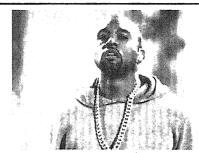
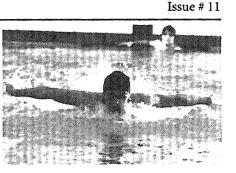
THE BANNER The Official Newspaper of the College of Staten Island March 3, 2016

Established 1993









ner: Students Need Refinancing Options -

Remembering "Big Ang" -

"Life of Pablo" Brings Baggage

CSI Lays Out Plan to Prevent Blackouts, Pave Way for New Buildings \$39 M. Substation is Key to the College's Future, VP of Finance Says

Building 1M will likely be the location of CSI's Interdisciplinary High Performance Computational Center, a building that will draw large amounts of electricity and will be a major factor in CSI's push for a new substation. **BY VICTORIA PRIOLA**

The College of Staten Island plans to use \$39 million of the state's critical maintenance budget to build a new substation on campus within the next two to three years in hopes of preventing critical electrical failures such as blackouts and allowing the campus to push forward with projects for new buildings.

The substation on the campus, here, brings in high voltage power from the other side of the fence from Con Edison. It goes into the substation and gets distributed for

use of the campus.

"Aside from the existing substation being old, it's also at its capacity," said Ira Persky, Vice President of Finances. "The further growth of the campus would be compromised if we don't upgrade to a new substation."

The three major blackouts that have occurred on campus over the past two years caused the College to take action and replace the current station that has been active since 1993.

"Well, yes. It was a result in the failure of the substation," said Persky. "What caused those outages were different reasons, though."

On Christmas Eve in 2014, a fire, which turned into a contained explosion within the substation, caused a blackout throughout campus.

According to Persky, the reason for the explosion is still unknown. The power out-

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After Tragedy at the Ramada Inn, Students Assess Safety on Campus Changes in Guest Policy Followed the Brutal Incident

BY SAMANTHA CONTRERAS

Police have arrested Michael Sykes for the murder of Rebecca Cutler and two of her children at the Ramada Inn on Saturday, February 13.

The tragic attack has left not only people throughout Staten Island shaken, but has many CSI students who frequent the campus thinking: how safe are we?

The Ramada Inn is only a 10 minute walk from CSI's campus and this gruesome

attack left students worried for their own safety and many voiced their opinions to The Banner on what public safety should do to help prevent any criminal offenses on campus.

While the Sykes tragedy occurred off campus, CSI has been shaken twice before by on campus crimes during this academic year

The first being the arrest of a CSI student who was visiting the dorms and threatened residents after he was kicked out for making female residents uncomfortable and the second being the vicious beating of CSI student Adamh Barnett near Dolphin Cove in November by an unknown assailant.

For Grace Olotu, a student at CSI, public safety absolutely must increase their presence on campus.

"I think campus should definitely upgrade its security by installing metal detec-**Continued on Page 4**

Swim Squads' Final Contest -

CSI Parking Services: No Short Term Fixes to **Campus Parking**

OFFICE CITES MAINTENANCE AND CONFLICTING PRIORITIES

BY VICTORIA MANZO

As annual parking prices continue to rise at CSI and enrollment grows, students expect fast solutions that Parking Services says it simply can't provide.

CSI is the largest college campus in New York City, comprising 204 acres, which serves nearly 14,000 enrolled degree students. However, there are only about 3,000 officially lined parking spaces to accommodate them.

"We do [our] best to create parking where and when we can in the most effective way," said Mary-Jeanne Hennessy, the Director of Parking and Dolphin Card Services.

Parking Services falls under the umbrella of The Auxiliary Services Corporation, Inc. (ASC), which is a self-sustaining non-profit business. Most of its funds are therefore raised in-house through decal sales and parking enforcement.

Last year, approximately 6,400 student decals were purchased. This is a fee that continues to rise annually as prices of campus maintenance also increases.

Parking accommodations are becoming more and more limited as campus population grows, leading to anger and complaints from busy students.

"Parking is a bitch!" said Talya Yelizarov, a senior at CSI. "The worst place is by 1P in the gravel. When it's raining it's all muddy and you have to walk through it."

The "gravel" is an unpaved parking area ridden with potholes. With little signage, and lines covered and wiped away by pebbles and dirt, it's often a chaotic space for students driving onto campus.

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Re: "A Guide to Healthy Comfort"

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TheBannerCSI.com

This article reached out and grabbed me because I too love French fries, mac & cheese and anything covered in marinara sauce. I always tell myself to start eating healthier but can never commit because I hate the sacrifice. The recipes provided really sound delicious, they don't need a lot of cooking experience and are really affordable. Can't wait to try them out! Michelle Persico, Senior

Lost Their Masculinity"

This article is full of opinion, with no fact. Where is Kenny Velez's evidence that a woman cannot raise a boy into a man? What is Velez basing his idea of what a "man" is on? Is it society's standards? Can a man be a man without being hyper-masculine? Velez's advice on how to overcome the problems he talks of can apply to anyone, regardless of gender. I don't agree that an increase in peace-loving men is bad. Maybe instead of Velez telling males that they have to be masculine, he should be questioning why a man has to live up to certain standards to be a "man." Sabrina Prestia, ENL 277

Re: "Commentary: New Vending Machine a Nuance"

Kinza Khan's article about the new vending machines on campus was not only informative, but opened my mind to another issue we face on campus. Instead of wasting money on these ma- I think an additional pro that can be addchines, CSI should find a way in which students can use their debit/credit cards phin card is not something everyone has time to go and get one. The fact that peocard to buy a snack that costs \$1 is ridicof this money on vending machines that don't even accept physical money? And Patrick Kettyle, Senior

when it does its at random? Maybe we need to rethink what is important to our school and what is useful to everyone. Instead of Dolphin Cards and vending machines, I should be allowed to use my debit card to purchase food. Not everyone carries cash or a dolphin card. Alexandra Karadzas, ENL 277

Re: "Oscars, Film Industry Hammered for Lack of Diversity"

As many people watch television and Re: "Men in the United States Have movies, putting this issue on the front page is very interesting because it has been a topic in media since January. I also agree with the hashtag that Oscars are white because an Academy of majority of white people, lack of nominees in minority races, it doesn't open doors for more diversity in the Academy. In life, when a limitation is placed upon an idea or person, it makes it harder to push past the barrier. Cheryl Boone who declares diversity by 2020 needs to understand that if no nominations are made now for black or minority roles in movies, that change by 2020 is not possible. Action will be required, rather than talk.

Ibunkun Olorunoj Cbooky, ENL 277

Dea

I enjoyed this well written article and it was nice to see the Mets continue to the "little brother" role that they have in on her latest work. New York.

ed would be that the Mets finally made a bigger splash in the offseason than the to purchase food on campus. The dol- Yankees did. I think that an additional I found this article to be interesting. The often played golf in between games. His or to finally stand up for themselves. ulous. Why would the school waste all focus should be on the diamond, not the Amanda Smith, ENL 227 green

Re: "As the Presidential Primaries Get Underway, CSI Students Say Dem or Die'

@thebannercsi

I was very surprised to know that some of my peers would rather not vote in an election where our vote can make a huge difference. As a "millennial," I feel that we should all take a huge part in our politics because it will affect our future. In the future I would like to see if there is anyone who supports Donald Trump on our CSI campus.

Sonia Martinez, ENL 277

Re: "Commentary: New Vending Machines a Nuisance"

I have used the new vending machines only once and I agree that they aren't a necessity. The older machines worked just fine so replacing them seems like an extra expense that could have been used for something like computers. If not new or functioning computers then anything that would be beneficial to the student body/faculty other than sugary snacks. Christian Vasquez, ENL 277

Re: "Rihanna Takes on New Tone With Confidence"

Re: "The Good, The Bad, the Cepedes I enjoyed this article because it gave a closer look into Rihanna's new album. Prior to this article I would usually Rihanna off as having little depth. Thanks get media attention and try to remove to this article I have a broader outlook

Brett Peloso, Freshman

Re: "Oscars, Film Industry Hammered for Lack of Diversity"

con that can be added would by that only person of color that was nominated and some students just don't have the Cespedes has a poor attitude and tends this year is The Weeknd for his song in to be nonchalant. For example, during the movie "50 Shades of Grey." It's sad ple need to go out of their way to get a the World Series it made news that he to see that took so long for actors of col-

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"Safety on Campus Continued from Front Page tors in building entrances, it's a little extreme but this is about people's lives at stake," said Olotu. "And this murder was a murder of passion so to prevent something as tragic as that, the campus should offer counseling." She even went on to explain that, "Evervone should have an ID before even getting on campus."

Robert Wilson, the Director of Public Safety, was unavailable for an interview.

Wilson, however, did release a statement to the college community via email two hours after the murder and informed students that an NYPD presence would be felt on campus throughout the day and that there may be ferry shuttledelays.

cause they didn't tell anyone until they thought the killer was on the campus," said Samantha Massey, a sophomore at CSI. "I think they can improve by informing us more about what is happening. Because some people didn't know what was going on to say on the matter of safety. until hours later."

Massey went on to explain what Cam-

"Maybe they can do a CUNY alert that

students better.

sends texts to students' phones so they can find out everything when it's happening." Massey said. Although some students disagree that

pus Safety could do to communicate with

they feel safe on campus. For Tiffany Ducette, a junior at CSI, she heard nothing of the sort when asked about the murder.

"I always feel safe on campus, I heard nothing about that, but that's just me," said Ducette

Although Ducette did point out how lights around campus and emergency posts are not always around or properly lit.

"I think for night classes, lights are not on, they should be more accessible," said "I think they are not doing enough be- Ducette. "In case of danger, how can someone get to safety too?"

> "Anyone can come into campus, nobody checks IDs," she continued.

> Even for many commuting students, for instance, sophomore, Jessica Lin, had a lot

> > Many students interviewed echoed the

felt unsafe on campus, they saw a myriad of ways that security could be tightened.

"I do feel that campus safety can be improved a little. Maybe by placing a security on duty at all times in each of the buildings

sentiment that while they personally never and more closely monitor and record who actually takes the loop bus and shuttle bus on campus along with the library," said Jessica Lin, a sophomore at CSI. "Other than that I never really felt like my safety on cam-

pus was ever at risk."



Public Safety alerted the campus community of the Michael Sykes incident two hours after the incident

Senator Chuck Schumer Lays Out Plan to Lower Student Debt

The "In The Red" Bill Aims to Save Students Thousands of Dollars

BY VICTORIA PRIOLA Senator Chuck Schumer turned to col-

lege newspapers for support on February 11 for a college tuition plan that is set to decrease the debt of university graduates, called "In The Red."

"A college education is a necessity, but it is being priced as a luxury," said Schumer on a conference call with dozens of student reporters. "It is breaking the bank for students and families across New York."

Schumer, and dozens of his fellow Democratic senators, are campaigning to introduce a bill called the Reducing Education Debt Act, also known as the RED Act.

The legislation aims to put the United States on the path to debt free college by allowing student loan borrowers to refinance their outstanding student debt with much lower interest rates.

The federal government currently charges people anywhere between six to nine percent interest on student debt, but charge the big banks on the overnight rates less than 3%

"[Schumer's plan] is a good step forward," said Emely Larissa Aparicio, a junior at CSI. "But interest will always be an issue."

The RED Act, if passed, will make two years of community college free, helping students earn associates degrees, or start the path to a bachelor's degree and gain the skills they need to succeed in the workforce without having to take on crippling debt.

This will not apply to those who are already in college. Schumer does, however, promise a debt that will be significantly lowered for senior students.

The senators are in the midst of spreading the word on their new campaign to their hometowns.

According to Schumer, there is more stu-

dent loan debt than there is credit card and auto debt and it has doubled since 2007.

The average college graduate has \$28,000 in student loan debt in New York, the proportion of New York college graduates for student loan debt is 61%.

°TO

During the conference call, Schumer regether because they believed that charging called a memory he had of a young women students \$1,300 per year was discouraging

uate tuition free anyway.

college tuition debt.

Both Senator Sanders and Schumer ref-

Germany has eliminated tuition alto-

erence to, and praise, Germany's higher ed-

ucation system in their conversations about



house, I can't. My parents could afford medi- Sanders' campaign website. cal care, I can't. My parents could afford col- "I like Senator Sanders very much. His conservative folks in the senate now. But lege, I can't."

This became a big part of his motivation to push this bill into action.

"[The RED Act] easier to achieve than free." tuition free because it costs less and it goes to people like middle class kids and people trying to be middle class," said Schumer, comparing his plan directly to Senator and Democratic presidential candidate Bernie ferent from the United States. Sanders. "That of the very wealthy will grad-

telling him that "my parents could afford a Germans from going to college, according to

think we should first try to go for debt free, back partisan support." and then maybe we can move on to tuition

why European countries can provide better spread awareness and support. aid, he replied that the political climate and situation of European countries are vastly dif-

"They have a federal government that is America."

more active in helping their students and Germany has a lower unemployment rate and its income levels are higher," Schumer said

Democratic candidate and former Secretary of State Hillary Clinton and Schumer's plan for college tuition debt are virtually identical

A slight difference is that on her website, Clinton says students will do their part by contributing their earnings from working 10 hours a week. Schumer suggested that students work 15-20 hours a week at a high paying job to pay off the costs while enrolled in classes.

Democratic senators are willing to work with any other programs that focus on cutting tuition costs and loan forgiveness.

"There are plans in some states, and we're looking at these, where you promise to pay a percentage of your income over the years and you don't have to pay tuition, or you pay much lower tuition," said Schumer.

The main criticism Schumer is expecting from this is the overall cost of the bill.

To fund this, the RED Act proposes to cut tax breaks for auto companies and block certain loopholes multimillionaires use to get out of paying taxes.

"There are some, particularly the most conservative folks that don't want to do that," said Schumer. "I don't mean the conservative folks on your campus; I mean the plan is a very worthy goal," said Schumer. "I think they're wrong and we're hoping to get

Schumer did not specify a time to execute this plan on the conference call. What's When a student reporter asked Schumer important as of now, according to him, is

> "Students have power if they mobilize," said Schumer. "This'll help our students, this'll help their families, but it will also help

+

"CSI Plans to Build New Substation" Continued from Front Page

age lasted about 22 hours.

"This time we were lucky and were able to contain the damage," said Rana Mohammad. CSI's Student Government President. "We certainly cannot risk fire and explosion on our campus."

The two incidents following were results of the first outage. The substation operates by splitting the campus' electrical usage into one of two lines, what Persky referred to as the 05 and 06 lines.

If one side is obstructed, there are switches inside the substation that will automatically bring the power to one feeder, to one side. The campus cannot operate on one feed.

"The problem is, we don't have any redundancy," said Persky. "If something goes wrong at that point, we don't have any protection."

As of now, this is the single biggest construction project in the works for the College. Persky assured The Banner that this project is completely state funded and will not affect student tuition.

It will be located East of the existing substation, which is on the outside of Loop Rd near building 1M.

"Parking Issues on Campus" **Continued from Front Page**

According to Parking Services, the most severe pothole repairs are done in-house by campus facilities during off hours so as not to interfere with typical campus traffic. However, because the department does not have access to hot asphalt, major repairs are contracted out when temperatures are warmer.

White parking lines cannot be repaired in the winter, according to Parking Services, so they are only reprinted in the summer.

Moreover, they are not made a priority. Safety repairs such as stop signs are prioritized. Leftover funds pay only for the most necessary lines.

"Fix the gravel area and make it like a normal parking lot," said Yelizarov. "Fix pot holes rather than adding new bumps around the gym."

However, according to Director Hennessy, it is "not cost effective" to have the gravel paved due to property lines, safety concerns, drainage issues, and the College's "Master Plan."

veys and studies, the Board of Trustees of The City University of New York unanimously approved a new "Master Plan." This was the first major revision in more than 20 years.

To accommodate 18,000 students by the year of 2019, the "Master Plan" calls for an additional 477,735 gross square feet in new

When asked about the reaction from faculty and students that know about the new substation, Persky said this is not the kind of thing people get excited about, until they don't have power. It has been, however, talked about for an extended period of time.

The campus is currently running on full in our campus with 450 dorm students living capacity and is in need of something that can handle more power.

> By the time the new substation is up and running, CSI plans to welcome a new building to campus.

> The Interdisciplinary High-Performance Computing Center (IHPCC) building design has been in the works since 2012.

> In March 2012, CSI Today, a publication run by CSI's PR team, posted a bulletin that said the CUNY Board of Trustees approved a design consultant agreement with Hendrickson, Durham & Richardson, for the new building on February 27.

The computational science research building is expected to be 175,000 gross square foot and cost \$210 million, according to CSI Today.

It's anticipated that the departments of Mathematics, Computer Science, and Engineering Science and Physics will be relocated to the new building, and it will have its own cafe.



Dolphin Cove's South Building the morning of a blackout in late September

Having a stronger substation is the first step to making the IHPCC building a reality. Persky claims that students will not feel any immediate changes due to the construction.

There will be minimal intrusiveness to students and faculty during the production process.

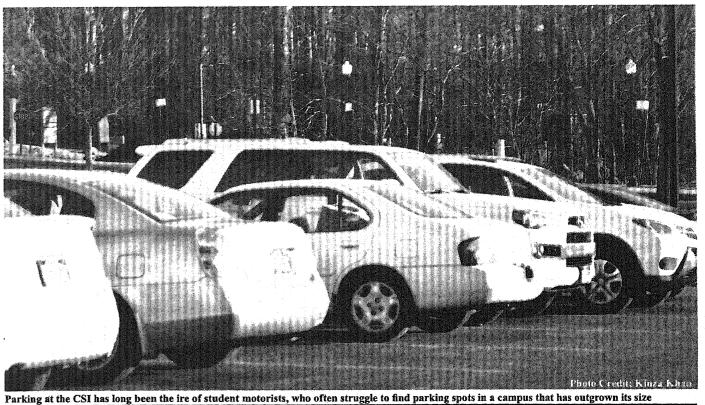
"There may be some temporary outages that we would have," said Persky. "But they would be well publicized as we do switch over from the old substation to the new substation."

As of right now, plans of construction are moving slowly but surely, for both projects.

"If it's for good or bad, I don't know," said Mohammad in reference to the substation. "I do know that the current substation is like a melting thermal reactor that needs to be addressed in a timely basis."

When The Banner asked if the new substation was a necessary purchase, Persky's answer was brief:

"Well," he mused. "Only if we want to have lights."



construction and renovation of existing facilities.

Included in the plan is a new transit center, which will provide open shelter for 60 On April 26, 2010, after extensive sur- people; the reconfiguration of entrances and campus loop roads, to ease bottlenecks and calm traffic; and marked bicycle routes.

> The goal is that the gravel area, as students know it, would be completely eliminated in the wake of a reformed loop road, which would make it unnecessary for students to cross the street to get to class.

The Plan is long term and beyond the

control of the ASC. It is a campus wide initiative without a timeline

Until then, Parking Services remains on a budget that relies heavily on funds from decals and tickets to pay for maintenance.

The parking guidelines booklet also cau tions that "the college, having marked approved spaces, does not mark all areas where parking is prohibited," the literature reads, referencing gravel spots.

ee, Christian Ramirez, parking enforcers are anyway." encouraged to give tickets. Though Hennessy

states that there is no incentive based system for ticketers.

Ticketers work between the hours of 9 AM and 8 PM on weekdays and are not allowed to work under extreme conditions.

[Students] need to be aware of what the policies are rather then asking friends," said Hennessy. "They need to use common sense when parking as well; when they get out of the car and see that the next person may not According to Parking Services employ- be able to get in or out [don't] leave it there

BANNER LIFESTYLES What Happens to Your Body When You Ditch Your Drink

Your Body is a Temple, Not a Garbage Disposal

BY BRIANA DELBUONO

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It was 10 AM on January 7, and I woke up hung-over, bloated, and disgusted with myself. I spent the past three days drinking to excessively and binge eating with a few of my sorority sisters and my body was about to pay the price.

"I'm gonna give up drinking," I said to my mom as she scowled, assuming it would be another one of my failed attempts to kick the degenerating habit.

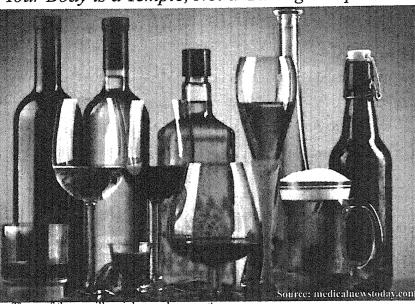
While I didn't consider myself an alcoholic, I was definitely one to indulge at the bar two to three nights out of the week. As an avid gym-goer as well, the two always seemed to work against each other, to my disadvantage.

According to the National Institutes of Health (NIH), reported by TIME Magazine there's strong evidence to suggest that regular binge drinking can damage the frontal cortex and areas of the brain involved in executive functions and decision making.

Your body is going to perform with the nutrients you give it so you should be wary of what you're putting in it. When you treat back.

As of recently, I haven't felt bloated, not even once. I haven't been hungover, or gotten acid reflux. And guess what? I haven't had the urge to drink.

Your favorite Jack and Coke delight is tacking on 195 more calories for the day. Whether you're counting them or not, they



add up. Three of those will weigh you down 585 calories. You may not realize it when you're socializing with friends and kicking them back, but empty calories are not cute.

If you must drink, a better alternative would be Vodka and any clear colored diet soda you can think of. Depending what soft drink you choose, that beverage will set you your body with respect, it will respect you back somewhere around 100 calories. which is not too bad.

> When I would binge drink, I would drunkenly space out and imagine what type of salty treats I was going to have at 2 AM. right before I passed out with my shoes still on. Usually, it was Wendy's chicken nuggets. The next morning, I would feel the

greasy treats hanging out in my stomach like

there to stay. I started to question if I should ask them to pay rent.

Late night eating and drinking often go hand in hand. If you want to avoid this, the best way, of course, is to go easy on the drinks or skip them entirely. The other way is to prepare ahead.

Take into consideration that you'll be having a couple drinks later and eat a good, healthy meal substantial enough to hold you until the next morning without opening the fridge when you get home.

Late night binge eating and drinking are often justified with the, "I didn't eat dinner before," mentality. Eating and then immediately going to sleep actually slows down your body's ability to digest and break down food. Which, in turn, will cause you to gain weight.

According to Women's Health, your liver recognizes the byproducts of alcohol as toxins, so your body stops processing nutrients from food you've eaten while it takes care of the "bad guys" first.

Consider this alternative or those late night hamburgers are going to take a permanent spot on your hips.

Extended alcohol also dries out your skin and causes wrinkles over time, causing you to age a lot quicker than you naturally would. Every day drinking can cause cirrhosis of the liver. That definitely could make you second guess asking for that third drink.

But a healthier lifestyle doesn't always mean giving up drinking all together but lessening the number of drinks you intake will surely aid you in the process, and you'll eliminate some of the side effects in turn.

It has been almost two months since I stopped drinking. If you ask my mom or any of my friends, they will tell you they're still in shock. I am still continually peer pressured to get drunk and that it, "won't kill me," but I am on a mission to maintain a healthier lifestyle and I have applied the word "no" to my daily vocabulary to keep the haters at bay. Yes, I said haters.

Life is about moderation. Enjoy a glass of wine every now and then, but don't make it a habit. Don't let a social event take hold of your life and maybe, skip the binge drinking.

Mob Wives Star Loses Long-Term Battle with Cancer

Big Ang's Sudden Death Shocks Staten Island

BY MARIAH METZGER

"Mob Wives" dtar Angela "Big Ang" Raiola passed away at 55 years old on February 18 at 3:01 AM, after fighting for her life against cancer.

"She was surrounded by nothing but love from her immediate family and closest friends," a statement from her friend, Vinnie Medugno, read. "Her fans were some of the most special people in her world and she loved you immensely.'

Medugno posted the statement shortly after her death to inform her fans of what had happened. Social media went wild with comments and memorial posts mourning the television star's death.

Doctors discovered the star has a lemon-sized tumor as well as throat cancer last March. Raiola went through chemo, and was thought to recover and go into remission. However, it was too late when it was discovered that the stage four cancer had spread to her lungs and brain.

Just before her death, Raiola did an interview with Doctor Oz that aired Tuesday the 16, two days before she passed away, about her fight with cancer and how it has changed day for nearly 40 years.

She also briefly mentions how it changed her marriage and relationship with her estranged husband Neil Murphy. Their marriage began to fall apart due to the severity of her illness.

Raiola stated in the Oz segment. "So I was her at a book signing a few years ago and she and had even more of a pleasure in having done with it. I would rather be by myself."



wenty people in attendance at her wake.

ed to her Scarpaci Funeral Home in well. The bar has re-opened under new ownher life. She admitted to smoking a pack a Brooklyn on February 20 to say their good-

"I came to pay my respects, I really feel bad," said Grace Molinari from Gravesend, Brooklyn, to an SILive reporter.

"She's such a genuine person. It's so sad, I just watched her on Dr. Oz. it all seemed "I felt he never stepped up to the plate," to happen so quickly," said Molinari. "I met her crew visiting the shop two summers ago definitely is larger than life -- that's for sure." her visit us with her family on several oc-

to improper licensing. However, other local ership, and is now called "Funky Monkey."

Beans and Leaves, a coffee shop just down the block from the bar's location, poston the day of her death:

"We are saddened to hear of the passing of "Big Ang". We had the pleasure of her and She is well-known for her local bar, The casions. There is often a perception of real- ed to her.

ity stars, especially ones from Staten Island, but when we say it has been our pleasure... Thank you for giving us the opportunity to serve you Ang, it is one of the greatest Beans memories for so many of my kids."

Raiola left a big hole in Staten Island She was well known by her friends, family and fans as a peacemaker and very charitable.

"She raised money for charities and was the hardest working woman I know and the best grandmother there ever was. She really loved her babies. And she loved and did everything for her kids," Murphy told SILive. com during a memorial arrangement held at the Funky Monkey."

In 2013, shortly after Hurricane Sandy, Raiola volunteered to help those in need with clean up. She also held donation drop-offs at her bar where people could bring supplies, food, clothes, heaters and more to those in need

Last October, she held a fundraiser event for breast cancer at Jac Mao's in Dongan

Hills. All proceeds from a 50/50 and other raffles went to Dollface Divas, which is a Many people from all over the boroughs Staten Island businesses mourn her loss as group from the Staten Island Making Strides Against Breast Cancer Walk, and the American Cancer Society.

Raiola leaves behind her two children, and six grandchildren, which were a huge ed this heartfelt message on their Instagram part of her life. She touched the hearts of many, especially here in Staten Island. She was an important part of our community, whether or not people realize.

"I'm not here for a long time, I'm here for a good time," her friend Medugno quoted on his Instagram in a memorial post dedicat-

the time?

2012.

BANNER LIFESTYLES A College Kid's Guide to Millennial Job-Hunting

Clock Out of a Job That is Stopping You From Clocking Into Your Future

BY VICTORIA PRIOLA

super-super seniors-can you honestly, whole-heartedly, tell me you love your job all

My guess is no. If I'm right, join the club. A study conducted by the Center on Education and the Workforce at Georgetown. reported by Newsweek, revealed that the employment rate for young graduates was the worst around the ages of 21 to 25, with the employment rate for that segment fall-

What are us millennials supposed to do? The practical answer is to stay at the crappy you are. minimum wage job you currently have until you rack up enough cash to move out. But let's ignore that answer for right now.

What if I told you there was more to life than being underpaid and overworked?

I'm not advising you to quit your job, but if you've been wanting to and are afraid of the repercussions, you're going to have to come up with a better reason.

The first step to getting your rebound job is to beef up your resume. Ask your boss if there are any new responsibilities you can

take over that has to do with what you're

Not everyone can have Donald Trump's and one of them has your name on it. It just To the college kids, graduates, and studying. If there's nothing you can do at small loan of a million dollars as a starting wasn't that one, or ten. Keep applying and, your actual job to enhance your skills, ask point, but while you're on your job search, your professors what you should do to pre- you'll be surprised with the big buck gigs

> "You need to have, in the words of T.I, 'the spirit of a hustler and the swagger of a college kid.""

pare yourself for a future job, even if that re- your education has made you eligible for. quires some volunteer work.

The key is to completely immerse youring from 84 percent in 2000 to 72 percent in self in the field of your choice. The more confidence you have in yourself, the more knowledgeable future employers will think

> Work until you can actually work, if that makes any sense. Actively looking for a substitute to your minimum wage retail job, while still working there, is making an investment in yourself and your career. You need to have, in the words of T.I, "the spirit of a hustler and the swagger of a college kid."

> Check sites like Jobvite, Indeed, Ed2010, Jobs2Careers and Internships.com everyday. Commit an hour or two a day going through the newest listings and putting yourself out there

Another important thing to remember when job hunting is to educate yourself. If you're applying for a job at Cosmo and on the interview you ask them if their magazine is about outer space, you're basically blacklisted for life.

Apply for jobs at places you actually like. College graduates are young, cheap and impressionable. The first job you get in your field after graduation will not be your most glamorous one, but it's a step up. At most, it's just another line on your resume.

You will get rejections, and that's okay. It happens to the best of us. Most employers will simply not return your emails but some will issue rejection letters.

> After you've read it once, trash it. There are millions of jobs out there, ment in yourself than now.

eventually, you'll find something.

As a soon-to-be college graduate, I will be damned if I spent four long years, and a crap-ton of money on a degree, to work a \$9/hour job that mandates me to ask people, "Paper or plastic?" for the rest of my life. And you should be too.

I truly believe it's possible to have a job that doesn't make you want to stab your eyes out with spoons. All it takes is confidence and patience. Hang out with people who want to get in the same field as you.

This will keep you motivated to move forward in your career.

Stay goal-driven and inspired. You want to write a book? Write the shit out of it. You want to travel?

Make it happen. Don't be afraid to admit when you're feeling truly miserable where you work.

Like any part of your life, if it's toxic, get it out. Stop pushing your goals aside and actually take the steps to accomplish them instead of "waiting for the right time."

There's no better time to make an invest-

Reaching Your Own Peak Confidence Change the Way You and Others Look at You

BY BRIANA DELBUONO

Everyone has those days where they feel down about themselves, but boosting overall confidence is possible with a little help from your inner goddess.

Being comfortable with yourself is not going to happen overnight but it is something you can continually work toward.

Start by replacing negative words with positive ones. Everyone has things about themselves they would love to change, but accepting those flaws and embracing them will eventually allow you to grow to love the skin you're in.

It may seem silly but don't doubt yourself or your abilities. An important thing to remember is that no matter what you wish, you can never be anyone but you.

world is blessed by someone as cool as you. No one is ever going to love you as much as you, and probably your mom, love you. Take care of yourself as best as you can. No, that doesn't mean getting a pedicure once a yourself is a way of life.

Read books that interest you, maintain good hygiene and drink tea.

ten and buy clothes that fit you.

Embrace change, try to cure bad habits, know your limits, and lastly, forgive yourself when you make bad decisions. You're only human

No one is perfect, but you don't have to become frustrated because of that. Confidence is about being the best that you can be and not giving up when you make mistakes or your efforts fail. Change takes time.

Don't complain about what your face looks like after you take off your makeup. Makeup is fun but isn't permanent. Your beauty, however, is.

Know your strengths and weaknesses and don't let them weigh you down. If you are working towards a specific goal, get to You're the only you there is ever going to know yourself in the process and work at a be, and you're beautiful! Be grateful that the pace that's best for you. Rome wasn't built in a day and neither were you.

Accepting compliments instead of brushing them off is a great way to become comfortable with yourself and your body. Compliments are always nice to give and receive month, although you should. Taking care of but if you constantly divert them, people will be less likely to go out of their way to say

Stay away from over-eating, workout of- skin you're in is respect. Respect yourself face shape. These small improvements will enough to ask for what you want and don't settle because you think others want you to. Respect yourself enough to make decisions from within.

> Going to the gym helped me gain confidence and become at ease with myself. Find whatever it is that gives you that rush and pursue it with full force.

> Eye contact screams confidence, looking down at your shoes shows a lack of it. If that's a habit you find yourself doing, try to break it. It'll help you feel and look more

"Being comfortable with vourself is not going to happen overnight but it is something you can work toward."

professional and approachable.

Always dress to impress. It may be hard to wake up an extra hour early so that you can get dolled up but it'll worth it in the end. This brings us back to compliments.

People notice when you do things differently so spice it up. Wear clothes that fit A big factor in being confident in the you well and a hairstyle that accentuates your confidence, you should try it too.

speak volumes in the long run.

Keep negative people and their negative words at bay. It doesn't mean you have to go around swinging at anyone who criticizes you, but familiarize yourself with the line between jealousy and constructive criticism.

Pay attention to who's looking out for your best interests. Listen to the ones that know you well enough to weigh in on your life and ignore anyone else.

Think of yourself as the person you are. How you perceive yourself is as obvious as if you wore the words on your skin itself. You wouldn't want to write negative words on your own skin, so don't do it in your head.

Try to change something small in your daily routine that makes you feel better. Wear a different cologne or perfume for a month. This small adjustment will make you more self aware and you'll feel like you're doing something for yourself that is completely your own

Being confident doesn't happen overnight. I haven't conquered it in my 22 years and I'm sure I have a ways to go. I try my hardest to always be my best self and that will always factor in positively towards my

BANNER ARTS

Just Like the Artist, Kanye West's "The Life of Pablo" Shocks and Surprises West's 7th Studio Album is Just as Bizarre as His Recent Tweeting Spree

BY CLIFFORD MICHEL

As The-Dream and Kirk Franklin crooned over gorgeous gospel vocals and Chance The Rapper rapped his-as always with Chance-lyrically challenging verse to the audience at 30 Rockefeller Plaza to those who gathered to watch the cast of Saturday Night Live; many began to think: "Oh, my, God...Kanye West's actually going to do it."

"It" meaning the making of another Hip-Hop classic and critically album where West pushes the boundaries of production; this time in the face of a wide range of scrutiny fueled by the star's Twitter feed.

A Twitter feed filled with so many bombastic statements in recent weeks that Kanye's proclamation that Bill Cosby was "innocent" was relatively swept under the

But then the SNL performance ended and Kanye got up-he was lying on the floor for a brief period-and uttered a bizarre stream of phrases:

"Album in stores. KanyeWest.com right now. Tidal, streaming right now. Araaghhhhhhhhhhhhhh.

The beautiful performance followed by the bizarre and completely unprompted turn off that is West's stream of consciousness is more or less an encapsulation of "The Life of Pablo '

West's seventh studio album doesn't come with a steady production style such as his famously sampled soul beats most prominently featured in "College Dropout," or the blues-like way he used auto tune in "808s and Heartbreaks," or even the sonically assaultive and experimental sound of "Yeezus."

This project is simply all over the place. Not just in production, but stylistically, emotionally, and even quality wise (which is especially surprising, considering that the artist once ripped apart an entire album and

redid the beats from scratch with legendary pleasant vocals from Kid Cudi arethen imme- (God damn)." producer Rick Rubin over the course of four days, resulting in "Yeezus").

But Kanye West fans will love this project for the same reason they love Kanye West: for his flaws. His flaws range from his narcissism and

privilege to his stubbornness and "I want to ave my cake and eat it too" attitude.

All of these have made West controversial, perhaps even hated, amongst the mainstream public

Throughout tracks in "The Life of Pablo" beautiful production is often rivaled by cringe worthy lyrics that give the most hardened gang-banger a run for their money.

This unfortunate choice of verbiage happens entirely in the second track of the album, "Father Stretch My Hands," where a diately followed with Kanye singing about a model he's about to have sex with.

In this situation the model bleached her bum and West sings of his concerns of getting bleach on his tee shirt, which would in turn make him feel like an "asshole".

Riveting. Many tracks have a version of this prob-

lem, such as the would-have-been-guaranteed-hit "Famous." Rihanna's vocals hit the mark as well as

contributes a perfect beat, which changes in the second half of the song, giving it much more texture and nuance than your standard radio hit.

But because of the now infamous line "For all my Southside niggas that know me best / I feel like me and Taylor might still bombastic banger-esque beat paired off with have sex / Why? I made that bitch famous



T-Swift blasted Kanve at the Grammy's after winning album of the year in February, calling the rapper out for misogyny; all due to a throwaway line.

In the track "Freestyle 4," West repeatedly and frighteningly screams "What if we fucked right now?"

While several tracks on the album are hit and miss, Kanye does come through on many tracks in this sporadic record. He gives the listener a rollercoaster like experience that changes themes, ideas, and melodies in as little as half a song.

It's Kanye's world and you're just there for the ride

The track "Real Friends," incorporates a slow and steady beat, which gives West much needed breathing room to contemplate his shortcomings as a companion and gives an earnest, frustrated portrayal of the difficulties of balancing fame and "keeping it real."

"30 Hours" and "No More Parties in L.A." are more on the funky side and unravel West as a person, which, despite the Twitter fodder and drama, still remains fun, listenable, and even surprising at times.

The twisted vocals and sinister beat on "FML" literally causes goosebumps, especially as the Weeknd's verse kicks in. It is by far the most complete and listenable track on the album.

Typical braggadocios Kanye paired with-and this cannot be understated-beautifully diverse and overall fun beats, pop up all over this records. From "Facts" to the " Love Kanye" freestyle.

"Feedback" tops all of these as Ye boasts "Ayy, y'all heard about the good news?/ Y'all sleeping on me, huh? Had a good snooze?" Concluding the verse, saying "Wake up,

igga, wake up.' Well, we did. For better or worse, we're

Commentary: Beyonce's Halftime Performance Makes Waves An Ode to Activist Movements Can Bring About Change

BY CLARITZA QUEZADA

"Okay Ladies, now let's get in formation. Prove to me you've got some coordination."

If you haven't been living under a rock, you've heard Beyoncé's song Formation that was released only a day before the Super Bowl and then performed during halftime with over 114.4 million views.

While the beat and lyrics that are extremely catchy and will have you singing for days, Beyoncé has been able to conquer the masses by delivering a song that is full of political awareness and delivers that message unapologetically.

The video displays Beyoncé in a number of scenes that advocate her "blackness" to the world. She affrims this with lyrics such as "I love my baby hair with baby hair and afros" and "I love my Negro nose and Jackson Five nostrils."

Beyoncé is able to tap into the average black person's thought process and their in-Her ability to counterpart her seriousness en in America.

However, not all of the images are pretty. There are moments throughout the video that many of us. Being set in New Orleans after Hurricane Katrina, Beyoncé delves into the around the United States are facing on a daily changes.



The most striking one would be considered a young black boy break-dancing in front of dozens of cops. When he is done "getting ner struggle with their surrounding society. light" the cops put their hands up and surren- tors and the decision of many black artists to der. The camera then quickly shows a wall step aside and boycott the event. with humor by unmercifully stating that she that says, "Stop Shooting Us." This small has "hot sauce in my bag" and has made the snippet is a response to the #BlackLivesMat- would've been Trayvon Martin's birthday song an anthem to all black and brown wom- ter community and one more cry to stop the and one day before what would've been Sanrampant police brutality towards young black dra Bland's 29th birthday. men

The video ends with Beyoncé still atop are very intense and do hit close to home for the police car, except this time the car has drowned and Beyoncé goes down with it. Beyoncé has declared that the community societal problems that blacks in communities must get into "formation" and bring about

current events surrounding African Americans in the media. Recently with events such as the Oscars not nominating any black ac-

The video itself was released on what

Both of these cases were crucial in the "Black Lives Matter" movement and sparked young activists to stand up for their rights and question what really happened during those situations and what actions should be taken from letting them happen in the future.

"Formation" has also fueled discussion

on the Black Panthers and other historic African American activist groups due to the choice of outfits worn during the halftime performance.

Beyoncé and her backup dancers wore a getup of leather jackets and berets paying homage to both Michael Jackson's 1993 performance and the Black Panthers.

The Black Panthers were a revolutionary socialist group of African Americans that fought for justice and believed in the right to bear arms. Their leader Huey Newton was shot and killed in 1989. The group turns 50 in October

As soon as this was seen on national television, Twitter blew up with people commenting about the triumphs and the history of the black power movement.

Viewers that had not heard of the Black Panthers informed themselves more and the #BlackPanthers hashtag on Twitter started trending. #Formation was another leading hashtag that week leading to more discussion about black power.

Beyoncé and Jay Z have also made monetary donations to Black Lives Matter through Jay Z's music streaming application Tidal. On February 5th, they announced that their proceeds from their Tidal X event would go towards nonprofits that support the cause.

Although many artists have made contributions, sometimes they are not known and don't garner so much conversation. However, music is very alive. It is a constant reminder that we must all move forward in order to receive what we deserve.

BANNER ARTS The Merc With a Mouth Gets a Movie!

Ryan Revnolds Kills it as Marvel's Deadpool

BY LUCIA ROSSI

Nothing says romance on Valentine's Day than flowers, chocolates, and fully nude Ryan Reynolds in "Deadpool."

The new Marvel film and installment in the X-Men film series, Deadpool, kicked ass and took names in more ways than one with its shockingly successful release.

It broke numerous box office records including the highest grossing R-rated comic book film of all time.

Fans generally agree that this low-budget \$58 million film was a hit and Fox responded accordingly by giving the greenlight for a sequel.

Wade Wilson, aka Deadpool, is an ex-special forcesforce operative turned mercenary and is an anti-hero who was diagnosed with terminal cancer. He unwittingly volunteered as a test-subject for the Weapon X project that granted him an unlimited superhuman healing factor and permanent ugliness.

He's known as the "Merc with a Mouth," because of his crazy, dirty, and yet witty sense of humor, debatable nature and constant breaking of the fourth wall.

This is his origin story and the plot was simple. He wants revenge on, Francis aka Ajax, played by Ed Skrein.

Ajax, who has superhuman strength as well as burnt nerve-endings so he can't feel pain, who created Deadpool by torturing him. Wade also needs to save his love. Vanessa

the help of X-Men, Colossus and Negasonic have great villains. Teenage Warhead, who are trying to recruit

Let's be honest, besides his baby, and that about Deadpool. So, it only makes sense to

Carlysle, played by Morena Baccarin, with because great superhero movies should also dealer and runs the mercenary bar that Wade

It is understandable in the way where the movie isn't about Ajax or Weapon X, it's

"Fans of the comic and the video game will hold their chimichangas and tacos up high in support of the film's adaptation."

awesome bod, this is probably the greatest thing Ryan Reynold's has ever created. He's waited 11 years for this film, especially since the disappointing portrayal of Weapon XI in "X-Men Origins: Wolverine," but we'll pretend that never happened. The movie makers got it right this time and that's all that matters.

Fans of the comic and the video game will hold their chimichangas and tacos up high in support of the film's adaptation. The film centers on Deadpool's origins, his personality, his antics, his potty-mouth, his most trusted friends, the love of his life, his pain. his comedy, and his amazing fighting skills. E, everything else was not as important.

This is what the fans begged for and came to see.

The critics however, did see a downside that seems legitimate. Although the humor is not for everyone, what can be argued is the lack of background on Ajax, Angel Dust, and the Weapon X project in general. Personput all the focus on him and not put too much effort into the plot and backgrounds of other characters, especially with their tight budget.

The film did change the roles of certain comic book characters, like Vanessa Carlysle sequel. and Negasonic Teenage Warhead. Vanessa in the comics is a mutant shape-shifter and prostitute called Copycat in the comics, while in the film she's only a prostitute.

Negasonic Teenage Warhead in the comics had telepathic and precognitive powers but in the film had explosive atomic powers, which makes more sense for her name.

The way in which Ajax was able to activate Deadpool's mutant powers was also different. In the film, Ajax tortured Wade using oxygen to push him into asphyxiation, but in the comics he cut out his heart which caused his regenerative powers to make a new one.

The film really excelled in Deadpool's interactions and relationships with other characters. His number one bro in this film was ally, this is the only thing that bothered me Weasel, played by TJ Miller, who is an arms on top

gets jobs in. They show a relationship that many guys can relate to because they're there for each other but also love to insult the other.

His relationship with Vanessa is also relatable because it seemed to be purely sexual but grew into a deep connection. They also had this inside joke between them of whose life is more messed up. (Spoiler alert, Wade won.)

Even his interactions with minor characters are special, like his cab driver Dopinder. who he pays with high-fives and love advice. There was a plot hole with what happened to him, so hopefully he makes a return in the

Deadpool makes references to other X-Men films, Hugh Jackman, Ryan Reynolds' to past films as Green Lantern and Weapon XI, and he also breaks the fourth wall quite frequently

He even addresses the issue of the film makers not having a big enough budget; it's just priceless

Despite Deadpool's cancerous scarred skin described in the comics as "Ryan Revnolds crossed with a Shar-Pei," I was very excited to see his nude fight scene.

Yes it's real, yes it's his.

Now, if we could just get Deadpool in an Avengers movie where he breaks the fourth wall and makes fun of black widow for being his ex-wife that would be the sweet cherry

"Digimon Story: Cyber Sleuth" Digivolves into Greatness Digimon are Still the Champions

BY RYAN WEISER

With Pokémon fans gearing up to celebrate the 20th anniversary, Digimon fans are grabbing their digivices and D-terminals for the 15th anniversary. To celebrate, Bandai Namco entertainment released "Digimon Story: Cyber Sleuth" on PlayStation Vita in March 2015 in Japan, and on the PlayStation 4 in February 2016, in North America and Europe.

Since 1999, Bandai has been making Digimon shows, movies, and video games to keep their fans hanging on. With news of the new series "Digimon Adventure Tri" being pushed back, the release of "Digimon Story: Cyber Sleuth" in North America has kept western fans satiated for the time being.

Featuring a futuristic Japan, and an online world called Eden, "Cyber Sleuth" takes the player into a reality where the line separating the real world and the digital world is getting thinner everyday. The player is attacked one day while connected to Eden and is transformed into an entity of pure data allowing them to become a hacker using digimon as programs of hope or destruction

After choosing your starter digimon from a list of three, you are slowly brought into the world of detective work in a time where cybercrime is at an all time high. As the story progresses, the player starts to see the digital world leaking into the real world.

Overall, reviews for the game are positive with Metacritic and GameRankings giving the game 76 out of 100 and a 77% average, respectively. As a player and longtime fan, I would rate the game higher, but these scores are quite fair.



are some things that are too played out. In their review, Destructoid claimed the game to be "either deliciously or inexcusably old school, depending on your tastes." This was in reference to the game's use of classic turnbased battles, which is definitely not for ev-

As a tried and true formula, Digimon has taken certain elements from the Pokémon franchise. With 242 digimon to capture, there is a real feeling of "Gotta catch 'em all!" While this is not necessary, it is a great post-

While playing the main story, the player is tasked with solving cases for people ingame. These cases can range from finding lost items to defeating powerful enemies, and usually reward the player with money, items and experience points.

Training your digimon is more intense as you are given a party team, a farm team, and many individual stats to focus on. The game features the ability to digivolve and de-digivolve your digimon to gain the right combination of stats to your liking.

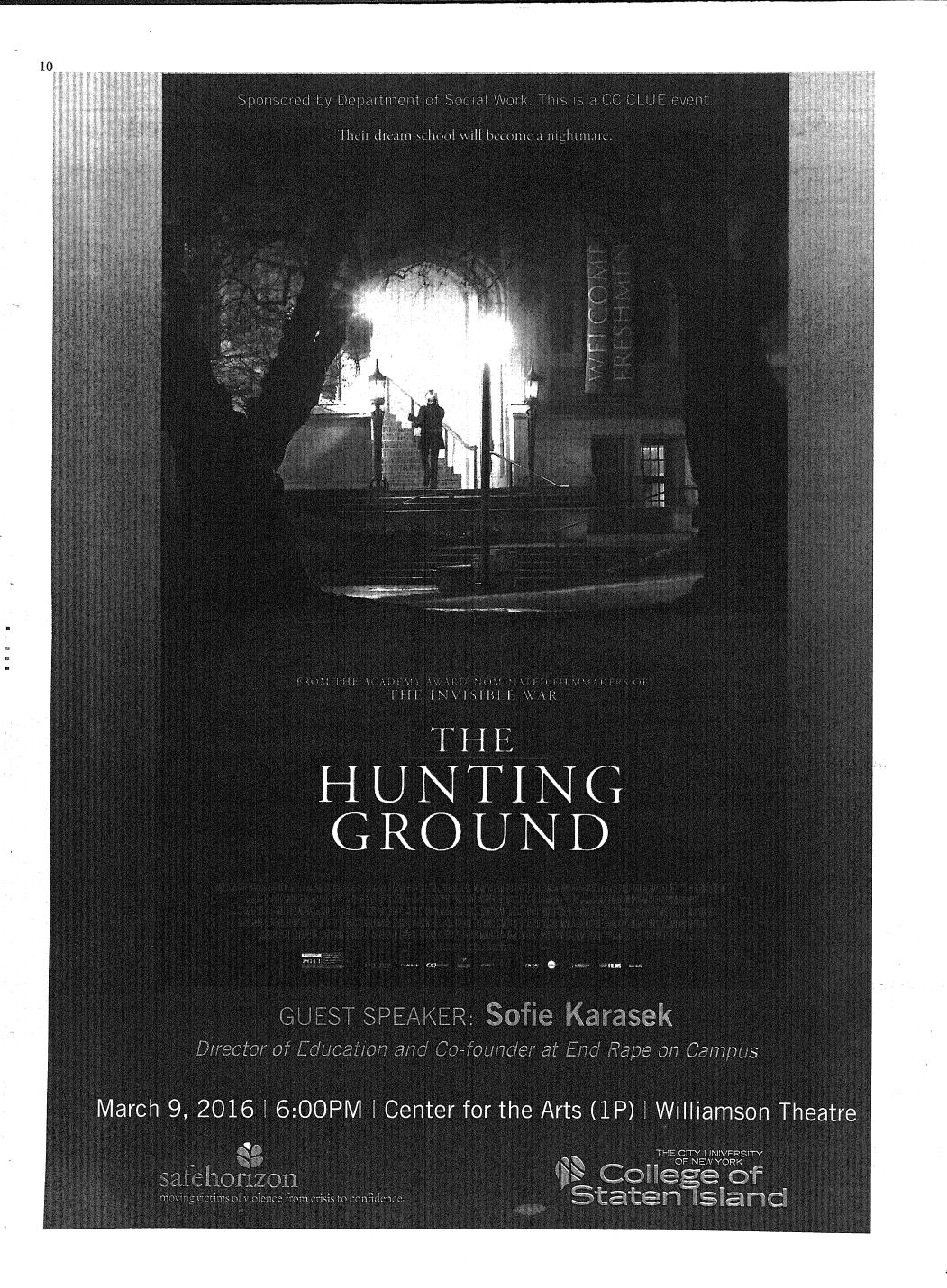
Digivolution is different, in comparison, to Pokémon's evolution because all digivolution is hidden behind levels and certain stat conditions to be met for all digimon, instead of the single stat methods known to Pokémon fans. While this may seem complicated, a huge key to understanding lies within the "ability" stat, which can only be increased by de-digivolving into a previous form, a unique feature of Digimon.

"Digimon Story: Cyber Sleuth" features a large cast of digimon, fantastic storytelling, great dialogue, and amazing references. For fans of the show Gigantor, a replica statue was included as a backdrop to celebrate the 60th anniversary of the original manga. Other references include Kiss, Pokémon, and Bat-

While the game is great, there are some drawbacks to be addressed. The random encounters system can be frustrating as you are forced to go through lower level dungeons a tedious amount of times. While there is a way to stop these battles, it is not so simple as using a purchasable item.

As you play through "Digimon Story: Cyber Sleuth," remember that this is a much better formula than previous "Digimon World" series games.

With pros and cons accounted for, I have still put 70 plus hours into game play in the irst two weeks of release without even finishing the main story. With new game plus mode waiting over the horizon, this nostalgic game has plenty of replayability, and will definitely keep fans waiting on baited breath for the third installation of "Digimon Adventure."



SEX AND THE ISLAND NuvaRing In's and Out's and Why it's Underrated Putting a Ring on it Basically Saved My Vagina

BY VICTORIA PRIOLA Finding a birth control that is right for you is one big game of trial and error. There are a limited amount of options in contraception for women, but there is one in particular that has gotten a bad rep for little reasons.

The NuvaRing is a small, flexible, a that is about the size of a hair tie. Without entifically advanced, the thin, lear, ring is filled with liquid that releases a dose of the hormones progestin and es gen over the course of three weeks.

To get the full use of the NuvaRing, the ust keep it in for three weeks, and take t out for one. After the user's menstrual cyle is finished, they must insert a new ring and repeat the cycle.

According to Planned Parenthood, less han one out of 100 women will get pregnant ach year if they always use the NuvaRing et pregnant each year if they don't use the NuvaRing.

The ring has gotten some bad press due ept being a bit odd. The NuvaR-; is a lot more personal than other forms h control, like taking the pill or getting

The ever-present risk of a yeast infection

a definite con to this type of birth control. Topix online hosted a forum for women sations revealed that many NuvaRing users tend to have more yeast infections afte four months of product usage.

Before you freak out and boycott this product forever, know that if you take out the ring every two days and keep your bikini area lean, there is no way you can get a yeast infection from the ring itself.

According to Healthy Women Online, 75% of women get a yeast infections at least creams like Monistat, that are sold at yo

According to RXList.com, Common side effects of the NuvaRing include vagi-nal infections and irritation, vaginal itching discharge, headache, nausea, vor ing, freckles or darkening of facial skin, in-A lot of women would rather not have creased hair growth, loss of scalp hair, prob-

something in their vaging all day, everyday. Jems with contact lenses, changes in your menstrual periods, decreased sex drive, and other side effects associated with hormor

> So, basically everything that can wrong with your body, might. Like my doo any other way. The ones that hate it, wi

I was on the pill before using the ring and it put my body through hell. I constant ly forgot to take it and had cramps everyday even when I wasn't expecting my period.

Taking Loestrin made me fatter, bitc and anxious. I thought I was pregnant every onth, without fail, due to missed periods and hormonal imbalance.

When I laid eyes on the ring for the firs time, it's size took me by surprise. "I'm sorry, I'm supposed to put that, where?" My doctor assured me I would be fine, so I took he word for it.

It's intimidating to look at but inserting s easier than it looks.

the process of trying to fit a wide ring into a

sle is to pinch the ring with your right hand at the middle until it is in a vertical shap Line the top of the ring to your vagina and use your left index finger to gently push it in

The easiest way to insert it without has

Make sure you are relaxed. There is no vay you can push the ring too far in, so don't worry if you're doing it wrong.

Your body will adjust. If you have any oblems with insertion, call your gynecol

I saw no immediate problems with it. After a few days of insertion, I started to feel ssure because I wasn't accustomed to it It felt strange but after awhile, I learned adjust and now I barely notice it.

The NuvaRing has been a blessing to a thought of messing up my pill schedule. I'n

Before using the NuvaRing. recommended to speak to your gynecologi and ask if this is the right birth control 1 you. I sound like one of those commerci for Viagra, or something, but be

Jail Time for Him Is Still Time for Me How Distance Can Make or Break Your Relationship

ast didn't work out for v

or break your relationship. It is not a

g tell you that it will be like

If all goes well, there is no stronger or intimate love then finally being able to recon-nect with your partner. Of course people will give you their perspective on what they think-is best for you and that's expected.

This is a decision you need to make on your own and for yourself. If you choose that this man is worth your love and time, and you find yourself selflessly devoted to him, then it is best that you consider a few guidelines to you can for the both of you.

bound to happen in both of your lives.you can for the both of you.dreams and game plans until his time is closeYou cannot replace a boyfriend who isIt is an emotional rollercoaster in a goodFirst and foremost, keep yourself bussto ending, that way, you both know wherenot in jail, the same rule applies here. He isand bad way. Some days you will feel likeSitting around sad and lazy is not going toby wrapping yourself up in a fantasy thatyou feel the way he does, make sure you alyou will feel like the world is caving in anean be spent productively building yourselfmay seem real now, can be seary becauseways keep that in mind.you'll think to yourself. "how is this goingyour faure, and possibly a potential futurethings could crumble as soon as he is liberatThere is no point in opening a chapter if
you're not planning on finishing it.But it can work. One good side of the stopIt will also give the both of you somebe showered with all of the love and respectand stand by that decision because ultimately,
you deserve ...either way, this is somethingin the end, it is your happiness that matters.

well as a stronger bond because he will be missing the things that he could be doing

and experiencing life, eventually both develop a sense of regret and re towards one another. This is the type of sci nario that should be taken one day at a time

dreams and game plans until his time is close

early to dwell on. Another approach to make it work is be honest with him during phone conver

You cannot replace a boyfriend who

SPORTS Fresh Off CUNYAC Championships, Dolphins Compete in Jersey

Individuals From the Men's and Women's Squad Shine Bright in Rutgers

BY FRANK COSTAGLIOLA

Following a third straight CUNYAC Championship victory, the Men's and Women's swim and dive team represented CSI at the annual Metropolitan Swimming and Diving Championship at Rutgers in Piscataway, NJ.

The Metro Championship took part over the course of three days and the Dolphins participated in 18 of the 42 events held at the swim meet. Furthermore, the Dolphins also managed to make eight finals appearances.

Swimmer of the year and captain, Tim Sweeney, was poised to make a splash at the meet after an impressive performance at the CUNYAC Championship.

The junior took first in every single race he was a part of and was an obvious choice for Performer of the Year.

"It is a great accomplishment that I am very proud and honored to receive. I've worked hard all season and to be recognized by all of the coaches in the conference means a lot," said Sweeney during an interview after the CUNYAC Championship.

"I have to thank my teammates so much for this because they pushed me to be better each and every day," Sweeney continued. "I also have to thank all of my coaches, and Mike Wilson because I wouldn't be swimming nearly as well without them."

Sweeney has been the Dolphins' most consistent swimmer all season and has the numbers to prove it.

He has broken multiple school records and leads his team in overall points and first place finishes.

Sweeney got his team on the board after placing 15th in the 50 yard Freestyle sprint. Finishing with a final time of 21.61, the junior came within mere tenths of a second in finishing in the top eight.

On the second night of the event, Sweeney secured a seventh place finish in his signature swim, the 100 yard Butterfly.; while in the process, setting a new personal and school record.

The team of Derek Villa, Jonathan Gorinshteyn, Nicholas Defonte,



and Tim Sweeney represented CSI in seconds of their seed time. a number of relay races.

In the 200 yard Freestyle Relay the men took 12th place. Following the 200 yard Freestyle Relay the team of four tied for 10th in the 400 yard Medley Relay.

Following a solid performance on the first day, the four were back at it the next day. The first event of the day was the 200 yard Medley Relay.

This was their overall worst performance and finished 13th with a time of 1:51.55.

Their final and best showing of the meet was 400 yard Freestyle Relay. The foursome took 9th place in their final event and shedded off six

Sweeney also broke another school record during the 400 yard Freestyle Relay and capped off an impressive showing for the four of them.

Other notable performances included Jonathan Gorinshteyn's 21st place finish in the 200 yard Breaststroke, while the duo of Derek Villa and Nicholas Defonte broke their own personal records in the 200 yard Freestyle.

Villa scored a 1:48.10 and Defonte swam a 1:51.56.

Junior Naomi Gaggi was the member of the women's team to participate in any events.

Gaggi swam in three total events and improved her seed time by seven seconds in the 500 yard Freestyle with a time of 6:00.10.

She also competed in the 100 yard and 200 yard Freestyle events.

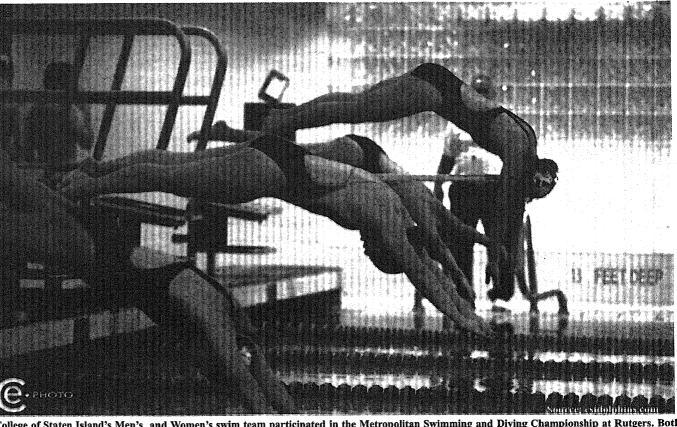
Brothers Adil El Haddad and Ayman El Haddad competed in the one meter and three meter diving events.

Ayman placed 11th in the 1M and had an overall score of 305.50 points, while Adil finished in 14th with a 276.05. Both brothers would improve their scores in the 3M event. Adil placed 9th with a score of 233.88 points, while his brother took 11th with 219.40 points.

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The Metro Swimming and Diving Championship was the conclusion of an exciting season for the Dolphins.

Led by Head Coach Michael Ackalitis and his assistants, the Dolphins enjoyed a lot success this season.



College of Staten Island's Men's and Women's swim team participated in the Metropolitan Swimming and Diving Championship at Rutgers. Both squads were coming off CUNYAC Championships.