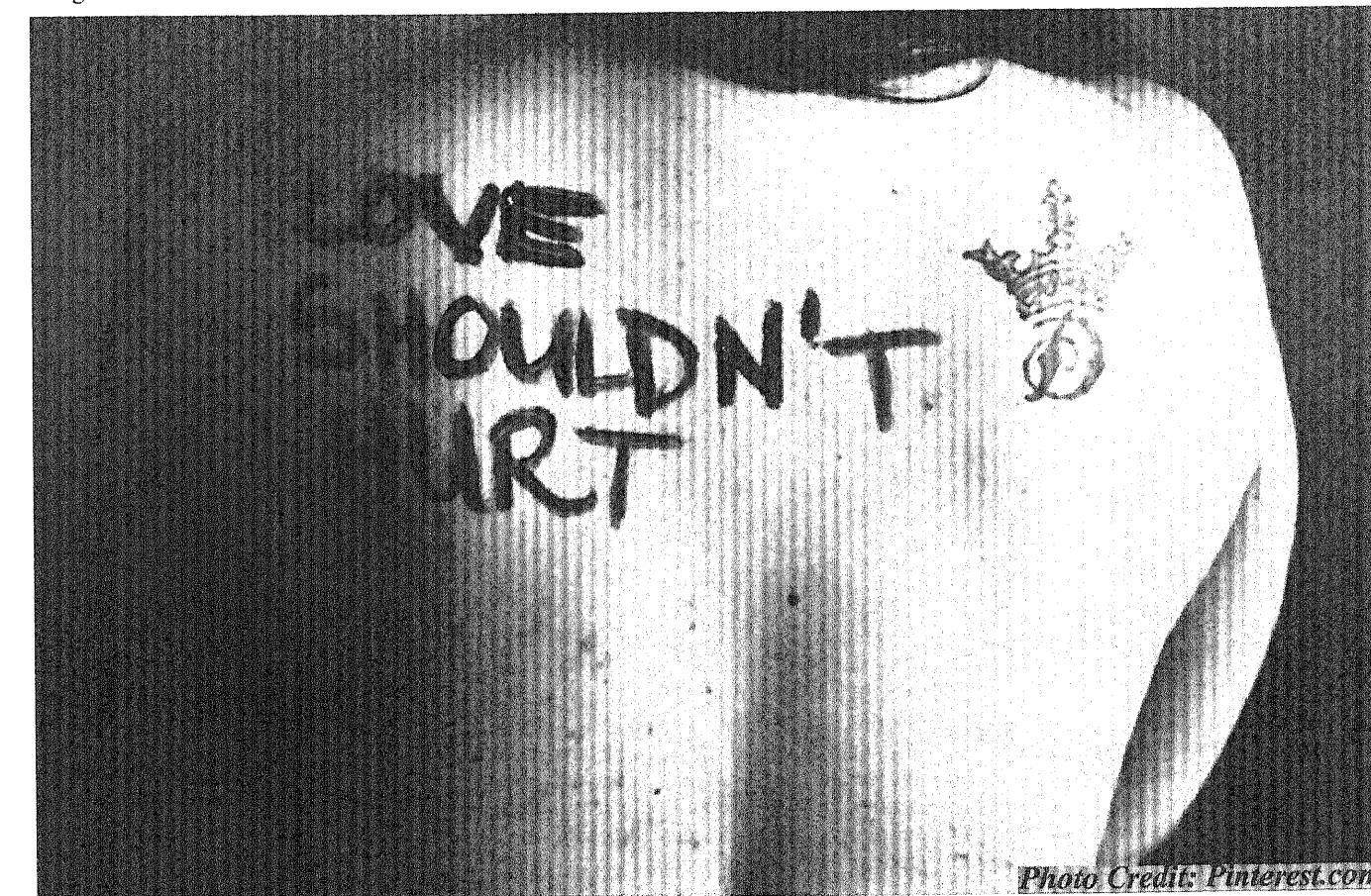


Photo Credit: Pinterest.com

LIFESTYLES

Let it Flow: Journaling Your Stream of Consciousness

Clear Your Mind Without Overworking It

BY: VERONICA PISTEK

The pressure to write poetically and coherently, all while sounding intelligent, is constantly weighing down our thoughts - and our pens.

A simple and effective aid is writing your simplest thoughts and ideas, paving the road to healthy, quality writing, and even help prepare you for your best life.

Stream of consciousness journaling is a freeing, cathartic, and introspective method that is sure to enhance more than one aspect of your life.

The first thing to remember before tackling your inner-most thoughts is to not think too much.

Ditch the anxiety of writing logically and clearly: let your most immediate and raw internal dialogue come to life on the paper.

Remember, writing from your stream of consciousness is supposed to be messy. There is no structure and there are no rules to abide by when talking to your brain.

Personal style does not have to reflect a typical journal entry. Remove any limitations and express yourself in the truest way possible.

Whether you are a visual person who naturally draws out their ideas and doodles within the lines, or a person of many feelings who cannot control their word vomit: communicating in a manner that suits your personality will yield the most benefits.

Transcribing your thoughts in a non-judgmental method especially enables you to listen to your truest voice.

Yes, we all can force ourselves to go deeper and write beautiful poetry, but in order to do that to our fullest potential, we must be aware of our most present feelings and ideas.

At first, this might feel harder than it sounds. You open up to a fresh page in your journal and suddenly you draw a blank.

To tackle this moment, pause and take a breath—you can literally write that your mind is drawing a blank.

Scribble all over the page, fill it with mindless words and your exact thoughts such as, "I don't know what to write."

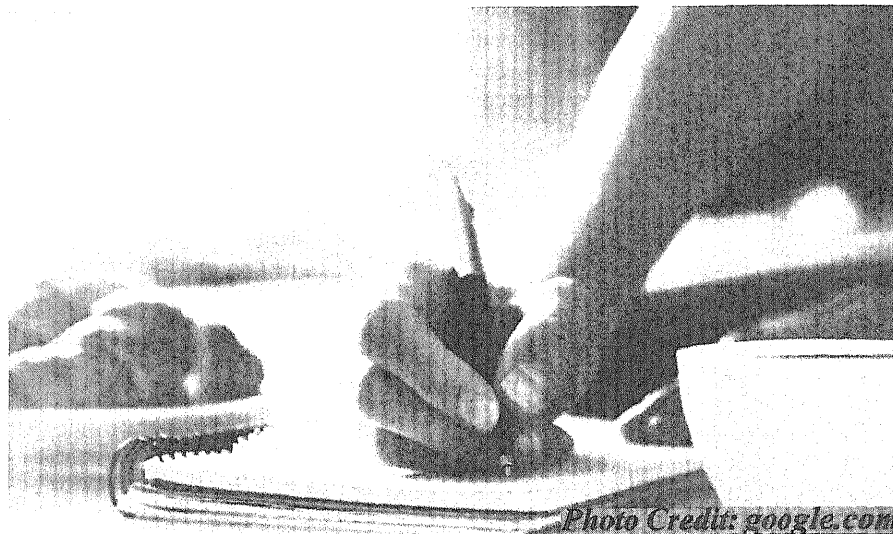
Once you overcome the immediate blockade of thoughts, you will uncover your mental dialogue.

Take this time to express your inner-most feelings, describe what has been bothering you lately, write out your plans for the day, or even your plans for the future.

Most importantly, ask yourself questions. If a certain idea pops into your head that is unexpected, ask yourself why.

This activity will help you get to the core of your mind.

Other examples of topics to write about include things that you are grateful for, writing about an event you are excited about, or sketching out little project ideas.



Journaling your stream of consciousness enables your thoughts to flow freely.

Another fun idea is writing letters. You can write a letter to a loved one in your life, or even just a letter to yourself.

You might just surprise yourself and take that letter and share it with a friend. You also will start to feel comfortable with your mind and it will begin to flow.

This practice will further help you live in the moment and delve deeper beyond your most simplistic thoughts.

Just as we tend to start our day with minute tasks and build up to the bigger, more important ones, we should not immediately force our brains to work at maximum capacity when it comes to writing.

Starting off small, light, even mindless,

eases our head into the state of creating.

This practice is beneficial if you pull out your journal in the morning to start your day off free from burden, during the middle of the day to sort out your scattered mind, or at night to relax your chattering brain for a restful night of sleep.

This is also a perfect tool for creators. Writing your stream of consciousness sparks a chain reaction of ideas, allowing you to become more connected to your inner self and closer to your wildest dreams.

So, get started on your journey to uncovering your deepest thoughts. Uncover your hidden revelations and be ready to open up the door to magical healing.

LIFESTYLES

Living Your Best Life is the Best Revenge in 2018

These Tips Will Have You Thriving in No Time

BY: BRIELLE SPARACINO

The concept of "living your best life" is something easier said than done.

It's safe to say that most of us want to measure up to our fullest potential; most of us want to live and speak our truth, and be as happy as we're able to be. However, there are many variables that have the ability to stand in our way: fizzled-out friendships, failed relationships, mental illnesses, or plain old insecurity and self esteem issues.

One does not learn how to live their best life overnight; making mistakes to be learned from every day becomes part of the process. Nevertheless, as long as you've got a plan and are willing to put that plan into action, you will be able to get into the healthy habits of making your life something to be proud of.

Start living your best life by being selfish. For so long, the act of selfishness has only been viewed as a negative thing, but it doesn't have to be. Put yourself first for once.

Most of the time, we're so caught up in the day-to-day action that we don't take a shred of time for ourselves. Even if you exercise for an hour, listen to music, walk in the park or call a friend, you're allowing yourself to take a breather and focus on you.

Not only do you have to be a little selfish with your personal time, but you've also got to fake confidence in yourself, especially if you're struggling with it. We are who we are, regardless of what we don't like about ourselves.

We could spend our time worrying



Putting yourself first is not always a bad thing, especially when living a busy life.

about what others think of our "flaws," or we can embrace them in a different light.

There will always be that little voice in the back of your mind that tries to tear you down and make you feel worthless, but you don't have to let it. Remind yourself that you are great the way you are, and if that's not good enough for others, then they don't need to be in your life.

Acceptance is a huge obstacle to overcome when you're on the path to self-love and fulfillment. Each individual embarks on a different journey; it may seem like some people your age are light-years ahead of you when it comes to success in their personal lives or their career, but you've got to accept where you're at and have the

drive to work harder to get where you want to be.

The concept of acceptance is not only applicable to success in your personal life or career, but in friendship and romantic relationships as well.

If a meaningful friendship fizzled out or a relationship went south, don't try to continually put in effort when that effort isn't being reciprocated. Regardless of its nature, a relationship is supposed to be 50/50, not 80/20.

Once you accept that things won't go back to the way they were and it wasn't your fault they went wrong in the first place, you'll have a much clearer head when moving forward with your life.

Making the most of your energy each day is a vital aspect to living your best life. You are the only one in charge of how you choose to feel, so if you encounter a situation that has serious potential to affect you negatively, try your best to take control of it, as well as your emotions, so you don't get too angry or upset.

If you take a step back and analyze the situation from an outsider's perspective, it will be easier for you to decide how you want to feel, more than likely eliminating the irrational feelings that tend to rear their ugly heads.

Another necessity to living your best life is being able to surround yourself with good people. If you've ever been around someone who is always grumpy and pessimistic, their characteristics may have influenced your way of life at some point in that relationship, and you may have noticed behavioral changes similar to that person in some way.

But good people bring good energy, and the more good energy you have around, the more positive your attitude and outlook on life will be.

You need to learn to be in the moment, and this piece of advice serves as the most important of them all. We're college students, so we're always worried about every aspect of our future: what we're going to pursue as a career, how we're going to make enough money to live on, etc.

Stop worrying about tomorrow, or next month, or next year.

As difficult as it could be, enjoy the moment you're living in right now, because it's one you won't be able to get back later.

A Guide for the Morning Haters

Tips For Tricking Yourself Into Becoming a Morning Person

BY: JESSICA SCARIMBOLO

Mornings - you either love them or hate them.

If it seems every morning you are grudgingly dragging your body out of bed long after your alarm has beeped, it's time to trick yourself into becoming a morning person.

Shockingly, becoming one is easier than you might think. Faking it until you make it as a morning person is absolutely crucial as a college student, especially if you are obligated to take an 8 a.m. class.

One good tip is to set schedules for yourself; forcing yourself to become a creature of habit is surely one way to make the mornings a little more tolerable.

Start your nightly routine a bit earlier. Though it may seem obvious, you should go to bed earlier in order to wake up earlier.

If you can eat your dinner before 7:30 p.m. and then immediately wash your face, brush your teeth, and change into your pajamas, you will have more time to relish in your beauty slumber.

It is also beneficial to set a schedule for the next day the night before. If you go to sleep well-aware of all that is in store for you the next day, you are more likely to get out of bed immediately after waking up.

When your alarm goes off, try to get out of bed immediately. It may sound impossible, but it is a method that strengthens your willpower to not hit the snooze button.

If you can't seem to get out of bed without hitting the snooze button a few times, try putting your phone farther away

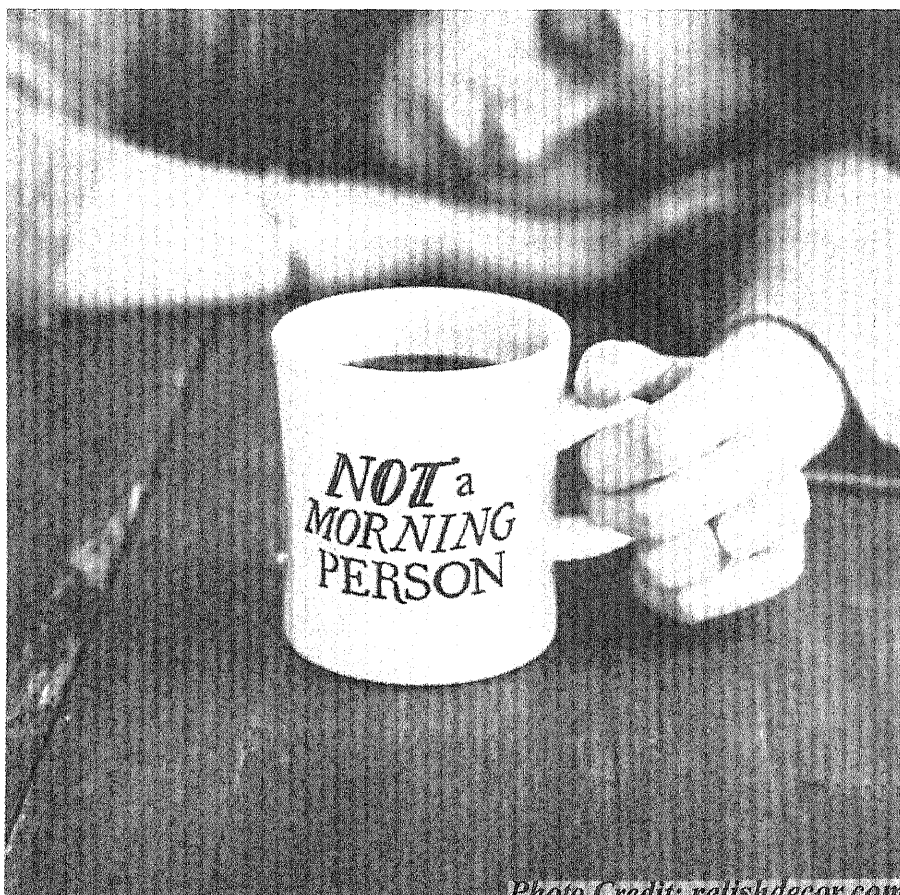


Photo Credit: reishdecon.com

Training your body to thrive in the morning can be quite beneficial for student life.

from your bed.

Instead of having it on your night table, keeping your phone on a dresser or another piece of furniture on the opposite side of your room. This will force you to get out of bed in order to stop hearing the

dreaded alarm beep.

With that said, if you still have trouble feeling renewed and refreshed upon waking up, a nap could help if it is done correctly. Napping incorrectly could ruin a person's sleeping schedule.

Be sure not to nap too late in the day; feeling your peak of exhaustion around midday is normal. If possible, you should attempt to keep your nap limited to a half hour or less in the middle of the afternoon.

Starting your day with a glass of water and a healthy breakfast is also a great tip. Stepping out of bed and getting yourself moving right after your alarm goes off enables your day to begin with a fresh start.

Not only does walking around your house incorporate some fitness, it aids to properly fuel your body for the long day ahead.

One of the best things to do in the morning is open up your window and soak up the sunlight. You may be thinking how painful it seems to expose your eyes to that awfully bright sunlight first thing in the morning, but taking in some Vitamin D is a great way to refresh your body and be energized for the day ahead.

It's even better to throw yourself a dance party. Though this is fun to do any day, it seems even more necessary on days that you struggle to get your day started.

While you put on your makeup or drink your morning coffee, try putting on some of your favorite songs.

On a day that is filled with work and other stressful activities, it is essential to plan something exciting for yourself. Creating a desire to look forward to each day makes it easier to hop out of bed in the morning.

It's not easy for people to immediately switch from hating mornings to loving them, but why not try.

Whatever makes the morning more bearable, right?

Open Your Queer Eye to a Woke Lifestyle

Netflix's "Queer Eye" is Making America Fab Again

BY: VERONICA PISTEK

Living in a woke era, it is not outrageous to witness five gay men being entirely themselves on television.

The Netflix reboot, "Queer Eye", not only opens the door for acceptance, but also encourages a healthy and happy lifestyle for all men that watch the series.

The Fab Five include Antoni, the food guy; Jonathan, the groomer; Karamo, the culture expert; Bobby, the interior designer and Tan, the fashion expert.

Through each man's field of ex-

perience, the Fab Five combine forces to help a man restructure major aspects of his life and gain unstoppable confidence.

This Netflix series highlights the idea that as a man (and especially as a human), you need to take control of your own life and make time to save yourself.

Maintaining your locks and facial hair is another important area that tends to

get neglected. A man that has a fresh haircut and clean facial hair will feel a burst of newfound confidence.

Take the extra time to moisturize your skin and apply that hair gel. It will make you feel like your life is falling slowly into place.

Another generalized "feminine" area of life - fashion - is a routine that men typically spend no more than two minutes thinking about each morning.

Men should not repress their charm and character to wear clothes that are "masculine" and "trendy". A man, just as all humans, should embrace their unique sense of self and express their own personal style.

Think about the men in your life and their personalities. Often, their fashion style does not reflect their inner persona.

Whether it be through wearing a bold button-down or a fresh blazer, there are endless ways for men to enhance their personal style. Feeling comfortable in your own clothing and sporting individual style has no gender.

Guilty as many humans are, men are stereotypically meat-lovers that drool over crispy bacon and savor every bite of steak.

Having a protein-packed diet is not necessarily the worst thing that one can do, but it is definitely essential to make some room for some tasty variation.

Yes, it is unrealistic to make a fresh, gourmet meal each day with our busy schedules, but carving out time each week to create a healthy dinner master-



Photo Credit: nbcnews.com

piece will impress your friends, your partner, and most definitely yourself.

Many say that the space that you live in dictates how you feel. If you inhabit a house that does not feel like a home—unfurnished, lacking color, and is disorganized and messy, it is easy to feel as though you are lacking a sense of comfortability.

If you decide to spruce up your space and update the pictures on your wall, re-freshen the paint, re-organize your closet, and purchase a few new statement pieces that reflect your personality, you will feel like your area of living reflects stability and your true self.

Just as women struggle with self-esteem, men also deal with internalized insecurities that can eat away at their confidence.

The man that is afraid to break out of a toxic relationship, the man that does not feel bold enough at work, and the man who is fearful of dressing "feminine" are all subjects that surely need to watch "Queer Eye" to be inspired to create an improved lifestyle.

So, it might seem unfamiliar and scary to take charge of your life. Dealing with uncharted territory like self-care, home-design, healthy eating, expressing your style, and feeling confident are definitely not simple and instantaneous.

Taking energy and time to improve yourself in more than one area of living will open up your best queer eye—and just might help you create a lifestyle as fierce as the Fab Five.

BANNER ARTS

A King Takes Flight

King Krule announces North American Tour

BY: DOMINICK WOJTAS

Archy Marshall, or better known by his stage name, King Krule, released his debut album *6 Feet Beneath the Moon* back in 2013. This album brought him to prominence, particularly in the US, granting him performances on Conan and the Late Show with David Letterman.

His latest release, titled *The Ooz*, has claimed the spot for the number one Rock album of 2017 by Pitchfork magazine.

The underlying motif of this album is finding beauty and brilliance in loneliness. The album serves as a catharsis of his depression embodying his troubled love life. Performing as King Krule, Marshall possesses a voice so deep and filled with pain.

Not even taking into account the original sound of his music, his voice is an eccentricity in itself. It goes against logical reasoning to link a thin, pale bed-headed 23 year old, to the voice of a man who has stood witness to the most depraved events humanity can conjure.

Though royal in his moniker, King Krule spends *The Ooz* in the neglected part of the town, choosing to drink at the bars where individuals go to sulk instead of celebrate.

When asked about his stage name Archy explains, "Imagine a king crawling through the city on his hands and knees, it's aristocracy at the very bottom."

And although his perception of love may have reached rock bottom, it certainly makes for some beautiful lyrics. Featured on his debut album, within the song "Baby Blue", prior to the distress-ridden howling featured later in the track, to set the tone



Photo Credit: thefader.com

he croons, "My sandpaper sight engraves a line into the rust of your tongue." And then finishes the stanza off with a sigh of regret, "Girl I could've been someone..."

His latest album is no different; feeling alone should never be this gorgeous but Archy seems to have mastered this on *The Ooz*.

He spends this album in the lowest depths of the gutter. On the album's hit track, "Dum Surfer" Archy's voice sounds like it's won a triathlon featuring the disciplines of smoking, drinking, and sulking. With his deep, harsh, raspy voice he sings about his brain resembling "potato mash" (due to a combination of blame, guilt, and smoking hashish), and puking on the sidewalk.

detrimental depression fueling his creativity.

Reflecting back on his childhood may pose as an explanation for the nature of his music. Archy grew up shuttling between his mother's house and his father's apartment.

He said he went through "a lot of f*cking weird shit" when he was young. At the age of 13, he was given a home tutor after persistently refusing to attend school. After that he was sent to two education centers for permanently excluded kids which Archy described as being "thrown into the lion's den".

All the while this was happening, he was being tested for an array of mental illnesses at London's Maudsley Hospital.

He recounts, "That really took a toll on me. It was then I decided not give a shit about the establishment. Because a lot of the time. The doctors and the psychiatrists and the counsellors and my social workers were plain wrong. Basically, I hated everyone."

Social services threatened Archy's parents with prison if they were unable to get him to school. Thankfully, Archy's love of music was his retreat amidst the madness of reality.

He recalled lying awake at night listening to the Pixies and the Libertines. "That was when I began to think about creating soundscapes," he explains.

Ever since those lonely nights, it's been history. The culmination of everything from that moment on will bring him to North America this spring for a tour that starts on April 7 and concludes on May 4; at the Hammerstein Ballroom, New York, NY.

Get your tickets today and prepare to bask in the glory of this man's grief.

Seven Member Boy Band is Dominating the Globe

How Global Phenomenon BTS Has Grown in Popularity

BY: BROOKE PRICE

K-pop sensation BTS has been gaining popularity after winning the top social artist award at the 2017 Billboard Music Awards and released *DNA* in September of last year.

They even attended the AMA's and performed their hit song "DNA". They were also guests on "The Ellen DeGeneres Show", "Jimmy Kimmel Live" and "The Late Late Show With James Corden".

The seven member South-Korean pop band consisting of: Jungkook, Suga, Jimin, V, RM, Jin, and J-Hope, has been dominating the music charts across the globe. BTS stands for Bangtan Sonyeondan, which roughly translates to Bulletproof Boy Scouts. BTS can also mean "Beyond the Scenes."

Their current album *Love Yourself: Her* ranked #7 On Billboard's top 200 in September 2017. BTS' album was the first ever top 10 for a K-pop act.

"MIC Drop" was ranked at #28 when it first came out on the Billboard Hot 100 chart and "DNA" ranked #67 on the Billboard Hot 100 song chart dated Oct. 14.

The album *Love Yourself: Her* sold 1.61 million copies sold as of March 2018. Two of BTS' songs, "MIC Drop" and "DNA", are certified gold by the RIAA (Recording Industry Association of America).

BTS is divided into a vocal line and a rap line. The vocal line consists of Jungkook, V, Jimin and Jin, while the rap line consists of Suga, RM and J-Hope.

BTS co-writes and produces many of their songs. Their lyrics have meaning and

tap into societal struggles, depression and other emotions; such as loss that not many artists address in their songs.

Their songs have resonated with their fans all around the globe. They tell their stories through their music; they are storytellers for the listeners. They come up with the concepts for their albums and make their album revolve around those concepts.

They are proof that music transcends language and people don't need to know what they're saying, even if it's another language. The listeners hear the emotions in their voices and see their performance on stage to get a sense of what the song is about.

In their song "Baepsae" from the album *The Most Beautiful Moment in Life, Part 2*, the group express their frustrations between how the current generation has it more difficult than the older generations.

Baepsae, or crow-tit, is a small bird that has short, small legs. In the song, BTS is comparing the current generation to small birds who try their hardest to keep up with the older generation, who are as depicted as storks. However, the current generation doesn't have everything as easy as the older generation had.

Some of the lyrics from the song "Baepsae" depict BTS' societal struggles: "They call me a try-hard, our generation has had it hard

Hurry, chase 'em thanks to those that came before us, I'm spread too thin...

Change the rules, change change, the ones who came before us want to, want to maintain

But we can't do that, bang bang, this



Photo Credit: Twitter.com

BTS (From left to right: V, Suga, Jin, RM, J-Hope) (from bottom left to right: Jungkook, Jimin); BTS have resonated with so many fans due to their passion for music and the stories they tell along with it.

ain't normal, this ain't normal...

I've got a crow-tit's [Baepsae's] legs, and you have a stork's legs, they all say their legs are worth a million bucks

My legs are shorter, so how do you expect me to keep up?

Then say it shouldn't matter since we're coming from the same place..."

They debuted in June 12th 2013 with the song "No More Dream". They started out as a hip hop group, but have expanded their genre of music and incorporate all different types of styles and sounds into their music.

They are part of Big Hit Entertainment, which was a small entertainment company

and has since grown due to BTS's popularity. Big Hit was not a well-known entertainment company, and people thought that BTS wouldn't be successful since they came from such a small company.

They have a passion for what they do and put their emotions into their music when they sing and dance. They practice choreography for 10-12 hours a day and have a rigorous schedule. Their schedules are planned in advance and they have to follow them thoroughly.

Their upcoming album titled *Face Yourself* will be in Japanese and will include 2 new tracks and go on sale April 4th.

BANNER ARTS

Bea Miller's *Aurora* Will Have You Feeling Everything in Colors

An Intimate Glimpse Inside the Musician's Unique Mind

BY: BRIELLE SPARACINO

Bea Miller is making waves in the music industry.

From auditioning for *The X Factor USA* in 2012 at 13 years old to just recently releasing her second LP, *Aurora*, Miller has accomplished quite a lot for a 19 year old.

Although the songstress placed ninth on season two of the music competition television show, that didn't discourage her from making music in the slightest.

After debuting her first EP in 2014 and her first full-length album in 2015, Miller took a bit of a break for a couple of years and came back in full force in 2017, when she premiered three EP's, titled *Chapter One: Blue*, *Chapter Two: Red*, and *Chapter Three: Yellow*, respectively.

Miller is a synesthete, meaning she can see music in color. According to an article on *Buzzfeed* recapping the singer's visit to the *Elvis Duran Show* in NYC last August, "...the colors [for each EP] we're] chosen based on moods and emotions, rather than just choosing them because they're primary colors."

Originally thinking of the name *Spectrum* for her album (being that red, yellow and blue are primary colors which can be mixed together to become any color on the spectrum), she ended up going with *Aurora* as her final choice.

Aurora is a concept album, meaning that its purpose is to take the listener on a journey that the artist created for them, and the LP is comprised of all three chapters of Miller's 2017 EP's as well as five new tracks.

If you hadn't listened to chapters one through three before hearing the sophomore album, that's totally okay,

because this LP wraps everything up for you in a sassy little bow and takes you through every emotion, starting with blue.

The first song on *aurora* is "song like you" (from *Chapter One: Blue*), which speaks to someone Miller knows is bad for her but hasn't quite been able to stay away from. Miller provided commentary on the track on *genius.com*: "I had somebody in my life who wasn't good for me. I was constantly torn between needing to move on and not being able to accept that I needed to move on... I feel like "song like you" is not only the beginning of this release, but the beginning of this entire story—this entire part of my life."

Chapter One: Blue in *Aurora* continues on through "burning bridges," a track that Miller says is "the anger that you feel once you've been with somebody for too long and you feel betrayed by the realization that they haven't been doing anything positive for you." "motherlove," one of the new tracks which brings a defiant and angry vibe, and ends with "I can't breathe," where Miller feels suffocated, vulnerable and defeated.

Chapter Two: Red in *Aurora* is symbolic of Miller's more rebellious side; the singer is still angry but also begins to feel empowered. Although the original EP only had three tracks, *Aurora* includes three additional tracks between the first and last songs of this chapter.

In "like that," Miller is fed up. The song itself sounds like a ticking time bomb, and it's only a matter of time before Miller completely comes out of her shell of self-pity.

"Buy me diamonds" follows close behind, and in this track, Miller is clearly done with the drama her lover has put her through; now, she wants something tangible and expensive.



Photo Credit: beamiller.com



Photo Credit: Twitter.com

Music prodigy Bea Miller uses her Synaesthesia to create astounding music.

"Outside" is a track that's a break in *Chapter Two's* presumed theme and shines a light on the anxiety and isolation Miller tends to feel; the kind where you don't want to go anywhere or hear from anyone.

"Girlfriend" and "bored" are tracks that are contradictions of each other.

In "girlfriend," Miller is turning the tables and defying the gender stereotypes of typical male behavior when she says "I don't wanna be your girlfriend, I just wanna play with your head." In "bored," she's hinting for her partner to take the next step in their relationship on an emotional level because she's tired of it being purely physical.

"Warmer" signifies the end of Chap-

ter Two and is a track that does, in fact, feel emotionally warmer. From every aspect of production, this song shines, and the song's concept of testing the waters with someone even though there is so much uncertainty is reminiscent of ice thawing and the sun peeking unapologetically through the clouds.

"Repercussions" is the beginning of *Chapter Three: Yellow*. On this track, Miller is finally ready to change things up and live the way she's wanted to.

"S.L.U.T." is the track that follows, and Miller makes this song all about loving who you are, calling herself a "sweet little unforgettable thing."

"Crash&burn" featuring O'neill Hudson is another one of the new tracks Miller added to her album, and it describes the feelings of security and content when you know your feelings toward someone else are reciprocated.

The final track on the LP and on *Chapter Three: Yellow* is "to the grave," featuring Mike Stud.

This song screams finality, but it also feels like a new beginning; Miller is ready to give up on being silent and ready to stop keeping all of the negativity inside her. She's ready to start living as a lighter and more honest version of herself.

All in all, *Aurora* is an album that can appeal to anyone, regardless of genre preference. Miller injects herself into the writing process of every song on the album, and seemingly takes great care to thoughtfully and clearly project her emotions in each record.

She truly takes the listener through her personal growth; from darkness to light, from blue to red to yellow. For a 19-year-old, she does a pretty damn good job.

BANNER OPINIONS

Are Video Games Bad For You?

The Real Effects of the Games Being Played Today

BY: MARK DEUTSCH

Video games have been attacked because it may be harmful to both children and adults. Although, in order to perceive the true intentions of an issue, both sides need to be explored.

Video games are supposedly linked to lowering a person's intelligence or grades in school, but this only happens from an excessive amount of time spent on a video game.

Otherwise, video games can have a good effect on the human brain.

Educational video games actually help in improving grades - in fact, even normal games can improve simple cognitive functions. Video games have been known to improve perception, cognition, and attention.

Video games are fun to interact with, thus making them a perfect tool to assist with teaching children.

Researchers have asked if video games can cause an individual to become even more violent than usual. This may be true concerning violent video games that are excessively aggressive.

However, this is just a hypothesis that could be true if the children are playing at a young age.

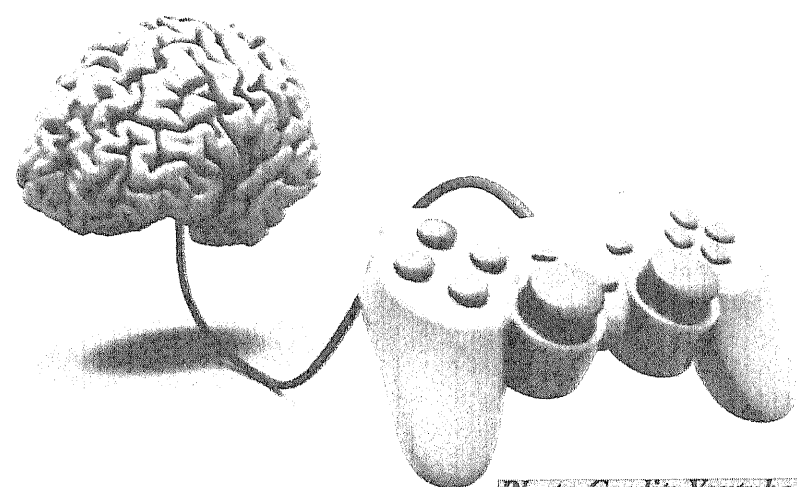


Photo Credit: Youtube.com

Restricting young children from playing those games would be a smarter move than denouncing video games in general.

Playing video games actually relieves stress in a controlled and safe outlet for the users.

Social isolation is also another conjectured fact about video games in which the game causes the gamer to isolate themselves from the world. There is a possibility that this can happen to anyone, particularly if the gamer has the right personality and circum-

stances. Video games can cause a person to become even friendless, unless action is taken to prevent that from happening.

Cooperation and teamwork can be taught with video games only by using online cooperative games that require teamwork to win as opposed to single player games. These online games are good ways to build skills that would be difficult to learn in person.

Therefore, video games can be used to actually build friendships and team players

through this way.

Another aspect of playing a video game for hours is the lack of physical exercise involved. Players remain sedentary for hours to play a game that involves the most rigorous movement from the thumbs.

Instead of playing outside in the fresh, invigorating air, gamers are nestled in front of a glowing screen in the dark.

There is technology that involves playing games using exercise for a few years. Consoles, such as the Wii Fit and the Kinect, involve strenuous exercise at any difficulty level.

Values are something that children learn from their surrounding environment. They also look to whatever sources that are available.

This implies that children may learn from a video game that violence is appropriate, even when not. Games where the main character is a villain could lead children astray.

Most video games normally have the main character as a hero facing off against something, or someone, extremely evil. However, video games aren't the main way that children learn values.

Parents should teach their progeny lessons that have more impact than a video game.

Captions for Accessibility is Imperative

Why Subtitles Would Be a Benefit for the Deaf Community

BY: ROSEANNE CASSAR

Captions have been an underappreciated and neglected form of disability assistance in the United States.

For those who don't know what it means to have accessibility to caption use, it is a vastly important tool for members of our community who are deaf or hard of hearing. It allows such people to watch any form of visual display with subtitles (words) to help them understand audio.

The use of captions for television, computers and mobile devices are important enough for people of the deaf community to be knowledgeable of what is going on in our society. Through these gadgets, apps and websites like YouTube, channels on TV, places like the movie theater would allow deaf and hard of hearing people to access and enjoy what the masses can naturally.

Those who do not take the initiative on fixing the problem of not being accessible for deaf citizens should be looked at as a disgrace, publicly. For instance, certain theaters that are known to have the accessibility tend to not care about their deaf customers.

It is by law that the deaf and hard of hearing communities have the caption - accessible adjustment that is needed for them as a service.

In 1990, the United States has passed a law called the Americans With Disabilities Act (ADA). This act requires all businesses and public services to accom-

modate to all individuals with disabilities who are excluded from or denied services because of the absence of auxiliary aids.

Captions are considered one type of auxiliary aid.

Since the ADA Act was passed, the use of captioning has expanded. Some good examples include entertainment, education, information, and training materials which are captioned for the deaf and hard of hearing communities throughout the United States.

In 1990, The Television Decoder Circuitry Act was then enacted. This act requires that all televisions larger than 13 inches sold in the United States after July of 1993 must have a built - in decoder that enables viewers to watch closed captioned programming.

Along with this action came the Telecommunications Act in 1996, which directs the Federal Communications Commission (FCC) to adopt rules requiring closed captioning for most television programming.

Based on these laws, it is a necessity to meet the requirements to be accessible for Americans with disabilities.

When a deaf or hard of hearing customer walks in to find that they are not being accommodated, they should file a complaint towards that business to the FCC. Thus, a hefty fine will be slammed on them against their negligence for not meeting the accommodations of the ADA Act.

It is extremely disrespectful to the deaf and hard of hearing communities to not provide captions as a form of ac-

commodation. It shows that these businesses do not care about their feelings, the stress and how it affects them mentally and emotionally.

It angers a lot of the people from deaf communities when these aspects are overlooked and not taken care of. Just because the majority of American citizens are hearing does not mean that they should ignore how important it is for deaf members to have the proper accessibility.

In fact, a number of hearing people who cross paths with deaf customers have a tendency to walk away, think that if they don't serve them, they will eventually leave. That is extremely rude to inflict on any customer, whether deaf or hearing.

Any place of business who have employees working for them who do something like this should be fined, written up or even fired.

Whatever happened to respecting one another regardless if that person is deaf or hard of hearing? Are people in today's society that rude? Should we as human beings be doing this to other people who are less fortunate just because of their disability?

If this is the case, then, we as human beings are pathetic. Rather, we should be their voice to speak up for them, show and give support to them.

Instead, people are going ahead and to turn their backs to those who need them. Sorry, not sorry, right?

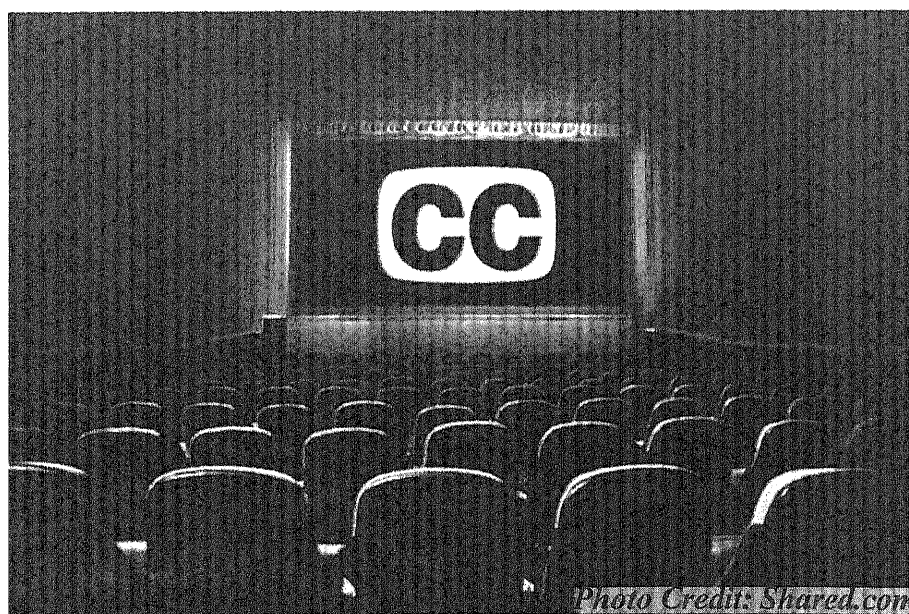


Photo Credit: Shared.com

SEX AND RELATIONSHIPS

I Want Sex and I Want it Now

The Problems With Our Privates

BY: TARAH MAURICE

Women of all ages, you need not look any further for sexual help, for female Viagra has arrived.

Addyi, the "female Viagra," has been on the market for a little over two years. People are just starting to hear more about it due to the fact that the drug creators

have just brought it back and are getting ready to make it a household name.

The pill works much differently than Viagra due to the fact that it has an alternate purpose: it is designed for women with a low libido and a sexual disorder called HSDD.

HSDD stands for "Hypoactive Sexual Desire Disorder" which refers to a woman

who has an ongoing lack of interest in sex to the point where it causes issues in the relationship. It is described as getting to a high point in sexual desire, but not being able to orgasm.

HSDD is the most common female sexual dysfunction, but is tremendously under diagnosed and often goes untreated. With tens of millions of women around the globe suffering from female libido problems and HSDD, the race has been on for several years to discover a pharmaceutical solution for female sexual dysfunction.

For years, men have had access to erectile dysfunction treatments such as Viagra, Cialis, and Levitra. Until now, there have been no equivalent treatments for women with sexual dysfunction problems.

Addyi, being a non-hormonal drug, is intended to make women want to engage in sexual activity more often by targeting neurotransmitters in the brain.

Two of these neurotransmitters, dopamine and norepinephrine, are what is involved with sexual excitement.

Another neurotransmitter, serotonin, is associated with sexual inhibition, and the pill specifically helps lower these lev-

els. By balancing these chemicals, women can restore their libido or sexual interest.

Viagra and erectile dysfunction treatments work more on a physical level by dilating blood vessels and increasing blood flow to the male genitals, resulting in improved erectile function and allowing men to perform sexually.

Hence, both medications work in completely different manners.

Viagra won't turn a man on, but it makes it easier for a man who is already turned on to do the deed by making his penis hard.

Addyi is supposed to help a woman get turned on so she wants to engage in some type of sex, but it won't make getting it on any easier by making her more naturally lubricated.

If someone is considering Addyi as a treatment for HSDD, it is critical that they consult with their doctor as the first step in determining if Addyi might be an effective option.

It's also important to note that Addyi also has several serious and potential side effects, including severely low blood pressure, fainting, nausea, dizziness, and sleepiness.

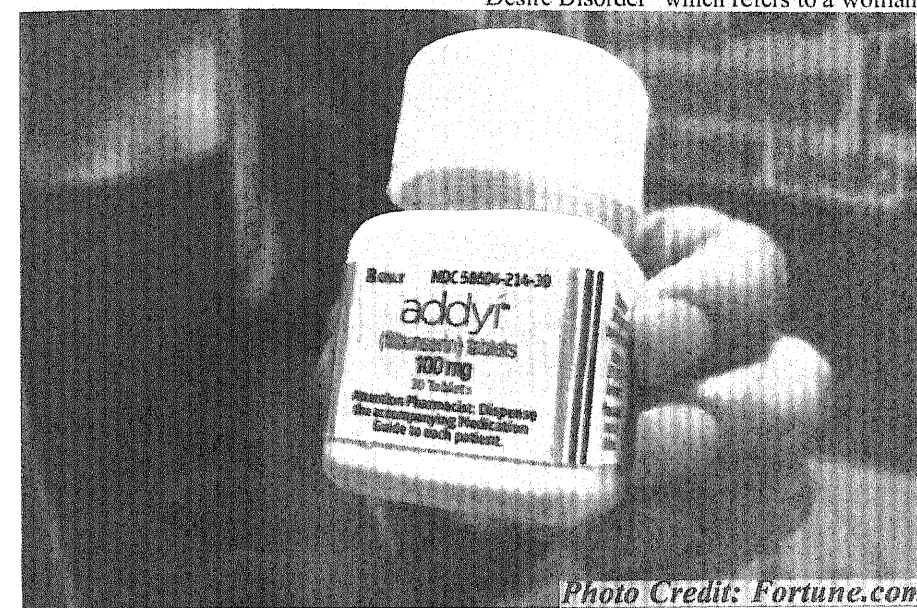


Photo Credit: Fortune.com

She Comes First:

The Importance of Cunnilingus

BY: DOMINICK WOJTAS

When it comes to the bedroom, many men believe that they know it all; sex is innate and further education is not necessary.

This sort of male bravado is exactly what leaves women destitute, yearning for more and jealous of her partner's seemingly effortless orgasm.

Thankfully, due to one man's obsession with pleasing woman orally, an easy-to-read, a comprehensive guide to the art of cunnilingus exists.

Ian Kerner, Ph.D, dissects the complexities of the female anatomy and pleasure centers in his book "She Comes First: The Thinking Man's Guide to Pleasuring a Woman."

Cunnilingus can be defined as oral sex performed on female genitalia.

In the book, Kerner explains why cunnilingus is the optimal way to not only bring a female to a lip biting, body-quivering orgasm, but also to help the lucky lady experience this sensation again and again during the course of one session.

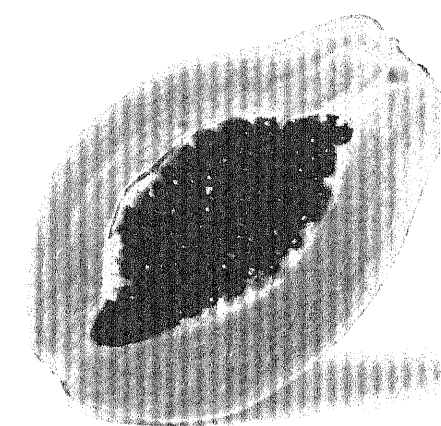
He also includes a fact check by taking the reader through the motions of a female orgasm, just to be sure these bursts of pleasure are the real thing and not a phony show.

The first half of the book sets the stage by covering the female anatomy as it relates to sexual stimulation. The text is assisted by line drawings charting female anatomy, enhancing his words with these helpful illustrations.

The second half is more hands on, literally. It is filled with techniques for stimulating each part of the vagina. At the very end of the book, readers will

SHE COMES FIRST

the thinking man's guide to pleasuring a woman



IAN KERNER, Ph.D

Photo Credit: audible.com

learn how to combine these techniques together, even with scripted routines that will help fine tune this symphony of pleasure.

Kerner includes six steps that should be taken in order to induce female orgasm: The First Kiss, Establishing Rhythm, Developing Tension, Escalation, Pre-Orgasm, and Orgasm. He guides the reader through each step explaining how to best get your tongue, gums, teeth, lips, and hands involved in the mission.

In the book, Kerner also alludes to the fact that intercourse was never meant to stimulate women to orgasm.

His anatomical reason states that, "the clitoris is about 2 to 3 cm closer to the front of a woman's body than the vaginal opening. During intercourse, the penis often misses the clitoris altogether."

As further evidence for this theory, he writes "The average man can maintain genital thrusting for two and a half minutes before ejaculation, but the av-

erage woman requires fifteen to eighteen minutes of persistent clitoral stimulation to have her first orgasm. That twelve-and-a-half-minute difference is a gaping maw of frustration on the part of women."

As if his evidence wasn't thorough enough, Kerner includes a statement from Ron Jeremy, a legend in the porn industry, ranked No.1 in AVN's "50 Top Porn Stars of All Time" list.

"More women have gotten off with my tongue than with my penis", said Jeremy.

But in light of accusations against Kerner for downplaying the role of the penis, he's quick to say, "I wrote the cunnilingus manifesto, but I'm not proposing a Stalinist purge of the penis. I love my penis as much as the next guy. In many ways, though, my tongue was the mentor to my penis, and taught it to behave like a gentleman."

The target demographic for this book is any man who wants have a happy, healthy sex life and understand a women's sexual needs. In other words, any male in a heterosexual relationship should pick this book up.

Even if one doesn't fall under this category, Kerner has released the companion book, "He Comes Next: The Thinking Woman's Guide to Pleasuring a Man."

There are at least two easily obtainable, comprehensive, thoroughly researched guides on learning how to induce priceless pleasure for both sexes.

There should be no excuses for poor sex; hit the books and take notes!

SPORTS

New MLB Rule Changes Take Effect in 2018

Pace of Play Remains a Top Concern

BY: ERIC RANSOM

Major League Baseball has officially unveiled a number of rule changes to be enforced in time for the 2018 season.

Some of the more impactful changes will be a new limit on mound visits in a nine inning game (six), as well as shortened commercial breaks and a timer on relief pitchers entering a game.

Since Rob Manfred took over as Commissioner in 2013, pace of play has become the most pressing issue to the game of baseball, as many factors have led to slower, tedious games. Faster games like basketball and football have surged in popularity over the last decade over baseball, and the slower speed of baseball is a contributing factor.

The length of baseball games has become more of an issue than ever before.

According to Sports Illustrated, as of the end of the 2017 season, games reached an average record high of three hours and five minutes, a five minute increase from last season. MLB officials have speculated that instant replay may have a large factor in the longer games.

Since instant replay was fully implemented, the quantity and length of time for reviews has practically left baseball at a standstill, scrambling for ways to compensate and compete with the other major sports.

Despite this, instant replays and umpire reviews actually decreased during the 2017 season.

The biggest question heading into this season was whether Manfred would initiate a pitch clock, limiting the amount of time in between pitches that a pitcher is allotted, similar to a shot clock in basketball.

In the minor leagues, the pitch clock is utilized, leading many to believe that it

would soon follow in the big leagues.

This will not be the case.

The Major League Baseball Players Association, a union that upholds the rights of the players, disagreed with the MLB on the original plan of a pitch clock, arguing over how many seconds between pitches there should be.

In January, it seemed likely the pitch clock idea would go through, until the MLBPA officially rejected the proposal. Eventually, new pace of play proposals were created in order to satisfy both sides. In return for the MLBPA accepting new pace of play rules, the pitch clock idea would be abandoned.

Manfred officially announced this deal in February to be enacted for the upcoming 2018 season.

The mound visit rule will be the most impactful change, where only six visits to the pitcher are allowed, both for players and coaches. Extra-inning games will allot one extra mound visit each.

Normally, catchers could approach the mound with no restrictions, often bringing the contest to a snail's pace. With the limit, catchers will need to strategically determine when visiting the mound is most important. This could have a major impact on late-inning situations and close games, directly affecting how the pitcher can escape a dangerous situation.

Along with the mound visit cap, commercial breaks will now have a new protocol to follow. For local games, breaks will now be shortened to 2:05, with a 20 second increase for nationally televised games and a 50 second increase during playoff games.

Also, the batter's box rule will remain in effect from last year, in which a hitter cannot fully step out of the batter's box between



Photo Credit: newsday.com
Commissioner Rob Manfred (above) introduced new guidelines and regulations in an effort to speed up gameplay.

pitches.

Tony Clark, president of the MLBPA, issued a statement on the agreement.

"Players were involved in the pace-of-game discussion from Day One, and are committed to playing a crisp and exciting brand of baseball for the fans, but they remain concerned about rule changes that could alter the outcome of games and the fabric of the game itself."

Whether or not a pitch clock will eventually be installed, a number of players voice their opinions on the idea.

Indians relief pitcher Andrew Miller said of the pitch clock, "A lot of players, myself included, are not fans of the pitch clock. This

isn't something we're trying to pick a fight on. It's more just how you get there."

Red Sox pitcher Chris Sale, however, seemed to approve of a pitch clock.

"I don't think players want to be there for three and a half hours, fans don't want to be there for three and a half hours and umpires don't want to be there for three and a half hours... I'm a fan of it, but I don't speak for everybody on that."

In all, with baseball falling behind the more captivating sports like football and basketball, Commissioner Manfred certainly has his work cut out for him. Only time can tell if these new pace of play rules will work properly this season.

Giants, Jets in Prime Position to Select Franchise Quarterbacks

Both Teams Will Have Back-to-Back Selections in 2018 NFL Draft

BY: ERIC RANSOM

In a twist of fate, the Giants and Jets will be in prime position to select franchise quarterbacks – right next to each other.

The Giants, coming off a miserable 3-13 season, will be selecting 2nd overall behind the Browns, poised to possibly move on from the Eli Manning era.

After a trade with the Indianapolis Colts, The New York Jets traded their 6th overall pick in this year's upcoming draft, as well as a few second round selections, in exchange for the 3rd overall pick – right after the Giants.

They even tried to land the 1st overall pick in a trade with the Browns, but had to settle with plan B.

Not only will both be battling for best pick, but five quarterbacks will be up for grabs, and both teams are in dire need of their services.

Among these five quarterbacks could be one or two possible franchise caliber players donned in New York uniforms next year. The big question that remains, though, is who the Giants and Jets fancy – and who the Giants may steal from Gang Green.

Names like USC QB Sam Darnold, a player who has been speculated to be a top pick for months, could be the most popular

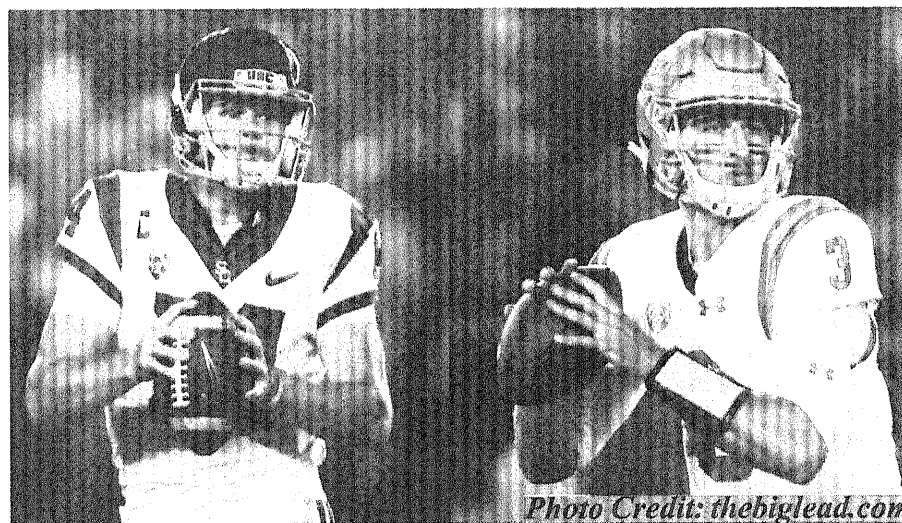


Photo Credit: thebiglead.com
This year's quarterback class will be one of the strongest in the last decade.

option for both Big Blue and Gang Green, and even first overall to the Browns.

Darnold, a sophomore, has been touted as a somewhat risky selection, as his short tenure as a player has left scouts hesitant on instilling full trust in his abilities.

Along with Darnold, UCLA QB Josh Rosen has drawn a lot of attention, gathering comparisons to Packers QB Aaron Rodgers.

In fact, Rodgers, a Cal-Berkeley alum, has publicly praised Rosen.

"Josh, he's got the total package. He throws it really well, he moves well enough - He's [a] heady, smart, gamer," said Rodgers.

Other quarterbacks like Oklahoma's Baker Mayfield, Wyoming's Josh Allen and Louisville's Lamar

Jackson are options as well. Jackson, the 2016 Heisman trophy winner, is projected by some scouts to fit better as a wide receiver.

A quarterback like Mayfield, who won the Heisman trophy this year, has possibly the strongest pedigree, appearing in three bowl games and winning only the Sugar Bowl in 2017. His on the field antics and wild nature may hurt his stock, especially in the New York limelight.

Although the Giants will be in the hunt for one of these coveted gunslingers, the

recent trade of pass rusher Jason Pierre-Paul to Tampa Bay may lead them elsewhere on draft night.

With a hole now on the defensive line, the Giants may inquire about NC State lineman Bradley Chubb, a 6'4" defensive end with a 4.65 40-yard dash time.

Most recent mock drafts have been steering the Giants away from Darnold for Chubb, with Darnold going to the Browns at number one overall, and Rosen heading to the Jets.

Nonetheless, both the Jets and Giants have watched Darnold and Rosen with great intrigue. Where the Giants pick may not be a given, it is a sure fire bet the Jets will pick the best quarterback available.

The Jets missed out this offseason on free agent quarterbacks like Kirk Cousins, Case Keenum and, briefly, Drew Brees, only to settle on bringing back Josh McCown, and sign the oft-injured Teddy Bridgewater from the Vikings.

Bridgewater is a low-risk, high-reward option for the Jets, after once leading the Vikings to an 11-5 record and a playoff berth in 2015, before injuries halted his 2016 and 2017 seasons.

The NFL draft will take place from April 26-28 at AT&T Stadium in Arlington, Texas at 8:00pm.