

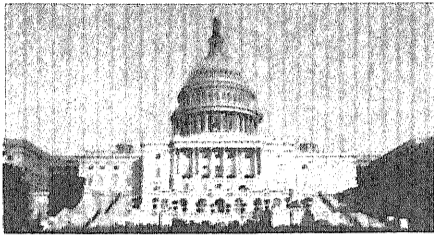
THE BANNER

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Celebrating Black History Month with Author and Activist Darnell L. Moore

Darnell L. Moore Discusses the Black and LGBT Community with CSI Students

BY: ANES AHMED

In commemoration of Black History Month, a series of events have been organized by the campus departments to celebrate the rich history and identity of black communities.

On February 7th, 2019, the College of Staten Island invited the activist and author Darnell L. Moore to speak and engage with the full crowd of students and faculty about the contemporary struggles of the black and LGBT culture.

Reading segments from his newly published title, "No Ashes in the Fire: Coming of Age Black and Free in America," Moore recalls the memories and experiences of when he first came to terms with his sexuality and circumstance.

Being raised in Camden, New Jersey, the environment and streets that Moore



Photo Credit: Darnellmoore.com

grew up in were laced in poverty, violence, and corruption.

Having a strong and loving mother that supported his decisions at an early, Moore was able to exhibit himself much more openly. In a personal and intimate section read by Moore from his book,

Moore discusses the first moment he truly discovered himself.

An excerpt from his book states: "During my late adolescence, never once did a doctor ask me, while administering an HIV test, if I experienced love or re-
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African Fashion Show Shows off Brands of Fellow Minority Students at CSI

UAS in the USA Club Hosts 3rd Annual "Fresh Off the Boat" African Fashion Show

BY: VICTORIA IFATUSIN

About 100 people attended the African Fashion Show at the Springer Concert Hall located in the Center for the Arts at CSI on February 15th at 7:00 PM.

The United African Students in the United States of America club was founded in 2013, by Dr. Kwame, with the hopes "to empower African students to achieve full academic potential and extracurricular activities and elevate self-esteem, qualities needed to succeed," as mentioned in their current constitution.

The club has made this their objective, even as other members decided to occupy the power as former presidents either graduated or offered the position to such members due to their dedication.

Through various meetings held, the club looks for new ways to "organize and participate in events on campus and with other CUNY colleges, in the city, which promote cultural values," as stated in their constitution.

Thus, they have been able to come up with the "Fresh Off the Boat" African Fashion Show, which stimulates the African culture through the presentation of clothing, spoken word, musical and dance performances.

This year, current President James Henry, the first Caribbean President to oversee the African club, continued the legacy by presenting the brands of minority students who attend CSI.

"For my future members in the room," the President said shortly ending his speech. "You don't have to be African to be a part of the club. Even if you know or think you know everything there is about African culture, we're willing to teach. But I want everyone to come with an open mind willing to learn."

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The Pre-Law Club Raises the Bar

Macaulay Student Brings Pre-Law Club to CSI

BY: RUBEN SIBRI

Maxwell Velikodny's interest and passion for law and politics are the driving forces behind his goals and dreams.

Maxwell founded the pre-law Club at CSI, in an attempt to find like minded peers and make up for the lack of representation the school has for pre-law students. The club brings in speakers to edu-

cate and discuss a wide variety of subjects with students.

Here students are provided context and a base for a subject, while the members express their perspective on the manner at hand. Maxwell encourages those with no prior experience to join.

As president he tries to guide the conversation and gives concepts to talk about

but without feeling like he's giving a lecture. Members are welcome to jump in and speak their mind and they do.

"I love the back and forth," Maxwell says about the style of the club. It's been quite a learning experience for Maxwell. Recently he had to study up on and put together a presentation on business law, a subject he didn't have a lot of experience with, and although it proved to be a challenge it was one he enjoyed.

"I felt accomplished...it makes me feel like I made a difference," ultimately Maxwell expresses pride in his contribution in bringing a platform that encourages discussion for those interested in pre-law in the CSI community. Maxwell was able to get the club up and running only 2 months after starting college last semester.

"My life dream has always been becoming a part of the Supreme Court of the United States because I always wanted to make a positive difference in the world," Maxwell has an unmatched confidence in achieving his goals. He finds the uniqueness of the law comes from how intricate

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BANNER POLITICS

Why Did The Government Shutdown?

The Real Reasons Behind the Longest Shutdown in American History

BY: MAXWELL VELIKODNY

The United States Federal Government shutdown started midnight EST on December 22, 2018, until January 25, 2019, and has been dubbed the longest shutdown in American History. How could this have happened?

Some believe it was because of the Republicans' wish to fund the border wall, while others think it was due to the Democrats' insistence on an immigration deal. The situation, however, is much more complicated, which is why it is difficult to blame a single party.

One of the main reasons the government shut down was because of the divisive issue of funding the southern border. Republicans wanted at least \$5.7 billion to pay for a wall, which most Democrats were staunchly against.

In September, President Trump announced he would end Deferred Action for Childhood Arrivals program (DACA). DACA is a federal government program that allows illegal immigrant children to stay in the US and holds off on deportation hearings.

Democrats quickly acted to find a compromise, but it was to no avail. Democrats are now trying to leverage their voting power in the border wall funding for immigration reform.

Long-term budget reform has also been long overdue. The fiscal year began on October 1, but no legislation was passed to create a full-year budget for each federal department. Instead, legislators have been relying on a series of "stopgap spending

ills known as continuing resolutions," according to The Atlantic.

"The [budget] caps deal is very, very close and I think Dems are holding out on the [budget] caps deal because of the DACA negotiations," said Former House Speaker Paul Ryan.

Because there is no clear set budget for each department, Republicans and Democrats have been fighting over the proportions for defense spending and domestic spending.

Republicans known as defense hawks want more defense spending. When they attempted to attach a full-year spending bill to a stopgap bill, Republicans rejected it "on the grounds it would be too easy for Democrat Senators to reject," as reported by The Atlantic.

Republican's rejection of the full-year spending bill caused a split in the Republican party which prevented a united front in the shutdown fight. "When four Republican senators refused to vote for a 30-day continuing resolution, [it undermined] the party's effort to pin blame for a shutdown solely on Democrats," mentioned BBC News.

The Child Health Insurance Program (CHIP) is another program that needs to be reauthorized but has simply been extended for another six months. Democrats want to reauthorize CHIP but have shown more interest in immigration reform.

Lastly, Trump's unpredictability and lack of clarity when it comes to his stances and plans have also made it difficult for his party to come up with a solution. If Trump

Photo Credit: Offsite.com.cy



The U.S. government recently went through the longest shutdown in American history and has been temporarily reopened.

were clearer, creating a strategy would be easier for Republicans.

All of these tensions have caused more disagreements and less compromise.

The eventual shutdown of the government boils down to the disagreement between parties on budgeting, immigration reform, fiscal spending, reauthorization of CHIP, and Trump's unpredictability.

On January 25, 2019, Republicans and Democrats decided to reopen the government and discuss compromises for these issues. If no agreements were to be reached by February 15, 2019, the government would inevitably shut down again.

On February 15, 2019, the last day the government was to be left open before the next shut down, an agreement was made between Democrats and Republicans. The Washington Post reports, "Congress

agreed to \$1.375 billion for 55 miles of new fencing along the border — and included provisions that might eventually limit the administration's ability to enforce its immigration policies."

For President Trump, this was a defeat because he was offered more in December without any provisions attached. He was also blamed for the government shutdown and lost a lot of credibility.

President Trump recently declared a national emergency at the southern border to attain additional funds to build the border wall. Trump has received a lot of backlash for this declaration, and many people and states are now taking legal action.

Trump knows he will get a bad ruling but hopes to appeal it at the U.S Supreme Court and get a better decision.

Venezuela, A State With Two Presidents

Maduro's Wave of Chaos

BY: VALERIE GONZALEZ

To understand the current chaos in Venezuela, we need to go back to 2013 when Nicolas Maduro was elected to the presidency after the death of Hugo Chavez, who served as president for 14 years.

The election of 2013 were shocking, as this was the first time that a candidate won by fewer than 2% of votes. Maduro was the Vice President of the previous campaign and his opposing candidate, Enrique Capriles, claimed that the elections were manipulated by the power he held within Chavez's government.

What the people didn't know was that Maduro wouldn't follow Chavez's policies and rules. Instead, he would destroy the socialist system already built and execute his own.

Later that year and in early 2014, Venezuelan students came out to attract global attention to the economic problems the country has suffered since Maduro's election. While CNN recorded the protest, Maduro revoked press credentials to all CNN journalists and denied them from entering the country.

In 2016 Maduro declared a constitutional state of emergency, followed by the intervention of the U.S. Department of the Treasury's Office of Foreign Assets Control (OFAC). OFAC acknowledged that

the Maduro administration has affected the country in many ways and the freedoms of the Venezuelan people have been assaulted.

By the time 2018 came along, Venezuela suffered an economic and humanitarian

crisis for 5 years. Maduro's response is that the situation is merely a "fabrication," blaming the United States and other Latin American countries for the media attention.

has skyrocketed to 50% more than last year's rate. Unable to subsidize his country, Maduro decided to print more money and increase inflation to the point where there's a scarcity of food, loss of basic consumer goods, violence, and suffering



Venezuela's National Assembly Head, Juan Guaido, during a mass opposition rally in Caracas on January 23rd, 2019

of innocent people. More than three million Venezuelans have left the country since 2015, according to The Washington Post. This led Maduro to close up all borders and deny U.S. humanitarian aid.

This keeps Venezuelans with no hope for a better future, and makes further investigation into the country a challenge. "Venezuela will not allow the show-off..

Under Maduro's leadership, inflation

humanitarian aid because we do not beg from anyone," said Maduro to reporters at a recent press conference.

But the conflict doesn't end there. The citizens of Venezuela are tired of living in poverty and asking for help; other politicians are standing up to the crisis.

On January 23rd, the leader of the legislature, Juan Guaido, assumed the power of President after Maduro's re-election wasn't recognized by Venezuela's opposition-controlled National Assembly.

Shortly after, U.S. President Trump stated his support for Guaido. "Today, I am officially recognizing the President of the Venezuelan National Assembly, Juan Guaido, as the Interim President of Venezuela. In its role as the only legitimate branch of government duly elected by the Venezuelan people, the National Assembly invoked the country's constitution to declare Nicolas Maduro illegitimate, and the office of the presidency therefore vacant."

On January 10th, Maduro's term ended and the country found itself in a chaotic transition of power where Guaido claimed the presidency.

What's next? Guaido and Maduro are fighting to gain power of the country. The future of the country's citizens, oil reserves, and international relations lie in this fragile leadership.

"Celebrating Black History Month" Continued from Front Page

-jection, connection or estrangement. It didn't matter that Billy was beautiful and kind...Humans feel, but subjects report."

From his first sexual experience with a man at a young age, to revealing to his mother about his identity, Moore's stories and anecdotes are a prime example and journey of the trials of an African Amer-

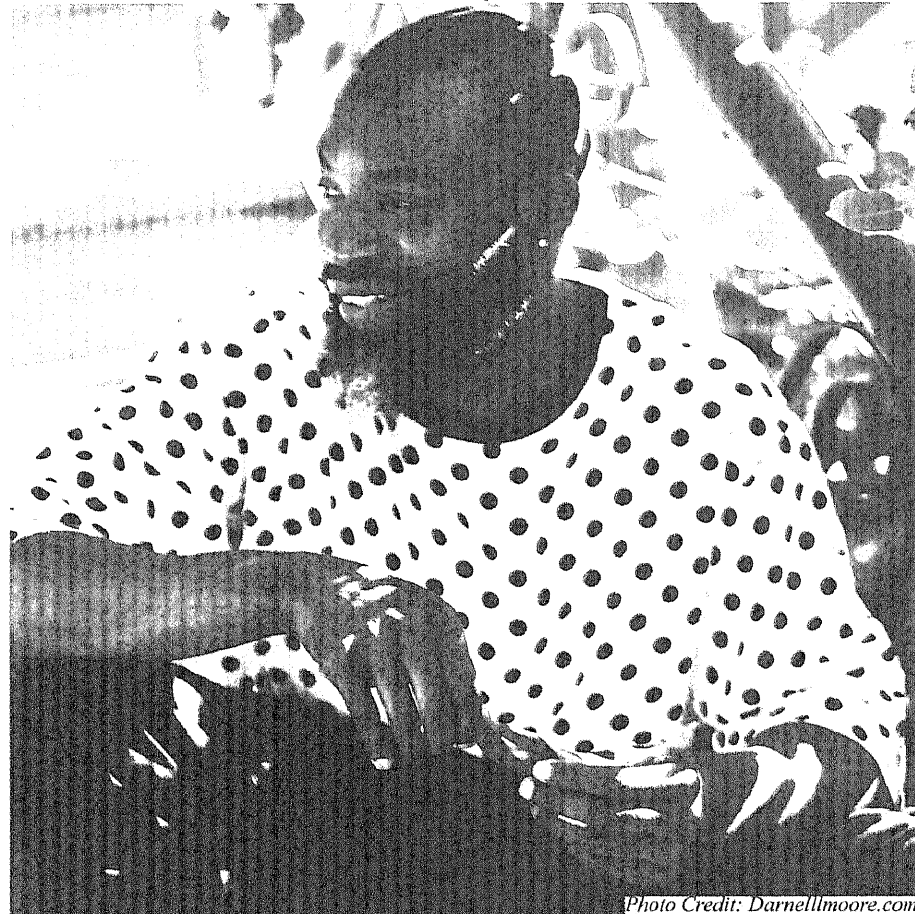


Photo Credit: Darnellmoore.com
Darnell Moore is an author, activist, auteur that recently released his new memoir, No Ashes in the Fire.

ican coming to terms with himself and society.

That same society in which sets expectations to people of all colors, creeds and faiths. The same one that when Moore was fourteen years old, it allowed three boys from Moore's neighborhood pour gasoline on him and attempt to light him on fire due to his identity.

Barely surviving, that event served to push Moore to advocate for justice and

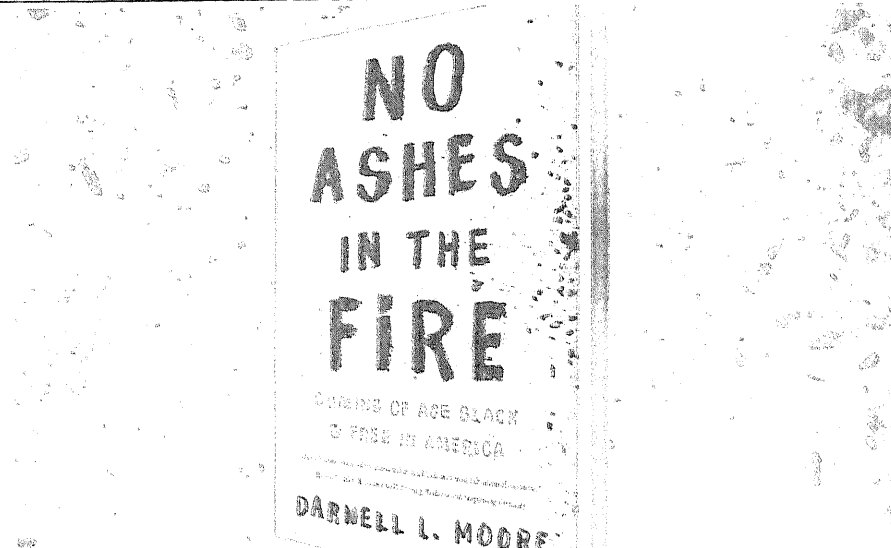


Photo Credit: Adavidjohnson.com

liberation through the telling of his experiences and learnings.

Today, Darnell Moore is currently is Head of Strategy and Programs at Breakthrough US, the former Editor-at-Large at CASSIUS, and a senior editor and correspondent at Mic. He is co-managing editor at The Feminist Wire and an editor of The Feminist Wire Books from the U. of Arizona Press.

He is also a writer-in-residence at the Center on African American Religion, Sexual Politics, and Social Justice at Columbia University.

Quoting from Moore's memoir: "No more ashes. No more fires. Only love. And the unbridled urgency to build a world where the edges are imagined as the starting place for black liberation now and always."

Moore told the present students at the reading that it is essential for the

acknowledgement of self-love and the spread understanding.

Throughout the discussion with the attendees of the event, students expressed and questioned the themes of sexuality, family/friends, and the black experience.

Students recounted their own personal experiences and coming to terms with themselves and their origins, and how they should navigate their backgrounds to empower themselves.

Throughout the entire event, Darnell Moore exposed students to his intricate and developed perspective of both being a queer African American man in America and coming to terms with that identity.

More events in relation to Black History Month will be occurring throughout February and will be posted on the college's website.



Photo Credit: Maxwell Velikodny

Maxwell participating in a mock trial in high school.

ference. Maxwell has big plans coming for next semester. Along with the club's Vice President John Como, Treasurer, Gabriell Kleydman, Rebecca Del Vecchio, Secretary and Allan D khaimov, Council Representative, Maxwell is committed to hitting some strides with the club.

Due to the club being formed in short notice he wasn't able to do much pre planning. However, he assures that once

summer comes he'll work on making a plan for the following that'll surely increase the success of the rising club.

Every other Tuesday from 2:30 - 4:15 the club is open to anyone who and everyone. From talking to those who practice law in the local area to slowing it down a bit and watching "12 angry Men" the pre-law club has rejuvenated what might have seemed like a lost passion at CSI.

"Pre-Law Club" Continued from Front Page

and vast it can be, something that might drive others away, but not him.

He aspires to get into Harvard Law and become a DA, corporate attorney or a judge afterwards. Although that's some time away the pre-law club helps himself and those in it discuss, learn and strategize about the law now.

With the help with of his Macaulay advisor and club secretary, Rebecca Del Vecchio, Maxwell was introduced to Michael Paris.

While some might be unfamiliar with Professor Paris, Maxwell certainly wasn't. He'd been trying to find a way

to meet the pre-law advisor and jumped at the opportunity to do it. The following week Professor Paris was on board.

Having previously advised the old pre-law club he was excited to get this club off the ground.

Maxwell is a student who is all in with his interests and hopes other students in the CSI community can do the same. His message to any student interested in joining or starting a club is to just do it.

Clubs are an essential part of CSI, they provide engaging and growing sub communities in the college. Which is why starting one was perfect for Maxwell who's eager to split his time being involved in CSI and helping make a dif-

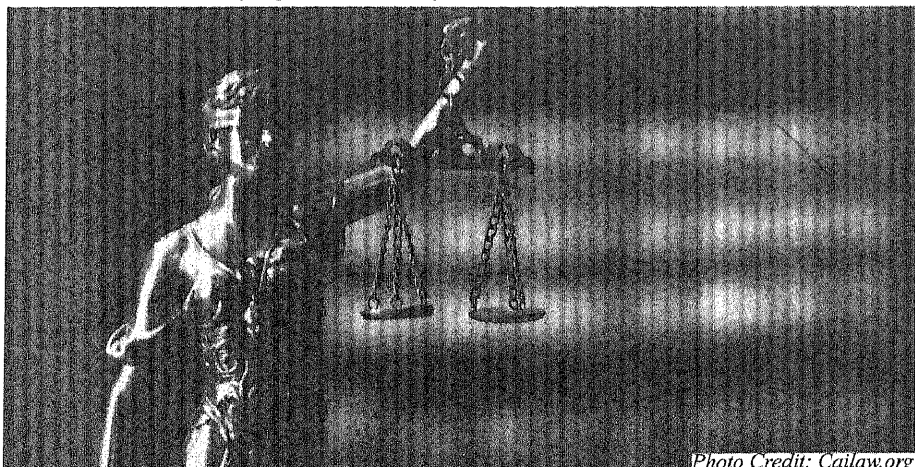


Photo Credit: Cailaw.org

"African Fashion Show" Continued from Front Page

FRESH OFF THE BOAT

brought to you by

The United African Students in the USA

Photo Credit: Facebook.com

Models found themselves scurrying back and forth backstage, as they prepared themselves for the show to start.

The event started off with the hosting of Steven Ojo, a fellow Nigerian who made it clear that he did not attend the college in various jokes.

"Staten Island is not a borough," Ojo said when describing the strenuous journey he had when coming to CSI. "It is a country. No one knows where it is."

Thus, the show began.

The lights suddenly dimmed, and the DJ began playing Afrobeats. Displayed before the audience were male and female models who were going to be presenting the brands.

These models were also students of UAS in the USA. A few of these students included Hawa C., Matilda J., Tammy M., Olajepu O., Tyra P., Kera T., Adofolarin J., Michael K., Tosin A., Cyril., Dovench P., Emmanuel A., Chukwurad U., and so on.

Majority of the students have been in the African club since they began studying at CSI. Others recently joined as Freshman or Senior.

The show consisted of the presentation of the works of African people and people of minority groups through spoken word, dance, and music.

For example, Michael K., a model and a student at CSI read poems to the audience that discussed his internal battles with himself and how it has defined him today.

Kera T., another model and student also read her work out loud, but focused on the political situation of today. Her work was directed at the government that is in current power, explaining artistically the need to remove gun violence for the protection of people instead of "building a wall" to protect those who are already at risk.

The poet and student, Wale, also presented his work describing the pride of

being African and the need to embrace in it difficult times.

Dances were also included, as students the UAS in the USA club had their own dance group, Afrique Static, that was formed to give viewers a sense of African dances. The woman's dance group - which consisted of about ten women - started first, and shortly after, the man's dance group - which consisted of three men - danced shortly after.

As the constitution said, the club is also focused on the collaboration with other CUNY colleges. Thus, Mistik Motion, a dance crew from Hunter College, presented an African dance in a school setting as they were dressed in school uniforms.

Up and coming artists also sang and rapped at the event, such as Emmanuel Mensah, Stephen and Day, EP, and Tony Ade.

Although, the musician that took the audience by a storm was Connell, a Cau-

casian Saxophone performer who played to diverse songs from Trip by Ella Mai to On the Low by Burma Boy. Audience members couldn't help but get up out of their seat to the front of the stage where he was playing and dance as he played.

Of course, the event majorly consisted of the showcasing of various brands that were owned by fellow students of CSI - most of whom were of African descent or were minorities. Some of these included brands like Oddattire, Stillski Apparel, Reyjaiteh, Tai's Wardrobe and so on.

TRAP Apparel also was presented by CSI's student, Ogoegbunem Agbasionwe, a Business major who plans on graduating at the end of the 2019 spring semester.

"Take Risks and Prosper," said the upcoming entrepreneur. "It's a message that we're trying to send out to our peers to continue to learn, grow and get out of their comfort zone."

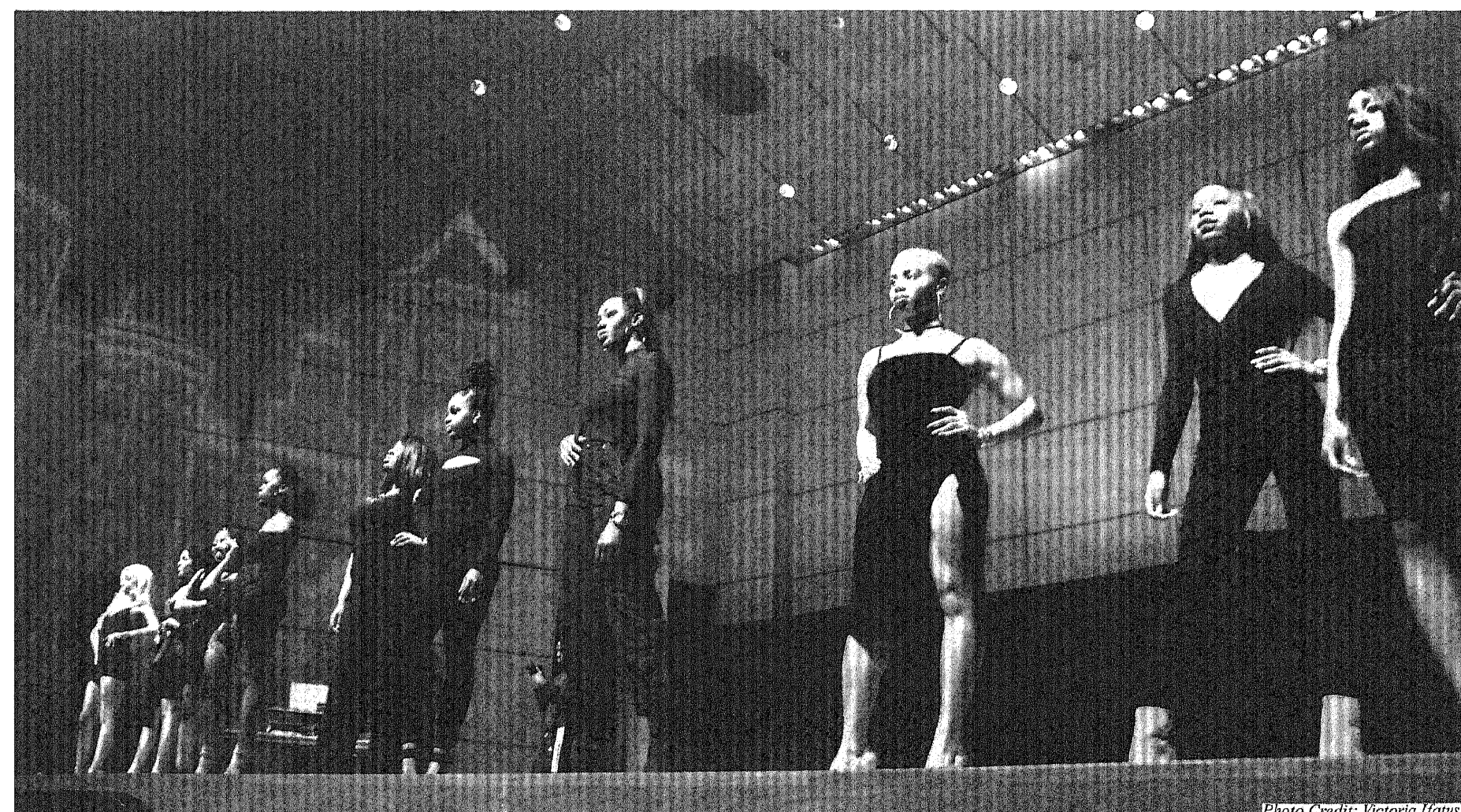


Photo Credit: Victoria Ifatusin

UAS in the USA's "Fresh Off the Boat" African Fashion Show was a success.

LIFESTYLES

Fashion Is Everywhere and We All Rock It

Checking Out Excellent Street Fashion Choices

BY: PHILIP SANZONE

Fashion week in New York rolled out some amazing and eccentric new designs. These outfits were some that people would like to wear, while others think that it would be a completely crazy thing to do.

But on the streets, one photo of a woman with dirty blond hair, a smirk rising up, was looking passed her left shoulder. With a confident but slumped posture, a big trench coat colored in red brown soft pastels hung over her frame.

Another wore a rich pink brown pastel colored business jacket and pants. To accompany it was a mini satchel with orange brown pastel colors on it with a big belt loop in front.

And the cherry on top was that she was wearing red and white sneakers. She was standing in the middle of a cracked and worn street with the background blurred just right for added effect. It was just enough focus that combined the street and model in a perfect composition. It gave off the vibe of a hipster, stoner, and also a business-type flare.

This is just a taste of what the show dabbles into. The fashion choices of the attendees that came to the show for fashion week, took the time to enjoy the fashion that is all around us.

With each sight of a new design, old and modern aesthetics were in the mix to create a unique yet workable clothing attire. Using a mix of different colors, many

shades of one color were used in a variety of ways.

However, some choices of fashion were a little too much of a stretch. Even if the fashion is almost completely bland, it has somehow managed to make itself



Photo Credit: Fashionista.com
A showgoer joining in on the show's incredible style.

look like the 70's butting heads with The Jetsons.

It is definitely a marvel to look at all the failed and loved fashion choices, some of which I would actually wear. These were some of the amazing styles from the

streets of New York.

With that said, they do some wacky things in order to change up the dynamic of the clothing choice. For example, one lady is wearing a normal black suit with a white undershirt and marble-printed tie.

However, the unusual thing is they are wearing white sneakers, clearly made for running or jogging, and is accompanied by a black fur coat bag. Some of these styles are all over the place. It is amazing seeing the idea's clashing within the fashion show and even outside on the streets.

There is even a more fantastical, almost cowboy/girl type of design one lady is wearing. Decked out in black, she is wearing biker-like boots and a formal jacket.

Also, using a seat belt from the looks of it, it is being used as a belt right above the waist. There is a strength behind these clothing choices. It screams that this design should not work, but the way it was executed and the choice in uniting the color pallet brought it together nicely.

In the streets and everywhere around us is a chance to let out our fashionista out. Not just that, but using everyday clothing in your own unique way expresses to the real you.

But sometimes people just need that extra push to go all out and bust a few moves. Luckily fashion week is just the right place for that.

LIFESTYLES

Wake Up and Dance!

Why People are Going to Sober Morning Raves Before Work

BY: GABRIELL KLEYDMAN

Here is something called Daybreaker. A combination of wellness, dance and community. Daybreaker is a morning wake-up call going on all around the world.

Beginning with a hour-long yoga session at 6am and ending with a two-hour dance rave from 7-9am, everybody involved is able to let themselves loose before getting on with their days.

It all started five years ago in October of 2013 at a club in Williamsburg, where everyone was frustrated over rude bouncers, drunken idiots, and absolutely nobody

dancing.

After being annoyed from the copious amounts of alcohol and drugs dominating the social scene in New York City, Radha Agrawal, the so called "brainchild" of Daybreaker, had enough of it.

Two months later, the first Daybreaker occurred in a basement lounge in Union Square with around 180 participants. The reviews were outstanding.

A year later, it expanded to the West Coast. After another two, they had 350,000 participants spanning over the course of twenty five cities and beyond

Agrawal's goal is not for the partic-

ipants to escape from themselves, but to find themselves. Agrawal wants them to feel as if they are at home.

This so-called sense of 'home' allows complete strangers to let themselves loose as the vibrant jumble of DJ's, and live bands uplift the participants.

Another big goal of hers is to let people get away from the mindset that in order to have fun, they have to be either drunk or on drugs. With Daybreaker, that is not the case.

There are calming aromatherapy scents like eucalyptus and lavender placed around the room along with a glitter station that the participants can use to quite literally shine.

For whoever needs a break, every Daybreaker has a concession stand towards the back with a wide assortment of drinks and small bites such as kombucha, tea, water and fruit.

There is another high that the folks participating in this can be on. There is such a thing called a natural high, and in Agrawal's case, she calls it D.O.S.E.

D.O.S.E stands for dopamine, oxytocin, serotonin, and endorphin. These four chemicals are naturally occurring chemicals in your body that are produced when you feel good!

From replacing bouncers with people who hug each and every participant upon entry, to the sense of gratitude felt from everybody around, and the extensive workout from yoga and dancing, those four chemicals are all felt towards the end of the three hours. In one way or another, it is like a runner's high going on for a few hours.

For many recurring participants, it is more or less like their form of medicine. These people are able to return to their authentic selves every single month.

This community brings about a demographic that spans from kids to adults. "It's people of all shapes and sizes, and it makes my heart soar," says Agrawal.

The energy at these events are so unique from anything else. It is clear, pure, and eye-opening; everyone should show up as Agrawal says, with a beginner's mind to try something new.

If someone goes in with the mindset that they are ready to have the time of their lives dressed up as whatever the theme entails, then they will have the time of their lives.

It is something completely out of this world. It is totally worth the early wake-up call.



Photo Credit: Eventbrite.com
Participants dancing during the dance rave at a Daybreaker.

Breakfast Boosted Way For The Day

Benefits Are Benefits Nonetheless

BY: PHILIP SANZONE

Breakfast is a meal that can help in many ways, and yes—it's not the most important. But it definitely serves a purpose, and who's to say breakfast is always in the morning?

It definitely is the first meal of the day, it is just a matter of what time the person decides to wake up and start their day. It is important to know that the benefits of a healthy breakfast has been linked to weight loss and helping to rejuvenate the mind and body.

Having a decent enough breakfast will also in some cases keep grumbles locked up and snacking down. Also, to help back up the weight loss theory is research that observed that people who ate breakfast on average were thinner than people who didn't.

In addition, it has been proven that eating a large breakfast increases food intake throughout the day. Making sure there is a balance and knowing one's body is key to figuring out how much caloric intake is needed to begin the day.

Current findings connect breakfast to a healthy heart, which the Journal of the American College of Cardiology reported in 2017, explaining how passing up breakfast can lead to atherosclerosis. This is when the arteries close and tense up as a result of plaque build-up.

On top of that, people who skip breakfast have been noted to have a heavier waistlines, elevated blood pressures, and cholesterol. Overall, breakfast is important for health and our mental strength.

By eating the right things in the beginning of the day, it can also help in the stabilization of our moods. Also, it can help with combating crankiness, drowsiness, and sudden mood changes.

From personal experience, eating things like bacon and eggs with fruits gives a perk to mental wellness and keeps overeating at bay throughout the day.

Be sure to eat a good breakfast and also be prepared to have a snack just in case. Letting your stomach grumble for a long periods of time leads to a slow-down of the metabolism.

This actually causes weight gain since the amount your eating takes longer to process in the body. Eating what the body needs is important, because nutrients and calories give the body its basal metabolic rate (BMR). This is defined as the basic caloric intake needed to just survive and function.

Altogether, just waking up and eating breakfast can help restart the brain and body to function for the day. By using up calories in order to get moving into gear and to have as a compensation for energy that is used up, it can help to have a more balanced mood and functionality in the

Photo Credit: Thedeprepper.com



The right kind of breakfast can jump start any day.

Paleo: Returning to the Basics

Maybe Simple Isn't So Bad?

BY: MARK DEUTSCH

In the modern culinary world and for those seeking to lose weight, there are numerous diets out there to choose from. But some nutritionists have devised a diet that's centered on the eating habits of our ancestors from long ago.

This regimen is aptly called the Paleo diet since it's based on archaic eating habits.

Now the premise of the Paleo diet is that only foods that could be gained through hunting or gathering should be eaten.

This pertains to meat, fish, and produce that can be gained by mobile human tribes. This diet excludes food that's produced from farms, such as dairy products and grains while some would remove legumes as well.

The reasoning behind this health plan according to different experts is that back in ancient times people seemed to eat better.

They discovered that the absence of sugar and sodium in their diets was a contributing factor to their healthy diet lifestyle. Now onto some of the strange reasoning about the ban on agricultural produced foods, such as grains and dairy products.

Here's the basic outline of why these

foods are excluded from the diet itself, according to their logic.

The study done on human cavemen has hypothesized that problems arose when tribes adopted agriculture based lifestyles. This means that the production of dairy and grain products was when problems arose.

As a result, a hypothesis was conjectured based on these inferences and discovered that the problem was our ability to adapt.

Apparently the human body couldn't adapt fast enough to the new foods. By returning back to the foods that were available in the past, a person can live a healthier lifestyle by eating foods of the past.

Yet there does seem to be kinks in this diet regimen when doing some research about evolution and history. For many centuries that have passed over time, everything has evolved into something different.

That means that whatever food sources cavemen ate in their time doesn't completely sync with today's modern paleo diet.

Now for some of the basic scientific counterclaims to the diet as to what's being represented as false.

Proof one is that anything organic has been constantly evolving for a long time, which means it definitely was not of the same composition as it was thousands of years ago. This could mean that the Paleo

diet is just a farce and a means to cheat people out of their money.

Yet this doesn't mean that the diet itself doesn't work, since people do lose weight and have better meal planning.

When compared with other diet plans, the paleo diet has been rather beneficial. Yet there hasn't been any information about the long term effects, although it seems that the diet is relatively safe to follow.

Now as to how to follow the diet itself will require some planning, along with the concerns about what to eat. These changes will alter your eating habits and will require some extensive modifications to your lifestyle.

The major change will be the foods

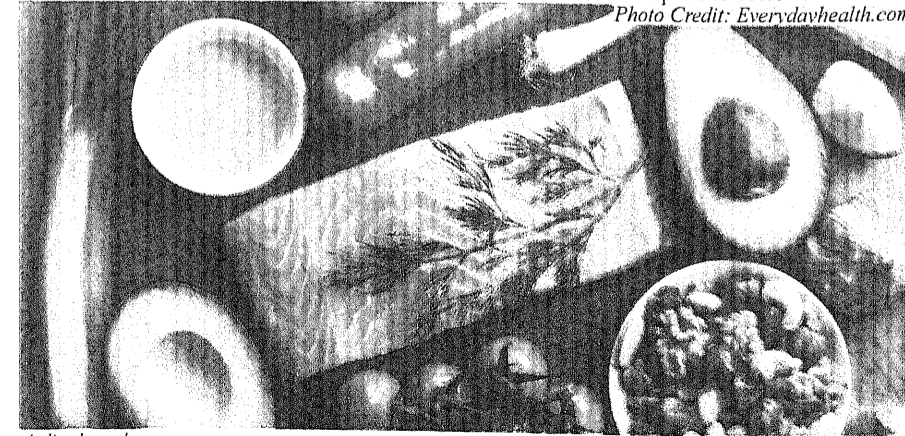


Photo Credit: Everydayhealth.com
A diet based on our ancestors.

BANNER ARTS

DC Movie Shake-up

Change of Plans for DC Movies are Coming in the Next Few Years

BY: GEORGE BURKERT

The "DC Extended Universe" has gotten off to a roller coaster start. Most of their movies with the exception of "Wonder Woman" and "Aquaman" have gotten mixed to negative reviews and have not made the box-office money Warner Brothers hoped they would make.

After "Aquaman" entertained audiences and made over \$1.1 billion dollars worldwide, Warner Brothers and DC Comics are ready to change the "DC Extended Universe" around and move away from the direction of "Man of Steel" director Zack Snyder.

The year 2019 already has "Shazam!" coming out on April 8th and "Joker" coming out October 4th, but "Joker" is rumored to be in a separate universe from the "DC Extended Universe".

Since "Wonder Woman" was the most praised movie, Warner Brothers and director Patty Jenkins have plans for more sequels. "Wonder Woman 1984" is scheduled for a 2020 release with Gal Gadot reprising her role. Jenkins already has plans for the third film and said she would like to see other DC superheroes get their own movie before having more "Justice League" movies.

Another hero who will most likely have multiple sequels is Aquaman, after the huge success of his title film. There are also talks of an "Aquaman" spinoff based off the Trench.

A major change happening is that Ben Affleck will no longer be Batman after numerous rumors the past year said he won't return.

Affleck was originally going to direct "The Batman", and produce as well as star in it, but stepped down as director and producer in early 2017 and eventually departed from the role of Batman.

Matt Reeves, director of the last two "Planet of the Apes" films, will direct "The Batman." "The Batman" is scheduled for a 2021 date with a new, younger actor currently unknown taking on the role of the caped crusader.



Gal Gadot's Wonder Woman will continue to play a huge role in the "DC Extended Universe". Photo Credit: EW.com

Another big change coming is in the "Suicide Squad" franchise. The franchise will be relaunched in 2021 with "The Suicide Squad" directed and written by James Gunn, who directed "Guardians of the Galaxy," but was fired by Disney back in 2018 for controversial tweets made years ago.

"The Suicide Squad" is set to be a relaunch with new characters, but not a reboot. Margot Robbie, who played Harley Quinn in the 2016 film "Suicide Squad,"

is set to return in the 2020 film "Birds of Prey."

"Birds of Prey" will be a female team-up movie with superheroines like Black Canary and Huntress making their first appearance on the big screen.

It will also be the first film in a trilogy focusing on Harley Quinn, with the second film being rumored to involve Gotham Sirens team, which had other female Batman villains such as Catwoman and Poison Ivy.



Henry Cavill's Superman will continue to play a huge role in the "DC Extended Universe". Photo Credit: EW.com

This second installment is being developed by "Suicide Squad" director David Ayer.

Other films announced include "The Flash" for 2021, "Green Lantern Corps" for 2020, and "Cyborg" for 2020.

However, it's looking like "Cyborg" and "Green Lantern Corps" could be pushed back with no directors or casting announcements with the exception of Ray Fisher reprising his role as Cyborg. "The Flash" is currently in pre-production and

will be directed by John Francis Daley and Jonathan Goldstein.

DC has not announced any plans for future "Justice League" movies and is seeming to focus on solo movies. "Justice League" was a box office failure in 2017, so Warner Brothers is in no rush to come out with a second one.

Also unknown is whether Henry Cavill will continue to play Superman. After rumors came out in September 2018 about Cavill leaving the role, Warner Brothers put out a statement not saying Cavill is gone, but there are currently no decisions being made for future Superman movies.

Recently, a rumor came out that Superman could make a cameo in "Shazam!", but the man of steel might not be played by Cavill. Another rumor is that Warner Brothers wants to focus on making movies about Supergirl instead of Superman.

Before Gunn agreed to direct "The Suicide Squad," he was approached to direct a sequel to "Man of Steel," but turned it down, so it could be possible that Warner Brothers does have plans for more Superman movies with Cavill, but are still looking for a new director. According to people close to Cavill, he still wants to play Superman.

DC and Warner Brothers have also talked about giving solo movies to lesser known heroes like Zatanna and Blue Beetle, but no directors or casting decisions have been made so far, as they are possibly waiting to see how successful "Shazam!" could be.

With the changes and new additions being implemented, fans hope the "DC Extended Universe" can finally get on track.

The Feel Good Unconventional Romantic Comedy

Rebel Wilson Takes Lead Role Poking Fun at Romantic Comedies

BY: BROOKE PRICE

After she escapes being mugged, Natalie, a New York architect, hits her head and wakes up in a lavish apartment and a different reality. She later finds out that not only is she living in a rom com, but a PG-13 one!

Natalie, played by Rebel Wilson, must live a life in a stereotypical romantic comedy movie and have someone fall in love with her in order to escape this reality.

"Isn't It Romantic" has stereotypical TV tropes such as the gay best friend, the handsome guy who later becomes the pro-

tagonist's love interest, the sudden break out into song and dance and the typical love triangle.

The satirical movie pokes fun at the typical cheesy attributes to a normal, generally PG-13, romantic comedy, such as censorship of cursing and sexual content.

The film stars Rebel Wilson, Liam Hemsworth, Adam Devine, Priyanka Chopra and Betty Gilpin.

Liam Hemsworth plays Blake, Natalie's client and one of her love interests. Adam Devine portrays Josh, Natalie's best friend and her other love interest.

Isabella, a yoga ambassador is played by Priyanka Chopra. Betty Gilpin plays Whitney, Natalie's assistant and close friend.

Growing up, Natalie and her mother detested romantic comedies because the protagonists never looked like them. The main characters were always skinny and attractive women and there wasn't any representation of plus-sized girls. Natalie and her mother felt that since they didn't look like Julia Roberts on their television screen, that they weren't considered beautiful.

Now that Natalie lives in her own rom com movie, she can live the movie of her life and be the star.

As a producer of the film, Rebel Wilson wanted to diversify the movie to make it appeal more to modern day society. In an interview with SheKnows, Wilson discussed why she wanted to diversify the cast; "for me, it was really important to cast Priyanka as one of the co-leads. This is a modern rom-com, and the stereotypical hot chick doesn't have to be a skinny white blonde."

Rebel Wilson makes her debut in the film as a plus-sized protagonist.

Although Rebel Wilson is not the first plus sized woman to star in a romantic comedy film, she understands how representation is important and how her role can make other plus-sized women feel represented in the film industry.

The film also includes some singing and dancing numbers. Since Rebel Wilson and Adam Devine were both in the Pitch

Perfect franchise together, they were able to relive the experience.

In an interview with PopSugar, Rebel Wilson described the onscreen chemistry she has with Adam Devine, since they had worked on the Pitch Perfect movies together.

Wilson said that sometimes for scenes, her and Devine would improvise; "a lot of it was R-rated, so it gets cut out [laughter] because the movie is PG-13... But I think you can pick it up in the film because we're so natural, the way we talk to each other. We do the scene as written, but we always like to make things up too."

Although the film is hilarious in nature, it takes a slight detour to include the element of self love. This was a refreshing direction that the movie took.

"Isn't it Romantic" was filmed in New York over the summer and the dance number was filmed in Grand Central Terminal.

In an interview with SheKnows, Wilson detailed the long filming days in the New York heat; "It was 16-hour days, sometimes six days a week in the heat of the summer in New York. The conditions were brutal for someone like me who sweats all the time. I can't tell you how hot it was, and we were on real locations without a lot of air-conditioning."

"Isn't it Romantic" will brighten up your February with its comedic and satirical elements. The film was released on February 13th and will also be released on Netflix on Feb 28th.

So grab your friends or your beau and get ready to enjoy this romantic parody.



Rebel Wilson stars as Natalie in "Isn't It Romantic". Photo Credit: IMDb.com

BANNER ARTS

Breaking Down the Details of the Bizarre 21 Savage ICE Arrest

How Immigration Impacted the Music of 21 Savage

BY: UBONG EKPO

One of the most shocking and bizarre news stories to come out of the Super Bowl weekend was the arrest of rapper 21 Savage by ICE (U.S. Immigration and Customs Enforcements) officials.

It was revealed the rapper, born Shéyaa Bin Abraham-Joseph, was actually an immigrant born in the United Kingdom, who, according to ICE officials, had come to the United States in July 2005 and has been overstaying his visa since it expired in 2006.

Savage states that he came to the United States when he was around seven years old.

The reactions to this development was much of shock, as Savage had previously maintained that he was born and raised in Atlanta, Georgia, a city whose culture he had ingrained into his music and public persona.

Savage was immediately met with public outpourings of support, with many of his celebrity friends voicing concern for his freedom, such as Kendrick Lamar, Sza and collaborator on their Grammy nominated hit "Rockstar," Post Malone. Jay Z also pitched in on Savage's case, assembling and paying for a star legal team to fight on Savage's behalf.

Savage was detained just hours prior to the kickoff of Super Bowl 53 which took place in his hometown of Atlanta.

In a recent interview with ABC news, Savage stated that he wasn't even told

the specifics of his arrest. He was simply pulled over and brought into a truck and recalled one agent saying "we got Savage."

Much debate has arisen over the controversial arrest, due to the circumstances.

Many question how Savage, a superstar rapper, managed to be an illegal immigrant and still have the opportunity to amass wealth and notoriety all these years without detection.

Although it is very common for immigrants to overstay their visas undetected, not all or even really have the large profile that Savage has amassed.

Savage's case is so compelling due to the fact that he has had multiple run ins with the law over the years, including a felony drug charge in 2014, which was supposedly expunged from his records.

Some will also point to Savage's new album, which contained the song "A Lot", which was a different tone from his previous trap, gangster rap music.

Just days before his arrest, Savage performed the song on "Late Tonight with Jimmy Fallon" and added new lyrics, where he references the ongoing issue of Flint, Michigan not having a clean water supply.

He also seems to be targeting and criticizing the ICE officials handling of the illegal immigrants detained at the Mexican border.

Pictures and stories of children being separated from their families, locked up in cages and some even dying have grown



Rapper 21 Savage was recently arrested by ICE. Photo Credit: DJBooth.net

prevalent under the authority of President Trump.

The newly added song lyrics say "Been through some things so I can't imagine my kids stuck at the border / Flint still need water / People was innocent, couldn't get lawyers."

Savage's lawyers believe his changing of the song lyrics played a role in his sudden detainment, his lawyer Alex Spiro, who was provided by Jay Z, stated on Good Morning America to George Stephanopoulos, he believed Savage was "used as an example due to his celebrity."

Savage was released from the ICE detainment center on February 12th, after he was held for nine days.

In his ABC news interview, Savage

maintains that he identifies with being from Atlanta. It should be also noted that Savage filed for a U- Visa in 2017.

21 Savage's arrest put a new spotlight on the issue of immigration. In a time where we've seen our government shut down and national emergencies be declared over this issue, it definitely is monumental.

Only time will tell what will happen to 21 Savage. What we do know is the United States, specifically Atlanta, is the only home 21 Savage has truly known for the betterment of the last twenty years.

To deprive him of his status unprovoked only shows the problems within the system.

"What Men Want": Getting Inside a Man's Mind

Taraji P. Henson Searches to Understand Men and Find Love

BY: ROSEANNE CASSAR

A new romantic comedy movie has recently hit theaters for Valentine's Day.

Taraji P. Henson plays the leading role of Ali Davis. Henson gains the power to hear men's silent thoughts after drinking an herbal Hattian tea and banging her head during a bachelorette party.

"What Men Want" is a remake of the film "What Women Want," which starred Mel Gibson. In "What Women Want," Gibson's character could hear women's inner thoughts, in contrast to Henson's character in "What Men Want."

According to the Washington Post, Henson portrays "Ali Davis, a self-absorbed Atlanta sports agent who will stop at nothing to sign an NBA draft pick after she is passed over for promotion at her firm." She is very dominating since she is the only woman at the firm. She feels that she needs this extra edge to compete with the other men at the company.

Henson's character Ali Davis discovered that her main problem was that she didn't bond well with men, both in her work and personal life. After realizing that she has a definite problem with men, all of her friends that accompanied her at the bachelorette party suggest that she gets a

psychic reading from a psychic called Sister, played by Erykah Badu. Badu is also psychic in real life.

During Ali's reading with Sister, she confirms that Ali has a problem connecting with men and that she can help her over-

nis wacks Ali in the rear causing her to trip over her own feet, where she hits her forehead on the stage. Ali later wakes up in the hospital with the ability to hear men's voices.

Ali was freaked out about her new



Taraji P. Henson stars as Ali Davis in "What Men Want". Photo Credit: Empirecinema.com

come this by drinking a Hattian tea to help solve her problem. Ali drinks some of the tea but not all of it and returns to the party to continue to have fun.

Ali was so plastered by all the drinks she was downing and she and her friends decided to get up and dance the night away on the dance floor.

Then suddenly, a blown up sized pe-

sense and decided that she needed to talk to psychic Sister again because she felt that hearing men's thoughts was not helping her at all. Sister found a way to make her client understand that listening to men's thoughts could help Ali win over her male colleagues in the workplace and also help her find love as well.

After her pep talk with Sister, Ali is

able to use her ability to hear the thoughts of an attractive bartender, played by Aldis Hodge and bring him home for the night. When things got hot and heavy, her mind-reading abilities enhanced her performance in bed and she was able to satisfy her lover for the night.

She is also able to read the minds of her male co-workers, which helps her to bond with them on their level. Through reading their minds, Ali is able to see their true feelings and find out that not everyone dislikes her. Some of her co-workers respect her and want her to succeed in her career.

Her mind reading skills have taught her how to deal with others and to be conscious of other people's feelings. Ali has more self-confidence and feels good about herself.

Towards the end of the movie, Ali realizes her true potential and declares, "my self-worth is not going to come from a man's approval."

She later quits her job at the Sport Illustrators Company and creates her own corporation, making herself and two other people sports agents to continue to be competitive with her old company.

BANNER OPINIONS

Embrace Your Unoriginality

Are We Running Out of Ideas?

BY: OLIVIA FRASCA

Most people can agree that originality is the ability to think creatively and uniquely. College students are often pressured to stand out from the crowd and to think outside the box, especially when the time comes to apply for internships and jobs.

But is an idea ever completely original? Virtually every new idea is built off of pre-existing ideas. Sliced bread, antibiotics, and electric cars are just a few forms of innovation that arose out of need from society.

But by 2019 we seem to be running out of ideas. Chances are that the original idea you have in mind has been done before, many times.

The Guardian has a similar take: "For there truly is nothing new under the sun, or not entirely new, anyway. Originality does not burst from an artist's head like an alien entity, but is a subtle game of variations and transformations out of which, once in a while, comes the shudder of true artistic surprise."

Ever notice how every pop song seems to sound the same, or that most songs from a certain time period has a specific rhythm? Besides using similar chords, many artists tend to produce a popular song because it has that catchy tune that people are familiar with.

Some artists look to classic tracks to add flair to their own music. Ariana Grande's "Break Your Heart Right Back" features a sample from Diana Ross' hit song, "I'm Coming Out" from 1980. Mariah Carey's 1991 "Emotions" was also sampled on Drake's "Emotionless."

Ross and Carey's iconic tracks, though released decades earlier and known by millions, add a creative twist to these modern songs.



Recurring trends can be found in today's music, fashion, and art.

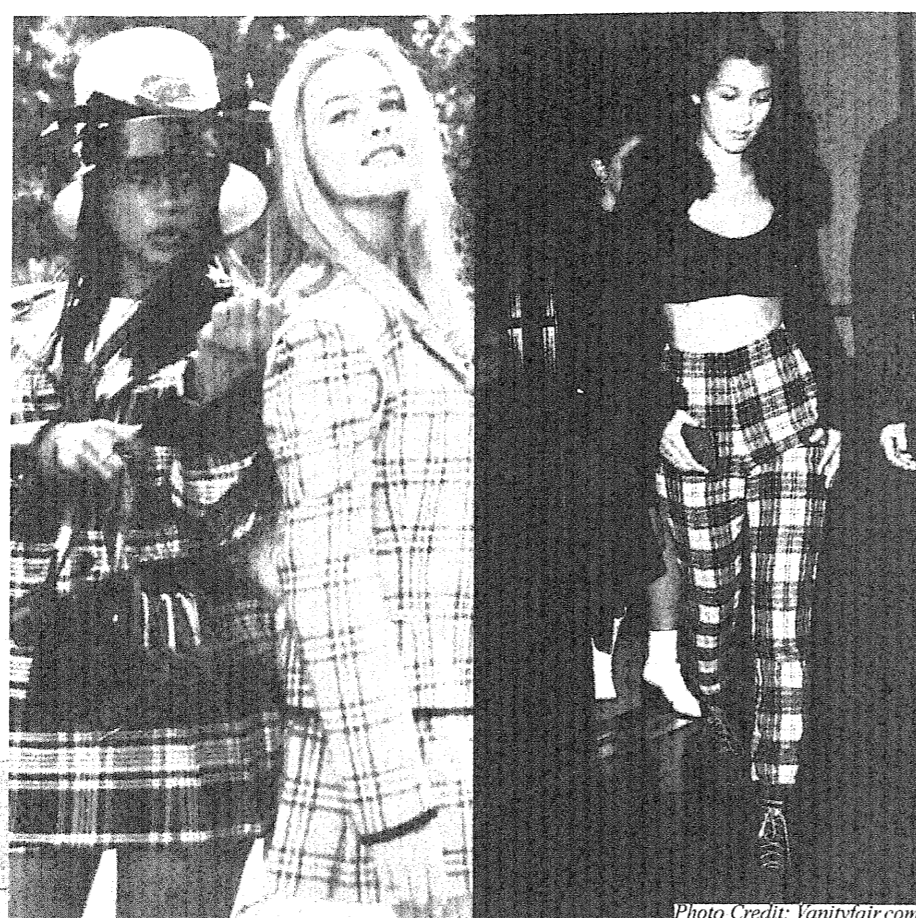


Photo Credit: Vanityfair.com

The most famous battle of copyright music is between Queen and David Bowie's "Under Pressure" and Vanilla Ice's "Ice Ice Baby." Queen and Bowie's classic features a catchy bass line that was used many years later in Ice's song.

According to Rolling Stone, although Ice paid the price for this infringement, "Some argue that isn't enough to make up for the potential credibility lost by Queen and David Bowie, who are now linked to him through a collaboration they had no choice in joining."

Designers strive to be original in fashion too. Unique outfits are most likely influenced by another era.

Denim, for example, became essential for women during World War II. Women wore overalls or high waisted jeans as a safety precaution while on the job.

70 years later and denim is a flattering addition to any outfit. Mom jeans, oversized denim jackets, scrunchies, chokers, and fanny packs are recurring fashion trends. Vintage clothing emulates an original look and is traced back to past decades.

It is hard to be original when nearly everything has been done already. This allows for appropriation to occur, which can diminish the value and intent of an artist's work.

The skateboard brand Supreme has been caught stealing artists' work, namely that of conceptual artist Barbara Kruger. Most of Kruger's 1980s art featured white Futura Bold font letters inside a red box, just like Supreme's famous logo.

"However, Kruger's work also explicitly and implicitly questions the way we relate to one another within the structures of capitalism, advertising and patriarchy... and this is where Supreme's use of her style becomes a misappropriation," says Heroine.

Kruger's art is meant to question the status quo. Supreme's appropriation of this style contradicts her artwork entirely, as the designer brand relies on sales from mainstream buyers. Just like Queen and Bowie's tie to Ice's song, Kruger is involuntarily associated with Supreme and her original message is clouded.

Originality is really a matter of interpretation. According to BusinessInsider, "While many familiar thoughts circulate through generations, what remains original, and ultimately distinctive is the filter through which our ideas are processed and shared."

If you're looking for originality, look in the mirror. Your individual voice, influenced by your upbringing and experiences, is the most original thing you can offer.

If you admire a certain artist, style, or look, take inspiration from it. But most importantly, give credit where credit is due.

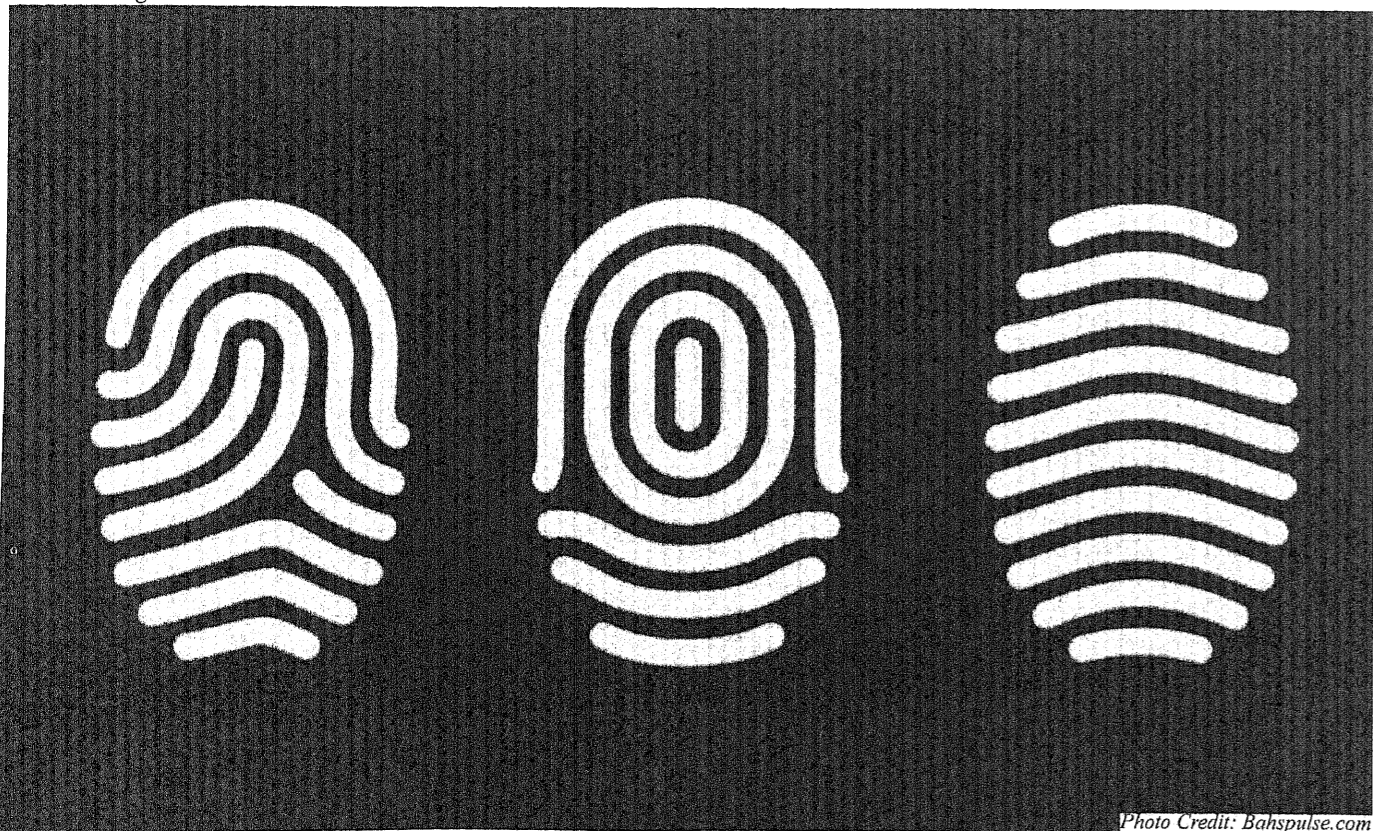


Photo Credit: Bahspulse.com

SEX AND RELATIONSHIPS

To Invest Emotionally or Not to Invest?

Striving for Something Serious or Keeping it Casual?

BY: DOMINICK WOJTAS

To invest emotionally or to not invest, that is the question. Should you be striving for something serious or is keeping it casual the way to go?

The answer is, it depends. And it depends on a couple of factors including: personality, lifestyle, and well-being.

If you can't imagine yourself pursuing a single individual and are still enticed by the idea of seeking out new partners, a relationship may not be on your to-do list; but with all the other 'things' on your 'to-do' list, you're probably already keeping yourself busy enough.

On the other-hand, if you can't imagine yourself partner hopping and the thought of a new person makes you anxious, settling with that special someone is your game.

If work, school, or travel is taking up 90% of your time and energy—lay low for a bit, pursue quick passions; wake up, brush off your clothes, then go about your weekly grind with a sweet memory and nothing more.

If you're willing to allocate a sizable chunk of time to being with someone, a relationship could work for you but even then it's important to make sure that you're prepared for it.

There is a famous expression, "Love thyself before you love others." in the context of a relationship, this expression couldn't ring truer.

People with low self-esteem tend to underestimate their partners love, adopting a negative opinion about the way their partner sees them, believing that no one that's actually good could possibly love them.

According to self-verification, people with negative views of themselves tend to

be drawn toward individuals who validate their misconstrued opinion.

If you accept yourself—be wary of self-obsession as it can lead to landing with a partner that will accelerate your narcissism—but if you accept yourself as a human-being and adopt a positive outlook, this will resonate and attract others with a complementing vibe.

The best way to attract positive energy is by sending it out yourself.

Before you dive into a relationship or decide you'd like to live loosely for the time being, it's important you know the pros and cons of both scenarios.

Being in a relationship, if done right,



Photo Credit: Estheradeniyi.com

What do you value the most?

means supreme connection, or a deep understanding of a human being unattainable through any other situation.

Someone is always there to willingly receive your troubles.

Had a bad day at work? Your partner is on the other side of a phone, ready to hear all about it, willing to provide comfort.

If you seek physical connection, you know exactly where to find it. No need to go out praying to get lucky or having to ward off a sea of men until one that is half-decent finally makes his attraction known.

For many, security is the biggest factor. History proves that you can trust this person. Free from venereal diseases you can explore your partner without restriction, building upon each others desires, constantly learning.

If the three points above are what you find most important then looking for a long-term partner is what you should pursue.

However, depending on the individual and their circumstances, what poses as a pro to one, may be a con for the next.

For example, you may love going out, meeting new people, and are thrilled by either endearing or being loved by someone.

Being with someone new, learning what makes them tick can be a rewarding educational experience. It will help you gain a better understanding of how personalities vary, as well as insight about interests that were previously foreign to you.

For example, discovering a genre of music that you were unaware of or inside information about a profession that you had only mainstream knowledge of.

It's all so exciting since lack of history makes this person an enigma waiting to be explored.

However, to some, "The Game" as it is

And in the meantime, if you would rather take some time to soul-search, explore your options. Dating others will help you understand yourself and what you value in a partner the most.

There is a time and place for both a serious relationship and casual dating/fun depending on your frame of mind and life circumstances at the time.

As long as you're comfortable with yourself and constantly learning, you should have no trouble finding what you seek.

Is a Hoodrat the Only Thing on the Menu for a Baller?

Can a Baller Go Outside the Pattern of Dating Hoodrats?

BY: KYLE FORBES

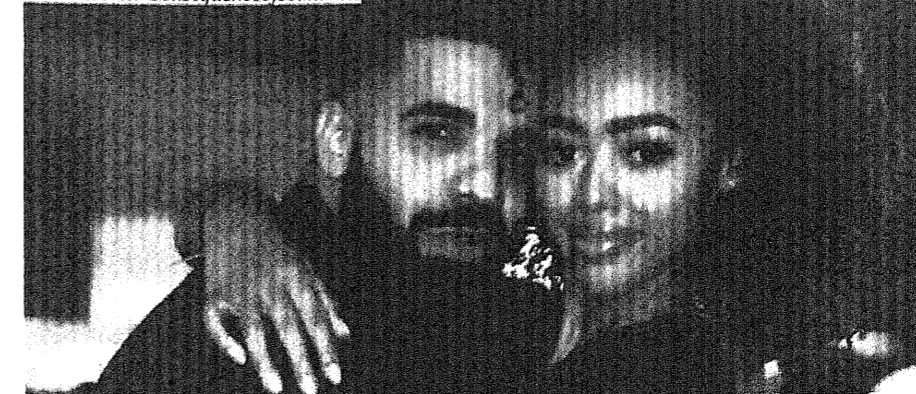
Successful male ballers could enter the dating phase with successful woman. We see such a dating relationship between Jeezy the hip hop artist, and The Real co-host Jeannie Mai.

But then the question comes up during a brainstorm. What's a baller and what's a hood-rat?

Ballers are not only athletic players who bounce a ball most of the day and compete for championships. Merriam Webster describes a baller to be a wealthy and successful person who lives lavishly.

What's a hoodrat? According to your-dictionary.com, a hoodrat is described to be someone who has sex with everyone in the "hood" or neighborhood.

Photo Credit: Consequenceofsound.net



Male ballers could date a young successful woman too.

I've been curious to find out if male ballers could date outside of the dating pattern of only dealing with female hoodrats. Jenkins has proven to have dated an American actress, Jasmine Sanders, and American singer, Keyshia Cole.

This dating phase came after Jenkins dated Tynesha Dykes who isn't on the celebrity radar in the world of hip hop.

Next, I was curious to learn from a young baller's dating history who was in the Young Money group, Tyga Michael Stevenson.

Tyga has dated a girl who was 16. Yes, Ms. Kylie Jenner who now can be viewed as a baller. Jenner is an American reality television personality, model, entrepreneur, socialite, and social media personality and

has grown since the young romantic relationship.

The two are also well-accomplished individuals, respectively.

Tyga then started dating a stripper who burst into the celebrity spotlight multiple times. Ms. Angela White also named Chyna has been recently known for being an American model, an entrepreneur and multi-mom to a few children.

Some may view Blac Chyna as a hoodrat who found her way to a level of stardom.

Another wealthy and successful individual is Drake, otherwise known as Aubrey Graham, who dated Zoe Kravitz.

The two were at the Golden Globes in 2018. Graham had his arm wrapped around Zoe Kravitz's shoulders. Another successful dating match that became a friendly relationship.

Graham has claimed to have dated the "In My Feelings" muse, Keshia Chante.

Graham views Chante, a Canadian singer as one of the first woman he dated in the industry. So, it seems as though ballers could date and work at the same time and enjoy a successful dating process together.

Graham doesn't always go outside of his successful date-matching process. Zineb Nebby Samir has been said to be the reason for creating his song, "Best I Ever Had."

Samir is also claimed to be the 'aha'

commonly referred to can seem tiring and frivolous. Relationships generally prove more fruitful and productive in the long run if one is wary about choosing their partner.

If you're going into a relationship, don't do it simply to combat loneliness and to gain a sense of security, do it because the other individual makes you feel some type of way.

Being with someone for the wrong reasons makes for a toxic relationship and you'll feel worse with them than by your lonesome. Ironically this scenario is quite common.

When someone is in a relationship for a long-time that has recently become broken beyond repair, the thought of change and being alone can be more daunting than leaving even if they understand that the future is bleak.

If this is the case, it's important to understand that there are other fish in the sea, many of which align with what you're looking for in a relationship.

Chase after what you want. But don't forget that a relationship requires sacrifice and consensus.

If you adopt a positive outlook and persevere, you will no-doubt succeed.

And in the meantime, if you would rather take some time to soul-search, explore your options. Dating others will help you understand yourself and what you value in a partner the most.

There is a time and place for both a serious relationship and casual dating/fun depending on your frame of mind and life circumstances at the time.

As long as you're comfortable with yourself and constantly learning, you should have no trouble finding what you seek.

moment for making, "Look What You've Done" which is a song from his album, "Take Care."

Of course, one of the most famous dating relationships Graham has had would come from Serena Williams who is also a baller. The Black Panther outfit she wore during one of her tennis matches proves she is also extravagant in the tennis court.

Graham has also tried to change a stripper, Maliah Michel, from working at the strip club. However, Michel didn't want to stop living life as a pole dancer.

Graham has also dated Cat Washington, who is proud to remember herself as the only black woman in the video titled, "Best I Ever Had", according to an interview from Hot 107.9 Philly.

The relationship has been said to last a year and a half, but Graham decided to explore other multiple romantic options.

Graham also went to Disneyland in disguise while dating Tyra Banks. Graham named the meeting a get-together since he declares he doesn't know if it was a date.

Graham has also dated Rihanna, Hailley Baldwin, Jennifer Lopez, Bella Hadid, Sophie Brussaux, and recently 18-year-old model, Bella Harris.

All of this information here explains how ballers could date other celebrities or successful individuals in the romance game.

SPORTS

Sportsmanship and Discipline in CSI Baseball

A Preview of the 2019 CSI Dolphins

BY: STEVEN AIELLO

Another spring season is upon the horizon, which also means another season of baseball for the CSI Dolphins. Winners of four consecutive CUNYAC championships, the Dolphins aim to make it five consecutive championships, among other goals and objectives for the team.

Several key figures are returning this season to help the Dolphins accomplish their goals, with none being more important than head coach Michael Mauro. Taking over as head coach during the 2009 season Mauro has had a long history of experience in baseball, both as a staff member and a player.

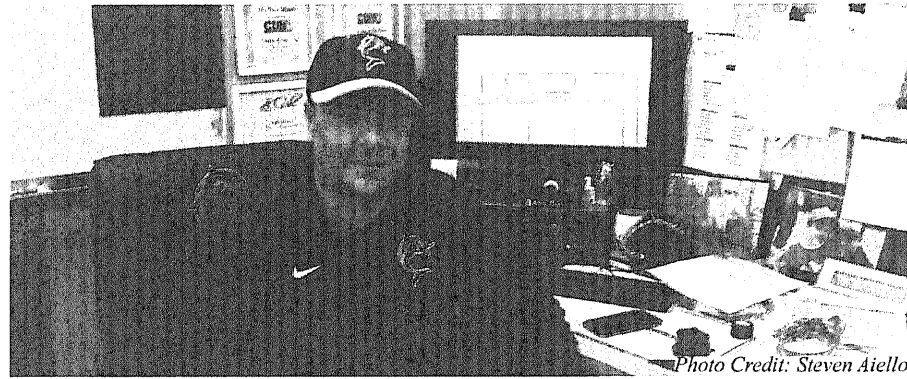
Dating back to 1988, Mauro played for John Jay in the CUNY Conference before landing a small contract with the Detroit Tigers in 1990. There, he played for the Bristol Tigers and Niagara Falls Rapids.

For the next 15 years Mauro served for the NYPD while simultaneously engaging in more baseball work, this time as an assistant coach. Although he worked for the NYPD, baseball has remained his passion throughout those years.

His involvement and dedication have ultimately lead him to CSI, where he is now head coach following his first and only season as the Dolphins assistant head coach. During his tenure coach Mauro has built a strong team and impressive record,

including seven CUNYAC championships overall.

In order to add to that total, naturally the Dolphins must play up to their capabilities and the standards they have set in prior seasons. With a good mix of players on offense and defense, Coach Mauro believes this goal can be attained.



Head coach Michael Mauro is hopeful for the new Dolphin baseball season.

Mauro has described the team to be a "well rounded group" of players, both on the field and in academics, which often leads to a successful team. Although the team lost six seniors to graduation in the offseason, fourteen freshman have also joined the team to fill in their places,

Key seniors to this year's ball team include Christian Capellan, whom Mauro believes to be the team's best pitcher, catcher Sean Becker, not mention fielders Nick Meola and Anthony Dimarco. To-

gether, the four will play important roles in the Dolphin's success this season, though it will take the effort of the entire roster to truly accomplish this goal.

As with all sports Mauro believes baseball to be a team sport, and at the end of the day every player is just as important as the next player.

Should the Dolphins play up to their potential they will find themselves in the CUNYAC championship where they will vie for their fifth consecutive title. The CUNYAC playoffs are relatively small, being played between the four best teams in the Conference over the course of a few days.

Games are often played in double headers and even triple headers, which can prove strenuous on players, most especially the pitching staff. Managing players ef-

fectively and even using position players in certain circumstances will help the team in these games, per Coach Mauro.

Despite the importance of winning, Coach Mauro considers it secondary to the more abstract elements of sports. Sportsmanship and a healthy relation between players on the team are and have been the top priority for Mauro and the team often comes together at the end of practice in embrace, which he describes as being part of a "family".

Win or lose, the feeling of sportsmanship and camaraderie are crucial to the sport for Mauro, who sees baseball as an important for learning "life lessons" in addition to the general experience. Ultimately baseball for Mauro is about the passion and a healthy atmosphere between teammates, and he looks to continue with that attitude this season.

Other members of the Dolphins staff who look to help the team in this regard include assistant coaches Patrick Daddio, Patrick Gale, James Mardikos and Bob Steele, all of whom are returning members from last year's staff.

The Dolphins began play on March 2nd in Myrtle Beach before returning for their first home game of the season the following Sunday against St. Joseph's. The regular season will conclude with a doubleheader at John Jay on April 27th.

The Multiple Perspectives of the Super Bowl Boycott

A Look into the Kaepernick Controversy

BY: UBONG EKPO

When Colin Kaepernick chose to kneel during the national anthem during football games, a slew of controversy and criticism came.

Kaepernick stated that his reason for kneeling was to bring awareness to the issue of police brutality and the continued systematic oppression that people of color face in the United States.

Despite him explaining this, a majority of his detractors saw his actions as a sign of disrespect to the national anthem.

Subsequently after the 2016 season, Kaepernick became a free agent, as of today he has not been signed to an NFL team.

Kaepernick's decision to kneel eventually sparked a movement throughout the NFL. The following season, more players began to follow in Kaepernick's footsteps of kneeling during the national anthem.

This sparked President Trump to go on a twitter rant, disparaging such players, referring to them as "sons of bitches."

Due to what is heavily perceived as a case of colluding and blackballing of Kaepernick's nfl career, a large amount of his supporters decided to show solidarity with Kaepernick by engaging in an NFL boycott.

This meant no longer watching or purchasing anything related to the NFL, including boycotting the Super Bowl, the

largest event in American sports.

Many black celebrities then began to express their support of Kaepernick by refusing to perform at the subsequent Super Bowl Halftime shows of the past two years, such as Jay Z, Rihanna and even Cardi B.

Another debate, however has risen, specifically within the black community as into whether there is a productive result of boycotting the NFL.

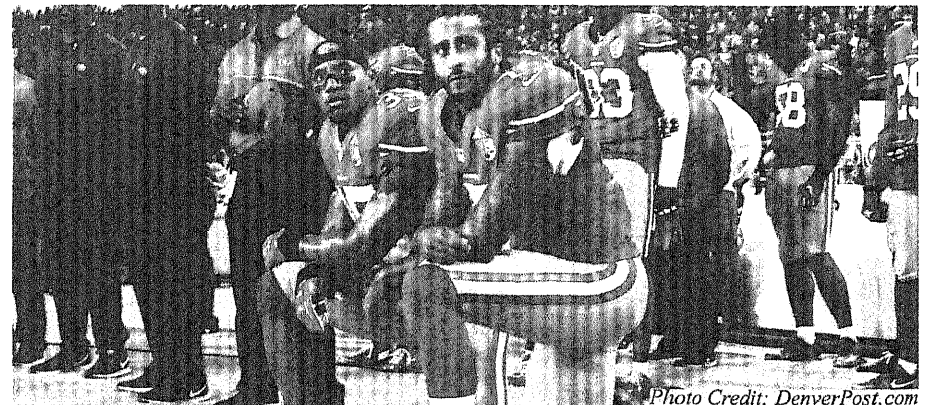
Just as there were those who stood by Kaepernick, there is also those who view the boycott in a different light.

There has to admitingly be a sense of hypocrisy when Cardi B for example, turned down performing with Maroon 5 at the superbowl this year, yet still participated in several superbowl commercials. Yet she has not received any backlash for this.

However, Travis Scott and Gladys Knight faced major backlash for participating in the superbowl, some deeming them as sell outs for a dollar.

We've also seen Kaepernick be compared to the likes of Muhammed Ali, who went through similar circumstances, where he protested the Vietnam War and refused to enter the war draft.

This culminated in Ali being stripped of his titles, arrested and fined. The Supreme court eventually overturned the guilty plea on Ali in 1971.



Kaepernick during one of his many kneelings to protest injustice.

However, there are major differences in Kaepernick and Ali's activism. Ali was a much more radical individual than Kaepernick, while Kaepernick found a way to profit off the scandal with Nike commercials, Ali didn't participate in any such, he truly did sacrifice his career in every sense of the word. People need to understand there are levels to activism.

Simply going on social media and proclaiming you are outraged and you will "cancel" someone is not enough.

These actions are simplistic and purely symbolic in its nature. When the Montgomery bus boycott was executed for example, leaders didn't simply just stop riding the bus, they also worked with organizations, were in constant talks with various political figures and politicians in order to make change.

The people who are boycotting the NFL and Superbowl, while in good spirit and mean well, are simply not doing enough.

Just as Kaepernick has the right to chose to kneel as a form of protest, others have the right to fight in their own ways. Travis Scott chose to donate money to a charity for his performance and Gladys Knight explained she felt the national anthem could bring peace and unity in such troubling times.

Colin Kaepernick is commended for taking a stand and bringing awareness to the injustices of the world. At the same time however, let us remember his way of activism isn't the only way and there is certainly more to being an activist than just talking on social media.