

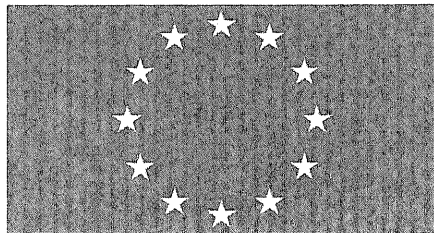
THE BANNER

The Official Newspaper of the College of Staten Island

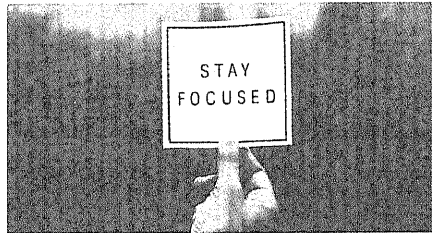
Established 1993

September 18, 2018

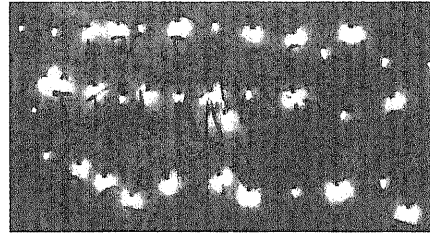
Issue #1



"Brexit Summer" pg 3



"Staying Focused" pg 6



"Stranger Things Recap" pg 9



"Division II" pg 12

CUNY Budget Cuts Felt By CSI Students and Faculty

Funding Woes Force Colleges to Compensate

BY: OLIVIA FRASCA

New and returning students may have noticed that the college stopped sending mail. Before a course de-registration period, letters are usually sent to students about paying their tuition on time.

Due to the low budget, CSI lost postage in the summer. Students were dropped from their courses without their knowledge.

Budget cuts aren't breaking news. Four main sources fund the City University of New York (CUNY) budget: state, city, federal government, and students.

In fiscal year 2019, the state covered 53% of the CUNY budget. This includes aid designated for CUNY, as well as the Tuition Assistance Program (TAP).

Since 2011, students eligible for full TAP grants receive about \$5000 for the year. This does not cover a year's worth of CUNY tuition, forcing the college to make up the difference.

As CUNY enrollment and tuition increase, the gap between TAP grants and tuition will grow. The result is additional dollars the college must allocate to close the gap.

"Colleges with higher percentages of



Photo Credit: silive.com

Members of the PSC union protested for fair pay at CSI last March.

students who receive TAP generate less revenue from a tuition increase than those colleges with higher student income levels," according to the City Council Fiscal

Year 2020 Preliminary Plan.

This issue, called the "tap gap," is a major reason why members of the Professional Staff Congress (PSC) union are

underpaid. 30,000 CUNY faculty and staff make up the union.

Continued on pg 4

Born with a Disability, Destined to Be Inspirational

CSI Alumnus Eric Sogo Walking with a Purpose

BY: SALVATORE CENTO

"By my age, most of the people that are diagnosed with what I have are either confined to a wheelchair, or just dead."

The disease in question is limb-girdle muscular dystrophy. The man's name who the above quote is attributed to is 22 year old CSI Alumnus, Eric Sogo.

Limb-girdle muscular dystrophy is a disorder that causes progressive frailty and decay in the proximal muscles around the hips and shoulders. In turn, these symptoms can eventually cause the person to become severely disabled.

When he was two years old, Sogo's parents noticed that he was walking funny while at the playground one day. The doctors then revealed that he had this condition in him since he was born. From that point on, Sogo has had to go through

speech therapy, occupational therapy as well as physical therapy.

"People always say to me - you can't do this and you can't do that because you have limitations. I've always been told that I wouldn't be able to do much with my legs, let alone walk."

He has already proven his naysayers wrong in a couple of different ways. First, Sogo graduated from CSI in the Spring 2019 semester with a Bachelor's in English and a minor in Psychology.

Then, on July 22nd of this year, he made it a personal journey to walk from the St. George Ferry Terminal to the Staten Island Mall. This expedition was covered by the Staten Island Advance.

"When I started that day, I was hyped, amped and very excited."

Continued on pg #

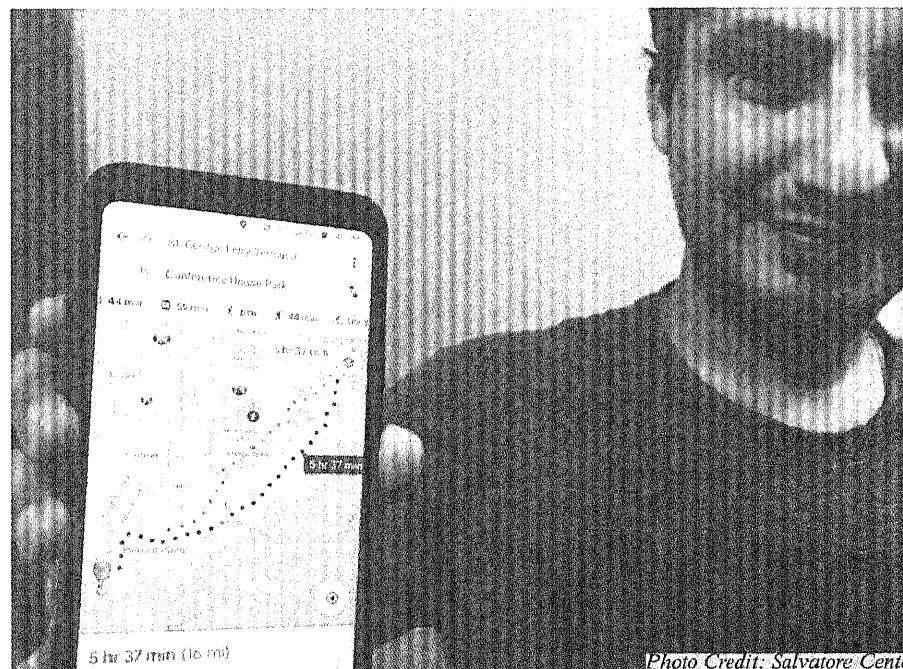


Photo Credit: Salvatore Cento

Eric showing off the first half of his walk, which will take nearly 6 hours.

STAFF

EDITOR-IN-CHIEF:

Veronica Pistek

Business Manager:

Michael Losi

Layout Editor:

Lauren M. Silverman

Copy Editor:

Gabriell Kleydman

Managing Editor:

[currently vacant]

Web Editor:

Vincent Villani

Politics Editor:

Olivia Frasca

A&E Editor:

Brooke Price

Opinions Editor:

Anes Ahmed

Lifestyles Editor:

Valerie Gonzalez

Sports Editor:

Daniel Cacace

Staff:

Lobna Abdllatif

Steven Aiello

Amanda Bengard

Sebastian Broncano

Roseanne Cassar

Salvatore Cento

Mark Deutsch

Ubong Ekpo

Kyle Forbes

Rachael Gath

Victoria Ifatusin

Ashley Martin

Lorenzo Martinez

Victoria Oriente

Sammy Quarrato

Philip Sanzone

Ruben Sibri

Kenny Velez

Maxwell Velikodny

Dejon Virgo

FACULTY ADVISOR:
Frederick Kaufman

College of Staten Island

THE BANNER IS PUBLISHED BY THE STUDENTS OF THE COLLEGE OF STATEN ISLAND. ALL WORKS CONTAINED WITHIN THIS PUBLICATION ARE THE PROPERTY OF THEIR CREATORS, AND ARE PROTECTED BY COPYRIGHT LAW. NO MATERIALS WITHIN THIS PUBLICATION MAY BE REPRINTED IN WHOLE OR IN PART IN ANY FORM, WITHOUT THE PERMISSION OF THE EDITORS.

OUR OFFICE IS LOCATED AT 2800 VICTORY BLVD. BUILDING 1C, ROOM 228, STATEN ISLAND, NY 10314. OUR NEWS BUREAU CAN BE REACHED AT (718) 982-3116 OR BY E-MAILING OUR EDITOR (THE.BANNER.CSI@GMAIL.COM) OR BY FAXING US AT 718-982-3087.

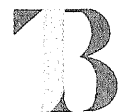
FOR ADVERTISING INFORMATION DIAL 718-982-3116

OPINIONS EXPRESSED HEREIN ARE THOSE OF THE WRITERS AND ARE NOT NECESSARILY SHARED BY THE BANNER STAFF OR THE COLLEGE OF STATEN ISLAND. THE BANNER IS NOT A PUBLICATION OF THE COLLEGE OF STATEN ISLAND AND THE CITY UNIVERSITY OF NEW YORK. WE ARE NOT RESPONSIBLE FOR THE CONTENTS OF THE BANNER.

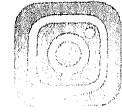
We're On The Web:



Facebook.com/TheBannerCSI



TheBannerCSI.com

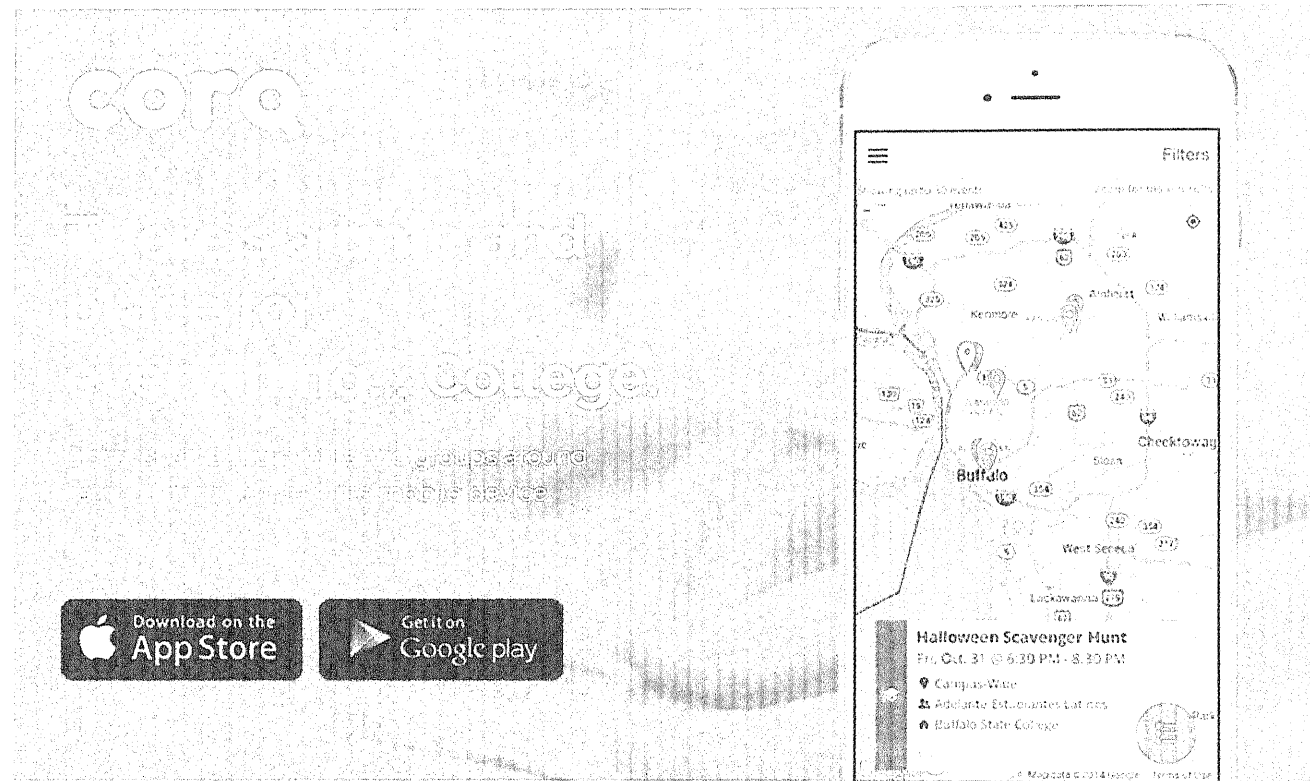


@thebannercsi

BANNER ADVERTISEMENTS



DOWNLOAD CORQ



FIND INFORMATION ABOUT CSI EVENTS ON THE CORQ APP

AVAILABLE ON THE APP STORE AND GOOGLE PLAY

THE BANNER OFFERS INTERNSHIPS TO CSI STUDENTS. INTERNSHIPS LAST ONE SEMESTER AND GIVE STUDENTS THE OPPORTUNITY TO LEARN ABOUT MEDIA. INTERNS WILL WORK A MINIMUM OF 12 HOURS PER WEEK, AND CAN FOCUS ON:

- BLOGGING
- EDITING
- PHOTOGRAPHY
- GRAPHIC DESIGN
- LAYOUT & PRODUCTION
- REPORTING
- WEB DESIGN
- FACT-CHECKING

VISIT US AND EAT FREE PIZZA ON THURSDAYS, 2:30-4:30, AT 1C-228

OR CONTACT US: (718) 982-3116

E-MAIL: THE.BANNER.CSI@GMAIL.COM

BANNER POLITICS

Amazon Burns While Political Tensions Flare in Brazil

Bolsonaro Allows Politics Before Amazon's Preservation

BY: SAMMY QUARRATO

As everyone knows by now, the Amazon rainforest has been causing both ecosystemic and political heat (no pun intended).

Ever since the Amazon rainforest has caught fire, overall political tensions have risen on an international level due to the mass awareness of the Amazon rainforest and the horrific fires spreading in it.

The President of Brazil, Jair Bolsonaro, has also been getting roasted by the mass media, twitter junkies, and environmentalists for his poor response about

anything or anyone related to the Amazon rainforest fires.

French President Emmanuel Macron is known for being an environmentalist mostly due to his large ongoing support for his country's part in the Paris Climate Accords.

Macron berated the President of Brazil to help his own country's wildlife before it could cause any further and unnecessary damage to the President's own ecosystem.

Bolsonaro was offered many donations from different sources but the Brazilian president refused to accept any of

them, including one that was around \$22 million due to demanding an apology from French President Macron.

He would later hint at changing his mind but has so far not done so, despite G7 offering Brazil a generous amount of money to combat the forest fires which have taken millions of acres of the rainforest already.

Earth Alliance's Amazon Forest Fund has contributed 100% of its funds to the effort to end the spreading fires of the Amazon and to aid its recovery which is worth about \$5 million.

Another issue at hand among the multitude of problems is who or what caused the fires to start.

Brazil's Minister of the Environment, Ricardo Salles, tweeted about the fires being caused by "dry weather, wind, and heat." CNN meteorologist Haley Brink is certain that they were "human-induced." Alongside that, Brazil rejected millions in Amazon aid while Bolsonaro hinted at reversing that decision.

There are other theories that suggest that due to the Brazilian government's stance on the Amazon rainforest in the past, it was awfully convenient for them to have a fire that has so far burned 2.5 million acres of land.

Although it's considered a conspiracy theory to some, there are groups of the general population that believe the government is doing its best at not doing anything to stop the disaster from becoming worse.

The Amazon rainforest makes up about 10% of the Earth's known biodiversity.

This includes trees, plants, animals, flowers, etc. This causes greater concern considering how big the rainforest is and how scientists think the remnants of extinct species are still roaming around.

The Amazon also produces 20% of the Earth's oxygen which is obviously a large threat if the entire forest burned to a crisp. Almost a quarter of our oxygen would be gone due to the inaction and poor response of a government.

The Banner Talks podcast discusses this subject in a segment called "Between the Stripes" with Sammy, Dejon, and Chermo. During the discussion Chermo gives a simple solution to the problem Bolsonaro is having with Macron: "Your country [Brazil] is burning, you're a leader, forget about that."

It's easier said than done but what's certain is that if a similar mindset is not adopted by Brazil's government, it will surely burn.



Bolsonaro requested an apology from Macron for berating him.

The Brexit Summer That Keeps Getting crazier

Boris Johnson Faces A Tough Start To His Prime Ministership

BY: DEJON VIRGO

Brexit in the United Kingdom is still a very hot and divisive issue that has yet to die down. The new Prime Minister, Boris Johnson, is trying to call a general election to see if the people want yet another extension to Article 50 which will likely prolong Brexit into the new year.

This is something that a lot of people probably think wouldn't happen. To understand why it did let's go back to the end of May. No, not the month.

Former Prime Minister Theresa May announced that she was stepping down as the Leader of the Conservative Party on May 23rd.

Based on the UK's parliamentary system, the leader of the party with the most seats in the House of Commons automatically becomes the prime minister. There had to be a new conservative leader race which resulted in a new prime minister.

There were many candidates who wanted to replace May but Johnson was seen as the front runner from day one and he eventually won over Jeremy Hunt with 92,153 Conservative votes.

After Johnson won the leadership contest and became prime minister, he promised to get the UK out of the European Union (EU).

The next following weeks saw Johnson and the EU Commissioner Donald Tusk get into a public spat about changing the backstop and whether or not the EU would accept a new deal. Johnson insisted that the EU should offer a new deal that

gets rid of the backstop and changes the withdrawal agreement.

The EU has been very confident in saying the deal they made was the only deal they are offering. Johnson then went to Germany where he talked with Chancellor Angela Markle about Brexit and it seemed that Markle was open to new ideas about how to change the deal, concluding that a new agreement could be reached in 30 days.

This news was great for Johnson because it showed that the EU was starting to become more open to making a new deal with the UK.

Johnson then went to France to meet with President Emmanuel Macron where many in the media thought that Macron would hold firm against changing the deal but he did open up about a new deal.

It seemed more likely that the EU was open to a new deal and the same feeling was being reciprocated at the G7 summit.

This feeling, however, did not last long in the UK while Parliament was in recess because opposition members of Parliament (MPs) had a meeting about a week before Parliament went back into session on how to stop a no-deal Brexit.

Ideas include a vote of no confidence and a bill that would require the Prime Minister to ask the EU for an extension if a deal is not reached and Parliament does not approve a no-deal Brexit. The MPs agreed with a bill to stop a no-deal Brexit but the next day Johnson said that he will stop Parliament for five weeks.

This outraged MPs because it seemed that Johnson decided to prorogue Parliament to stop them from preventing a no-deal Brexit. Johnson and his administration insist that this is about having the Queen's speech to lay out the government's agenda.

The opposition MPs are not buying it and they plan on spending their only week in session before suspension to stop a no-deal Brexit. They will pass legislation that will force Johnson to seek an extension.

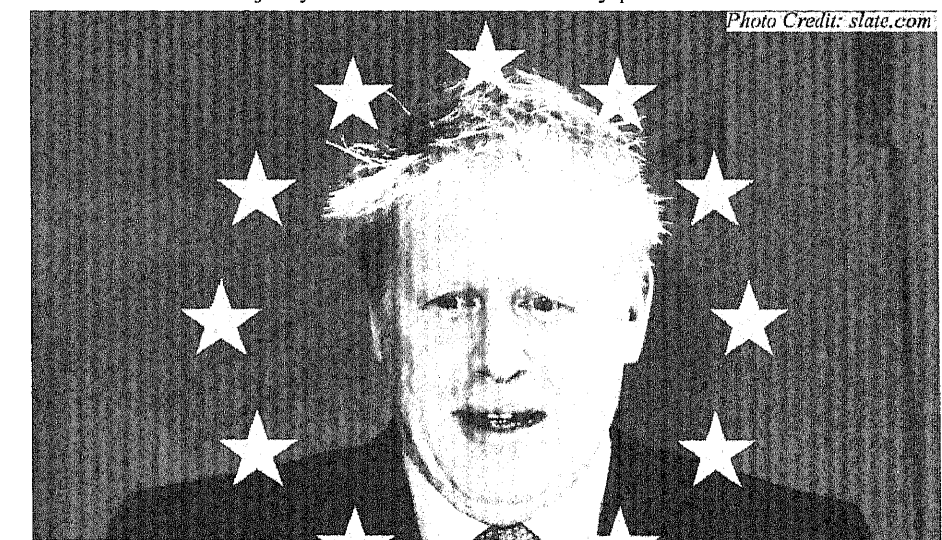
While the bill was being debated, Johnson lost his majority in Parliament

didn't stop them. Johnson lost his first vote in Parliament with MPs voting to take control of the Parliament agenda.

The next day MPs voted for the bill which passed the House of Commons and House of Lords.

After the bill passed Johnson called for a general election which also failed because the Labor Party would not vote for a general election until the bill became law.

MPs in the House of Commons will vote on the bill on September 9th where it will likely pass and become law. Johnson



Boris Johnson looking worried about the stars of the EU.

when one Conservative MP left the party and joined the Liberal Democrats.

Johnson also threatened any Conservatives who voted against the government with expulsion from the party but that

says it is up to the people to decide who is going to the EU Summit in October and this just brings the craziness of Brexit into uncharted territory.

"Budget"
Continued from Front Page



Another image from the protest last March.

According to silive, "CSI had one of the lowest percentages -- 33 percent -- of undergraduate instruction provided by full-time faculty when compared to the other CUNY schools for the 2016-2017 school year, according to CUNY's year-end report. At 67 percent, it has one of the highest percentages of course taught by adjuncts."

Members of the PSC union want \$7000 per course for adjunct professors. Starting pay for adjuncts is currently \$3200 per course.

"So for people with PhDs, master's degrees, teaching the next generation of college students, responsible for conveying to them the message that if you finish your college degree, a good future awaits you, that very person who has a college degree and a couple of advanced degrees is making less than minimum wage. There is something very wrong about that," says Barbara Bowen to the Gotham Gazette.

Over the past decade, the state has tried to decrease funding for CUNY. In January of 2016, Governor Cuomo announced his plan to cut funding for the University by \$485 million for fiscal year 2017.

After backlash and rallies by CUNY students and staff, the New York State Assembly rejected the plan.

The New York State Fiscal Year 2020 First Quarterly Update, not adjusted for inflation, budgets \$1.68 billion for CUNY, a 2.4% increase from last year. The Higher Education Services Corporation, which includes TAP, budgets \$1.01 billion, a 2.1% decrease from last year.

As for the city: "Mayor de Blasio's preliminary budget, released in February, calls for \$1.181 billion for CUNY in fiscal year 2020 ... This is a decrease from the \$1.196 billion in the adopted budget for the [2019] fiscal year, and includes a \$14 million cut for community colleges specifically, from \$1.143 billion to \$1.129 billion," explains the Gotham Gazette.

The CUNY Fiscal Year 2020 Budget Request highlights programs and services that set the University apart from other institutions, such as mental health counseling, Title IX compliance, and child care centers. ASAP and ACE allow New Yorkers to complete their degrees on time with financial, academic, and personal support.

As the greatest urban university in the world, CUNY needs enough funding so that faculty is fairly paid, tuition is covered without a gap, and mandatory costs are met.



Budget cuts are affecting everyone at the College of Staten Island.

For now, students will notice larger classes, empty vending machines, and broken toilets. Just don't sit at the desk under the sagging ceiling tile.

Photo Credit: campustechnology.com

"Inspirational"
Continued from Front Page

"When I finished, I was very tired and pretty sweaty. But still pumped that I got to the finish line."

Doing this kind of trek once wasn't enough for Sogo. Currently training by racking up anywhere from 5,000 to 11,000 steps a day, he has two more walks that are in the works. Each one of them is going to be longer than the last.

The first one is on October 5th, where he will be going from St. George to the Conference House and then back to the SI Mall. The second one, which will be scheduled some time next year, Sogo will be walking all the way from Elizabeth NJ to the SI Mall.

Even though he is adamant about doing this alone, he does want to share these experiences in real time through the digital world. "During these upcoming walks, I will be taking pictures and live streaming at certain intervals, showing people where I am and how I am doing."

Besides hoping to raise awareness for LGMD through doing these activities and holding fundraisers, not only is Sogo hoping to work at the Staten Island University Hospital, but he is striving to become a mo-

tivational speaker for anyone who needs a bit of inspiration in their everyday life.

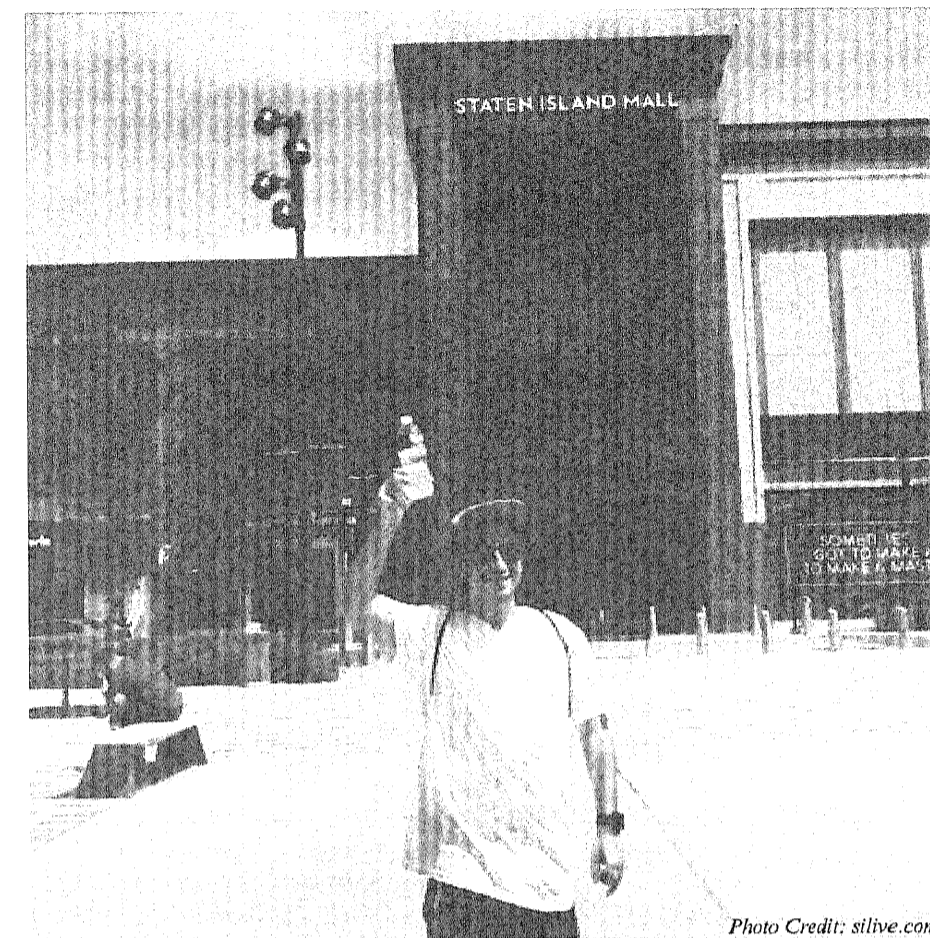
He looks to garner people's attention with his EricSogo2019 facebook account where he hosts motivational monday livestreams and his @delete_the_world can't instagram account where he posts daily content.

Bearing business cards to the interview, a slashed out "can't" is printed on the right side of every calling card. Sogo tells me that this is his slogan.

"That word should be removed from the dictionary. Saying that you cannot do something is nothing but a mental dampener. Taking that term out of your vocabulary would instantly push you in the right direction."

And he wants people to know this. Before going our separate ways at the conclusion of the sit down, Sogo pulled out a handful of his business cards from his back pocket and laid them out on the table we were sitting at. This was a well known restaurant. I was concerned over the fact that anybody could pick them up.

Sogo replied "A mile is only possible with a single step."



Eric Sogo at the end of his walk on July 5.

Photo Credit: silive.com



"A mile is only possible with a single step."

Photo Credit: silive.com

LIFESTYLES

Coping with Life's Struggles 101

How to Stay Focused When Coping

BY: MAXWELL VELIKODNY

Life can be very unpredictable at times. One second, everything is great and it seems as though things can never get worse, and then suddenly, something happens that turns that belief on its head.

"That's life, deal with it" is sometimes the advice that's given in these situations, typically by older folks who believe other people's problems are less significant than theirs.

It is certainly unfair to judge the magnitude of another person's problems because it is impossible to know exactly what is going on in their life.

Because people have different tolerances for pain and anxiety, struggle can be subjective. What cannot be argued is the effect these struggles can have on an individual.

What should a person do when they are struggling with something like a bad day, a low-test score, termination from work, or even a death of a loved one?

Coping mechanisms are vital when issues, large or small, arise. Without coping mechanisms, a person's problem will eventually overtake them and further degrade mental health.

According to Hopkins Medicine, to cope is to "manage situations we have appraised as potentially harmful or stressful."

To be an expert copier, one must have

excellent stress-management, time-management, problem-solving, decision-making, and lifestyle management skills.

A positive outlook on life and issues are just as crucial because the attitude one uses to attack a problem is important.

For instance, if Person A and Person B were taking a difficult class like physics and were struggling with the material they were having a test on, they would have to persevere and study.

Even after studying Person A believes he will fail because he understands nothing, causing immense panic and hyperventilation before the exam.

Meanwhile Person B also feels stressed and not confident about his understanding either, but is not psyching himself out.

Instead, Person B feels like the test is a challenge he must overcome and must do the best he can, even if he does not understand the material and is anxious.

It is more likely that Person B will do better than Person A because of his attitude toward the test.

Person B changed his anxiety-riddled perception of the exam into a challenge he must face head on, giving him a boost of confidence.

Life is the same way because the way one approaches issues is as important as the way the issues are dealt with.

By avoiding the perception that a crisis or issue is an insurmountable problem, a

person can feel calmer when tackling their problems.

The American Psychological Association (APA) recommends several other methods to build resilience to issues and learn to cope.

Making connections and maintaining good relationships with family and friends is vital because support is sometimes necessary to overcome issues.

"Learning to accept circumstances that cannot be changed may [also] help you focus your attention on circumstances you can change," mentions Hopkins Medicine.

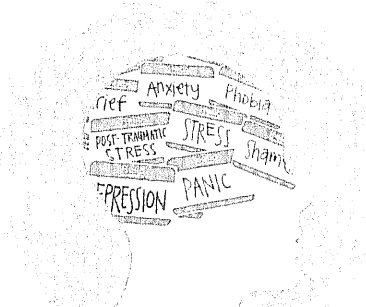


Photo Credit: Texas Public Radio

An illustration of the many different types of stresses one may cope with on a daily basis.

Engaging in activities that are fun and enjoyable are good coping mechanisms in almost all situations too.

Especially activities that a person loves doing like riding a bike, hiking, hanging out with friends, or playing video games.

Religion alleviates anxiety for those that follow a certain faith, depending on

the person and his or her perception of it.

Lastly, self-evaluation and self-growth analysis is one of the best ways to cope with experiences or trauma.

Examining the ways you have grown through the process of dealing with issues can be very helpful with self-perception and overcoming trauma.

"[Those] who have experienced tragedies and intense personal hardships have reported better relationships, greater sense of self-strength, increased self-worth, a more developed spirituality, and a heightened appreciation for life."



Photo Credit: Texas Public Radio

An illustration of the many different types of stresses one may cope with on a daily basis.

Overcoming obstacles and struggles through coping mechanisms offer prospect of growth and the broadening of one's perspective, explains Hopkins Medicine.

Next time life throws its next challenge, issue, or traumatic experience, use some of these methods because they will help alleviate the stress and anxiety.

LIFESTYLES

Practicing Patience For a Meaningful Tattoo

Deciding on a Permanent Design Takes Time

BY: MARISSA GONZALEZ

CSI student Pablo Pena currently has two tattoos, awaiting a third. He designs them all within five months of receiving his last.

According to Pena, a five month minimum wait period must materialize before getting each tattoo.

"If the meaning behind the tattoo I designed changes after five months," said Pena. "I wouldn't get it."

Pena got his first tattoo in January at the age of 17. The word, "patience" permanently resides on his left forearm and holds a powerful meaning.

The meaning behind the word came from a personal struggle he overcame as a child. A reminder of the past and an achievement from the hardships he faced growing up.

Growing up, Pena went through some rough stages in life including depression and impatience. This left him with the mentality that he needed to get things done immediately in order to be fully satisfied. This was when the saying popped into his head, where as everything takes time.

Coincidental he got the simple word, "patience" to remind him to take some along with him every step of the way. Every morning Pena wakes up and reminds himself of those harsh times and grows from the experience. This tattoo plays the

role of a support system for Pena, whenever he needs that boost of confidence.

Besides Pena's delight over his new tattoo, his father thought otherwise. Pena's father's initial thought of his tattoo included a kind of destruction to his body. The anger his father held spanned out for two months but ended with an understanding



The ohm symbol tattoo represents wisdom.

between the two.

According to the online article titled, Most Parents Are Against Teen Tattoos. Linda Carroll explains, more than 78% of parents in the U.S. would never even consider the fact of their children getting tattooed at any age.

Over the years, tattoos were believed to negatively impact someone when looking for a job. This has been implanted

into the minds of teens through education systems and family talk, but as the generations change and advance the opposite can be proven.

The article titled, Does Having A Tattoo Affect Getting A Job? A New Study Says Actually, No, by Jr Thorpe explains how tattoos came out as a big

thing because they weren't popular. They were looked at as if they were for rebels or daredevils when in fact now are seen as normalities and traits a person can have. "People don't care whether you have a tattoo showing or not," said Pena. "You can always cover it up."

Pena currently works at the YMCA Youth, as a sports director; which is a high standard job for a 19 year old with

two tattoos. There he explains his tattoos aren't acknowledged as they would be in a professional business attire.

After Pena's first tattoo he was inclined and inspired to get another. His inspiration came from his mothers' tattoo which included the saying of, "Fuck Cancer" on her back. This tattoo holds a lot of meaning in two simple words, therefore left Pena thriving on the idea of more meaning.

Pena's second tattoo includes extensive significant meanings. The first element in his tattoo illustrates his grandmother's zodiac sign; the second represents Mount Everest for his mother's battle with cancer; the third and fourth present his mothers in connection to his ups and downs; the fifth states, Gods Greater Than Your Highs and Lows; the sixth shows the coordinates of the first house he's lived in and the last meaning represents his fathers importance.

While in the midst of designing his third tattoo, Pena uses the meanings of his being. The first being a single lined wolf representing his leadership; the second an ohm symbol representing his wisdom; third a sunset representing a beauty he enjoys; and lastly a semi representing the overcoming of a dark period in his life.

"I don't regret any of my tattoos," said Pena. "They remind me things come when they come."

The Weather Really Wears You

Fashion in the Changing Weather

BY: VAL RAMOS

Deciding what to wear before leaving your home is hard, but here are some suggestions on how to dress for your day.

Before even deciding on what article of clothing I'm going to wear the night be-

fore I look at the weather for the following day- it's simple to say the weather chooses for you.

Make sure to have a backup plan just in case the weather changes, because it happens. When you wake up, check the weather again just to see if anything has changed,

and that's where the backup comes in.

As long as you're looking good in your fit, nothing matters. Own it.

Picking what to wear shouldn't be as hard as people make it seem. Clothing is just material sewn together, and wearing a brand is not all that important. At times,

off-brands look better than the original and that's the gag of it all.

Never forget to just wear what you feel. Sometimes you'll have people that will question your style, but to be honest no one will understand your aesthetic and style more than you do. And that's the tea.



What will you wear this autumn?

Photo Credit: stylecaster.com

An Inside Look: Instagram Fitness Influencer

Social Media, Sponsorships, and Spreading a Message

BY: JAMES M. BITETZAKIS

"The reason I got into fitness was for two big reasons," said CSI student Zach White. "I wanted to improve my physical health and I also felt a need to impress everyone around me."

Dating back to 2017, White was five foot six, and weighed around 200 pounds. Today, he grew a few more inches while shedding a lot of that fat, and it turned to muscle. He currently weighs in at a healthy 155 pounds.



Photo Credit: pexels.com

Improving your health can inspire others to do the same.

Nowadays, White devotes almost all of his time to the gym. He works at the LA Fitness on 1565 Forest Avenue, and it just so happens to be the same gym that he constantly works out in.

His favorite go-to workout routine to improve his strength is bicep curls with 90-pound weights, for 12 reps, 10 separate times.

His weekly routine consists of three days focusing on his chest and triceps, another day for his back, the fifth day for his biceps, and the last two days are for his

legs and shoulders. He doesn't take rest days unless they are absolutely necessary.

This current routine of his is not how he started. White would advise anyone to only spend a few days a week in the gym rather than the full seven. He believes that the last thing you want to do is to burn yourself out, and then killing any motivation you have for improving yourself.

White decided that instead of keeping his progress in fitness to himself, he would instead spread it to as many people as he can. That is how his fitness Instagram page, @zak_lifts, was born. Created on November 26, 2018, @zak_lifts account already has 181 posts and over 2,500 followers.

"The hardest part about trying to run a successful Instagram account is the beginning," said White. "When you first start your project, the interaction you receive is small, and it really isn't a great feeling, but you just have to push on and be consistent about your content."

After a year, White finally got his first sponsorship, and it is with the fitness clothing brand Fitletix. Rather than it being a traditional sponsorship, where he is paid to wear and promote their clothing, he is known as an ambassador.

Ambassadors receive a code that gives

a discount at checkout, and whenever someone makes a purchase with the influencer's code, the influencer will receive a percentage of the sale.

White's Fitletix code is "Zaklifts10", and it offers a ten percent discount on their website.

Many of White's followers are local Staten Island community members. Akif Rakipovski is one follower of @zak_lifts and also a student at CSI, just like White is.

"I feel like I can relate more to Zach than I can with other fitness pages on Instagram with both of us being from Staten Island," said Rakipovski. "Him and I have actually exchanged messages and he has offered me genuine advice, it's really uplifting and motivating."

Having a large Instagram account doesn't only affect the person running the page, but it also affects anyone following it, in an array of emotions. Instagram's content ranges from extremely negative to really positive, and it all depends on what the user decides to keep on their feed.

"Sure, I want money from my Instagram page," said White. "But I also really hope that I can make a huge positive impact on some of my followers, either by my physical content or just by my words."

BANNER ARTS

“The Boys” Versus Everything Else

It is Concluded that it “is Better than Avengers: Endgame.”

BY: LORENZO R MARTINEZ

It has been nineteen years now. I was a seventeen-year-old kid wondering what ever happened to the juggernaut that was Marvel Comics.

I used to spend my entire life savings on comics and cards. Although, as a broke kid from the projects, that wasn't much. But hey, what more can I say, the little I would get was still my life savings.

I would wake up day in and day out, upgrading my card collection, trading comics with my classmates, dedicating my life to the X-Men, the Avengers, Batman, and everything else that followed suit.

I was an absolute geek and collector of the highest order. Then suddenly...it just stopped.

Even as a grown man, I still sit here puzzled on why in the world did I just stop.

Did I just grow out of it? That is a conversation for another day.

It was nineteen ninety-six or so when I first heard the news. Marvel Comics are on the verge of bankruptcy.

I couldn't believe it.

The company full of characters, full of greatness, full of my damn childhood, could be no more, just like that.

Then, suddenly, one last attempt to save the company came. Stan Lee and everyone else who ran Marvel decided to put all of their baskets into making the “X-Men” movie.

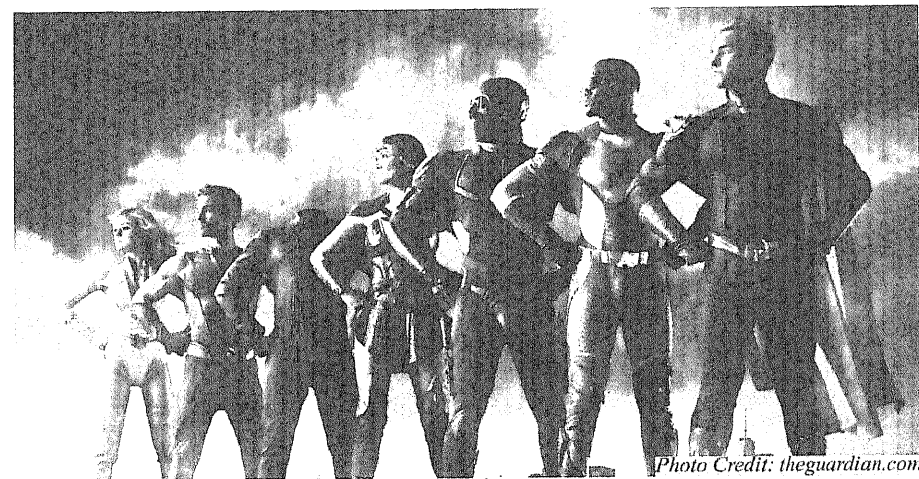
What else did they have to lose? This would either work, or it wouldn't.

And by the heavens, it not only worked, it changed the entire world. I'm not exaggerating people, it changed the ENTIRE

landscape of the movie world.

“Spider-Man,” record breaking, “X2,” record breaking and I haven't even talked about the Disney buy out yet. It was absolutely amazing. I felt like a fourteen-year-old kid again.

I could not help but literally cry after the end of the first Avengers movie. It was innovating in every way possible.



The beginning of a new era for super shows starts with us. Photo Credit: theguardian.com

I literally looked up into the skies and said, “thank you Lord, for bringing back my childhood.” I became obsessed with collecting again.

Oh, and by the way, this time I was full of money. Simply because I'm a grown man now.

Fast forward to now, superhero movies and shows have become the norm. There are at least 4 high budget DC or Marvel movies a year, not to mention the dozens of shows in all types of networks all around the country and streaming worldwide.

I cannot complain. It is exactly what I prayed for that night after the Avengers movie. But they had become expected. To me, the excitement was just not there anymore.

Until there it was, a trailer that caught my attention more than most. “The Boys...”

“What in the bootleg world is this?” I

thought to myself.

The editing looked amazing. They were promoting it harder than most shows.

But did I have Amazon Prime? Ordering things for my son's birthday party a month straight made me realize I surely better have Prime.

So here it goes, I click on the show and the anticipation is there. The same jitters I've had from watching the first X-Men and Avengers movies were there.

Within the first five minutes I instantly knew this was the show that would change

things. This was the one that would jump start a new era of superhero shows.

It was absolutely a breath of fresh air. There was nothing like it.

It was absolutely a must watch if you are into anything that has to do with the comic book world. Even if you are not into them, the show is an absolute joy. It takes the normal basic plots that we have been accustomed to seeing into an uncomfortable type of high.

Sadly enough, I even caught myself cheering for Homelander and his team. As evil and corrupt as they were, all I could think about is, if we really had super-powered people here, this would be exactly how they would act and run the world. There would also be very few people to stop them.

Imagine growing up knowing you are the most powerful person in the world. Growing up being experimented on and lied to by others.

Of course, you would feel some type of way, especially being raised by the same monsters that have agendas to rule the world regardless.

There is no doubt that Amazon Prime has found gold in making this show. So, with that said, the success of “The Boys,” and the first season under wraps, the only question left to ask is, “will everything else be an afterthought?”

Does Disney, Marvel, and DC have to step up their game?” Because I tell you this much, “The Boys” is here to stay for the long run.

Fasten your seatbelts geek world, because we're in for a hell of a ride.

BANNER ARTS

Hawkins Just Got Stranger

The New Season of Stranger Things Will Keep You on the Edge of Your Seat

BY: BROOKE PRICE

After El, a girl with telekinetic powers as a result of a government experiment closed the gate to the Upside Down, an alternate dimension filled with darkness and monsters called Demogorgons, everything seems to be over.

It seems as though Dustin, Mike, Lu-



The third season takes place over the summer in 1985. Photo Credit: ew.com

cas, Will, El and Max are having fun at their school dance, until we see an ominous shadow monster, called the Mind Flayer, lurking over Hawkins Middle School.

Summertime is here, school's out in Hawkins. Indiana and the kids are moving on with their lives. Dustin comes back from Camp Know-Where and says that he now has a girlfriend called Suzie. Mike and

El are dating, along with Lucas and Max.

Nancy and Jonathan work at the Hawkins Post, Steve works at the ice cream shop, Scoops Ahoy and Billy works a life-guard.

Although Will's friends are moving on with their lives, he still wants things to remain as they were when him and his

friends would play Dungeons and Dragons in Mike's basement when they were younger.

Will feels isolated from his friends because they are growing up and experiencing relationships and he is the odd man out. Will doesn't want to face the reality that he and his friends are growing up.

Will, who was previously controlled

by the Mind Flayer in season 2, is able to sense when it is present and uses this ability to help his friends as the season progresses.

The Mind Flayer is still on the loose after El closed the gate to the Upside Down in season 2, allowing the monster to remain in Hawkins.

Spoilers below, so if you didn't finish watching season three, avert your eyes! We soon find out that within the basement of the Starcourt Mall in Hawkins, Russians are using a machine to open the gate to the Upside Down.

Billy, Max's abusive older brother, gets controlled by the Mind Flayer, who wants to build an army to defeat El. Since she was the one who opened the gate to the Upside Down as a result of the government experiments and possesses supernatural powers, El is capable of destroying the Mind Flayer.

The Mind Flayer has the people that it controls eat chemicals, such as fertilizer and cleaning supplies. This is so that they can break down and form blobs, which can be used to form the physical form of the Mind Flayer.

We are introduced to some new characters this season such as Alexei, a Russian scientist with a love for cherry slurpees from 7-Eleven, Robin, the sarcastic band geek who works at Scoops Ahoy, and Heather, a lifeguard at the pool club.

The season finale was heart-pounding and tear-jerking; Billy and Alexei met their demise, and Hopper has an uncertain fate.

When we get to the post-credits scene,

we are transported to a prison in Kamchatka, Russia, where the guards are about to remove a prisoner from their cell, but one of them says, “No. Not the American.” We also see that they kill their prisoners by feeding them to the Demogorgon, which indicates that the Russians have the ability to go into the Upside Down from Russia.

Hopper could be “the American,” because when Joyce turned the keys to close the gate, the gate closed and the machine that was used to open the gate exploded and the other Russian scientists were obliterated. When the camera panned to where Hopper was standing, nothing was there, no trace of him or anything.

This could mean that Hopper went into the upside down before Joyce turned the keys, before the gate closed. He could have wandered through the Upside Down and been captured by the Russians and sent to prison.

Hopper could also be the American because in interviews for season 3, it appears that David Harbour, who plays Sheriff Hopper, is growing out his beard. Could this be for his role as a prisoner in season 4?

Stranger Things season 4 is still in the works, as its creators, the Duffer Brothers have discussed their plans for fourth and fifth seasons for the show.

The fourth season is speculated to take place over Thanksgiving 1986, since Mike and El discussed visiting each other over Thanksgiving. Hopefully the fourth season will be out by Thanksgiving 2020; the wait will surely be worth it!

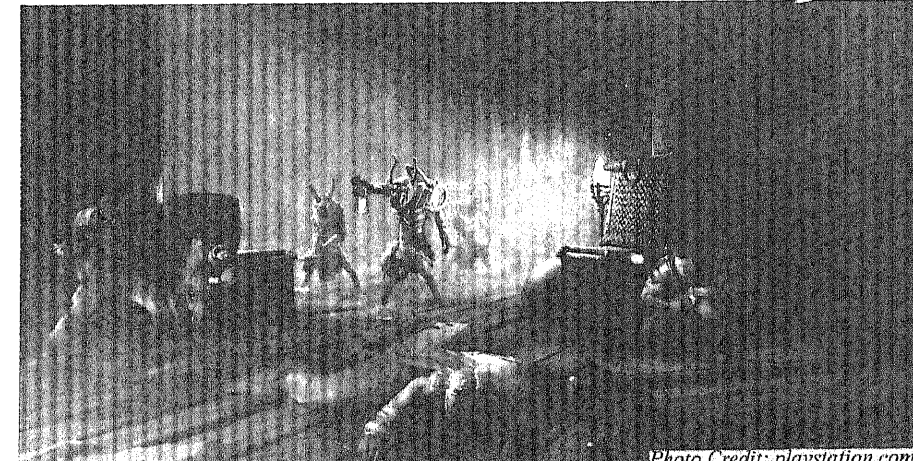
Remnant: From The Ashes is a Stunningly Well-Polished Gem

Fluid Mechanics as Well as a Splendidly Digestible Story

BY: PHILIP SANZONE

Remnant: From The Ashes is a stellar looking and feeling game. However although the dodging is fluid along with the weapon play, the storyline is kind of linear and a bit bland.

The game starts off with a cutscene showing the character paddling to a light-



The graphical fidelity and atmospheric tactility is truly spectacular. Photo Credit: playstation.com

house. Waves overtake the little wooden row boat, washing this stranger upon the shore.

These things called the root get shown to the player during the prologue as a mini-

tutorial. This was well done and showed all the different mechanics at play as well as gun and melee interaction with the mouse; the way of switching between them is very intuitive with just hitting LMB to use melee and holding RMB to aim and fire weapon.

The meat and guts of this game is slightly grindy which includes rerolling

into a more difficult world. When rerolling, the game changes itself but the plot itself does not change immensely.

In the sense each world's unique cover, event, and loot provide the player with more unlockable content. Just by rerolling

the world and exploring the ever changing blocks that make up the dungeons is intriguing.

The different types of gear and traits add another level of customization ability and also many different and unique character builds are present. Plus, friends can join each others games or even strangers' public worlds. This gives people the option to see what others are up to, and can allow players to find new gear that their world didn't have. Just the social interaction alone by trying to beat one boss, which takes about 3 hours is entertaining.

After getting the loot and piecing the story of this world together, the lore is interesting, but takes a lot of reading while puzzle solving remnants of the past.

This game has everything for all types of people who like mysteries and solving what happened to the Earth long ago. Players can look at each new world and find things of their pasts that leads back to Earth.

Enemies are also something to keep in mind since the design of them is well done and has a ton of flavor. Each of them have similar mechanics and attacks, but in differently executed and damaging ways.

While the spirit of each enemy is still shown through every world, the flavor of their culture disperses through each ani-

mation and weapon.

The dialogue and boss fights allow for the ethereal atmosphere of Yeasha. Every element of this game speaks through design language and the emensive loot as well as the challenges it possesses.

With all of this in mind, the game might not be for everybody. The game's difficulty is still there, for people who don't want to really put in the effort or just are really casual like Candy Crush kind of casual, it might be best to steer clear of this game.

It's easier than “Dark Souls” and has enough difficulty and bosses where it doesn't feel like sponges or bullet fodder. The adds in the game provide more of a challenge, while also being unique to the region, as well as having similar mechanics to other regions adds, but adding on top of them.

Overall this game out of 10 is definitely a 9 star experience on top of the fact that they are adding even more content.

The Skeksis are a vulture, reptilian like creature that rule over all of Thra. Not only that, but they also have the Crystal of Truth in their possession. Using this, they learn that they can drain the life essence out of all of the Gelflings they can get their hands on for the purpose of their own vitality and gluttony. A Gelfling by the name of Rian witnesses the first mur-

BY: SALVATORE CENTO

der by these means when his girlfriend Mira is abducted. For a long time, there have been whispers about Jim Henson's “The Dark Crystal.” Due to the supposedly masterful puppeteering and world building, this cult classic had gained quite a following. Then, I heard that a Netflix series was in the works.

Specifically, a prequel called “The Dark Crystal: Age of Resistance.”

One of which would heavily build on the lore hinted by the 1982 movie and show how the world of Thra came to be the way it is presented in the film. Considering that the setting to start off the flick is somewhere in the field of being apocalyptic, I was interested to see how dark and foreboding The Jim Henson Company would take this property.

Oh, does this bring us there and fast. I'm absolutely not forgetting that the first season has it's charming moments or comical relief-esque characters. This type of show should. But those times are miniscule in size compared to the killings, sadness, injustice and widespread struggles that our protagonists face throughout.

The sophisticated detail when it comes to the settings and the creatures is unlike anything that's been done before. In a time when anything fantasy-like is crafted on screen with CGI. “Age of Resistance” is both refreshing and breathtaking. The environments are mixed with plenty of colors and the constructed creatures themselves seem to have unlimited articulations.

While watching, I realized that I was

emotionally connecting to the welfare of puppets. And I didn't care. But just seeing these events unfold wasn't the clincher. There was something else that was grabbing me and not letting go. The soundtrack. Both volumes feature music originally created by Golden Globe and

Besides the 11 Skeksis, there are a lot of personalities present. Mother Aughra is Thra's human representative who doesn't take anything from nobody. Deet is a female Gelfling that can speak to animals. Hup is a Podling who aspires to be a paladin. The All-Maudra and her three daughters, Tavra, Brea and Seladon. Rian's father, Ordon and Rian's best friend, Gurjin. The Hunter, Longneck, Lore. Too many to list, but not too many to get confused by when you actually see them on screen.

The sophisticated detail when it comes to the settings and the creatures is unlike anything that's been done before. In a time when anything fantasy-like is crafted on screen with CGI. “Age of Resistance” is both refreshing and breathtaking. The environments are mixed with plenty of colors and the constructed creatures themselves seem to have unlimited articulations.

While watching, I realized that I was

ending is acceptable and bends towards our heroes, this still feels unjust to what they've been through. On top of that, evil has two new outlets, so to speak. I would have liked to see minor characters fleshed out more, especially Hup and Lore. With all of the adult themes mixed into what at



Join Rian, Deet and Brea must free Thra from the evil Skeksis. Photo Credit: reeladvice.net

Emmy nominee Daniel Pemberton and Samuel Sim. Witnessing tragedy after tragedy and hearing a melody to go along with the atmosphere throws the viewer head-first into the moment.

While I do want to praise “Age of Resistance” for all of its advances in storytelling, there are a few nitpicks. While the

first glance seemed to be a child's show, did we really need to see a Skeksi urinating?

Putting these little critiques aside, if next season is going to be like this one, I am definitely waiting for more shards of “The Dark Crystal: Age of Resistance” to arrive in my Netflix app.

The Jim Henson Company Meets Game of Thrones

Netflix's show The Dark Crystal is more than meets the eye

BANNER OPINIONS

Ignored Sex Education

The Consequences of Unprotected Sex In America

BY: SAMMY QUARRATO

An issue that is often ignored and overlooked by the mass population, politicians, mainstream news channels and even some of the more independent thinkers of the world is sexual health.

and schools using that as one of their main debate topics. The "simple concept" of the debate being whether or not abortion is right, and when.

Sexual health on the other hand is far more consequential than what people realize.

eight most apparent ones are HPV, chlamydia, trichomoniasis, gonorrhea, genital herpes, syphilis, HIV, and hepatitis B.

Younger people, ages 15-24, make up a quarter of the people who are sexually active, yet have half of all STD cases, which costs \$15.6 billion every year to treat.

There are many other problems related to sex and sexual health that face the nation that are not being discussed as much as they should be, such as how 12 states and the District of Columbia have a teen birth rate of more than 30 out of every 1,000 females aged 12-19. All of these states are in the south, southwest or midwest.

The entire Northeast, except Pennsylvania, has a teen birth rate of 20 or less alongside Minnesota, Wisconsin, and Washington.

The main cause of all of these unfortunate problems was the government neglecting aid for HIV/AIDS cases that were rising in the LGBTQ community. This was occurring in the 1980s under the Reagan Administration, despite protests and the pleas of help for the White House to do something.

The majority of the United States during the time, besides very liberal areas such as New York City, Boston, and Philadelphia, did not view HIV/AIDS as a

sexual disease that could be passed to heterosexual individuals.

Due to poor conventional wisdom, not only did HIV/AIDS cases multiply, but so did other incurable cases of STDs that would show up due to the ignorance of the public and the inaction of the government.

With the case of teen pregnancy, the main cause is objectively similar, if not the same.

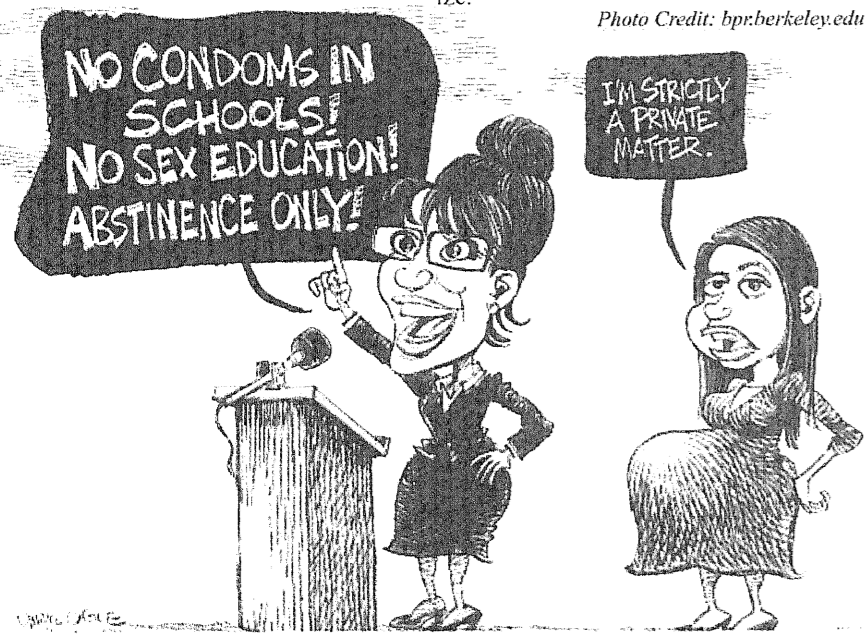
Due to younger people being completely unaware of the consequences, alongside lack of experience, hormonal changes, and innocence, they act as kids going through physical change and go with their instinct.

The majority of states do not make sex education mandatory, and same-sex information is presented in public schools in the form of negativity and discouragement.

States such as Tennessee only make sexual education mandatory when the teen pregnancy rate becomes "too high," despite the rate of the state being part of those states where girls 15-19 years old have teen pregnancies above the national average.

In the Information Age, it is sad to see so many people suffer due to conventional wisdom, inactive governments, cultural pressure, and overall ignorance that people meet this large and growing problem with.

Photo Credit: bpr.berkeley.edu

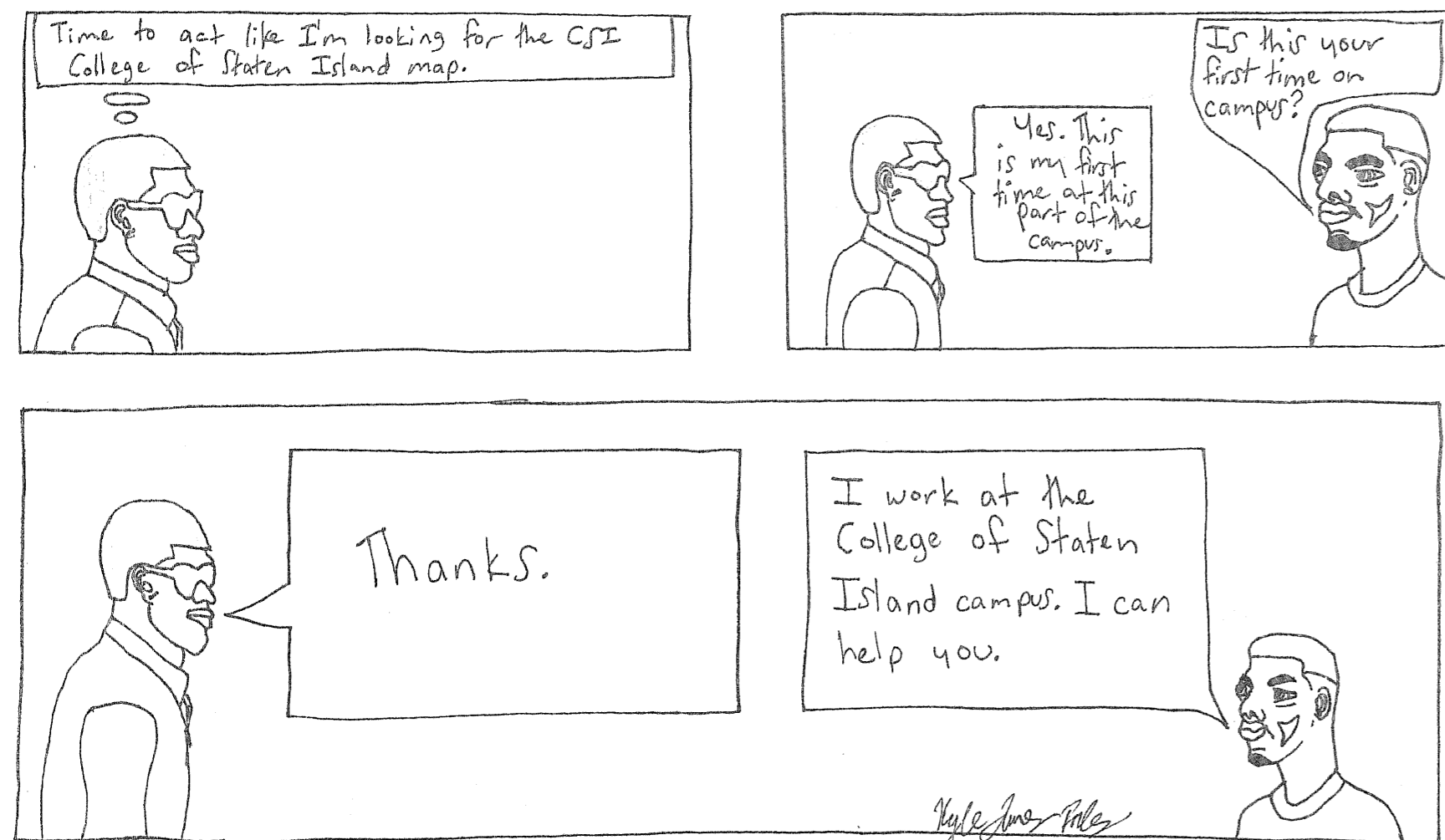


Poor "solutions" that do not and will not work in this day and age.

Sexual health is often put under abortion due to the overall coverage it receives, debate questions for politicians,

For example, about 110 million STD cases are present in the United States today. Roughly around a quarter of American citizens therefore have an incurable STD. The

Comic by Kyle Forbes



Kyle Forbes

SEX AND RELATIONSHIPS

Being Single Or Being In A Relationship: A Hard Decision?

Can Managing A Relationship And Focusing On Your Studies Work?

BY: ROSEANNE CASSAR

Welcome back to a brand new semester here at CSI. All students will start their journey filled with lots of adventure and hard work that will pay off in the end.

Being involved romantically with another person while managing your studies is difficult. The idea of having to make such a decision makes students cringe with fear.

Students will claim that being single is their best choice because they could manage time better and be completely focused on what's important. "Being Single At University vs. Being In A Relationship" by Jess Kadel from urbanest discusses the pros and cons of single life and relationship life at a university.

"Without a boyfriend or girlfriend, the student world is pretty much your oyster and you don't have to worry about anybody's happiness except your own."

Being single and going to college is definitely a good mix. Managing time can be easier, as it is all yours to make, break, and create however you see fit. College life fits perfectly with single life – a match made in heaven.

Kadel mentions the pros of being in a

relationship while attending college: "You don't have to deal with the stresses of dating, or wondering if your texts sound too keen. You can slouch around in joggers making minimal effort and still get attention and intimacy."

Some could agree with Kadel's above statement. The person you want to be with and how they make you feel during your college years would have to be picture perfect.

Kadel provides similarities in her ar-

dent's single life. "While the single life offers you a lot of options romantically, it will come with immediate regrets when you spot your drunken conquest in one of your lectures."

Common side effects of the single life are random hookups and hazy one-night stands. Although you are free to pursue whoever you want, seeing this person in broad daylight can be awkward.

Your regrets start feeling like the reality of your life that slaps you silly until you get it right. Regret can become a vicious cycle that needs to be stopped in its tracks. But technically, regrets should be a learning lesson for everyone to never repeat.

If you are in a relationship during your college years, Kadel advises to keep in mind that "long distance can be difficult, especially when you're trying to enjoy University and meet new people."

Most students can agree with what Kadel warns. Long distance relationships usually end in disaster, but if the couple is picture perfect for each other, then the distance that is between them will not stop them from being together.

Distance can make the heart grow fonder.

WHEN YOU'RE SINGLE, ALL YOU SEE ARE HAPPY COUPLES. WHEN YOU'RE TAKEN, ALL YOU SEE ARE HAPPY SINGLES.

Photo Credit: memecenter.com

Balancing love and school can be a daunting task.

A positive relationship is a rare relationship. It is so hard to find nowadays. Trying to weed out the ones who would be worthwhile from the ones who are just ordinary is a challenging task. Trust is a factor that gets in the way and becomes a royal pain most of the time.

ticle between being single and being in a relationship. There is not much of a difference between the two. In the single life, there will always be more ups, but when you accidentally step on something sharp, then come the downs.

Kadel talks about the cons in a stu-

From "Hot Girl Summer" to "Productive Girl Semester"

The "Hot Girl Summer" Days Are Over: School Is Now In Session!

BY: VICTORIA IFATUSIN

In the summer of 2019, female rapper Megan Thee Stallion began a widespread trend called "Hot Girl Summer." She encouraged everyone to have a great time, "live your best life," and not let negativity get in the way.

Other concepts like "City Girls Summer" – created by female rapping duo, City Girls, which encouraged girls to get their money whatever it takes – and "Heart Girl Summer" – created by Jhene Aiko which embraced the more home-bodied, sensitive girls – led to a definition of how people

Photo Credit: @theestallion Instagram



Artist Megan Thee Stallion drives the boat on some days, but does schoolwork on others.

were spending their summer.

It was a hashtag found on Twitter and Instagram under the posts of many girls – and guys – who made sure to have a good time this past season.

However, that time has ended.

Whether or not people want to accept

it, summertime is over. Rather, we're in a new season, a new semester, and the artist knows this as she has enrolled in school. Beauty and brains, right?

On social media, followers created variations like "Hot Girl Semester" or "Hot Nerd Semester," but I personally like to call it "Productive Girl Semester," or "Productive Guy Semester." We haven't forgotten y'all.

For all of us in the back – including me – "Hot Girl Summer" didn't exist. It was a summer where we needed to work to make money, do internships for experience, and take care of other priorities such

as family. In a way, the summer of 2019 was actually a "Struggling Girl" summer.

For some of us, we are entering as freshmen into a world of independence, interested in trying new things while being undecided in majors.

Some of us are sophomores and ju-

niors who have a sense of what we want to do and are working towards that in classes or internships.

And many of us seniors are graduating this academic year, taking whatever classes and jobs needed to get out and get a start on life.

Regardless of what year this is for you, this is an opportunity to be productive.

Don't get me wrong – you can still be hot, but "Hot Girl Semester" can be perceived as just partying, looking cute and maybe "driving the boat" while school is in session.

If you're starting college with that mindset, you may not be able to do as well as you want. Still have fun, but be productive.

Teen Vogue writer Bianca Nieves gives a breakdown in "Your Guide to Having a Hot Girl Semester."

Having a planner helps you organize all of your activities. These include classes, homework, meetings, personal affairs, jobs and many others.

But a student must remember to stick to the plan.

For some reason, students like to sit in the back on the first day of class. As time goes on, that seat automatically becomes theirs.

Avoid this and try to sit in the front. Let your professor know who you are by standing out rather than being in the back.

Participating and paying attention – I cannot stress this enough – also gets you a step ahead of your classmates because you're engaging yourself with the class and the professor's lessons.

Also, it is attractive when a person understands the teachings and can answer a question when the rest of the class can't.

Along with being attractive, look at-

tractive by dressing to impress. This is the "hot" aspect of a productive semester.

We do have days where we literally leave the bed and go to school, and sometimes, it's acceptable. But it should be limited.

Ball on a budget by shopping at thrift stores or when there are significant sales. Personally, I love when I hear a store going out of business because of the sales – sorry, not sorry.

Lastly, stay on top of everything you do. It feels good to cross out something that you did in your planner. In order to do that, avoid procrastination.

Instead, "pre-crastinate," as New York Times writer Juno DeMelo calls it in her article, "Precrastination: When the Early Bird Gets the Shaft." Do your work ahead of time, before it's assigned on the syllabus.

That way, you'll have more time to yourself and probably party like you want to.

Now this wasn't mentioned in Nieves' article, but a final tip is self-care. The only way to "live your best life" is to "do you."

Take time out for yourself to appreciate everything you have done. Taking care of yourself can be reading a book, having a spa day, hanging out with friends, or going away for a weekend.

Better yet, riding the boat, if you may. Motivate yourself and build up others to have a good semester by looking at quotes or sayings.

No one can encourage and motivate you better than you.

I think Megan herself was able to begin this trend because it started with herself – living her best life and focusing on herself – including her schoolwork.

SPORTS

Will CSI Athletes Crumble or Rise Above Their Expectations?

The move to Division II keeps CSI athletes on their toes

BY: DANNY CACACE

On July 12th 2019, the NCAA accepted CSI as a qualified member of NCAA Division II moving themselves up from Division III.

The move to Division II will allow CSI's athletes to prove themselves worthy throughout the years to come.

"I think we definitely got to practice harder, it's definitely a big step for our program," Christian Taylor, Starting Point Guard for the Men's Basketball team said when asked about his expectations for CSI now moving from Division III to Division II. "I want to improve as a leader, work harder in practices and make it as far as we could."

CSI will now be associated with the Make It Yours brand which was ratified by the NCAA back in 2015. This brand makes sure that student-athletes will be at the top of their game when it comes to their academics.

Graduation is a must for them and the academic experience is more up close and personal than ever before in making sure that the students are on target with their schoolwork from the start of the semester till the end.

CSI will now also be part of the 48% of public schools that are Division II schools. One might ask "Why did CSI go and

make the move up to Division II?"

Well, according to csidolphins.com, it states that "The move is consistent with the strategic plan at the College, designed to continue the academic-based success of our students through scholarship and to build the residence community as a destination campus."



Division II

MAKE IT YOURS

This is the NCAA Division II Make It Yours logo that CSI is now officially apart of.

Division II has its similarities to Division III but is an upgrade over that division in terms of making sure the athletes are more focused on school. This can give some athletes more pressure already knowing that school should always be a top priority but this division will make sure that the athlete will graduate on time, and as soon as possible.

If a CSI athlete is ever in need of help in one of their classes, there are some tutoring centers in the school that will provide assistance to the student to assure them that they will get the help that they need.

The athletes go out every game to prove their worth and showcase their talent. One might also wonder which athlete

Photo Credit: csi.cuny.edu

expectations to meet now joining Division II. "Each one of us have different types of goals but for throwers, we're expected to build more strength and throw further."

This move to division II for CSI sports teams can bring a bigger audience to attend and watch their games due to the fact that they are now in a higher division which makes their games more of a pleasure to watch in person. The more people who attend their games will make CSI sports more mainstream which can only be a good thing for CSI.

It's now up to the players to show up and bring what they got every single game and win as many games as possible to attract a wider audience.

CSI moving up to Division II shows that they really care for the athletes, only want to see them succeed in their respective sports, and to graduate on time. This is why this move will allow the players to prove that they are capable of maintaining their priorities with their academics and to do their best for the sport they play for.

This is up to the athletes to decide how they will determine their future going forward with CSI.

The future is now in CSI and it can only get brighter with the moves that they will keep on trying to make for their sports teams.

Is it the End of the Road in Detroit for Andre Drummond?

Detroit Pistons All-Star Athlete's Player Option is Catching People's Attention

BY: KYLE FORBES

Andre Drummond has been the two-time All-Star and professional basketball player of the Detroit Pistons for seven years.

The two-time All-Star is averaging 14.1 points and 13.7 rebounds on 54% shooting during his time in the National Basketball Association (NBA). Therefore, Drummond averages a double-double. Drummond was the ninth pick of the 2012 NBA Draft.

Drummond's final year as a Detroit Piston, under the five-year \$30 million contract, is this season (2019-2020 NBA season). Drummond can remain a Piston for the 2020-21 season for \$28 million. Drummond is looking forward to the free agency opportunity after a press conference at New Britain High School in Connecticut:

"I'm a free agent next summer...Yeah it should be fun. I'm excited. I think I'm the only one that has a big contract coming up for the year," Drummond says.

Drummond's competition for the high-paying contract for the 2020-21 season, according to PistonPowered.com is not too much above his rebounding skill level (except for Anthony Davis who can enter the free agency by choosing the player option).

Drummond's other potential competition includes Kyle Lowry, Goran Dragic, Jeff Teague, Fred VanVleet, DeMar Derozan, Otto Porter Jr., Gordon Hayward, Danilo Gallinari, Marc Gasol, Hassan Wh-

iteside, Derrick Favors, Montrezl Harrell and Paul Millsap.

On the other hand, Drummond is a top competitor in the top NBA rebounding player 2018-2019 rankings. According to foxsports.com, Drummond averages 15.6 rebounds per game to lead the competition. After the press conference at New Britain High School in Connecticut, Drummond tweets about free agency:

"My point was I'm excited to go through the process because I have never been through it. It doesn't mean I'm trying to leave Detroit. I love it here."

Drummond also clarifies on Instagram, the message to people who misinterpreted him about the free agency:

"For those who are confused about my comment about free agency let me break this down...My point was I'm excited to go through the process because I have never been through it, doesn't mean I'm trying to leave Detroit. I love it here."

Drummond's competition in the rebound ranks from the 2018-2019 NBA statistics list are: 1) Philadelphia 76ers - Joel Embiid (13.6 rebounds per game); 2) Brooklyn Nets - DeAndre Jordan (13.1 rebounds per game); 3) Utah Jazz - Rudy Gobert (12.9 rebounds per game); 4) Houston Rockets - Clint Capela (12.7 rebounds per game); 5) Milwaukee Bucks - Giannis Antetokounmpo (12.5 rebounds per game).

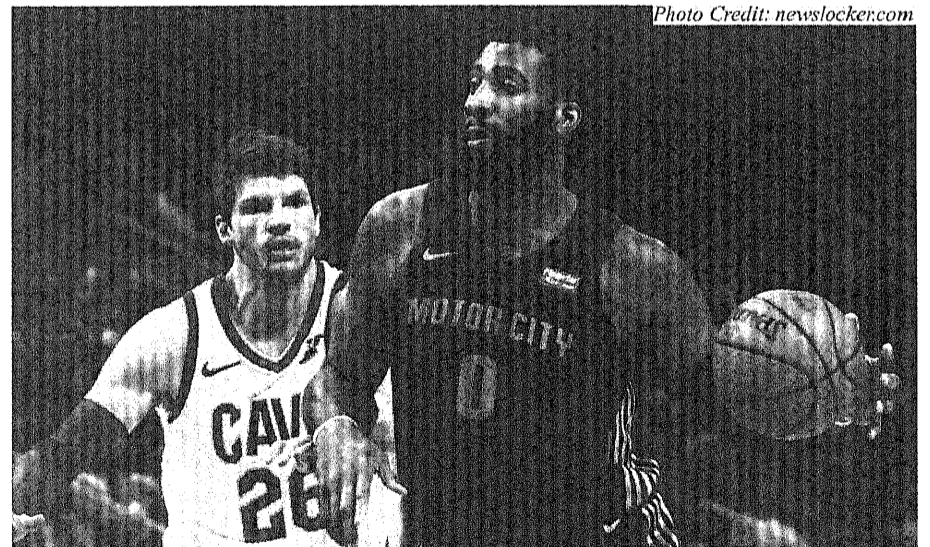
The rest of the top ten rebounds per game competition from the 2018-2019 season were: 6) Minnesota Timberwolves

- Karl Anthony Towns (12.4 rebounds per game); 7) Orlando Magic - Nikola Vucevic (12.0 rebounds per game); 8) Portland Trailblazers - Hassan Whiteside (11.3 rebounds per game); 9) Oklahoma City Thunder - Russell Westbrook (11.1 rebounds per game); 10) Denver Nuggets - Nikola Jokic (10.8 rebounds per game).

Drummond excelled in the offensive rebound per game rankings more than his

offensive rebounds per game); 5) Miami Heat - Hassan Whiteside (3.6 offensive rebounds per game).

The rest of the top offensive rebounds per game competition from the 2018-2019 season were: 6) Atlanta Hawks - John Collins (3.6 rebounds per game); 7) Portland Trail Blazers - Jusuf Nurkic (3.4 offensive rebounds per game); 8) Minnesota Timberwolves - Karl Anthony Towns (3.4 offen-



Drummond has a lot of NBA contract offers to look forward to next off-season.

top competition in the 2018-2019 NBA season: 1) Oklahoma City Thunder - Steven Adams (4.9 offensive rebounds per game); 2) Houston Rockets - Clint Capela (4.4 offensive rebounds per game); 3) Utah Jazz - Rudy Gobert (3.8 offensive rebounds per game); 4) New York Knicks/Portland Trail Blazers - Enes Kanter (3.8

sive rebounds per game); 9) Brooklyn Nets - DeAndre Jordan (3.3 offensive rebounds per game) and 10) San Antonio Spurs - LaMarcus Aldridge (3.1 offensive rebounds per game). The Detroit Pistons rebound leader, inevitably was Drummond, where he averaged 5.4 offensive rebounds per game, in the 2018-2019 NBA season.