

THE BANNER

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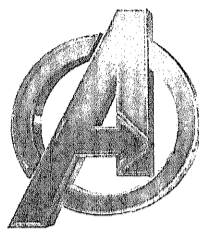
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"Devoted Leaders" Desire to Inspire

New Student Government Promises for CSI

BY: LUCIA ELMI

Photo Credit: CSI.CUNY.edu

This Spring semester, Fatu Amara, ran for president of "Devoted Leaders" and senior seat of student government at CSI. She spoke on the nature of their campaign promises for the students of CSI.

"For our team, we're trying to push agendas that we've actually experienced and things we've been through. For example, I studied abroad and I want to work on creating funds for study abroad.

I studied abroad with Brooklyn College and it also creates opportunities with students that want to do CUNY ePermit.

"I feel like for us we're all focusing on stuff we're actually experiencing and people that are on the team are people that are international students who want to work on things that affect international students at CSI. So, I feel like we don't always say stuff but I feel like because we



have experienced it and because we've been at CSI for such a long time we know what we're trying to put forward."

When asked about her own personal struggles in her journey to run for student government, Amara was receptive to be-

ing open an honest about her experiences thus far.

"As an individual, one of the most prominent one would be that a candidate actually harassed me at my place of

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Igniting Dolphin Cove Spirit

New Programs at Student Housing

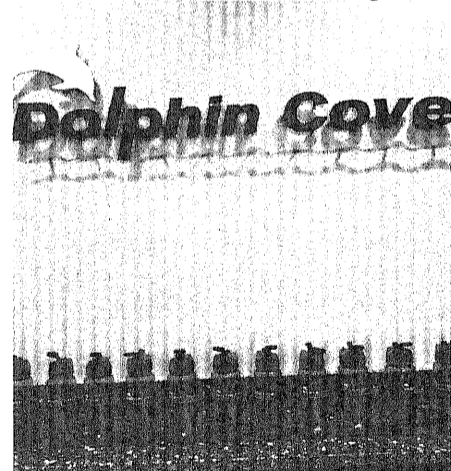
BY: BRENDAN PIRANDO

The Dolphin Cove is a place at CSI where people who dorm can sleep, eat, work out, study, and even bridge a sense of community between residents from each hall. This past semester, some Dolphin Cove Resident Assistants had plans to spark a connection between the dorms.

Now that summer is approaching and winter has ended, indoor and outdoor programs for the dorm residents have been created. During March, a basketball program began at the Dolphin Cove which ushered in a new feeling of spirit.

Resident Assistant Brendan Pirando created CSI March Madness, which had residents of each Residency Hall play each other for bragging rights. The student had the passion to not only get the students active and motivated, but also to create a community for CSI's housing residents.

Photo Credit: Deskgram.net



The idea was to get the best players from the North Dorm and the South Dorm to go head-to-head and have an evening filled with excitement and drama.

North vs. South basketball is a program that started for the first time this year. It was held in 1R and included a sign up of 30 people.

At around 6:30pm, the first round of games began.

The program would did not end until about 9:00 pm, and everyone stayed until the end. This was an exciting turnout for the members of the Dolphin Cove.

Two teams from the South and

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Look, Mom, I'm on the Radio!

WSIA Staten Island is Recruiting New Members

BY: LAUREN SILVERMAN

Are you interested in getting involved at CSI, but want something more than a regular club? Look no further than WSIA, Staten Island's only FM radio station, which operates on the CSI campus.

The radio station was created in the

mid-1970s and officially started broadcasting on August 31, 1981. Since then, students have taken advantage of the opportunity to gain hands-on experience with radio broadcasting and media.

Due to its non-commercial nature, WSIA's mission is educational and infor-

mative. It provides listeners with "diverse programming," according to wsia.fm, and allows local and less popular musicians to gain some exposure on the air.

Students can also listen to WSIA for information about upcoming events and news regarding the College of Staten Island.

Becoming a member of WSIA has a variety of benefits that will enhance your experience as a CSI student.

"When students join WSIA," says Seamus Hughes, WSIA's News Director, "they get the chance to not only host their own radio shows, but they can get experience for their careers- not just communications students but business, computer science, and more. You learn how a radio station functions as a business."

Members of WSIA must complete a minimum of three hours on-air per week, as well as two hours of station work per week. All members must pass a written

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Photo Credit: Facebook.com



WSIA is located in room 106 in Building 1C.

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Cassandra Lane

Co-Layout Editor:
Lauren Silverman

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FOR ADVERTISING INFORMATION DIAL 718-982-3116

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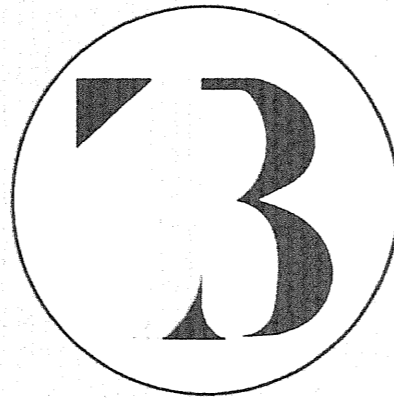


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BANNER POLITICS

A Guide To The Royal Family

How Much Power Does the Queen and her Descendants Have?

BY: OLIVIA FRASCA

As the status of Brexit negotiations seems uncertain and constantly changing, the British people can find stability and continuity in one thing: the royal family. The current British monarchy traces its origins back to the 10th century.

Once a family of rulers in charge of a massive empire, the royal family serves a pretty modest role today. The United Kingdom is a constitutional monarchy in which Parliament creates and passes legislation.

Despite this, the family never fails to enchant the world. From their rich upbringing, large estates, elaborate weddings, and ceremonial duties, it is hard not to admire their "fairytale" life.

Although the media seems to glorify their lavish lifestyle, the royal family plays a vital role in British affairs at home and abroad.

According to the official website of the royal family, "The Sovereign acts as a focus for national identity, unity and pride; gives a sense of stability and continuity; officially recognises success and excellence; and supports the ideal of voluntary service."

Queen Elizabeth II is the longest reigning monarch in the history of the country. As of September 2018 she has ruled for 66 years.

Her Majesty The Queen is recognized as the Head of State and serves as the figurehead for the UK and the Commonwealth. She resides in Buckingham Palace located in Westminster, London.

She is responsible for opening parliament sessions and signing proposed bills. She has the ability to appoint ministers to the Crown, pardon criminals, issue passports, and present titles of honor to citizens too, according to Reader's Digest.

The Queen is also Commander-in-Chief of the British Armed Forces. All members of the military must swear allegiance to the Sovereign.



The British royal family fosters a sense of national identity, unity, and pride for the people.

"The Queen sees public and voluntary service as one of the most important elements of her work. The Queen has links - as Royal Patron or President - with over 600 charities, military associations, professional bodies and public service organisations."

"Her patronages and charities cover a wide range of issues, from opportunities for young people, to the preservation of wild-

life and the environment."

Queen Elizabeth II, along with her descendants, honor and thank the Commonwealth for their contributions.

Although members of the royal family pursue their own political causes, they must not do so when they take the throne. Prince Philip, first in line to the British throne after the Queen, must remain neutral on causes after he becomes King.

by Prince William that aims to prevent illegal wildlife trading.

Prince Harry created the Invictus Games, an adaptive sporting event for wounded, injured, and sick army members and veterans. The Games are held every year throughout the world and have taken place in London, Orlando, Toronto, and Sydney.

The line of succession after the Queen is Prince Charles of Wales, Prince William of Wales, Prince George of Cambridge, Princess Charlotte of Cambridge, Prince Louis of Cambridge, and Prince Harry of Wales.

While the Royal family tree can be complicated to understand, successors of the throne are blood-related. Charles is the Queen's son and his children are Prince William and Prince Harry, also known as the Duke of Cambridge and the Duke of Sussex.

George, Charlotte, and Louis are William and Kate's children. Prince William's children enter the line of succession before his brother Harry, the Duke of Sussex.

Prince Harry and Meghan Markle, the Duke and Duchess of Sussex, are expecting their first child at the end of May. The royal newborn will be seventh in the line of succession following his father.

The royal family is a symbol of British pride and continuity that the people can turn to amidst rough times. Their duties and personal contributions represent history, honor citizens, and never fail to enchant the world.

Legislative Filibuster in U.S. Senate Could Be Erased

Will the Senate Turn into a Majority Rule Chamber?

BY: DEJON VIRGO

The United States Senate has the ability to attempt to block a vote on a bill through an extended debate. This procedure, also known as a filibuster, is under review by Republicans in order to confirm more President Trump appointed federal district and appeals judges.

This potential filibuster rule change will cut debate time and make it easier to confirm judges at the federal and appeals level.

The filibuster has now been changed three times within six years from a supermajority to a simple majority. A simple majority in the 100-member Senate is 51 votes; while a 2/3 supermajority vote requires 67 votes.

Many have declared this change as the "nuclear option." According to Politico, the Senate majority moves on the filibuster have now left the legislative filibuster.

Many Senators feel like this change will soon be terminated by whichever party is in the majority.

This is especially concerning because the Senate is up for grabs in 2020 with Republicans on defense and Democrats on offense. Minority leader Chuck Schumer (D-NY) will try everything in his power to take back the Senate in 2020.

If Democrats or Republicans take control of both Congress and the White House there will be a lot of pressure on the majority leader of the Senate to get rid of the filibuster so the party can carry out its agenda.

Only one Republican voted against the filibuster and he is Mike Lee (R-Utah). Lee argues that the filibuster is put in place in order to provide some balance in the Senate.

Majority Leader Mitch McConnell (R-KY) most likely faced pressure from Trump because he has called out Democrats' objections on federal district judges. This move could cause more changes in the Senate if Republicans end up losing the Senate in 2020 or 2022.

The change of the filibuster started when former Senator and Democrat Majority Leader Harry Reid (D-NV) changed the filibuster rules on certain nominees in order to get them confirmed.

This led McConnell to do the same and go even further. He changed the rules on Supreme Court nominees from a sixty vote supermajority to a simple fifty-one majority vote to get Neil Gorsuch confirmed.

According to Politico, Senators don't seem optimistic about the filibuster staying with Senator Chris Murphy (D-CT), saying "We're going to be the House of Representatives by the time my term is done. And that will be McConnell's legacy."

President Trump has made it clear that he wants the filibuster gone. If he wins reelection in 2020, and if Republicans keep the Senate, then killing the filibuster will probably gain momentum.

Some Senators are concerned about killing the filibuster, as after Republicans

got rid of the filibuster on Supreme Court nominees a letter was sent to both McConnell and Schumer advising them that the legislative filibuster needs to be protected.

The Democratic nominees for 2020 have started to campaign on getting rid of the filibuster in order to pass legislation like Medicare For All and the Green New Deal.

Senators Elizabeth Warren (D-MA) and Kirsten Gillibrand (D-NY) have expressed their support for getting rid of the legislative filibuster.

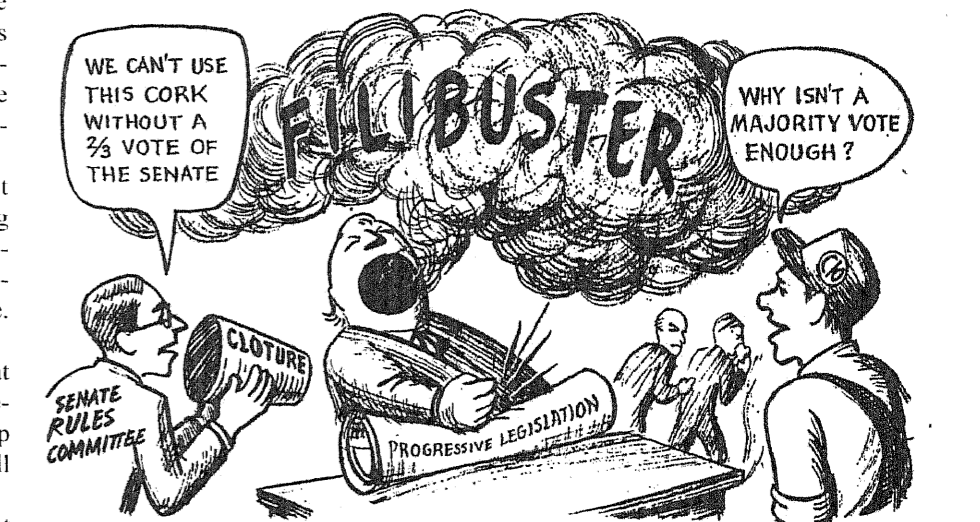
Bernie Sanders has just released his bill for Medicare For All and according to Vox, he knows that gutting the legislative filibuster will be the only way to pass his

legislation.

"Whether or not you're in the majority or the minority, I think you have to protect minority rights. I don't think you can just simply shove everything through. There's an argument for that, by the way, but that's not where I am right now."

The legislative filibuster seems likely to end but the real question is who is going to do it and that's the game the parties are playing.

Both parties seem like they don't mind getting rid of the filibuster but they don't want to be held responsible for gutting it. For now, it is only a matter of time before one party eventually ends the legislative filibuster.



The Senate rules committee explaining the filibuster to a regular citizen.

BANNER NEWS

"Desire to Inspire" Continued from Front Page

work. I was speechless. I actually didn't expect it to get that physical, I thought it was going to be a peaceful student election, so that has been the most difficult thing emotionally."

The candidate in question has been asked to remain anonymous. Despite the turmoil of having to deal with such a situation, Amara remains hopeful in the integrity of her competitors.

"I think healthy competition is good but when you take it out of line then I think that's unhealthy, but I actually like a healthy competition."

In reference to the recent harassment incident, Melissa Sipione, who ran for vice president, had much to say on the issue. "We put ethics before anything else."

There have been morality issues amongst other teams and we definitely dedicated and devoted. We have a lot of amazing team members that want to be in student government to make change and I'm excited about that."

"I want to work on things that promote post-graduate graduation because I know that a lot of students come to CSI and at the end of the day they want to graduate and they don't know how to figure that out and I think internships,

fellowships, study abroad, and research opportunities are the ways they can figure out what they want."

"One of the great programs CSI had is CUNY Service Corps and they don't have funding for it. I was frustrated by that because that was one of the greatest opportunities for students to gain work experience."

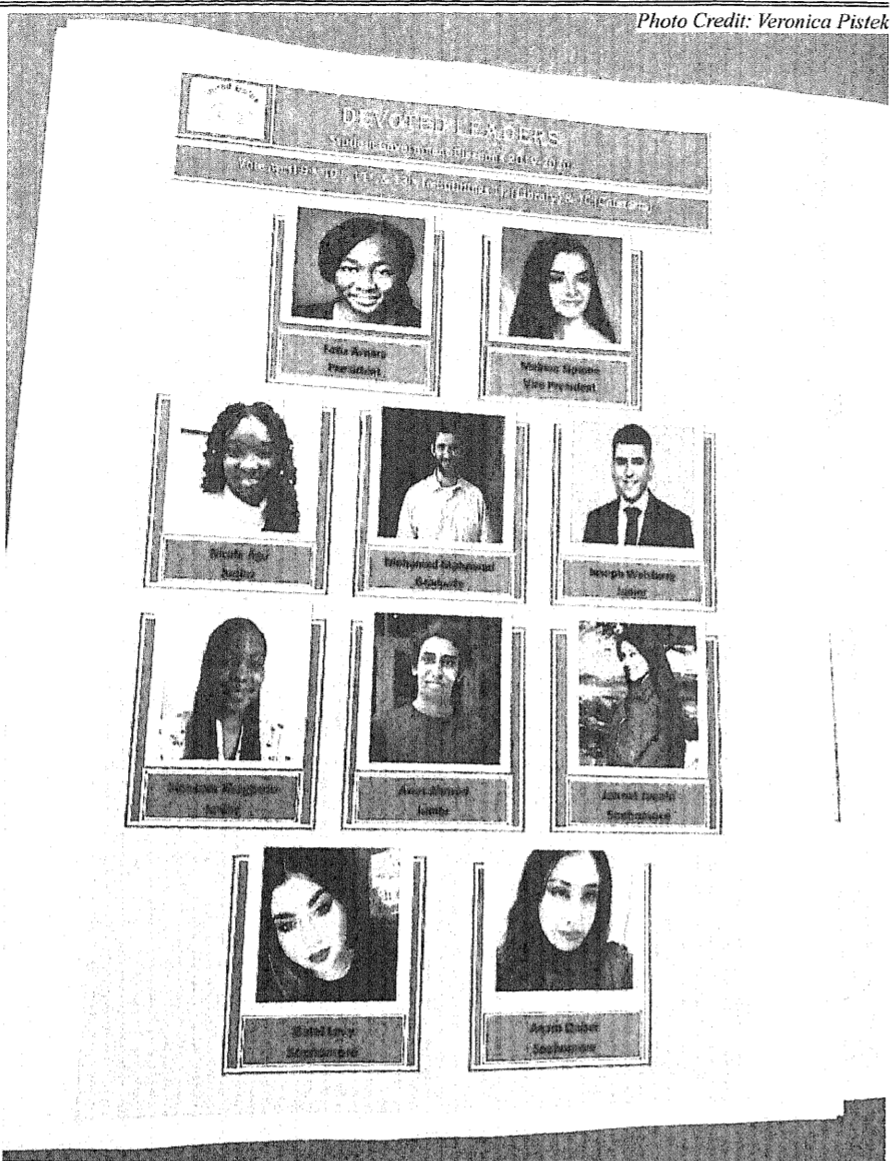
I hope to work with people to get this going again. Its a great way to get students to network. I know Staten Island is very isolated from the rest of CUNY and its through those programs that kids network and meet people."

If elected, Amara also intends to work on creating more funding so that CSI can provide more information sessions as well as test prep courses for exams like GRE and EMCAP.

"To apply to graduate school you need that information and CSI doesn't partner with any test center so that kids can study for these exams. A big limitation is budgeting but I hope to have a strong team that can work together and find a solution to these problems."

The student government elections took place in April, and the new leaders will be looking forward to the Fall semester.

Photo Credit: Veronica Pistek



The "Devoted Leaders" team members.

BANNER NEWS

"I'm on the Radio" Continued from Front Page

test and on-air certification in order to start their own show.

But the benefits of joining WSIA go well beyond academic benefits.

"[Members] also get the chance to make lifelong friendships with the people who are on the air with them," says Hughes. "We also get to hear new releases first."

Music lovers have a definite place at CSI's radio station. New music is added to the on-air CD racks daily, and the station receives enough music that fans of every genre are sure to be pleased.

In addition to physical CDs, WSIA also plays digital submissions.

Not only does WSIA play music by up-and-coming artists of every genre from pop to metal- the station ensures that local Staten Island artists get air time as well. WSIA gladly accepts submissions from musicians in the area.

In addition to a radio show, members also have the opportunity to pursue leadership positions in one of several departments including personnel, programming, business, news, and music. These departments allow students of different academic backgrounds to apply their knowledge and skills while gaining experience as an on-air DJ.

Shows are not limited to music. Members can also host sports shows, talk shows, and even record interviews with guests (such as local musicians and performers).

Despite the ever-changing nature of

Photo Credit: Facebook.com



Photo Credit: WSIA.fm

modern media, college radio stations like WSIA have shown that radio is still relevant and necessary.

"Radio is important as a medium that has lasted over 100 years and outlasted dozens of audio technologies like cassette tapes and records," says Hughes. "I find that we learn about what it is to be human from radio."

"Specifically with radio shows from NPR and other talk stations. We hear people's life stories and what makes them tick. I feel like with TV, you can't do that."

If you want to hear your fellow CSI students on the air, you can tune to 88.9 on your FM dial, listen to the live stream at wsia.fm, or download the TuneIn app

and search for WSIA.

If you are a CSI student maintaining a 2.0 GPA or above, you are eligible to join WSIA as an on-air DJ. You can visit the station, which is located in Room 106 in the Campus Center, any time during business hours (9am to 5pm, Monday through Friday) to learn more about life at the station.

"Dolphin Cove Spirit" Continued from Front Page

two teams from the North would play to have the better of the two play each other in a final North v. South.

The participation from each resident was phenomenal, and the students were shocked about how the final game went down. The game went back and forth.

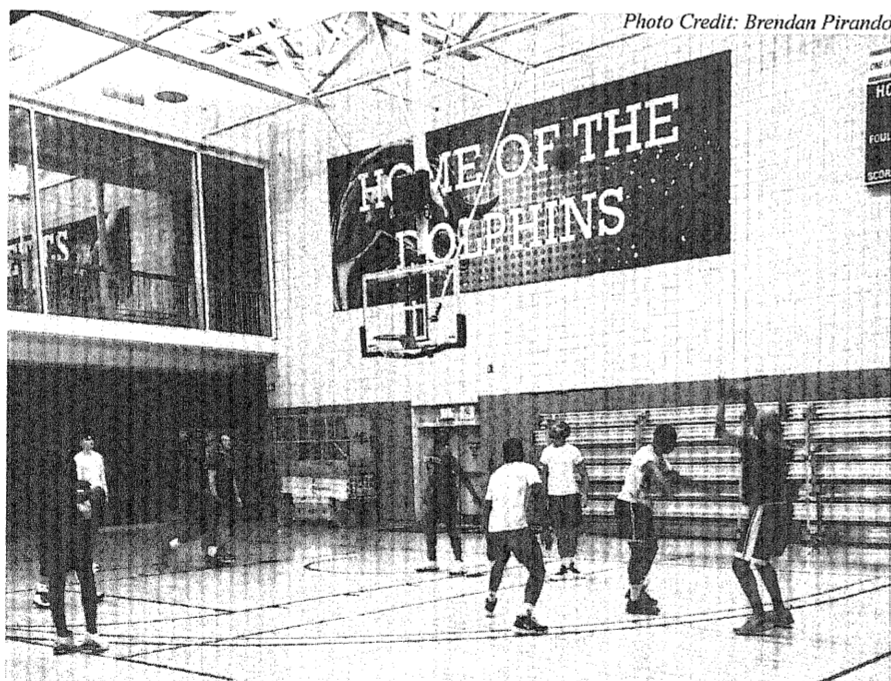
Ultimately, the North Hall beat the South Hall during the last game on Resident Michael Mackie's buzzer beater to end the game 50-47. Michael was elated about the whole experience and was happy that he got off the last shot.

After the highly anticipated event, Resident Chandler Stroud was interviewed. He is a student who came to CSI from Louisiana and was asked what he thought about the program.

Stroud said he had made a lot of friends and that it was such a great time. "Dolphin Cove should do more programs like this and the sense of spirit and atmosphere in the dorms seems to have changed. Everyone feels a little more proud that they live here on campus."

During May, there will be the North Hall vs. South Hall World Series a wiffle ball game between the two buildings.

Photo Credit: Brendan Pirando



The athletic programs are not the only fun events that have been created at CSI Student Housing.

Throughout the year, two RA's named Monnique and Shanice hosted a Sip and Design program. This event included snacks, beverages, and designing t-shirts for yourself or a stuffed animal.

Another event that occurred at the Dolphin Cove was a Midnight Breakfast. Students got together to help make pancakes at midnight.

These events showcase the opportunity to live a connected and fun college

life at CSI's Student Housing.

In short, everyone seems to want to have more events and athletic programs for the dorms-especially keeping it between the two buildings since it ignites a sense of pride of which building they live on campus.

Hopefully, this will set the tone for future athletic and extracurricular activities for students at the dorms to participate in in the coming semesters.

For more information about CSI Student Housing during the summer session, visit cuny.edu.



Photo Credit: Brendan Pirando

CSI Dolphin Cove students experienced new programs and made new friends this Spring semester.



LIFESTYLES

Kate Hudson's Sensational Eco-friendly Clothing Line is Here

An Eco-friendly Way to Look Fierce

BY: BRIANNA MCHUGH

Kate Hudson has entered the fashion world with her revolutionized clothing line.

Kate Hudson is best known as an actress, singer, and fashion designer of Fabtetics. After making her mark in trendy sportswear, she is here to take over the fashion industry with her latest designs.

The blonde beauty has released her newest line, "HappyxNature" on April 4th, 2019. The collection is influenced by the bohemian style of loose, comfortable and free-formed clothing and is the perfect combination of cute and functionality.

The line introduced 30 different color-filled pieces, leaving the consumer with the perfect amount of options. The collection incorporates pieces ranging from flowy summer dresses to comfortable jumpsuits, everyday blouses, trendy pants and of course, the classic two-piece matching sets.

The collection seems to reference the colors of the Earth's natural beauty. The colors range from sunshine yellow to snow white, sky blue, and hazel.

Each color is incorporated into these pieces, creating a cohesive look.

These selections are easy to combine, thus giving the ability to create a single outfit or trendy pair-off with some of your favorite at-home items to create a luxuri-

ous sensation.

The items are perfect ready-to-wear outfits for a nice brunch with your friends, exploring a new place, barbecues with family, a relaxing vacation, or even a perfect date night.

Photo Credit: FashionedUnited.uk



Just one of Kate Hudson's many signature clothing items.

"HappyxNature" sets the bar high for competing brands. She has included eco-friendly technology in her designs in order to avoid producing more waste for our planet.

A majority of the clothes are made by mixing a selection of cottons with recycled organics and fabrics. In replacement of the typical plastic tags, it will come with sus-

tainable fabric tags.

Each skinny jean is produced by incorporating at least 2 recycled plastic bottles into the fabric. This is accomplished by the process called repreve, which breaks down plastic bottles into a workable fabric yarn.

The "HappyxNature" website expresses the sensation you are supposed to feel while wearing their clothing line. It promotes a relaxed vibe for the consumer, like looking at the possibilities of exploration and adventuring.

Their webpage is filled with beautiful models showing off their clothing in front of a light-hearted outdoor scenery. It allows you to envision yourself on the same getaway retreat as these models.

The prices of the items may be out of some people's price range or fit in just perfectly for a decent opportunity to splurge a little bit. The items range from \$48 to \$148. It starts at \$48 for a cute multi-colored tank top to a \$148 detailed poke-a-dot maxi dress.

There is a size for all shapes, figures and curves. The line accommodates sizing options from XXS to an XL and sizes from 00 to size 18.

Where to buy this great assortment you might ask? The clothing line can be found online at HappyxNature.com, N&Yand-Company.com and select New York & Company locations.

Upon receiving your package, you may notice the shipping bag is different from others you have seen before. The company has opted to only use biodegradable shipping bags which can break down and decompose naturally within 12-18 months.

The clothing line is perfect for those that want to look great and feel even better, while also knowing that they can help

save the planet. Sustainability has become a growing conversation within the last few years and it is important to know that the way they produce their clothing can also contribute to a cleaner ecosystem.

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LIFESTYLES

Perks of Being a Workaholic

A Workaholic Lifestyle Can Reap Great Rewards

BY: KYLE FORBES

Merriam-webster.com portrays the meaning of passion as a strong liking or desire for devotion to some activity, object, or concept.

Examples of a devotion for some activity is a passion for sketching and creating new black anime characters and/or manga characters (mangaka) every day.

Another example of having a strong devotion to something is having a passion for practicing self-love. Self-love can manifest in someone such as a workaholic cartoonist who works to create art for their own well-being and happiness.

Work passion is portrayed as a strong interest towards work-related activities that individuals find fun and worthy of their time.

Obsessive passion deals with the de-



Are you a workaholic?

termination to continue to pursue a dream that most people think is impossible to attain. It takes an immense amount of willpower and optimism to perfect a skill.

The Journal of Business and Psychology reported that an obsessive passion for work may be the motivation that makes one feel socially accepted or have high self-esteem. This includes individuals that desire acceptance from a large group or organization.

Other motivations could be promotions, job raises, or work-related rewards that would secure their self-worth.

Research also reports that both Chinese and Russian employees have, on average, a more harmonious team and individual drive for work-related projects.

Research reports from a study done by Khapova and Korotov made a note that success amongst employees in Russia's

Photo Credit: Virtualianet.com

workforce comes from the motivation to do work. However, such motivation from Russia's employees are reported to not come from administrative and ideological barriers.

Russians report practicing professionalism in terms of quality and ability. Research also reports that Russian employees utilize their passion and creativity during the work hours for the best quality of results.

China reports that their work behaviors come from their love and passion for work.

Research shows that as a result of China and Russia's commonality in passion and work ethic, the two countries can connect more easily. The connection between the two passions could be due to the drive towards "centrality, achievement, and material reward in success."

Like-minded, passionate employees enjoy chatting with their colleagues about activities outside of work. It's also not uncommon for passion-driven employees to be allowed to communicate on the phone with family members during their breaks.

As a result, such employees have a significant reduction in tension and anxiety by walking outside during breaks.

The same kind of workers feel positive emotions from their work experience, making them more inclined to focus more easily on their work. Research reports that the inclination to be passionate about something is similar to a positive strive in

work commitment.

On average, passionate employees are reported to feel more in control while making important work decisions than unmotivated employees.

Research reports that passionate employees can continue performing well at work as long as the work remains satisfying. The same employees may very well continue to perform well at work if their work isn't interrupting their other life activities.

Having a strong passion for work harmonizes with other aspects of an individual's life by balancing one's overall need for happiness. The harmony between work and one's personal life has been shown to increase career satisfaction.

Harmonious and obsessive work passion shows a strong indication that one feels an overall positive opinion towards their job's work environment. Research portrays harmonious passionate people to feel intrinsically motivated.

All in all, this goes to show that the hard work and sleepless nights a workaholic puts into their careers is worth the trouble. It improves mental and physical health, creating an overall more positive life than someone who only works at an average pace.

But as always, the key to life is balance. Always remember to balance work and personal life.

Alkaline pH Diet Can Solve Some Serious Health Problems

Understanding the Benefits of the Alkaline Diet

BY: ROSEANNE CASSAR

You are thinking to yourself—what the heck is the alkaline diet? Is this diet something new or is it still being researched? Guess no more.

The alkaline diet has been around in the medical field for a while. This type of diet is used to treat some cancers in order to reverse the diagnoses, put it into remission, and to help people be cancer free.

Another name for it is called "acid-ash diet." According to the Dr. Edward Group, the alkaline diet, "promotes foods alleged to influence acid-base homeostasis in the body." Some food examples are whole, raw, organic fruits and vegetables.

According to the Dr. Edward Group, Dr. Edward states, "the proponents of the alkaline diet claim that eating certain foods influences the body's acid-base homeostasis, or pH levels." The alkaline diet encourages dieters to eat healthier to produce a desirable outcome for one's overall health.

Dieters who are on the alkaline diet have claimed, "an alkaline environment within the body helps weight loss efforts, increases energy, and can boost the immune system."

Before anyone can start an alkaline diet, you should first do some research on the topic. The Dr. Edward Group mentions to fully understand how the alkaline diet works and in order to do so you should educate yourself about your body's pH levels

and what pH means as the basic fundamental idea behind the diet.

How does the pH scale work?

Dr. Edward's Group explains that, "The pH scale runs from 0 (acidic) to 14 (basic or alkaline); 7 is neutral." Examples on the pH scale is pure water, which has a pH of 7.

Sulphuric acid has a pH of almost 0, and is both extremely acidic highly corrosive.

"Lye has a pH of nearly 14 ... [and is] also highly corrosive," because it is extremely alkaline." It is very important to understand the necessity of maintaining a pH level in your body.

The Dr. Edward Group states important facts such as: "The human body needs to maintain a pH in a narrow range between 7.35 and 7.45 to function properly. This pH range provides the ideal working environment for the body's fluids and tissues.

Your stomach is acidic, about 3.5 on the pH scale, and it must remain so in order to break down food."

"Blood is mostly neutral - a characteristic that enables it to transport various substances around the body without affecting or reacting to them." Dr. Edward goes on to say, "The wrong pH in a given system or organ can seriously affect your health."

If not careful, you can develop a condition known as alkalosis. "Alkalosis occurs

when your blood and other fluids become too alkaline.

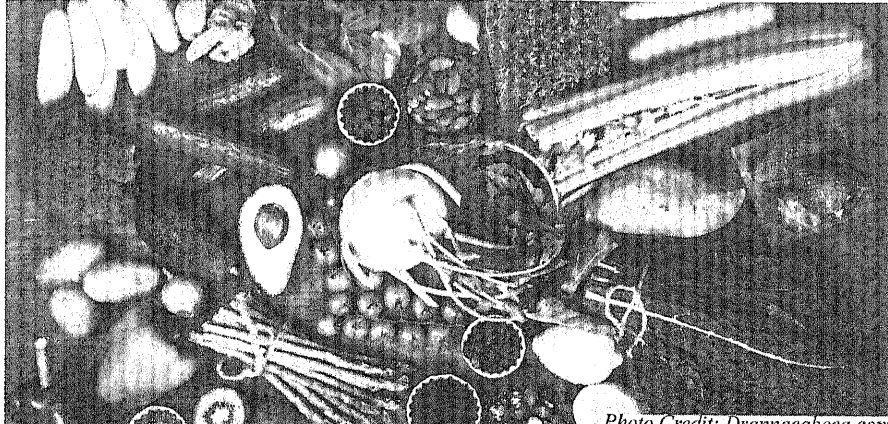
It's a condition that can be caused by liver or lung disease, low oxygen levels, or a sudden loss electrolytes."

Some concerning symptoms include, confusion, lightheadedness, twitching and spasming muscles, seizure, tingling in the extremities and face, and respiratory distress. The opposite of alkaline is acidosis.

According to Dr. Edward Group, "acidosis is characterized by a high acid load in the bodies fluids." Dr. Edward mentions different types of acidosis including, metabolic, respiratory, lactic, and renal (kidneys) acidosis.

Some symptoms from these types of acidosis include confusion, fatigue, shortness of breath, and lethargy.

It is interesting to learn which foods we are eating that cause alkalinity or acidic



The alkaline diet is about pH balance.

effect on our bodies. Ten alkaline forming foods are garlic, mustard greens, avocado, figs, ginseng, apple cider vinegar, almonds, pumpkin seeds, green tea and tomatoes.

Likewise, ten acidic forming foods are lard, peanut butter, cranberries, white pasta and bread, beef, corn oil, pork, potatoes, beer and hard liquor and butter."

In conclusion, Dr. Edward reiterates that the alkaline diet, "promotes eating mostly organic plant-based foods high in vitamin C, selenium, iron, and zinc; all of which support gut health and the immune system."

If you are considering in trying a healthy diet, try the alkaline diet first. You will learn, grow and benefit from this diet, and you may even lose a few pounds while on it.

Happy dieting!

Flying Through the Art of Trapeze

Trapeze Makes People's Wishes to Fly Come True

BY: GABRIELL KLEYDMAN

Ever wanted to fly but gravity is totally stopping you? Have you ever heard of something called flying trapeze?

Flying trapeze is a particular form of trapeze that has the flier jump from a platform with the trapeze bar in hand so that gravity is able to let the flier swing and perform tricks mid-air.

Something that you have only seen done in circuses is completely accessible to the public!

Nestled on the rooftop of Pier 40, overlooking both the Westside Highway and the Hudson River, is the Trapeze School of New York, currently one of the very few schools offering flying trapeze classes in the New York City area.

Despite the fact that I live in one of the five boroughs, I do not tend to go to the city that often. Usually, when I do embark on the one-and-a-half-hour train and ferry ride there, I take a trapeze class overlooking the Hudson River at 8:00 a.m.

I will admit that the commute is a little strenuous, and I do have to wake up before five in the morning to make it a few minutes early to an 8 a.m. class, but thankfully, I love the mornings. I definitely recommend their 'sunrise' class

What makes me truly anticipate the trip to the city in order to take one of those

classes is simply just the view. The classes take place on the roof of Pier 40, you could almost see the tops of all the buildings!

In order to 'fly', everybody needs to climb up a long ladder in order to get to a ledge. From there, you then proceed to jump off. Usually, when I am up there, I will stop what I am doing and take a moment or so to look around me and take in the view.

To my left, the West-Side Highway booms and echoes in the morning, with cars and people making their way to their designated work areas. The bustle of the highway and the rest of the city holds a stark contrast to the view on my right which overlooks the Hudson River.

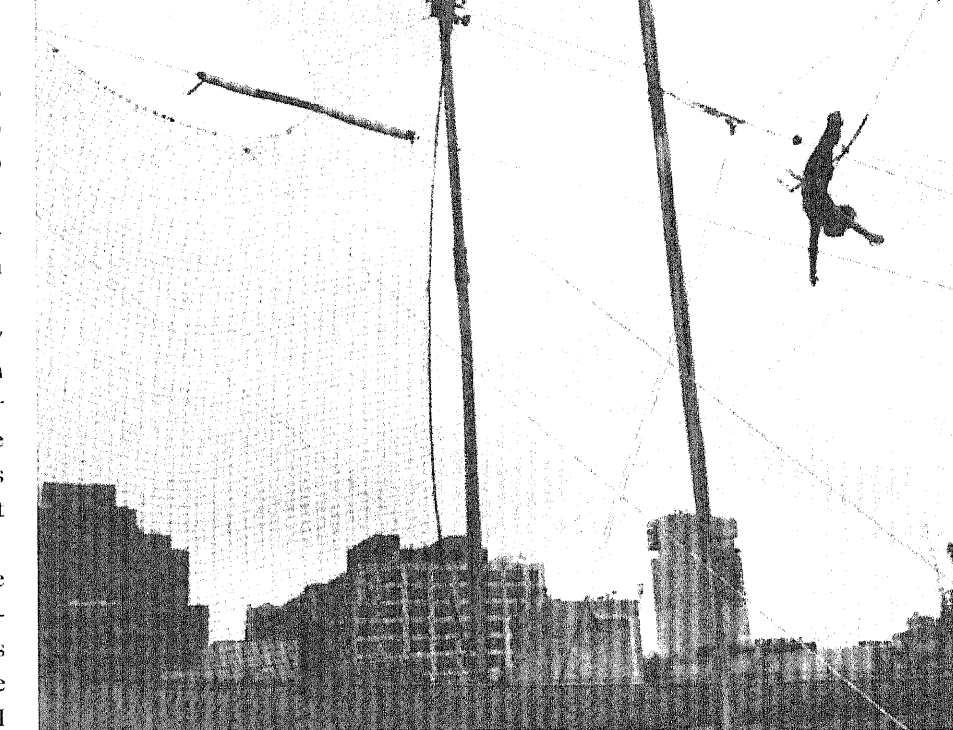
At 8 a.m., as the sun is coming up, the Hudson glistens like a hundred little diamonds as the sun begins to rise. The cars on the other side of the river look like little ants crawling around on their little legs. I soak in all of this as I wait for the calls to perform my trick.

Usually when you're up there, you stop thinking and just listen to the calls of the instructor on the ground. You're moving so fast through the air that it's honestly impossible to think of anything else.

I've tried many times before. It doesn't work.

Call me biased, but I think their 'sun-

Photo Credit: Gabriell Kleydman



Performing a trick at the rig.

rise', or 8 a.m. class, is hands down the best to take over the summer. For those interested, their Pier 40 location is only open in between April and late October. The weather in the morning on the roof is never too cold and never too warm, especially that early in the morning.

The trapeze community that goes to the Trapeze School of New York is rather

small, so once you start going consistently, you'll begin to form amazing connections with so many like-minded individuals.

So, are you looking to try something new down the line? Trapeze is definitely something completely out of this world and a great activity to be apart of to make your week a little bit more exciting.

BANNER ARTS

The Long-Awaited Comeback Has Arrived

BTS' "Map of the Soul: Persona" Enters a New Era

BY: BROOKE PRICE

It's finally here! After waiting for seven months, South Korean boy group BTS has released a brand new album that fans can indulge in.

Ever since BTS' previous album, Love Yourself: Answer was released on August 24 2018, fans anxiously anticipated the band's new era. Love Yourself: Answer had wrapped up the Love Yourself series that the group had worked on since 2017.

The new album, "Map of the Soul: Persona" was released April 12th, and is the first album of the new series and features seven songs. The tracklist includes "Intro: Persona," "Boy with Luv," "Mikrokosmos," "Make It Right," "Home," "Jamais Vu" and "Dionysus."

"Intro: Persona" is a hip hop and trap song sang by the leader and a rapper of the group, RM. It discusses the person that you mold yourself into in order to be liked and accepted by others.

The song questions what your true identity is if you keep creating false versions of yourself;

"The 'me' that I remember and people know

The 'me' that I created myself to vent out

Yeah maybe I have been deceiving myself

Maybe I've been lying

But I'm not embarrassed anymore this is the map of my soul."

The group's title track "Boy with Luv" is a collaboration with singer Halsey. It re-

fers back to the band's 2014 album "Skool Luv Affair," which had the title track "Boy in Luv."

"Boy in Luv" follows young love, where a boy feels nervous and angry about falling in love with a girl. "Boy with Luv" is a pop song that talks about what true love is and how strong one's love can be.

The band decided to include Halsey in



BTS' new album is highly anticipated by fans around the world.

dedicated fans. ARMY also means Adorable MC Representative for Youth. The song describes the band's relationship with their fans and how their fans are like a home to them and comfort and motivate BTS.

"Jamais Vu" is the opposite in Déjà vu where the person doesn't recognize an event although they have experienced

god of the same name, who is the god of wine and fertility.

The song also talks about partying and drinking like the Greek god Dionysus. They also discuss how they strive to make their own music.

The group isn't just restricted to K-pop, or Korean pop music, they are always trying different genres of music. BTS has expanded their genres such as trap, hip hop, ballads, Latin inspired songs, EDM, R&B and more.

BTS performed on Saturday Night Live on April 13th. They were the first South Korean act to perform on the show.

The boys were also on the Elvis Duran and the Morning Show on April 12th. The global press conference for their new album was also live streamed on YouTube April 17th.

They even performed "Boy with Luv" on the 2019 Billboard Music Awards with Halsey and won Top Social Artist for the third year in a row as well as Top Duo/Group.

According to Billboard, when BTS discussed their newest album, "Map of the Soul: Persona," they said; "we find strength and happiness in every moment... You've given us so much love, and now we want to get to know our fans more. We filled our album with our genuine feelings and the messages that we want to share with you."

BTS never fails to disappoint with their amazing songs and albums. We can't wait to see what they come up with for their next album!

According to your-dictionary.com, Jamais Vu is "a sense of unfamiliarity with, or of never having experienced or seen before, something that should be familiar."

This song is about making the same mistakes over again and dealing with the consequences as if it was the first time. "Jamais Vu" is sung by a unit consisting of rapper J-Hope and vocalists Jin and Jungkook.

"Dionysus" is a song that has a hip hop beat to it. The song is based on the Greek

their track to provide the girl's perspective about falling in love, while they sang from the boy's perspective.

"Mikrokosmos" is a love song about how everyone is like a star and has their own history and is unique in their own way. Even though there are seven billion people in the world, there is only one you.

"Make it Right" is a collaboration between Ed Sheeran and BTS. The song talks about improving one's self to make their relationship work.

"Home" is a song for ARMY, BTS'

Beauty Pageants, Body Positivity, & Dolly Parton

"Dumplin'" is the Feel-Good Movie We Need

BY: BROOKE PRICE

Willowdean Dickson, "Dumplin'" lives in Texas with her mother Rosie and best friend Ellen. Willowdean's Aunt Lucy is a curvy and confident woman who taught Dumplin' to love herself for who she is.

She was her role model and Willowdean looked up to and confided in her. Aunt Lucy would host Dolly Parton parties with Willowdean and Ellen, which led to their love for Dolly Parton.

After Aunt Lucy's passing, Willowdean realizes that people judge her on her appearance because her mother is thin and a former beauty queen. Willowdean is pressured from society about her weight and feels uncomfortable in her body.

As Willowdean goes through Aunt Lucy's belongings, she discovers that her Aunt Lucy had completed an application to compete in a beauty pageant, but never handed it in. Willowdean then decides to register for the Miss Teen Bluebonnet Pageant as a protest against the bullying and stereotyping she has endured for being a plus sized woman.

Willowdean registers for the pageant along with her friend Ellen, as well as their friends Millie and Hannah to stand up to what "beauty" can be defined as.

Willowdean Dickson is played by Danielle Macdonald and her best friend

Ellen Dryver is played by Odeya Rush.

Rosie Dickson, Willowdean's mother and beauty pageant judge, is played by Jennifer Aniston. Jennifer Aniston was also a producer for "Dumplin'."

The curvy and cheerful Christian, Millie Michalchuk is played by Maddie Bailio. The goth feminist, Hannah Perez is played by Bex Taylor-Klaus.

Willowdean also works at a diner with fellow coworker Bo. They often flirt with one another, which later blossoms into a relationship. Willowdean's insecurities with her appearance creates obstacles in her relationship with Bo.

Danielle Macdonald discussed with TIME how important it was to represent other plus-sized women: "I wanted to do it for my 16-year-old self...There aren't plus-sized teens represented in film who aren't made the butt of a joke. I had to be a part of making this a reality."

"Dumplin'" promotes body positivity and self-love. When Willowdean and Ellen compete in the swimsuit competition for the beauty pageant, they wear swimsuits with the saying "every-body is a swim-suit body".

This moment showed that everyone can defy beauty standards and be considered beautiful.

Willowdean later discovers that her

Aunt Lucy previously went to a biker drag bar and was loved by the patrons and drag queens of the bar. Willowdean gains advice from the drag queens from the bar about how to boost her confidence and come to terms with loving herself for who she is.

As Willowdean goes through Aunt Lucy's footprints in the film, viewers realize how much of an impact Aunt Lucy had on her and how she was like a mother to Willowdean.

"Dumplin'" was based on the book of the same name by Julie Murphy. Julie Murphy also made a cameo appearance in the film as a patron in the drag bar.

In an interview with USA Today, Julie Murphy discussed her inspiration for writ-

ing "Dumplin'":

"As a fat kid growing up, every instance of fat I saw in media, the fat person was the butt of the joke or the funny fat best friend or they were evil or they had to lose weight to have a fulfilling story arc... I was angry about not seeing myself and I was angry about bad representation perpetuating stereotypes about bodies and body image."

The soundtrack for the film was mainly produced by Dolly Parton. The song "Push and Pull" was sung by Dolly Parton, Jennifer Aniston and Danielle Macdonald.

"Dumplin'" was released on Netflix December 7th 2018 and its heartwarming message of self-love and confidence resonates with many today.



Willowdean's mother introduces her to life in the pageant world.

BANNER ARTS

The Craze Over "Avengers: Endgame"

Passionate Fans Couldn't Wait to Snag a Ticket

BY: MARK DEUTSCH

There have been numerous times when comic fans go nuts over a hyped superhero movie. Especially over the latest Marvel movies to date, such as "Captain Marvel," "Avengers: Age of Ultron" and most recently, "Avengers: Endgame."

Whatever seasoned Marvel fans expected from this movie can be described as endgame mania.

People all over the country are excited about the movie, so naturally fans have been buying tickets for the film's release. Marvel probably expected that when the movie has run its course, the payout would be millions of dollars or even more.

Yet, based on predictions and especially the pre-sale tickets, the film could generate billions.

The pre-sale tickets are especially interesting along with the movie itself. Sites like Fandango and Atom Tickets reported some astounding news.

"Avengers: Endgame" has sold so



Photo Credit: Forbes.com

many tickets that some sites have crashed because of the large demand and volume of people on their site.

These sites also report that ticket sales have made nearly five times as much as the first "Infinity War." For other sites, they report that ticket sales have nearly doubled those of recent superhero movies.

"Avengers: Endgame" is breaking many records and sales may rocket even higher, producing many strange things in its wake.

Due to the massive deluge in pre-sale tickets, the movie theaters have done something special. Some theaters have opened up some exclusive hours, to allow enthusiastic fans to attend the three hour movie premiere.

The extra openings are from 4:00-6:30 am on Fridays on opening night, that's right in the early crack of dawn.

For those diehard movie goers waiting for Endgame, here's a chance to attend the movie. Although it's quite the taxing and

Avengers Endgame 2 Tickets. April 28th. AMC 84th Street 6 Theater NYC Mid Row

Condition: --

Time left: 9d 02h 41m 5.23PM

Current bid: US \$9,199.00

[1 bid]

Enter US \$9,299.00 or more

Add to watch list

Photo Credit: eBay.com

Tickets for "Endgame" resold for a fortune online. early start for a three hour movie, this is a golden pass to attend the movie's debut. But just how desperate are fans able to buy a ticket?

There have been bids for movie tickets to see "Avengers: Endgame" in either singles or duos. Typically, people bid for tickets online at around thirty to fifty bucks if there's decent hype and a good reputation. But bids for "Avengers: Endgame" tickets go past infinity for what normal tickets would cost.

People have been auctioning their tickets starting from two hundred to fifteen thousand dollars!

It's like the ticket to Willy Wonka's chocolate factory is being sold! Instead, it's a movie ticket to a Marvel film. People who are determined to see the film have been bidding on the tickets.

Which means that people have actually bought one or probably two tickets at such a high price. For such madness or fervor to break out shows how excited the fans are for the movie.

Now because of how "Infinity War" turned out, this has resulted in the present anticipation for this movie. But what will happen after the movie comes to theaters on April twenty sixth?

Will the hype of the film die down, or will the popularity of "Avengers: Endgame" remain strong weeks after its release?

Those who bid a hefty sum, such as a couple of thousand dollars just for a ticket would begin to realize after the film's release that the face value of the ticket would decrease.

The people who spent an insane amount of money to see "Avengers: Endgame" would later realize that they could have spent way less on a ticket, had they waited a day or two after the influx of people saw the film.

But for those who want to relish in opening night of the new Marvel film and are willing to break the bank doing so, then maybe the experience is worth every penny.

"Shazam!" Shines and Brings Laughs

DC Produces Another Win With "Shazam!"

BY: GEORGE BURKERT

"Shazam!" was directed by David F. Sandberg and stars Ashner Angel as Billy Batson and Zachary Levi as his adult superhero alter ego Shazam.

He is given powers by a wizard named Shazam played by Djimon Hounsou. This is the latest film in the "DC Extended Universe," which is getting back on track after the success of "Wonder Woman" and "Aquaman."

This was an interesting film because this was DC's attempt at using a superhero that wasn't exactly a household name. Shazam isn't as popular as other DC heroes like Batman, Superman, Wonder Woman, Flash, and Aquaman.

"Shazam!" Once again proves any doubts wrong and is a very good movie. In fact, it's one of the best movies in the "DC Extended Universe."

Zachary Levi was great as Shazam. It's easy to tell he had a lot of fun playing the character, similar to Gal Gadot as Wonder Woman.

The strongest theme in this movie is family. Billy is trying to look for his mom after being separated from her, but has to stay in a group home.

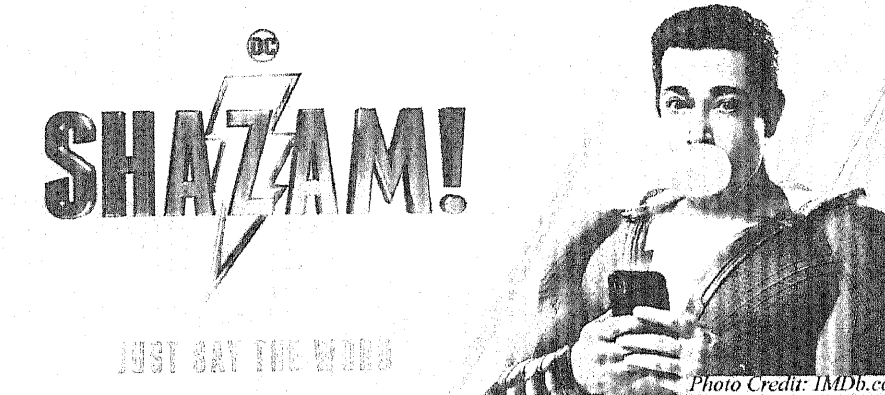
The entertaining and light tone works for this movie. Most people have the belief that DC is dark and broody because of the

"Batman" movies and "Man of Steel," but "Shazam!," similar to "Wonder Woman" and "Aquaman," proved that belief wrong.

The tone has a similar feel to some of the movies from the 1980s like "Big" and "The Goonies." It's similar to "Big" because a kid turns into an adult and it's similar to "The Goonies" because of the

today's comic book movie heavy industry, "Shazam!" knows how to stand out and give the audience something new instead of being repetitive like some people have accused other comic book movies of being recently.

As far as DCEU movies go, Dr. Thaddeus Sivana, played by Mark Strong, is



Zachary Levi as Shazam is one of the best things about this film.

adventurous tone with kids and teenagers as the main characters.

While "Shazam!" is a "DC Extended Universe" movie, it works very well as a solo superhero movie. It acknowledges that Batman and Superman are around, but it's used more for comedic purposes.

The film actually pokes fun at the superhero, which is why it works in today's era where we have so many comic book movies from DC and Marvel. Speaking of

one of the better villains. He's not one of the greatest like Heath Ledger's Joker or Tom Hiddleston's Loki, but still a good villain with a backstory that helps the audience understand his motivations.

The final battle was a real surprise which is great because some superhero movies, including some of the best, can have a bland or uninteresting final battle.

While "Shazam!" has many laughs, it also has heart. It's a very good family su-

perhero movie. It teaches people that there is more to family than blood and that no matter how much power they have, it doesn't matter unless they have people they love in their life.

One thing that could have improved, would have been the score. Unlike other DC characters who have movies like Batman, Superman, and Wonder Woman, there isn't a theme or score to Shazam himself that the audience will find memorable or stand out.

If there was one thing DC movies, from Richard Donner's Superman from 1978 to Christopher Nolan's "Dark Knight" trilogy and the "DC Extended Universe" have done well with, the movies usually have a great soundtrack. The songs they had were adequate, but there wasn't anything like Han Zimmer or Danny Elfman's Batman score or John Williams' Superman score.

All in all, "Shazam!" is a very good movie that not only gives a new air to the "DC Extended Universe," but comic book movies in general. Zachary Levi entertains and Mark Strong gives a menacing presence as the film's villain.

Hopefully, DC will give other characters a chance to shine on the big screen like Shazam. They have many great characters that can also be adapted to the big screen and entertain.

BANNER OPINIONS

The Perpetuation of Privilege and Inequality

The Ongoing College Admissions Scandal

BY: MAXWELL VELIKODNY

The recent college admissions scandal has shown the length the rich, powerful, and privileged go to in order to maintain their self-proclaimed prestige. The scandal, named "Operation Varsity Blues," created a system where wealthy parents pay coaches, admissions officers, institutions, test takers, and the schools themselves, to help get their child into elite colleges.

The mastermind behind the operation is CEO, William Singer, who bribed SAT proctors to facilitate cheating, paying administrators to 'recruit' athletes and using charity donations to conceal bribery payments since 2011.

According to The Banner, "Singer used several tactics to gain students' admissions to top schools like UCLA, USC, Yale, Georgetown, and Stanford. He would often coordinate with SAT proctors and administrators to produce inflated exam results. Additionally, he would use his connections with college coaches to create fake athletic profiles for applicants, even if they were not deserving of athletic recognition."

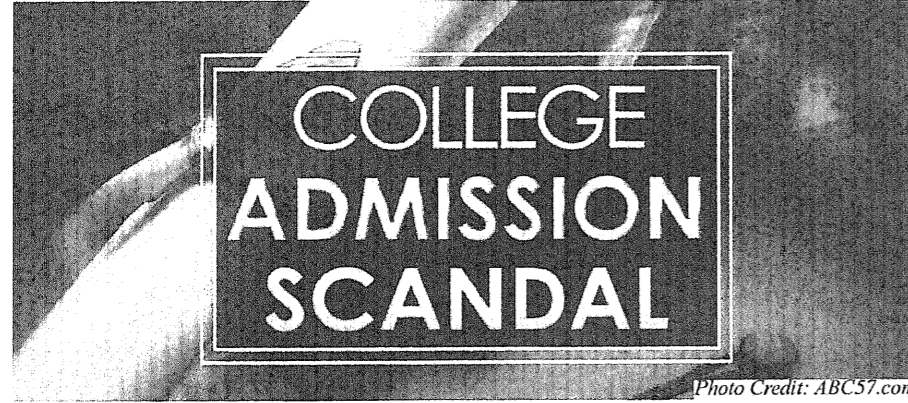
Over 50 parents, conspirators, and coaches are being charged for various crimes like racketeering, bribery, and various forms of fraud. Ironically, The Wall Street Journal reports, "the alleged scheme was discovered through an unrelated case involving an executive being investigated for securities fraud."

As part of that investigation, the execu-

tive named Singer as being at the center of the alleged admissions scheme."

Some of the more prominent parents that were charged and involved in the scandal were actresses, Lori Laughlin, and Felicity Huffman. Laughlin was on the show Full House, and Felicity Huffman was on Desperate Housewives.

CNN reports that Felicity Huffman and



The Ongoing College Admissions Scandal.

thirteen others have already pleaded guilty in participating in the country's biggest college admissions scandal. Lori Laughlin, however, pleaded not guilty to conspiracy to commit mail fraud and conspiracy to commit money laundering.

"Olivia Jade, daughter of actress Lori Loughlin, has never rowed in her life, but her college application said otherwise. Her parents, Lori Laughlin and Massimo Gi-

annulli, fabricated an admissions profile depicting their daughters as devote members of the crew team.

They paid a whopping \$500,000 to make this happen. These large sums of money were often funneled into Singer's accounts through generous donations to his charity "The Key Worldwide." When authorities caught wind of this, they ar-

rested Loughlin, but later released her on a million dollar bail," said The Banner. Olivia Jade didn't even want to go to USC. She is angry with her parents for participating in something she did not want to be a part of.

Her reputation has also been ruined. On her YouTube Channel, she creates makeup videos and has many sponsors for her channel.

Her reputation has also been ruined. On her YouTube Channel, she creates makeup videos and has many sponsors for her channel.

Ever since the scandal was announced though, many sponsorships were revoked.

It is easy to feel sorry for Olivia Jade, but she is not losing a lot here. Yes, her reputation is being dragged through the mud but that is her parent's fault.

She can still rebuild her image. Secondly, she the daughter of a wealthy and famous family.

Her family's wealth offers a safety net that other students and even adults do not have. Additionally, the many different connections she is already privileged with because of her family's prestige is enough to keep her afloat.

There are those that flaunt how they were admitted unfairly or have taken an easier path to their degree, and it is upsetting. These students may have the upper hand when it comes to opportunities, but they lose something just as important, and that is character.

People that persevere through hardship and earn their connections, education, and occupation can be just as successful. Hardworking individuals' work has value compared to those that do not.

The privileged student would have an easy time getting ahead without struggle because their path is laid out for them by their parents.

People that work hard and overcome obstacles and failures are the future this country needs, not those that were born into success.

SEX AND RELATIONSHIPS

Why are Americans Having Less Sex?

The Data Behind the Dryness

BY: DEJON VIRGO

Americans are having less sex...but why? Does it have to do with how we interact with each other and the new ways that this generation finds partners?

Well, there is much speculation behind the reasons, but first let's explore the data that reports the actual numbers of Americans having less sex.

According to the Washington Post, the number of people not having sex has reached an all time high with 23 percent or 1 in 4 adults reported having no sex in 2018. Data from the General Social Survey a larger number of these people happen to be males in their twenties.

One of the factors that the Washington Post points out is age. According to their survey, the 60 and older demographic jumped from 18 percent of the population in 1996, to 26 percent in 2018.

This age group has around 50 percent of people who reported not having sex. The other age group of 18-29 has it even worse. The reports of no sex in this group doubled from about 9 percent to 23 percent between 2008-2018.

The data from the survey also showed a gender gap between the 20 year olds with three decades of them having similar rates. But in 2008, that all changed with both groups increasing but men at a faster rate than women.

In 2018, 28 percent of men between the age 18 and 30 reported having no sex while

only 18 percent of women reported having no sex.

According to Jean Twenge, a professor of psychology at San Diego State University says that young male participation in the workforce can also be a factor in the rate of no sex.

The survey showed that 54 percent of unemployed Americans didn't have a stable relationship, while 32 percent of employed Americans reported not having a stable relationship, according to the Washington Post.

The Washington Post also points out other reasons for the higher no sex rate among men with one of them being that young men are more likely to live with their parents.

For example, in 2014, 35 percent of men age 18-34 reported living with their parents, while 29 percent of women reported the same.

Thus, living with your family makes it difficult to bring someone home and have sex.

Another factor is technology, accord-

ing to Twenge there are more things to do virtually during late night then about 20 years ago.

She mentioned things like streaming video, social media, console games, and pretty much everything else people are doing at night that can kill a sex drive. These factors can cause the decline of being sexually active.



Photo Credit: Faterly.com

The number of people not having sex is at an all time high.

According to the Washington Post the amount of people having sex once a week or more decreased to 39 percent now from 51 percent in 1996.

The data from the article, the survey, and Twenge's ideas are very interesting, but I think they should have talked more about the way that dating within our generation.

Generation Z is now using technology more than ever for multiple things like communication and work. Currently, these advances have moved into the dating world with apps like Tinder, Grindr, Bumble, Okcupid, etc.

These apps have changed the way we interact with each other romantically.

For example, these dating apps have pushed people to rely on a market based

persona with posting pictures trying to make yourself look cute, instead of the old way of meeting someone in person and striking a conversation.

This is not to say that the old way doesn't still exist, but this forced people to try to fix themselves and compete for a partner instead of being themselves and allowing people to like them for who they are.

This can lead people to feel like they can't compete because they are unable to meet the impossible high standards that are set. Thus, they may stop trying to find someone causing the decline of sex.

This specific article should have dove deeper into this subject to explore the many reasons for less sex in young Americans.

Which is Better: Lyft or Uber?

Squaring Up the Most Popular Car Transportation Services

BY: MAXWELL VELIKODNY

Transportation is a necessity in these modern times. Whether it is taking the subway to work, riding a bike to school, or driving a car to the supermarket, we rely on different modes of transportation daily.

For decades, the taxi ride-hailing industry has been one of the most used transportation services, aside from subways, airplanes, and personal vehicles. Recently, however, the ride-hailing industry has been challenged by fierce competitors, especially Uber and Lyft.

Uber and Lyft are relatively new companies. Uber was founded in March 2009 by Travis Kalanick, and Garrett Camp and Lyft was founded in June 2012 by Logan

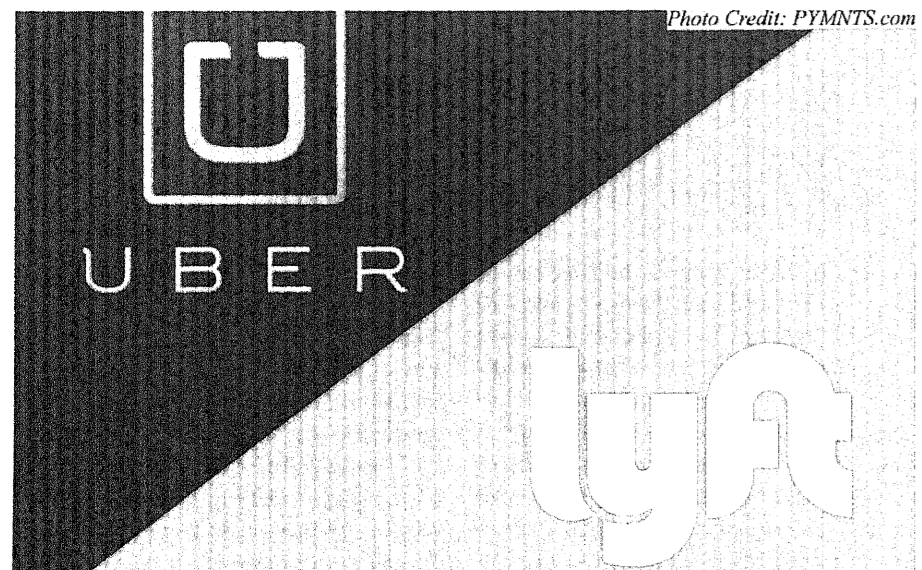
Green and John Zimmer.

Both companies offer ride-sharing services where consumers can order rides online or via mobile apps. Additionally, prices are also somewhat similar for both companies, depending on the services that are requested.

Uber and Lyft are different, however. They wish to be distinct from one another to attract more consumers to their services.

Currently, Uber has a geographic advantage over Lyft. "Uber offers service in 58 countries and over 300 cities across the globe. In contrast, Lyft only offers rides in the U.S. (46 states) and Canada," according to The Street.

Since Uber has a wide array of con-



Lyft vs. Uber. Which do you prefer?

sumers around the world, the company's profits and earnings come ahead of Lyft. Although both companies offer 24/7 ride-sharing services, Lyft has fewer drivers and vehicles.

As a result, waiting for a ride takes longer using Lyft compared with Uber because there are fewer drivers and vehicles. The Street reports that Uber has more drivers, a more significant coverage area, and a larger presence in U.S. cities.

Uber and Lyft are expanding their reservation options. The Street reported that Lyft is allowing riders to create a reservation up to seven days in advance in some cities, meanwhile Uber enables its riders to make reservations up to 30 days in advance in most U.S. metropolitan areas.

Both Uber and Lyft have a wide array of services that make them unique and useful to consumers.

Uber has UberX which is essentially a ride for up to four customers. Another function is UberPOOL, which lets passengers 'pool' and share the price of the trip.

UberWAV is a service that supports disabled ride-sharing consumers that require a wheelchair or scooter.

UberSELECT is for people who want a high-end vehicle with highly ranked Uber drivers for up to four people. Last but not least, is the UberTAXI which allows consumers to call a cab using the Uber app.

Lyft offers similar services to Uber. However, Lyft does not have a service that accommodates people with physical dis-

abilities and a way to call a taxi.

Recently, Lyft became a public company and created an outrageously high IPO of \$72 on the stock market. Although it went up more than 10% the next day, they used the extra money earned from their stock to pay their debts.

This made many shareholders angry, and the stock plummeted to \$56. Lyft is currently rebuilding its rapport with its new shareholders.

As for Uber, Uber is a much larger company with more revenue than Lyft, but it is starting its IPO at a much lower price in the mid-fifties.

Uber does not want to make the same mistake Lyft did and anger their shareholders. Instead, Uber wants to create and ensure a positive and trusting relationship with its investors.

Nevertheless, Uber does have its flaws. Many Uber drivers have been sexually assaulting their passengers which is inexcusable.

Uber claims they have taken measures to prevent future incidents by creating more extensive background checks and being more careful with hiring employees.

In conclusion, I am not saying Uber is better than Lyft. Both have their advantages and disadvantages.

Lyft is merely too new in a growing and competitive market to fairly evaluate. Lyft is still growing and expanding, and holds many opportunities in the future for growth.

50th Anniversary Since Stonewall Riots

Celebrating Pride Across NYC

BY: CLAUDIA BUONSANTE

When Marsha P Johnson threw the first brick in the Stonewall Inn, on June 27 of 1969, she ignited what would become a violent, multi-day riot known as "The Stonewall Riot." This riot against a routine police raid in a queer bar, would go on to spark a crusade for LGBTQ+ rights.

Queer activists would continue fighting for queer representation and marriage recognition in decades to come. These Stonewall Riots were so important that even in 2019 we are memorializing the event in an annual celebration and parade.

This event, dubbed "pride," has spilled over into nearly every major city in the world. In fact, pride has spanned across every single continent of the globe-even Antarctica.

This celebration is done in part to memorialize the Stonewall Riots as well as to celebrate the achievements made since then.



A woman holding the rainbow flag, a longstanding symbol of queer pride.

New York City's pride celebration is an inter-borough commemoration that spans the entire month of June. The 2019 pride will include various different activities, ranging from events like light hearted film screenings, to athletic races to intellectual conferences on the trials and tribulations of queer rights.

Some pride events are even taking place right here on Staten Island. In anticipation of the parade, The Pride Center of Staten Island will be hosting a week dubbed "Pride Fest," that is jam packed with different LGBTQ+ events.

They will be hosting an LGBTQ+ prom for those who do not feel they can wear the clothing that matches their identity or dance with their partner of choice at their school dances.

This organization will also be hosting a bowling night, an open mic night, an art show and even a pride night at our very own Willowbrook Campus in May.



Photo Credit: Twitter.com

The culminating event of pride month will be the parade of June 30th, which will be taking place in Manhattan. An official list of performers and a detailed map will be released on nycpride.org during mid-June.

This march routinely includes elaborate floats, dazzling outfits, and spontaneous dance parties, as well as several more serious, political components.

There will be notable speakers discussing the politics of pride, as this year's pride marks the 50th anniversary since the Stonewall Riots.

June 27th of 1969 marked a turning point for the LGBTQ+ community. It marked the first night of active resistance against queer discrimination by figures of authority, like the cops. Since then there

has been many forms of resistance and much progress.

Individual states have sporadically legalized gay marriage, and in 2015, the judicial system nationally confirmed the constitutionality of gay marriage with the landmark Supreme Court Case Obergefell v. Hodges.

While we should celebrate the achievements made by the LGBTQ+ community we must also recognize the long way we have to go, as many places across the globe are still committing human and civil rights offenses against queer citizens.

Let this years pride be both a celebration of past progress and a testament to bettering the future of the LGBTQ+ community.

SPORTS

The Race for MVP is Closer Than Ever

NBA MVP is Still Undecided

BY: DANNY CACACE

Giannis Antetokounmpo, James Harden, and Paul George all make a strong case to win the NBA MVP award this season. There can only be one winner though, so who should win it?

According to NBA.com and their MVP ladder, Giannis Antetokounmpo is leading the race for MVP. Antetokounmpo is averaging 27.7 points, 12.5 rebounds, and 5.9 assists in the regular season along with some great defensive stats with his 1.5 steals and 1.3 blocks per game.

He plays for the Milwaukee Bucks, who is not only the best team in the Eastern Conference but has recently clinched as the best team in the NBA along with the help of their star player, Antetokounmpo.

Antetokounmpo has improved his game immensely to take his team from being the seventh best team in the Eastern Conference last season to the best team in the league this season. His team has also gotten a lot better, which is also part of the reason they are doing so well this season, but Giannis has been a major factor to winning these games as well. His ability to get inside the game easily and be so dominant is why he got the nickname, "The Greek Freak."

He has been doing this all season, which a key reason as to why they have been so successful this year.

James Harden is second on the ladder and is making another strong case to win back-to-back MVP's this season. Harden is averaging a whopping 36.5 points, which leads the NBA along with his 7.5 assists and 6.5 rebounds per game.

His 2.1 steals per game are second best

Harden has done everything he can this season to win his team games, whether that be score a bunch of points, get as many assists as he can, or make a lot of highlight plays to throw his defenders off to score easy baskets.

However, he had to do all those things



Photo Credit: TheComeback.com

All three of these NBA players have a great shot at the MVP award this season.

in the NBA behind the third leader in the MVP race, Paul George.

Harden plays for the Houston Rockets where they are the third best team in the Western Conference. This is due to Harden's high level of play this season.

for his team to win games. Chris Paul, who is Houston's second best player, has missed a significant amount of games this year which has made it more challenging for Houston to win games.

This made Harden's job to get them

to win games much more difficult, but he pulled it off pretty well without Paul.

Paul George, who is third on the ladder for MVP, has improved his game to another level which has made him an MVP candidate this season. He has helped his team greatly this year.

George is averaging 28.0 points along with his 8.1 rebounds and 4.1 assists per game, which are all career highs for him. His 2.2 steals per game lead the NBA in that category.

Paul George plays for the Oklahoma City Thunder where they are currently the sixth best team in the Western Conference. George has brought it at both the offensive and defensive ends this season along with his teammate Russell Westbrook's help to get to the playoffs.

George does have some help but is still doing his part and is giving them a better chance to win games than when it was just Westbrook doing most of the work. His case for MVP is still strong but it is up for debate if it is strong enough to win it.

However, I do believe the person who has the strongest case to win the MVP this season is Giannis Antetokounmpo because of his high level of play and help getting his team to be the best team in the entire league.

Wrestlemania 35's Main Event Ends Abruptly

Sudden Finish in Women's Triple Threat Kills Match

BY: SALVATORE CENTO

It just happens sometimes. The build-up, the hype, and the promos leading up to a match can be so much more entertaining than the actual execution (which in this case, is the match) in the world of professional wrestling.

It just happened to take place during Wrestlemania 35 in MetLife Stadium on April 7th, 2019. And this happened to strike in the main event, of all places, which was an all-women's triple threat match.

Charlotte Flair, who was Smackdown's women's champion, faced off against Ronda Rousey, who was Raw's women's champion. Becky Lynch was the third combatant who came into this challenge as the crowd's favorite since the conception of this feud.

Months of talking, beat downs, and reckless tirades. The latest event on the go-home edition of Raw saw all three com-

petitors getting arrested with cops and cop cars being tangled into the fray.

Seeing all of this set the bar for the fans for what kind of match this was going to be.

For the most part, albeit a little short, we did get this. Charlotte Flair locked in the Figure Four on Ronda Rousey through one of the ring posts. Disarmer by Becky Lynch on the top rope. Double arm bars. Double spears. Wrestlers mechanically took advantage of already hurt limbs just to get the win.

But it was all forgotten when the bell struck with the winning pinfall. Just like that.

The commentators for the event went absolutely crazy. The woman who was been compared to Stone Cold Steve Austin time after time again just won both belts.

This was a Wrestlemania moment.

But it really didn't feel like one. For all



Photo Credit: Twitter.com

As champion, Becky Lynch holds both the RAW and Smackdown titles.

the mileage that was put into this program, the pin came so suddenly and from a place where it shouldn't have come from.

Fans didn't even have time to process that Ronda's shoulders were on the mat.

Before you knew it, the referee was already on two. And there you go. New champion. Show's over.

As a long time viewer of WWE and being used to these types of happenings, I do have to say as much as I'm criticizing how this went down, I understand why it went down like this. Protecting Ronda's credibility was a priority in all of the higher ups within the company.

Michael Cole stating (or yelling) that this was Ronda's first loss told me that. Ronda Rousey, once at the top of the UFC female division, was somebody who's first professional wrestling loss should be a Wrestlemania moment. No doubt in that at all.

But the decision comes at a sacrifice for the winner. Her much sought after victory must come with a loss for the character.

No matter how much steam she should have behind her, such as Becky Lynch did, the train must stop at the crossing, reduce its speed and then go on ahead very carefully.

Until she loses both of the belts or an unified one (if one is created), Becky Lynch, better known as "The Man" will have a lot to say and do when it comes to defending her titles on the coming weeks with some huge contenders on her tail.

And there will be plenty more opportunities where the fans can pop when her theme music hits or when she applies her finishing move, "The Disarm-Her."

But on the climax of the biggest wrestling show of the year, it went by too fast to even start clapping.

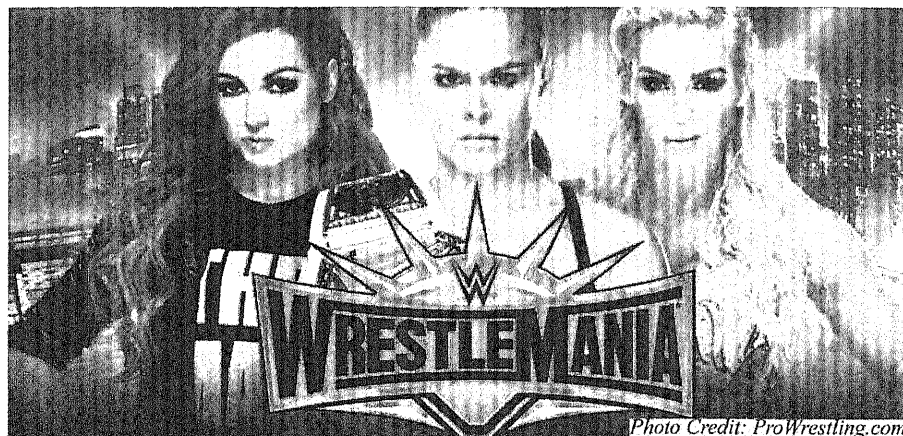


Photo Credit: ProWrestling.com