

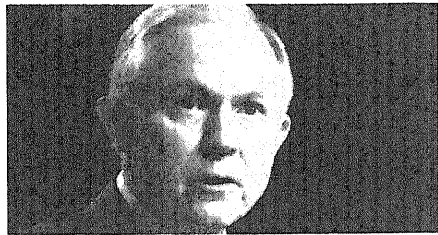
THE BANNER

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Issue #5



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Moving Forward One Year After #MeToo

Gillian Thomas Speaks of the Power of Storytelling to CSI Students

BY: OLIVIA FRASCA

Gillian Thomas, Senior Staff Attorney for the ACLU Women's Rights Project, spoke to CSI students about the progress made before and during the #MeToo Movement.

ly tell their stories.

What started then is now known as the #MeToo Movement, a movement that has broken the silence surrounding sexual harassment in the workplace on a state and

the workplace and provides women with the resources needed to claim their rights. Thomas begins her lecture by discussing the historical background of sexual harassment.

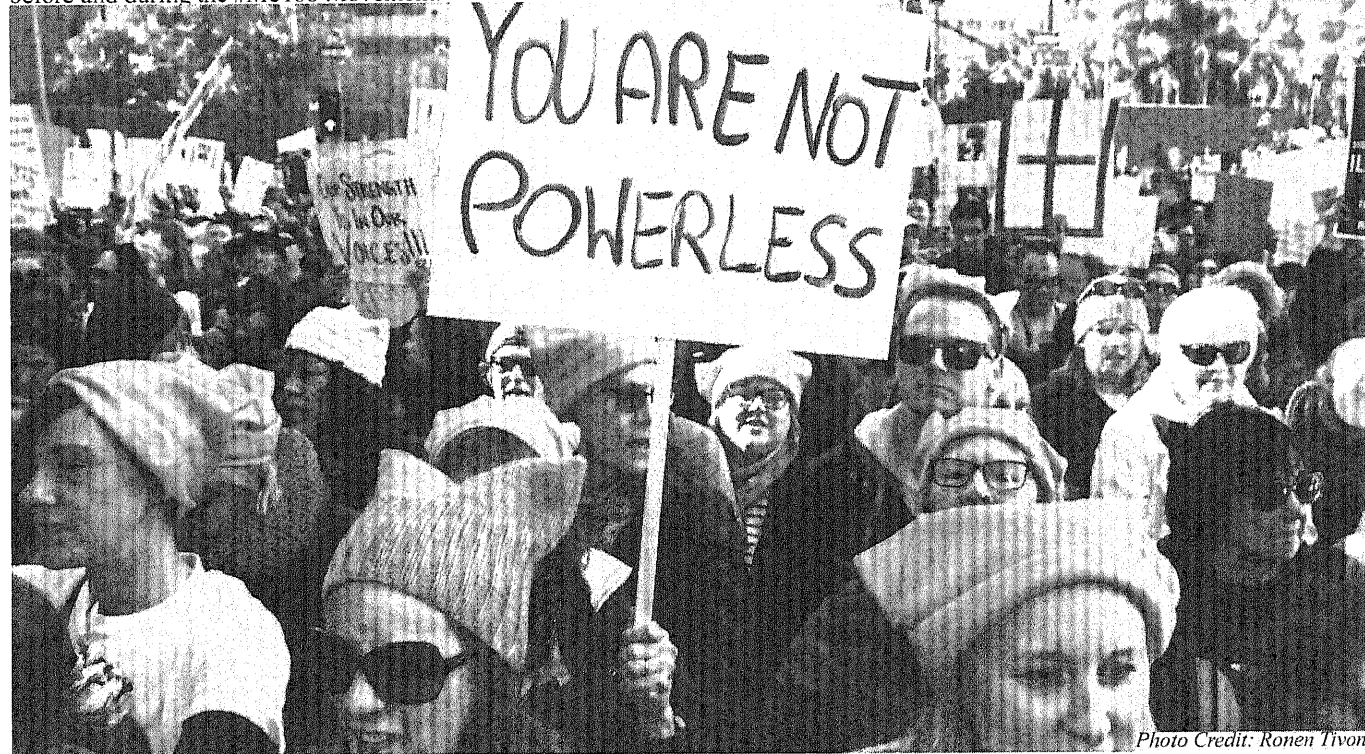


Photo Credit: Ronen Tivony

Following the sexual assault scandals against Harvey Weinstein in 2017, many other victims have come forward to brave-

national level.

The Women's Rights Project at the ACLU works to overcome gender bias in

This type of abuse was largely unheard of and barely conceptualized in the mid-

Continued on pg #5

Campus Sustainability and the Organization That is Paving the Way

How the SSO Hopes to Build a Better CSI

BY: NATALIA SANDOR

The Sustainable Student Organization (SSO) began in the fall of 2017 when SSO president and founder, Natalia Sandor, noticed a need for greater student involvement in the sustainability efforts at the college.

As of September 2018, the SSO became a chartered club at CSI and continues to make strides in the sustainability efforts on campus today.

The group's first main project was centered around the eradication of the Japa-

nese Knotweed that took over a large area outside of 6S.

The members have spent months cleaning up garbage, un-rooting the invasive species and laying down mulch in order to beautify the area.

The members call the space "the pit" and have helped pull off a huge transformation. The SSO members have even built four raised beds for their fruit and vegetable plants in the space, most of which started in the greenhouse as seedlings.

The SSO has had a huge hand in revi-

talizing the greenhouse inside of 6S, where they grow and learn about various plants under the leadership of Kinnea Keating, a botanist on campus.

Marc Girgenti, a student at CSI, is the garden and greenhouse manager who has been vital in the implementation of these green initiatives.

The plants grown in the greenhouse were sold by members of the group in a plant sale which was made possible through their collaboration with the Biology Department. The leftover plants were then brought into the pit and have flourished in the newly transformed area.

In the spring of 2018, the club orga-

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Fin-Night Madness: A New Tradition

Was CSI Athletics' Take On Midnight Madness A Success?

BY: ALEXIS KATERIDGE

The entirety of Dolphin athletics gathered in IR to partake in Fin-Night Madness, the first annual pep rally for our dolphin sports teams.

A D.J. blared music in one corner of the gym while students sat in the bleachers, wide-eyed and wondering what exactly the night was to have in store.

Then, the lights went out.

Confusion swept the gym as Softball and Tennis players alike looked around wondering what exactly the athletic department was planning here.

The D.J. then went to the center of the gym and started announcing the Sports teams, starting with CSI's Softball and ending with Cheerleading. But, Basketball was missing.

That was when the cheerleaders lined up by the entrance to the gym and the D.J. began to announce the Women's Basketball team.

He broke the team down by year, starting out with the freshman and moving up to the seniors.

As the girls entered the gym, they threw t-shirts to the crowd and danced, hyping up the crowd.

After the women were introduced, it was time for the men to enter the gym.

As opposed to the women, the men were introduced by height and name, each given personalized attention as they entered the gym.

Once the last senior entered the gym, it was time for the games to begin.

Each Basketball team picked a few representatives to partake in various games, such as a free-throw game, a three-pointer contest, and a dunking contest.

Majority of the event was spent on Basketball centric competitions, with a musical chairs game and lip-sync battle being department wide.

The crowd was most fired up during these two events because it was inclusive of every sport.

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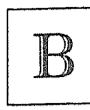
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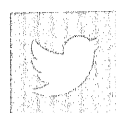
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BANNER POLITICS

President Trump Forces Jeff Sessions to Resign

Sessions' Session Ends in the White House

BY: GEORGE BURKERT

The day after the United States 2018 Midterms was expected to be a day all about what the Democrats are likely to do now that they possess a house majority.

People also anticipated what might occur now that the Republicans gained Senate majority.

Instead, the latter part of the day was dedicated to a new headline, which was Attorney General Jeff Sessions was forced to resign.

Ever since Sessions recused himself from the Russian investigation, the relationship between President Trump and Jeff Sessions was strained.

Trump continuously called on Sessions to not recuse himself, using Twitter to take swipes at him, even referring to Sessions as Mr. Magoo the cartoon character.

Trump said if had he known Sessions would recuse himself, he would have never selected him as Attorney General.

Trump pushed Sessions to end the Robert Mueller investigation and instead investigate former Secretary of State Hillary Clinton and former President Barack Obama.

Despite Sessions recusal, he still followed the Trump agenda. Sessions enforced the travel ban President Trump implemented back in 2017 and was tough on illegal immigration.

What's really surprising in all of this is how ugly the relationship between both men had become.

Sessions was one of President Trump's earliest supporters in 2016 from the Sen-

ate, campaigning for him and even defending him after the Access Hollywood tape where Trump said inappropriate things was leaked out in October 2016.

This was not a peaceful or friendly exit like UN ambassador Nikki Haley's exit where Trump praised Haley and Haley in return praised Trump.

While Trump may seem glad to get rid of Sessions, in his resignation letter, Sessions said he was grateful to take on issues like the opioid crisis and be tough on ille-

ocrats won back the House.

The current acting Attorney General is Matt Whitaker, who has defended the Trump Tower meeting where Donald Trump Jr met with Russians to get information on Clinton that could hurt her campaign and believes the Mueller investigation should end.

While Trump has to pick a new attorney general, Whitaker could be acting attorney general for as long as 7 months.

The firing of Sessions has angered

low the Mueller to continue according to Senator Lindsey Graham, who also supports Flake's bill to protect Mueller.

Candidates for Attorney General include former New Jersey governor Chris Christie and former New York City mayor and current lawyer to President Trump, Rudy Giuliani.

If Christie is chosen it's unknown if he would recuse himself, but if Giuliani is chosen it is very likely he would not recuse himself, defending Trump more often.

Sessions leaving does make it easier to pass a criminal justice reform bill, as Sessions was very tough on crime.

Republican Senator Chuck Grassley and Democratic Senator Dick Durbin have worked together on a criminal justice reform bill which has gotten support from President Trump, but would have caused issues with Sessions.

As for what Sessions will do next, it's currently unknown. There is a rumor, however, that Sessions is currently thinking of re-running for Senate in 2020 against current Democratic Senator Doug Jones, who won Sessions' former Senate seat against controversial Judge Roy Moore at the end of 2017.

If this move proved anything it's that President Trump, whether people love him or hate him, knows how to manipulate and play the media by making this the biggest story the day after the 2018 Midterms.

Though with a House majority of Democrats now, it will only increase talks of impeachment and make people wonder if Trump is guilty or hiding something.



The relationship between President Trump and Sessions diminished once Sessions recused himself

gation.

There was no date on the resignation letter so it is unknown when the official resignation took place.

The resignation could have happened back in the summer, where hints were dropped that Trump could fire Sessions right after the midterms especially if Dem-

ocrats, who are pushing for legislation to protect Mueller. Democrats are pushing Whitaker to recuse himself from the Mueller investigation.

Retiring Republican Senator Jeff Flake has pushed for legislation to protect Mueller as well, threatening to block judicial nominees. Whitaker has said he would al-

Suspicious Packages Sent to Dems Shake The Nation

Does the String of Packages Reveal Something Bigger?

BY: DEJON VIRGO

The midterm elections of 2018 continue to add to the nation's extreme political divide, and the events of last month are proof of that. According to ABC News, a package containing a pipe bomb was sent to the house of billionaire liberal philanthropist George Soros in Katonah, NY on Monday, October 22nd.

The next day, another bomb was found in Chappaqua, NY addressed to former Secretary of State Hillary Clinton. Just hours later, a third package was found in Washington, D.C for former President Barack Obama.

On Wednesday, October 24th during their broadcast, CNN received a package at their New York City office containing the same device for former CIA Director John Brennan. In Maryland two packages were stopped at mailing facilities, both addressed to California Democrat Maxine Waters.

It doesn't stop there. During the week, several more pipe bomb packages were found near the homes and offices of prominent politicians. The devices were safely removed by the FBI, and none of them went off.

Authorities went to the home of Florida Democrat Debbie Wasserman Schultz. There was a package meant for former Attorney General Eric Holder, but it had Congresswoman Schultz's return address on it. Authorities concluded that she had no connection with the packages.

Later that night, another two packages were sent to former Vice President Joe Biden in Delaware. On Friday, October

26th, another package was sent to Robert De Niro's production company in New York.

The next day, a package was addressed to New Jersey Democratic Senator Cory Booker, but was intercepted in Opa-locka, Florida. James Clapper, former Director of National Intelligence, was supposed to receive a package in New York too.

Later that day a thirteenth package was stopped in Sacramento, California for Senator Kamala Harris. The fourteenth and final package was found in Burlingame, California and meant for billionaire activist Tom Steyer.

The devices sent to these high-profile Democrats and their offices were concealed in a manila envelope, all labeled with a return address to Schultz.

In addition to being Democrats, these individuals have all criticized President Trump or were criticized by the President himself at his rallies. Authorities were able to track down the suspect to an autozone in Plantation, Florida and arrested him on October 26th, ABC News reported.

The suspect is Cesar Sayoc, a 56 year-old Trump supporter. When authorities found Sayoc in the parking lot, they also found his van that was covered in pro-Trump and Republican stickers. The windows of the van were also covered with anti-CNN and Democrat pictures that the authorities will use as evidence.

Sayoc is charged with five federal crimes including interstate transportation of an explosive and illegal mailing of explosives. If he is convicted, he could face up to 48 years in federal prison.

The FBI was able to track down Sayoc because of a fingerprint left on the bomb addressed to Congresswoman Waters.

"Once I knew they had a print I was pretty confident that we'll be able to find the right person," FBI Director Christopher Wray said.

Sayoc's fingerprint was in the system due to his previous arrests, including one for a bomb threat back in 2002. Once his fingerprint was discovered, authorities used his cellphone to track him down.

President Trump condemned the violence on Friday, October 26th at the White House. "We must never allow political violence to take root in America, can not let it happen and I'm committed in doing everything in my power as President to stop it."

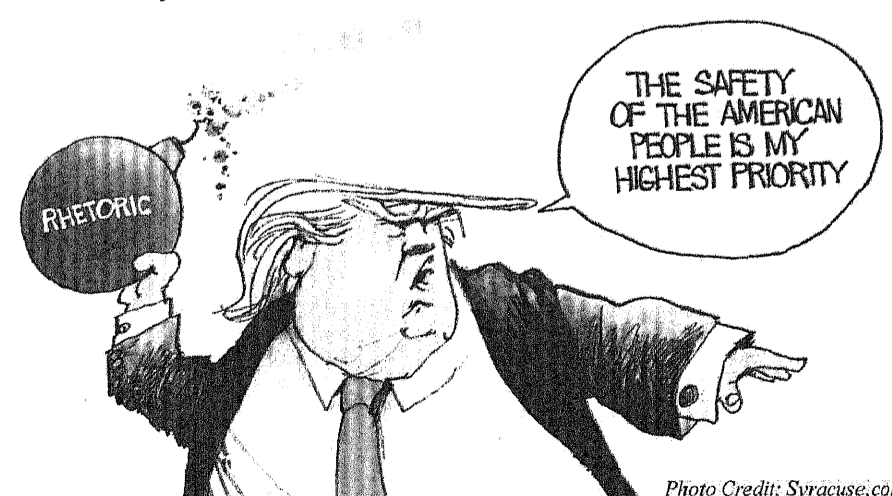
"We want all sides to come together in peace and harmony, we can do it," Trump states. Some say that the President's ex-

treme rhetoric is fueling the political climate and causing these radical events.

The President says he is not to blame. "If you look at what happened to Steve Scalise, that was from a supporter of a different party." Scalise is a Republican Congressman that suffered a gunshot wound at a GOP baseball game in 2017.

When asked about toning down his rhetoric, he replied, "I think I've been toned down, if you want to know the truth. I could really tone it up because as you know the media's been extremely unfair to me and to the Republican Party."

For now the Commissioner of the NYPD wants you to know one thing: "Today's arrest means that New Yorkers and the people across our country are safe. But, as Director Wray said, there might be more packages out there, so everyone still needs to take caution."



President Trump tries to calm Americans, but some say his rhetoric is too extreme.

BANNER NEWS

"Campus Sustainability" Continued from Front Page

nized an energy competition within Dolphin Cove where they measured the energy consumption of each floor. This pilot was incredibly successful and allowed the group to bring awareness to the impact that individuals have on the environment.

"I am pleased with achievements of the club", says Nora Santiago who is the SSO's advisor and number one supporter. Santiago has been a wave maker in the efforts to create a more environmentally conscious campus.



Photo Credit: Nora Santiago
Marv Girgenti picking up garbage from "the pit"

Santiago is a Geographic Information Systems (GIS) specialist that works directly with the Department of Economic De-



velopment, both in which have provided endless support and encouragement to the SSO.

Santiago says, "The member's enthusiasm towards sustainability and the efforts they have made make CSI a greener campus". It is this enthusiasm and the member's willingness to put in long hours as well as intense physical labor that has

Photo Credit: Instagram.com
allowed the group to make visible change.

The club is currently collaborating with the athletic department in a bottle drive competition between individual sports team as well as the administration in IR. The collection and sorting of these redeemable bottles will continue until the end of the semester.

The bottle drive is now expanding to

the campus center as the group will chair a table in collaboration with the Melissa Reggio Program. The SSO will also be posting weekly standings so that the sports teams can be incentivized to properly dispose of recyclables through a little friendly competition.

Alexis Kateridge, the club's secretary states, "Sustainability is such a vital aspect of our future. In the short time that the SSO has been a club we have made so much progress, and we are looking forward to continuing to make changes to not only the way that the college handles sustainability, but also the students as well."

Kateridge adds, "Over the last few months we have undertaken many projects to create a more sustainable environment on campus, whether it be running an energy competition at the dorms or by refurbishing and starting up the greenhouse in 6s, and this is just the beginning."

The SSO will be hosting a composting workshop on November 29th with members from the Snug Harbor Cultural Center where they will be building a Garden Gourmet Bin and collecting food scraps. Moving forward, the club will be utilizing this composting system to help with their gardening in the future.

The SSO is disrupting the status quo and implementing initiatives that will help make CSI more sustainable. It is the efforts of the SSO members that has brought attention to their mission and that will continue to impact the campus.

"Fin-Night Madness" Continued from Front Page

Natalia Sandor of CSI Soccer, said that she "thought it was a valiant effort on the part of the people who organized it to bring the teams closer together and develop a bond between the teams, especially since that is not really existent on campus."

Samantha MacPherson of CSI Softball said that she "felt like the best parts of the night were when all of the teams were involved."



Photo Credit: Alexis Kateridge
Assistant Sports Information Director Tom dressed up as Jackie Moon from Semi-Pro to compete in one of the competitions.

While it is true that these two events were fan favorites, the rest of the evening was truly focused on basketball and only basketball.

While it was understandable, because the idea of fin-night madness is that it would mirror midnight madness, a basketball event, many teams found the event to be too focused on the basketball teams.

Jaelyn Kateridge, also of CSI Softball said that she thinks "It was a good idea to have the whole athletic department togeth-

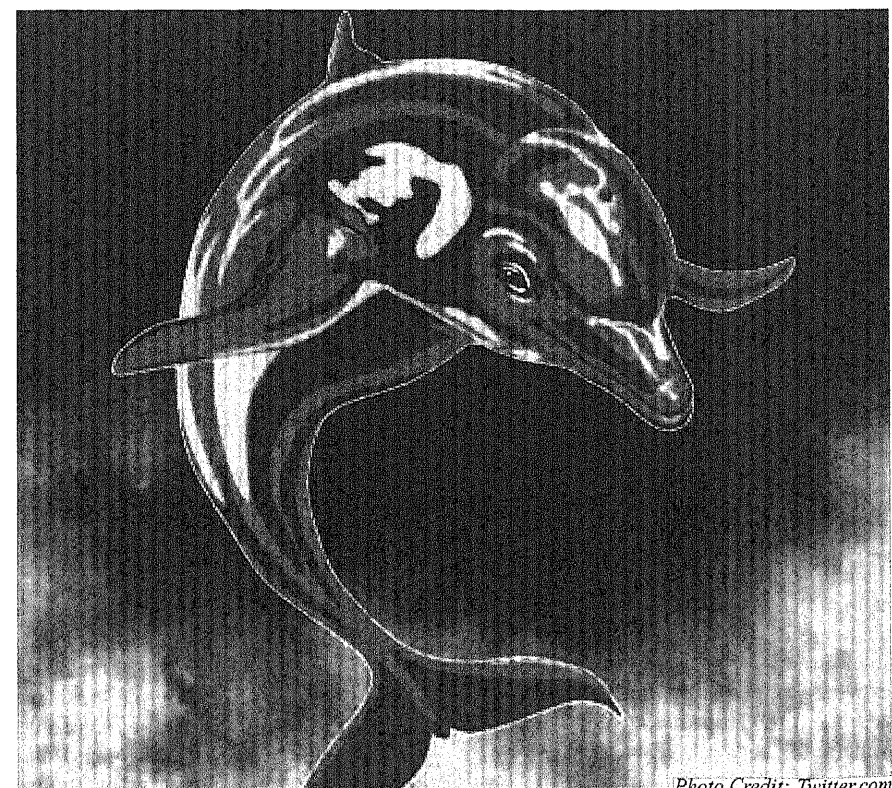


Photo Credit: Twitter.com
er, but it could have been more inclusive. Something mentioned by multiple people that evening was the suggestion of opening up the events to more of the sports.

For example, some people mentioned adding the other sports in to the mix. Allowing the other teams to partake in the three-pointer or free-throw competition would have made the event more inclusive and fun for the rest of the teams.

Sandor also mentioned that, "It was cool to see the lip-sync battle and to spend more time with my team. But it was more

That being said, it was still an amazing event, and Coach Tibbs mentioned trying to keep the tradition alive in the coming years. It will be interesting to see how this event will evolve after its debut this year.

MacPherson also mentioned that she "wouldn't mind them continuing the tradition, but would enjoy it much better if they were more inclusive."

BANNER NEWS

"One Year After #MeToo" Continued from Front Page

20th century. Victims did not define their encounter as sexual harassment, but rather as a burden they had to bear.

How did this silent abuse become the cornerstone of last year's powerful movement? People spoke up.

The attorney discussed a key Supreme Court case that put sexual harassment on the map: Meritor Savings Bank v. Vinson. Mechelle Vinson worked as a bank teller in the 70s and was forced to give sexual favors to her boss if she wanted to keep her job.

After she was fired from the bank, she

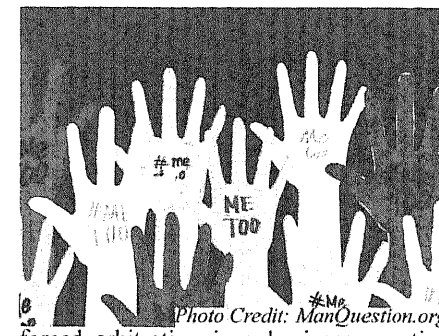


Photo Credit: ManQuestion.org
forced arbitration is a business practice that also poses an obstacle to victims coming forward. In this case, the victim does not get a fair trial by jury, but instead faces

positive and fair working practices. As for the abusers, Thomas believes it is what they do when they re-enter society that matters. Those that have crossed the line need to acknowledge the effects they have caused in order to break the stigma.

The country has taken actions over the past year to combat this abuse in light of the #MeToo Movement. Many states have prohibited contracts that protect employees from harassment claims.

The agricultural industry is known for having the worst cases of sexual harassment in the workplace. Thomas shares that tomato and dairy farmers have recently



Photo Credit: American Civil Liberties Union
The fight to end sexual harassment in the workplace has moved the nation over the last year.

filed a civil lawsuit against her employer.

In 1986, The Supreme Court ruled sexual harassment as a violation of the Civil Rights Act of 1964, specifically Title VII.

Although it has been against the law for 30 years, studies have shown that more than 80% of American women have experienced some form of sexual harassment. 75% of these women do not report it, Thomas adds.

There is a power imbalance in certain workplaces, along with legal circumstances that protect the employer, she reveals. Harassment is ripe in the workplace, where women are not welcomed in male-dominated industries.

The delay in recognizing sexual assault as a serious offense was a cultural problem too. 20th century movies, advertisements, and television display sexual harassment under the guise of comedy and "old school" humor.

The abused often do not report their abusers in fear of being threatened or fired. Harassment comes at a tremendous cost to victims; Dr. Christine Blasey Ford faced death threats after she came forward about her high school encounter with Supreme Court Justice Brett Kavanaugh.

The ACLU attorney explains that

a panel of arbitrators that are often hired by the company.

She also revealed that pursuing legal action for sexual assault may have a time limit in some states, otherwise known as a statute of limitations.

Title VII does not provide a clear defi-

taken steps to protect their workers too.

For example, the Fair Food Program is an agreement between farms, farmworkers, and major food corporations. The program ensures that companies such as McDonald's, Walmart, and Trader Joe's only purchase products from farms with



Photo Credit: NewYorker.com

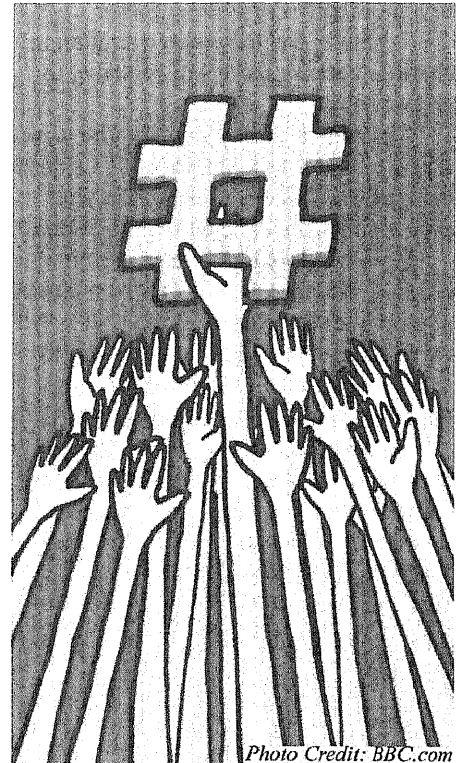


Photo Credit: BBC.com
She wrapped up the lecture by discussing the importance of educating youth, the generation that is growing up amidst the #MeToo Movement.

Elementary and secondary schools require students to learn about their Title IX rights, detailed in the Education Amendments of 1972.

At the end of the hour, Thomas leaves the audience with a powerful message: We need to hold others accountable for their actions while keeping the conversation about sexual harassment alive.

There is no one size fits all solution to this issue, Thomas concludes. The #MeToo Movement, however, has shown that there is only one way to break the stigma: tell your story.

LIFESTYLES

The Gift of Giving: Donating to Charity this Holiday Season

'Tis the Season to Give Your Love to a Staten Island Charity

BY: ROSEANNE CASSAR

We say goodbye to fall delights and say hello to the season to be jolly. That's right; Christmas and Hanukkah are just around the corner. And that means charities will be appearing at every street corner.

Try not to fret too much over finding charities because there will be plenty to choose from.

Choosing a charity shouldn't be painstaking task; it's very simple. It's so simple that you can find charities right in your own neighborhood, here on Staten Island.

If you are looking for a charity to donate some money to this holiday season you can start at CSI.

CSI is a reputable member of the SI COAD: The Staten Island Community Organizations Active in Disaster.

Staten Island COAD is a collaboration between local nonprofit leaders and staff members who come together and come up with ideas for nonprofit organizations

to help with natural disasters that occur unexpectedly.

According to Staten Island NFP Association, the SI COAD is an association that provides support to those in the field, providing self-care education, resiliency, recognizing PTSD and burnout.

You can go on SI COAD's website for further information. You can find other members of this organization on their website, as well.

Their are also other members who are on this committee working alongside with the College of Staten Island that can make charity hunting more manageable.

Several different charities that are involved in the SI COAD are: the American Red Cross in Greater New York, Meals on Wheels of Staten Island, Richmond University Medical Center, Staten Island Mental Health Society, The Salvation Army, Project Hospitality, and Eden II Programs.

This list of organizations from the website can be of help during this holiday season, especially if you are planning to contribute to a good cause.

Another alternative charity that is funded by CSI is called The First Star CSI Academy. The First Star CSI Academy is, "an ambitious new program funded by the College of Staten Island (CSI) Foundation that will directly support youth in foster care."

First Star, Inc. chose CSI, "as the first in institution in CUNY and New York State to house the breakthrough program."

This brand new program is awesome

because it gives high school students from Brooklyn and Staten Island the privilege of visiting CSI's campus, "one Saturday each month to participate in academic and life skills development programs."

This privilege also allows high school students, "the first year of the four-year long program to experience college life for an entire month while living in Dolphin Cove, the college's apartment-style luxury residence halls, deepening their involvement in the academic and life skills programs."

This program is making it possible for youth in foster care to get on track with their education and career pathways to secure their future down the road.

What is First Star? As stated on their website, "First Star was founded in 1999 as a national public charity dedicated to improving life for child victims of abuse and neglect."

Since 2011, First Star has pioneered support programs to introduce foster children to make fruitful lives for themselves through careers in higher education."

Let this 2019 holiday season be your chance to do something special for those in need.

Staten Island alone holds a vast number of charity organizations who would be more than happy to receive any kind of love and support, whether it be big or small.

With these tools at your fingertips, now you can go out their and make a difference this holiday season.

Photo Credit: USAtoday.com

Contribute to any of CSI's charities this holiday season.

Photo Credit: USAtoday.com

Contribute to any of CSI's charities this holiday season.

A Look Inside the Staten Island Mall's Food District

A Variety of Trendy Eats Are Now Available at the Borough's Only Shopping Mall

BY: LAUREN SILVERMAN

As online shopping skyrockets in popularity, brick-and-mortar stores have struggled to remain open due to lack of foot traffic. Stores have closed by the thousands across the country, including big names such as Toys R' Us and Sears.

In order to prevent closures, shopping centers must save their stores. The Staten Island Mall was one such establishment facing this issue.

As a result, the mall underwent a transformation that has shocked Staten Islanders. One of its most prominent changes has been the addition of a massive food court on the second floor.

The new dining area, called the Food District, replaced the old food court in the central part of the mall on October 11th. Unlike the old location, the Food District has its own wing in the mall, designed exclusively for eating and socializing.

The mall now boasts a bevy of dining options that were originally unavailable in Staten Island. One of the most highly-anticipated openings in the Staten Island Mall Food District was Chick-fil-A, a popular fast food chain that offers a variety of chicken-based options.

Shake Shack, a hamburger chain known for its crinkle fries and Instagram-famous green buzzers, also made its

Staten Island debut. It is located directly outside the Food District in a separate building alongside Chipotle.

Dave & Buster's, a sports bar and restaurant that holds a large arcade, is one of the most popular newcomers to the



A look at the new Staten Island Mall Food District.

Staten Island Mall.

According to silive.com, it holds 170 arcade games worth \$1 million. It contains a mix of retro games, such as Space Invaders and Pac Man, and fresh arrivals, such as a giant Crossy Road and Candy Crush.

Fast food isn't the only new addition to the Food District. Staten Island is ex-

pecting its first-ever AMC Theatre, which offers dine-in options. It is expected to have 11 screens with over 1,000 reclining seats, according to silive.com.

Melt Shop, a sandwich shop with locations in New York, Pennsylvania,

and even Kuwait, offers options such as classic grilled cheese melts, tater tots, and tempting milkshake flavors.

Tommy's Tavern + Tap is another new addition to the Staten Island Mall. Its original location is in Sea Bright, New Jersey. It has over 25 televisions and covers 7,200 square feet.

Some classic food court locations also

reopened within the new Food District. These include Burger King, Sarku Japan, Greenleaf Grill, and Charley's Steaks.

The massive expansion is exciting for many Staten Islanders, who claim it was due for an upgrade. The renovations include more than food court renovations, with changes taking place amongst its retail store selection.

Many of the mall's struggling locations were shut down and replaced.

New retail stores include Land's End, a long-trusted brand for academic attire and coats; e.l.f. Cosmetics, known for its affordable and effective makeup products; and Dough Life, a dessert shop following in the footsteps of the edible cookie dough trend that mesmerized food lovers in Manhattan this past year.

Whether or not these new stores will have an effect on foot traffic remains to be seen, but the mall has certainly enjoyed a boom in sales with its well-attended Food District opening earlier this season.

The old food court is currently closed. In combating the threats of store closures across the country, the Staten Island Mall has managed to upgrade itself in a way that has drawn in Staten Islanders—some from excitement, and others out of sheer curiosity.

Photo Credit: Thechickenwire.chick-fil-a.com

LIFESTYLES

Get into the Routine of Going Makeup Free

Now Might be Your Time to Ditch Makeup

BY: LUCIA ELMI

Makeup is expensive. It takes time and a substantial amount of effort to master, a luxury not everyone has.

However, makeup also has the power to voice feminine empowerment and artistic expression, but it can also hinder self-love and become a crutch for low self-esteem.

If you are one of those people who struggle with any of these obstacles, maybe it's time to consider if ditching makeup is the right way to go.

One thing is certain: makeup is most definitely an expensive investment. In a time where multibillion-dollar makeup companies are booming, cheap drugstore makeup just doesn't cut it anymore.

If you want quality, you'll have to buy that \$50 concealer bottle from Sephora if you want a cake-free make-up finish. This can take a lot out of a college student's pocket.

Between tuition and paying rent, sometimes pennies are what's needed to make ends meet.

If you're looking to save money, perhaps having a good look at how much monthly makeup expenses can add up might really make you reconsider where you invest your money.

Just think of it this way: if you don't buy that \$50 bottle of concealer maybe

you can finally save up for that taillight you've been meaning to fix. Securing your safety is more important than material things you can live without.

Insecurity is all too common in our world today. The bombardment of sex-appeal driven advertisement and the high-standards of social media have unsurprisingly been the leading cause for low-self image in young women.

That's not to say make-up has such an effect on all women, as it can actually create a positive view on self-image, but it all depends on the individual who wields it.

Ironically, a main motive for why women use make-up is to cover up those pesky blackheads and conceal acne.

However, it can actually have quite the opposite effect and clog up pores, which only continues the cycle of stubborn acne. Without make-up, you might have to expose those acne bumps to the world but at least you won't be contributing to causing more to sprout on your face.

Through such vulnerability, we learn to grow and to accept who we are as human beings. Empowerment comes when you finally realize the opinions of others don't matter and there is beauty in your imperfections.

The imperfections on our skin, whether it be acne or scars, tell a story, and one that is unique to you. That is true power.

With an increase in demand for make-up, so does the need for testing such products on animals. For the sake of beauty comes the sacrifice of disfiguring and causing pain to animals. It just isn't a fair game. Every living creature deserves fair treatment.

Fortunately, young people are becoming more mindful on how their product consumption takes a toll on the environment and fair human rights practices.

Another thing to consider is the safety of the makeup you are applying to your face. If it was created with automatic intentions for it to be safe for humans, then why test it on animals? It truly makes you wonder just how many corrosive chemi-

cals are applied on you face and are being absorbed by your skin without you even knowing.

Giving up make-up is just another way to contribute to making the world a safer and healthier place. Small actions like these paves the way for a better future.

The benefits of giving up make-up are plenty, and there are many more reasons than just the ones mentioned here.

In the end, makeup is a luxury many of us can do without in order to better ourselves and the world around us. You'd be surprised how easily you could live without it, but you won't know not unless you give it a try.



Going makeup-free may be right for you.

Photo Credit: Ennsoclose.com

Appreciating the Art of the Spoken Word

How CSI's Open Mic Events Inspire Creativity

BY: PHILIP SANZONE

Attending CSI's Open Mic is an experience that opens people's eyes and hearts.

It was interesting to hear people with similar views even though each of them had their own unique background.

Also, hearing the head of the English department's poem was intriguing as well as a purposely funny performance.

It was enthralling to also have the pleasure of reading aloud my own personal poem. It was daunting knowing I was going to be judged by people, but it also put me at ease knowing it was something that I really cared about showing to the world.



Admission to CSI's Open Mic events are free for all students.

Photo Credit: Metrotimes.com

To be able to envelope myself around talented and inspiring individuals felt inspiring and was very mystical. For those that are English majors, attending events like these can help improve written and literary skills.

Writing on the spot based on just how you feel can help with free thinking. Open Mic expressed these feelings very well.

Being able to come up with poems on the spot shows the verticality of them and how they are based on immediate emotions. Experiencing this first hand and seeing the ingenuity created by these poems was glorifying.

Poems aren't for everyone, but they

can help a lot in a therapeutic sense. It is almost like exposing one's true feelings visually to fully comprehend its meaning. Standing up and reading something that is a part of you aloud can impact the way you view your own poem.

There were a lot of poems that also expressed people's disabilities and shortcomings; it tells how they can grow and break through their limitations. The event was very successful. The poems people wrote had splendid visuals and beautiful words.

Many other great poets performed their works at the event; even English department staff members. For instance Rachel Sanchez, a professor of the English department, read one of her poems.

A poem that is short and impactful makes it reverberate one's internal thoughts and helps to feed expression onto the paper.

Towards the end, the professors helped students develop their writing in poetry by sharing insights in various writing techniques. Hearing beautifully worded poems can serve as a reflection for someone in the audience.

Giving insight into another's life can help with the understand others. When writing a poem things will either flow or you'll be staring at a blank piece of paper.

When hearing experiences from others, it can give you the inspiration to search inside yourself and reflect on past events in a way that will provide you with a more unique interpretation of it. Interpretation of poems is very important, as well when feeling around the words of a poem, as it will help you to see what the writer see.

Many interpretations can form in wildly different ways to what the author originally planned for the poem's meaning. It isn't considered a bad thing, but it helps poems to transcend time and modern significance.

The professors at Open Mic also encouraged young poets to write more and implored them to read and share their writing with others. It was a mind-expanding event, being able to stand up and read poems in front of a group of people.

There is always meaning to what a poem is saying; each poem has its credibility. None should be looked at as uninteresting or fruitless.

Going to any event doesn't have to be about liking poetry, it can lead to meeting new people and learning valuable life lessons.

Don't fall into the habit of feeling too uncomfortable to go out to follow a new and exciting path.

BANNER ARTS

“What Is Your Damage, Heather?”

Paramount Pictures Releases Reboot of 80s Cult Classic

BY: ALEXIS KATERIDGE

We seem to be living in the age of the reboot. Whether it be TV shows like Netflix's new “The Chilling Adventures of Sabrina,” or “Mean Girls” on Broadway. These reboots never fail to generate a large fanbase due to their preexisting fans following the new content. But this reboot is sure to turn some heads.

If you aren't familiar with the 1989 cult classic “Heathers”, it follows the story of Veronica Sawyer, a high school senior who gets mixed up with the three popular girls in school, all named Heather.

As she starts to realize being friends with the Heathers isn't all it's cracked up to be, a mysterious boy named J.D. enters the picture and turns Veronica's world completely upside down.

Let's just say, this is not your average high school eighties movie.

This show is not only filled with murder, drugs, and suicide, but other thrilling aspects to keep you on the edge of your seat. Its deep acknowledgement of the social structure of high school and the mental health of teenagers made it a beloved film by many.

The film stars Winona Ryder as Veronica Sawyer and Christian Slater as J.D.

The 1989 movie version of “Heathers” was later rebooted as an off-Broadway musical, which debuted in 2014. Barrett Wilbert Weed played Ryder's role and Ryan McCartan played Slater's.

The play was received very well among younger audiences, proving that the story line could stand the test of time. Sadly, the play only ran from February of

2014 to August of that same year, leaving many fans disappointed if they were not able to see it during its short run.

But much like in the movie, Heather Chandler comes back to haunt us.

Paramount Network was slated to release the Heathers TV series in early spring of 2018, but due to the content, they decided to pull back release in light of the many school shootings happening during the time. This was after Paramount had released the first episode on its website.

It was unclear for a long time as to whether or not Paramount would go forth to release the episodes, but they decided to release the first five episodes on October 25, 2018. Just in time for Halloween.

The “Heathers” TV show creator, Jason A. Micallef, decided to modernize this version of Heathers by adding in what some have deemed “token” characters meant to reach a wide audience.

Heather Chandler has been transformed in to a plus size Instagram model, spreading body positivity and being vicious to anyone who goes against her ideals.

Heather Duke, played by Brandon Scannell, is still desperate for Heather Chandler's power, but the twist is that Heather is gender-queer.

This version of Heather McNamara is biracial as well as a lesbian, although her LGBTQ+ status comes in to question early on in the series.

In this variation, the jocks still cower under Heather Chandler's scare tactics. But no longer are body type and sexuality the issues at the forefront.

The political correctness of Heather Chandler is almost inserted as a joke as she makes a mockery of those choosing to belittle others in any way.

A strange new take on the school bully, who, in the first episode forces a student to remove their “Remington” shirt due to its derogatory slur.

Instead, there is a strong focus on social media and class structure, attempting at a reflection of our modern world. For example, the question of “who are you?” is brought up as Veronica tries to identify who she is as she is filling out her college applications.

The theme of figuring out who you are is a prevalent one, particularly in media aimed at the younger generation. Especially in a time where people are expected to define who they are on social media before even figuring it out for themselves.



The Old Heathers (top) and the New Heathers (bottom).

This is a concern that Veronica voices during the first episode.

The series tries to keep to the original by including some of the iconic character quips from the 1989 movie, which many fans were frustrated with. Newsweek quoted original writer Daniel Waters, saying that the reboot is “a Madlibs of the original movie”.

Despite this, Waters still encourages fans to watch on, promising that the show will get better. Although whether or not the show will live up to the original film or the musical still remains to be seen (Newsweek.com).

In an interview with Newsweek, Walters said, “everything seems a little cheap in the first episode, but when you realize that they're really coming after everyone it gets better”.

How very.

Listen Up, Ladies: Two Great Events for One Price

New Jersey's Ultimate Women's Expo Has Returned and Partnered with a New Event

BY: BROOKE PRICE

The New Jersey Ultimate Women's Expo returned for another year to offer guests a variety of fun activities to try. It has also partnered with the Great Food Expo at the same venue to the delight of the attendees.

The 2018 New Jersey Ultimate Women's Expo was held in the New Jersey Expo Center in Edison, New Jersey. There were many complimentary workshops, services and various merchandise to buy.

Some activities included beauty pop up shops, DIY crafts, as well as a free photo booth.

Guests could get their hair and makeup done for free by Innovate Salon Academy, Jersey Shore Cosmetics, Posh

Makeup Academy and Macy's.

There was even a booth by ChicStudios where attendees could get glitter lips.

Patrons could relax as they were offered complimentary massages by Elements Massage.

There were many DIY crafts available that guests could create. These crafts included wine glass painting, Pinot's Palette, chocolate decorating, ornament making, mosaic mirror making, collage painting and stamping as well as candle, soap and scrub making.

Some other vendors included Macy's, ShopRite, Estée Lauder and Clinique.

There were keynote speakers such as Daphne Oz, Teresa Giudice, Anne Burrell

and Tori Spelling. They talked about their books, lives and careers and answered questions from the audience.

Seminar speakers were also present at the women's expo to talk about health and wellness, finance, careers, fashion and more.

At the Great Food Expo, there were a variety of foods to sample and purchase. There was a range of cakes, dips, olive oils, wines and other foods to try. Guests could get some free samples to take home in the company's tote bag to help promote the business.

Cooking demonstrations also took place at the expo. Guests could watch chefs make different dishes on the cooking stage and provide insight on how to make these dishes.

Some dishes that were prepared on the cooking stage ranged from holiday meals such as Thanksgiving turkey, sides and pies to foie gras and homemade ravioli.

There were cupcake, cake and cookie decorating that guests could partake in. Patrons could also try their hand at creating designs with fondant and use stenciling techniques on some desserts.

For those who are interested in drinks, there was a mixology stage at the expo, where The Famous Bartending School demonstrated how to make drinks and

shared some secrets with the audience on how to make the perfect drink.

On Sunday, October 28th, Chef Anne Burrell from “Worst Cooks in America” spoke at the expo about her book. She mentioned that she likes to bring joy to others by teaching them how to cook from her book.

She also gave a brief synopsis about her life. She talked about growing up in upstate New York and going to college to pursue a degree in English and Communications, only to realize that she had a passion for cooking.

Both events were sponsored by ShopRite. If you showed your ShopRite card at the ShopRite booth, you received a free bag of food.

Admission for the expo was \$10 if you purchased the tickets at the door, or \$5 if you purchased the tickets in advance off the website.

At the New Jersey Ultimate Women's Expo, it's always a pleasant experience since you get to try some new activities.

Now that it has paired up with the Great Food Expo, it's the best of both worlds since attendees can try different foods, complete fun activities and listen to speeches from some celebrities from both expos.

New Jersey WOMEN'S EXPO
OCT 27-28
New Jersey Expo Center, Edison

Beauty Treatments
Pop Up Shops
Samples • Haircuts
Manicures • Massages

NewJerseyWomensExpo.com

The 2018 New Jersey Ultimate Women's Expo offered a full day of activities that kept guests occupied.

BANNER ARTS

Daredevil Hits the Bullseye

Hell's Kitchen Heats Up in Latest Season

BY: SALVATORE CENTO

In a world where Iron Fist and Luke Cage both get cancelled within days of each other, the third season of Daredevil easily cradles viewers back into a safe space.

Premiering on Netflix this fall, the new season introduces us to two new characters, FBI special agents Ray Nadeem and Dex Poindexter.

Nadeem is a good man who's working tirelessly to make ends meet for his family, as well as helping his sister-in-law financially with her cancer treatments.

Poindexter, on the other hand, is someone with no family. He just happens to have psychopathic tendencies that originated from childhood.

Even though the foundation for the show aptly named “Daredevil” is going to be focused on the characters of Matt Murdock, Foggy Nelson and Karen Page, the two polar personalities of Nadeem and Poindexter shine through, when stacked up next to the originals of the series.

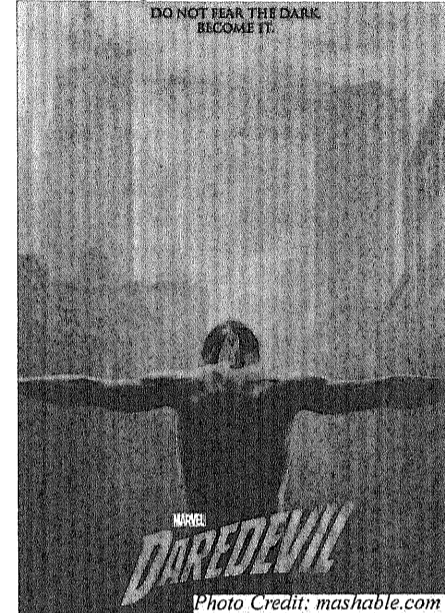
Through spoken words, facial gestures and emotional outbursts, especially by Poindexter when he releases a primal scream, the audience is guaranteed to come back with an unfiltered reaction.

Another element of this show that shines through is its use of exposition. Twice during the season, we are shown

backgrounds on pivotal characters that last a lot longer than these types of scenes usually do.

But the way they are created and portrayed do not take away from the main plot in any way. What went on in these people's lives before they arrived to the point in which we see them now is so gritty and brutal that you get lost in the past and temporarily forget about the present.

An unexpected moment of the series



Promotional art for “Daredevil.”

is when an immediate family member of Matt Murdock's is revealed.

Through the use of comparing and contrasting, the climactic moment of this specific subplot is quite satisfying to see.

There's no other result that comes out of this revelation besides a motive, which was already there to begin with. And when that certain person learns that Matt now knows, the emotional outburst that follows is certainly not on a Nadeem or Poindexter level.

We cannot talk about Daredevil without talking about the big bad himself. Played by Vincent D'Onofrio, the character of Wilson Fisk is tangled up in sophistication and sinisterness more than ever before.

Seeing that this powerhouse, this kingpin, which he is referred to this time around, has such an edification about him when it comes to his choice of material belongings it makes him seem charming and almost hypnotizing.

When you see that he has a controlling hand on the FBI to do his bidding and what kinds of lows they steep to, to ensure his security and power, do you snap out of the spell that he's put you under and finally realize that he's nothing more than unadulterated evil.

The viewer is not the only one that Fisk has under a spell. When investigating

Fisk's whereabouts and how to get to him, Murdock starts to hear Fisk constantly, just over him, as if an angel and a devil were on his shoulders.

While this works in old cartoons and such, this cliché feels misplaced in a world where so much of it is grounded in reality.

It went on for too long and again, just like the other sub-plot mentioned before, this didn't have a real consequence. We already knew that Murdock wanted Fisk dead.

The most memorable scene of the season must be noted though. In episode four, while finding out something that Fisk had done, Murdock is trapped in a prison during a riot.

As tradition has it, the viewer is gifted with a ten minute, steady shot that follows Murdock through the confines of the penitentiary, evading attackers and natural hazards. This is nothing short of an adrenaline rush.

After binging through the whole season, viewers might feel the need to rewatch it, since the season was just that good.

Even though some nitpicks were made, the third season of Daredevil is a must watch for comic book fans and casual Netflix viewers alike. Hell's Kitchen is a wonderful place.

Iconic Rap that Challenged the Government

The Culture War Sparked by Figures of Old-School Rap

BY: ANES AHMED AND CHERMO TOURE

Between the 80s and 90s, rap was used as a vehicle to address government censorship and control over struggling communities. Varying from multiple perspectives, old-school rappers have manifested their experiences and voices into lyrical pieces and stories that shaped the definition of hip-hop.

The early origins of outspoken rhymes against government policy began with the rap group, Public Enemy. Public Enemy members consist of Chuck D, Flavor Flav, Khari Wynn, DJ Lord, Sammy Sam and Professor Griff.

Their message through their music revolutionized socio-political rap to the forefront of rap music.

In the hit song “Fight the Power,” they rapped about the problems affecting poor communities, particularly black communities: “People, people we are the same, No we're not the same, 'Cause we don't know the game...”

What Public Enemy is conveying is that poor communities aren't educated enough to deal with the world. Therefore socio-economically, poor communities get left behind and are eventually associated with crime infested communities.

Another section of the song states: “What we need is awareness, we can't get careless...”

Let's get down to business, mental self-defensive fitness.”

Public Enemy is stating the necessity of education in poor communities. They

also convey that communities need to take this goal onto themselves because the government isn't going help.

Due to the foundation structured by Public Enemy, other rap groups such as N.W.A formed, to challenge government policies. With rising names as Dr. Dre, Ice Cube, Eazy-E, Arabian Prince, MC Ren and DJ Yella attached to N.W.A.'s roster, their reputation was a matter of records

Entering the fray with hit songs such as “F— tha Police.” The song's impact prompted the FBI to look into N.W.A. The artists on this song expressed their frustrations with the LA Police Department, which minority groups still face today.

Opening the song, Ice Cube rapped: “F— the police! Comin' straight from the underground, A young n— got it bad 'cause I'm brown, And not the other color, so the police think, They have the

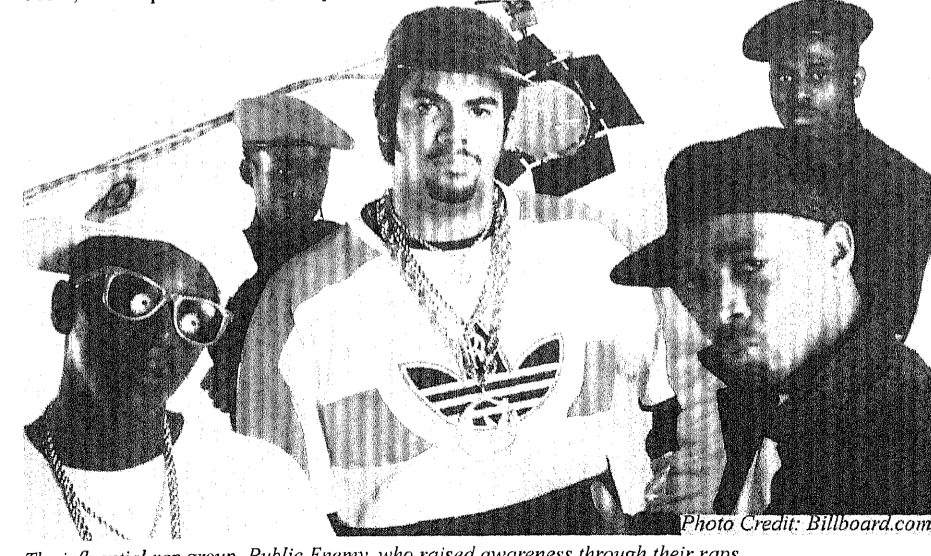
authority to kill a minority.”

Ice Cube expressed that the police were abusing their power during the crack epidemic. This abuse of police authority would become more prevalent when Rodney King was brutally beaten by LA police officers.

Ice Cube continued: “Searchin' my car, lookin' for the product, Thinkin' every n— is sellin' narcotics.”

Ice Cube remarked that he's always being harassed by police officers because the LAPD implemented stop and frisk. During the 1980s and 1990s, this policy was virtually enacted in every city with a large minority population, mostly African American and Latino groups.

Stop and frisk, which is arguably unconstitutional, is currently a heated issue today as it was when N.W.A released “F—tha Police.”



The influential rap group, Public Enemy, who raised awareness through their raps.

Beyond groups, arguably the most influential hip hop artists that has stood up against and addressed government policy is Tupac Shakur, known by his stage names 2Pac and Makaveli.

Growing up in the West Coast, Shakur pushed social issues in an environment where the gangsta rap genre was mainstream.

Through songs such as “Brenda's Got a Baby” and “Trapped” from his early album “2Pacalypse Now,” Tupac Shakur addressed themes and critiques of unjust treatment in inner cities.

A major theme throughout Shakur's musical portfolio is his resistance against discrimination and government inattention.

While Shakur grew to stardom, he developed a heated rivalry with East Coast rapper, The Notorious B.I.G. By transforming his dark past and struggles, B.I.G. was able to weave lyrical stories that focused on violence and growing hardships.

Due to the efforts and controversies Shakur and Biggie both presented in their work, this led to their deaths by drive-by shooting.

Both have acknowledged and were prepared to accept death as shown through some of their pieces since the topics they've discussed tempered others in the field.

These rappers challenged the government during their time by utilizing their voices and talents into products of protest and change.

BANNER OPINIONS

Why It's Not So Bad to Take a Semester Off

How Joining the Navy Made Me a Better Student

BY: BRENDAN PIRANDO

To repudiate the social stigma that surrounds "taking-off" one semester of college, I can assure you that it isn't the worst thing to do.

I had to leave the fall of 2017 on the back-burner for the Navy. I left for Navy Basic Training in RTC Great Lakes, IL, and NTTC Meridian, Ms. subsequently.

Everyone in my family had the same sentiment, as if I wasn't going to finish school and complete my degree.

Especially leaving for the military it took a lot of courage to tell my mom and dad that this was going to happen. Everyone thought I had quit on school as a whole and that there was no possibility of me even attempting a comeback.

I really struggled my first year of college posting a mediocre GPA and dealing with night classes after working in the daytime. It was an overwhelming transition.

Before I get into my personal account, I would like to acknowledge the fact that everyone's experience is different. I would one hundred percent recommend to anyone to take the chance to explore his/her opportunities when not in school.

The military was my medium to learn more about myself when I took a semester off. I think it benefited me greatly and that I had more structure knowing what I wanted to do with my life. I had the tools now do so.

When I completed training and came back home to New York I realized here is my chance to really overcome the difficulty I had sitting in the classroom.

I was more concentrated on my school work and that my service made better dialogue for classroom discussions.

I got a little traveling done last year and I met so many new people and different walks of life all over the country. I met people that wanted me to succeed as much as I want them to.

Everyone joins the military for different reasons, we all have to go through the same sacrifice to be away from friends and family for several months. That in itself takes courage.

When the Spring 2018 semester started I was enrolled in four classes for fifteen credits. An average semester to most people, but it was really going to take hard work because I hadn't sat in a classroom in six months.

It really did take one day at a time to start seeing progress. Whether it was assignment I had to read or a lecture quiz at the end of class I had to stay dedicated.

Slowly, I started making friends in these classes and I felt like things were going really well. I started getting my grades back from midterms and I realized I belong in school. I just needed the discipline from the outside world.

I accomplished many things this spring and I think that I can attribute that to my experience.

Basic Training was really everything I expected to me. I was accountable for everything that happens to me and I was accountable for my peers.

In Basic Training we learn about attention to detail and following orders. These two fundamentals would make any individual successful in the real world.

Attention to detail means to be perfect in everything we do and never to settle for good. If we settle for good then we die because steps will get missed.

Following orders is just as important because we are all going to work for somebody eventually and its important to understand that if these directions aren't followed people will die.

Mastering the fundamentals makes basically trained sailors ready to fight in time of war. If these tools are utilized in school, work or at home you will see major things happen.

That's real life and everything about life requires the fundamentals to be mastered in order to succeed. That's what I learned in the fall of 2017 without having to be in college.

If I had to do it again, I would. Once I got out of Basic Training and left for "A" School I had more things I needed to learn.

CSI has been a great institution to get an education. I had a lot of help from the Veterans Support Services office in building 1C-216.

I also had help from my classmates and the upperclassmen.

I don't know if I could have made such a good comeback in any other college, but I do know that taking a semester off from school isn't the worst possible thing to do.

If you have staff and professors who are as dedicated to help as the ones here, then the sky's the limit.



Taking off a semester and joining the military expanded my horizons. Photo Credit: bootcamp.navy.mil

Why Nothing About Donald Trump Should Surprise You

Trump's Bigotry and The Crusade of Celebrity Righteousness

BY: UBONG EKPO

Donald Trump's behavior since announcing his run for presidency has left a permanent disfigurement in his public image.

It's hard to believe that at one point that brash, charismatic personality that is loathed now was what made Trump a unique household figure these past few decades.

Trump wasn't as blunt and direct with his white supremacist views when he first climbed to fame, but there are examples of Trump exhibiting such behavior that aligns with that way of thinking.

In 1989, Trump took out full-page ads in various New York newspapers to denounce and further implicate the guilt of the Central Park 5.

The Central Park 5 was a name coined for the 5 black teenagers who were forced through police coercion to confess to the rape of a female jogger in Central Park.

The five young men were eventually convicted, only to have their convictions overturned a decade later when the real assailant confessed to the rape.

The case was controversial due to the police tactics used to force a false confession and persecute with a lack of DNA evidence.

Trump double downed and still maintained the guilt of the Central Park 5 while he was running for office in 2016, despite the Supreme Court declaring their innocence and vacating the charges years prior.

What does this tell us? It tells that even in 1989, Donald Trump showcased his bias on a national platform, and yet for the next twenty six years the world played

blind to the prejudices this man had.

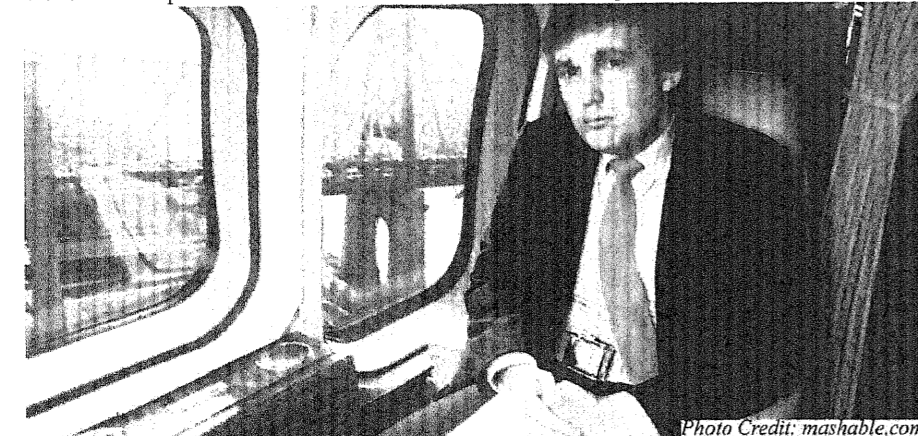
With one of the stable themes of Hip Hop music being that of wealth, Donald Trump has been used as a constant reference for affluence in rap songs, starting out as early as the eighties.

Currently, however, the name Donald Trump no longer rings the same braggadocious interpretation that it once held.

With his views and policies becoming more bigoted, rappers now use the name Trump with disdain, showing little respect for him. Rapper T.I. recently shot a music video where he depicted a look-alike of Melania Trump dancing provocatively in a strip tease in the oval office.

Just last year, Hip Hop legend Snoop Dogg, who once used to be an admirer of Trump, depicted himself shooting a Donald Trump look-alike in a music video.

Why is it every time any celebrity wants to have some kind of dialogue with President Trump, they are met with such vitriol and displeasure at the notion?



Trump in the 80s, the same time he attacked the Central Park 5. Photo Credit: mashable.com

I question all the black celebrities who are mad at Kanye West. Why did they not attempt to have any meetings President Obama?

Black people; we rebelled and celebrated that the commander in chief was finally a black man, but then what? To my knowledge, no black celebrity met with President Obama to have a serious conversation about his policies, only to perform and have photo ops.

Yet, Kanye West is criticized and maybe rightfully so, as the conversation he had with President Trump wasn't one to be lauded, as West was seemingly just incoherently ranting.

Although at times there were a few splashes of some sensible points; Kanye does not deserve the amount of negative attention he has garnered.

Why isn't Hillary Clinton met with the same disdain as Trump?

Clinton's husband, President Bill Clinton, implemented the three strikes

law where people who had two previous violent convictions would automatically get a mandatory life jail sentence for a third violent offense.

This law dramatically raised the number of African Americans going to prison, at a disproportionate rate.

Hillary then doubled down on this law in a 1996 speech, referring to the young gangs who were affected as 'super predators,' a term which had a lot of racial undertones. Clinton apologized during her 2016 presidential campaign for her use of the term.

The recent wave of celebrity opposition to Trump is problematic to me. My problem isn't that they're challenging him. When someone who has views that are so blatantly racist, they absolutely should be called out and held accountable, but my issue is this may be too little too late.

Too often, when white people want to 'come to the defense' of black people or any people of color, it's only when their own interest are in danger.

I don't see it as genuine when someone like Anne Hathaway makes what is to her, a passionate cry to help people of color through an Instagram post.

I see it as ingenuine because where were all these so-called allies before Trump?

Let's stop acting like Donald Trump is the first person to openly express bigotry. Trump is simply doing what has always been the main code of the United States, which is upholding the system of white supremacy.

SEX AND RELATIONSHIPS

A Lesson Learned from Ariana and Pete: Don't Rush it!

Valuing the Patient Journey into a Happy Relationship

BY: DEJON VIRGO

It's the holiday season y'all, and many of you are probably thinking about finding that special someone to make you feel special and marry, but before you make any wedding plans let's talk about how to find the right one.

We're in a modern era where getting a divorce is pretty common. According to the American Psychological Association, about 40 to 50 percent of married couples will divorce. Which begs the question; are people just rushing into marriage?

A good example is the relationship between pop star Ariana Grande and SNL star Pete Davidson in 2018 and in case you forgot, I'll give you a run down.

On May 10th, Ariana went on instagram to confirm that she and rapper Mac Miller had split saying, "I respect and adore him endlessly and am grateful to have him in my life in any form, at all times, regardless of how our relationship changes or what the universe holds for each of us!"

Then on May 12th, it was reported that Grande and Davidson were hanging out at an SNL afterparty. Four days later on the 16th Davidson and his now ex-girlfriend Cazzie David broke up. Shortly after, on May 23rd fans started to notice that Davidson and Grande had matching cloud tattoos.

Finally, on May 30th the couple made their relationship official with an instagram photo of them dressed in a Harry Potter themed photoshoot.

On June 12th, it was rumoured that the two were engaged after only dating for a month. Then three days later, Davidson posted a photo of the two and on Grande's hand was a big ass diamond ring.

The two moved in to a \$16 million dollar five-bedroom apartment in New York and Ariana revealed that she dedicated a song on her new album Sweetener to him,

vidson for years; the next day Sweetener dropped and we got to hear the song "Pete Davidson" for the first time.

Grande and Davidson then got a pig they named Piggy Smallz, and of course, Davidson got a tattoo of the pig.

But on October 9th, images showed that Davidson had covered up his tattoo of the dangerous women with bunny ears



Ariana Grande and Pete Davidson on the red carpet at the 2018 VMAs. Photo Credit: TimeMagazine.com

called "Pete Davidson."

The next day on June 20th, Pete confirmed the engagement when he went on The Tonight Show with Jimmy Fallon. Five days later, Grande got a new tattoo of the digits of the badge number of Davidson's dad who passed away on 9/11.

On August 16th, Grande starred on The Tonight Show with Jimmy Fallon and told Fallon that she has had a crush on Da-

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Exploring the Meaning of Manhood

"You eat, I pay." I provide.

BY: LEAH OLIVER

What differentiates men and women besides physicality? As a woman, I cannot validly answer what I believe is the essence of a man.

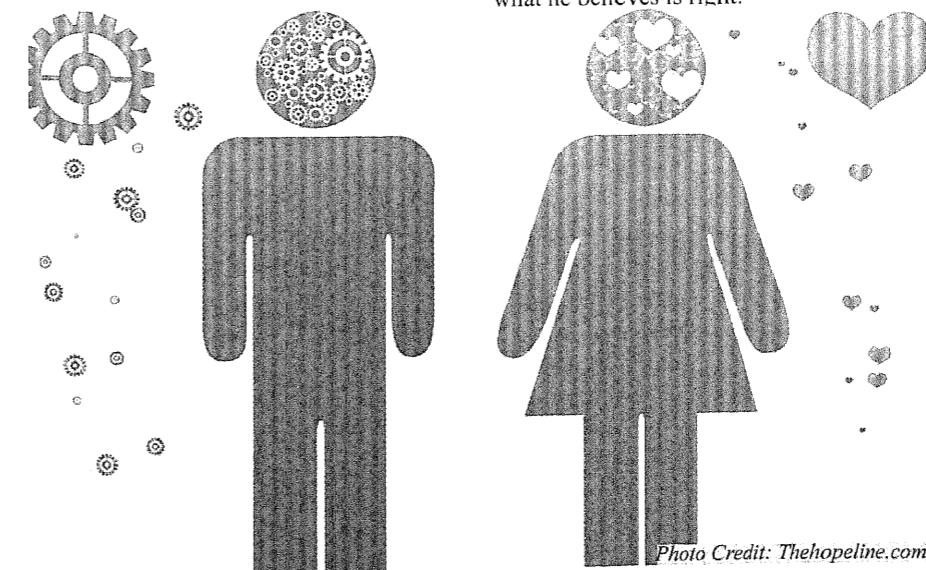
I wanted to find out from men what defines a man in a metaphysical aspect. I conducted interviews with men of different ages and ethnic groups, by doing so I sought to find commonalities among the responses.

The most common responses in the characterization of a man: provide, protect, responsible, seek solutions, doesn't show

weakness, and not soft. Providing support, protecting others, as well as taking care of the household further explained how a man provides.

When I asked an interviewee how a man provides for his family when he is out of work or cannot work and his partner is the only one making money, he replied that a man would provide support to his partner meanwhile seeking work.

In the aspect of protection, a man protects others physically and emotionally. An essential way in which a man protects would be standing up for injustices and what he believes is right.



What makes men and women different? Photo Credit: TheHepeline.com

Handling duties, willingness to take on responsibility, as well as taking responsibility for things one has no control over further explained how responsibility connects to manhood. Seeking solutions and handling issues coincided with responsibility.

The explanations given for composure, vulnerability, and not being soft were quite related. An interviewee elaborated by saying a man keeps his composure in all situations, knows how to control his emotions, also knows when to show and not show weakness.

Someone also said, "A man is not afraid to admit his fears and show his feelings." In connection to being soft someone said a man doesn't cry in front of another man---friend or no friend.

One of the uncommon responses when interviewing males was that a man believes in something higher than himself.

He further explained by telling me that in some cases when a person doesn't believe in a higher power, he or she may have a sense of grandiosity and may fail to realize that he or she is not totally in control.

In some interviews, I asked if the characteristics given apply to the individual regardless of relationship status because some explanations pertained to a romantic relationship or a marriage.

A consistent response pertaining to

downs?

I personally have four stages of being with someone. The first stage is the dating stage where you go out with people and get to know them, their personality, and whether or not you two are compatible.

The next stage is the relationship stage where you two can now express the love and connection that you built from the dating stage and you two can now start to rely on each other for emotion and physical support and yes, it's time for sex.

The third stage is the engagement stage where you have been in the relationship stage for several years (I say wait at least three years before moving to this stage) where you feel that you can't and don't want to be with anybody else in your life. You might be thinking why is this a stage.

It is a stage because engagement is where you blend your life with the other person, and you'll have the same last name, bank accounts, and next of kin in case anything happens to you, and not to mention you guys have to plan a big wedding.

The last stage is, of course, the marriage stage where now you guys live in unison and share everything. This is the example Grande and Davidson needed to follow before jumping into a relationship.

And in my opinion, everyone should do this because it gives everyone the room to get to see who the other person truly is and break up if things don't work out before you get married.

I hope you hear my advice and good luck dating!

SPORTS

The CSI Women's Soccer Team Takes Home the Glass Trophy, Again!

One-peat, Two-peat, Three-peat, Four!

BY: NATALIA SANDOR

The women's soccer team took on the John Jay Bloodhounds at Brooklyn College for the 2018 CUNYAC Championship.

After a well fought match, the Dolphins were victorious and left the complex not just as champions, but undefeated in the CUNYAC.

Lauren Smith, a senior captain in the nursing program, buried a hat trick in the first half of the game leading the Dolphins to a 6-2 win. The Dolphins finished their season with a 12-6 record, advancing to the NCAA Division III Championship Tournament for the fourth year in a row.

CUNYAC leading goal-scorer, Samantha LaValle, placed the Dolphin's third goal in the back of the net, despite the difficult angle of the shot, after utilizing her technical skills and exposing a defender on the John Jay team.

When asked about how it feels winning the CUNYAC for the first time LaValle stated, "It is such an amazing feeling! We definitely deserved it and I am so proud of all of us."

Three minutes after LaValle's goal, Smith completed her hat trick and proved to be a keystone player of the game.

She stated, "I definitely did not think I was going to do as well as I did, everyone always dreams of scoring in the finals, let alone a hat trick, so it was just amazing to

be able to do that."

"It is definitely a dream come true to be able to win all four years that I have been here," said Smith who is part of the first graduating class to win four consecutive NCAA bid producing CUNYAC championships.



The 2018-19 Women's Soccer team after winning their fourth straight CUNYAC Championship.

Smith also added, "We all wanted it so bad and we knew we just had to go out there and play our hearts out."

The girls wear bracelets given to them by head coach, Brittany Casares, that say, "Play your heart out," and it seems that Saturday reflected nothing less. "I can't tell you how excited I am, it just feels unreal," says Casares who pocketed her first CUNYAC title after beginning her position as head coach this past July.

Casares stated, "I just think about where we started and how we are playing

our best soccer. I think about how we are confident on the ball, how close we are as a team and how we are like a family and that says a lot more about us as a team than winning does."

It is this cohesion that occurs off the field which is reflected in the chemistry on

the field.

Rebecca D'Aloia, a brick wall of a defender and the sonic speed of the team, expressed her experience with the tight-knit nature of this team as she explained, "I am glad to be a part of this program and play with a great group of girls." D'Aloia proves to be an asset to this program each time she steps foot on the field.

In the 40th minute, a CSI foul created a free kick opportunity which was taken by Anneliese Tucci of John Jay College leading to the first goal for the Bloodhounds.

CSI was quick to change the momentum when Adrianna Parello capitalized off a penalty kick taken in the 56th minute.

Parello continued to shine with a perfectly placed cross, leading to LaValle's second goal of the match off a stunning volley. At the completion of the game, Smith was named "Most Valuable Player."

The three goals buried by Smith marks the first hat trick ever recorded in a women's CUNYAC final. In response to this tremendous and well deserved honor Smith stated, "I am so excited to be able to end my career at CSI with MVP, I could not imagine it ending a better way honestly".

Kaila DiBenedetto, CSI's incredibly talented goalkeeper, seemed to agree that this match could not have ended with a better result. "Call us Wendy's because we are four-for-four," said DiBenedetto with great enthusiasm.

This was the Dolphin's 10th time being named CUNY Champs and it marks the unit's fourth consecutive win. The six goals scored by the Dolphins were the most scored in a CUNYAC Championship to date.

The women's soccer team has drawn Christopher Newport University for their first match in the NCAA Division III tournament and will be leaving for Virginia.

They leave with smiles of celebration but understand that their job is not done just yet.

Swimming into CSI's Big Sports Weekend

CSI Men's Swimming Has an Impressive Week

BY: JOHN BUSCINI

CSI Men's Swimming team pulled through with a solid win over Mount Saint Mary College. The men tallied a 102-94 win, while the women prevailed in a 124-46 loss.

For the men, the Knights had the lead up until the break.

The boys wound up coming back after the break with impressive performances by multiple swimmers.

Ibrahim Hassan scored the first gold medal for the Dolphins with a 1:53.13 run in the 1,000-yard freestyle. Alex Semchenko also added a solid win in the 200-yard freestyle with a time of 2:01.84, winning by less than four seconds.

Khaled Hammam was next to get gold,

winning in the 100-yard freestyle with a 52.41 time, which was less than a tenth of a second by the next clocked in time.

It came down to one more match to determine who would come out with the win as CSI was up at 91-90. The CSI team finished strong to solidify the men's team win.

Michael Blacharski, Hassam, Sami and Leo Litovsky delivered in the last event, winning by just two seconds, with a time of 3:45.

For the women, the first gold medal of the season was won by Gabriella Bartley in the 100-yard freestyle with a time of 1:07.78.

The Men's Swimming team are off to a hot start with a key win to kick off the season and are expected to have a dominant



The Men's Swimming team is looking forward to a season of wins.

year in the CUNY conference. CSI's next matchup is against the College of New Rochelle on Saturday, November 10 at 2:00pm.

"It came down to the last relay, we ultimately had better depth over Mount Saint Mary," said freshman swimmer, Michael Stora.

The Men's Swimming team looks forward to challenging Lehman College, Brooklyn College, FDU Florham, Sarah Lawrence, and York College all before the CUNYAC Championship meet in early February.

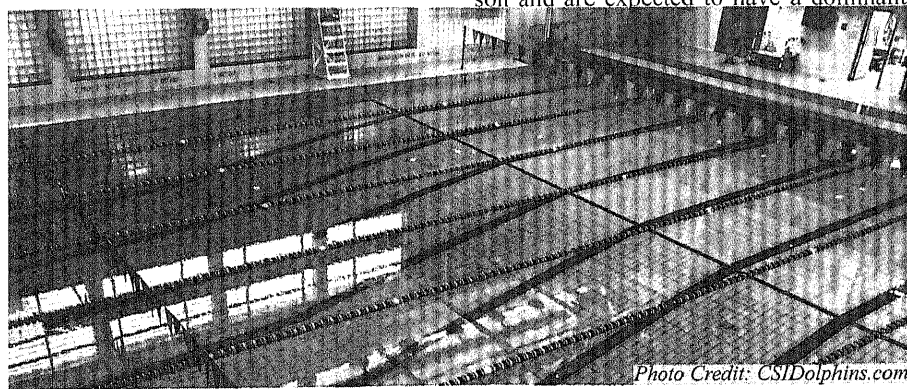
Currently, CSI's pool in the Athletic Center is now back up and running. For majority of this semester, the pool has been undergoing renovations.

Some of these renovations include a "new Dehumidification System, the addition of an Ozone Generator, a new heater,

new lighting and freshly painted beams and ceiling. With renovations now complete, the CSI Community now has access to one of the premier pools on Staten Island," according to Csidolphins.com.

Since the pool is accessible again, all CSI students and faculty are welcome to use the facilities from Monday through Friday from the hours of 10:00am to 2:00pm.

"With a building year ahead of us, we're looking to stay competitive within CUNYAC. With the completion of the CSI pool project, our team is excited to back home and are maintaining high energy into the end of the semester and winter break. Our team looks forward to training hard and testing ourselves on our Florida training trip in January and come back ready to battle, compete and win the 2018-2019 CUNYAC Championship!" sophomore swimmer Michael Sorensen states.



CSI's Swimming Pool Renovations are over, and the Pool is officially open again.