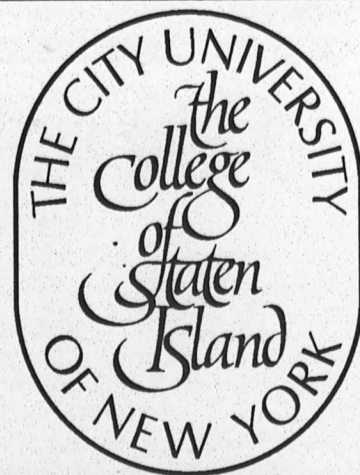


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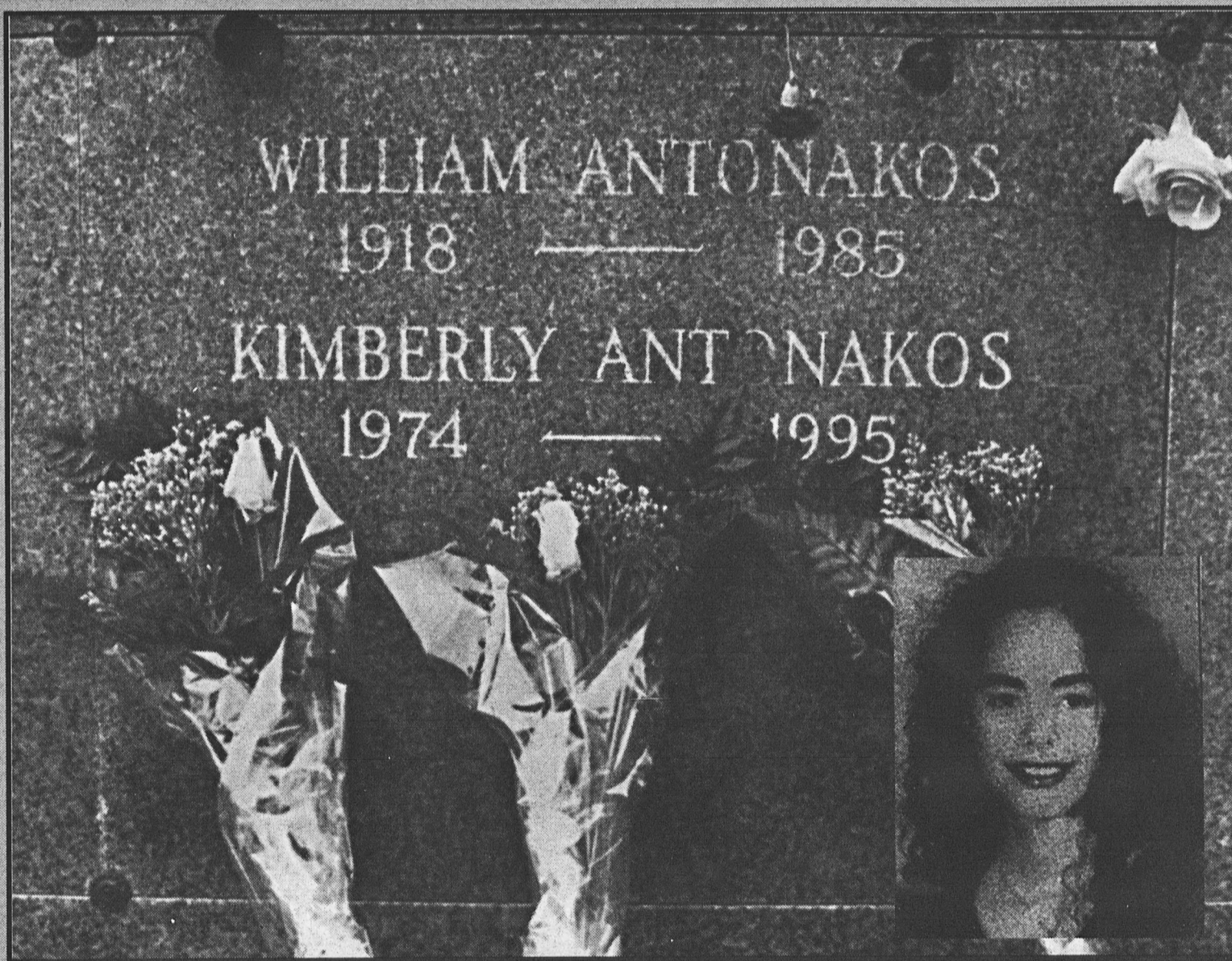
CSI's Student Newspaper



VOLUME II, ISSUE XI

MARCH 16, 1995

CSI MOURNS



**IN LOVING
MEMORY
OF KIMBERLY**

CSI MOURNS FOR KIMBERLY

FRESHMAN FOUND BURNED IN QUEENS BASEMENT

By Christopher Zeyer

On March 8, over two hundred mourners attended the funeral of twenty year old Kimberly Antonakos. The funeral procession stretched down Crossland Lane and over Romig Road on the grounds of the Moravian Cemetery. She was placed in the bottom crypt, third from the left in Valley View F. To some this might be just another death in a world where tragic murders are an everyday occurrence. For us, this is different.

Kimberly Antonakos was a student of the College of Staten Island. She started here in Fall '94 as a liberal arts major. When you speak to her friends and neighbors about her, they use words "vivacious", "sweet", and "outgoing" to describe her. Even though Ms. Antonakos moved from Staten Island to Canarsie a year ago, she still had close relations with her father, Thomas Antonakos, who still lives on the island. Her father was too grief-stricken to comment; circumstances as they are, it is more than understandable.

She was last seen at 4 a.m. on March 1, when she drove her friend Elizabeth Pace home after going to a Manhattan club. Ms. Pace told reporters that Ms. Antonakos wanted to get home because she had to go to work in the morning. But Kimberly

Antonakos didn't show up for work or school.

On March 4 at 3 a.m., firefighters put out a fire in vacant house at 78-08 86th Ave. in the Woodhaven section of Queens. In the basement, they found the charred body of Kimberly Antonakos. She had been gagged, tied to a chair, and doused with a flammable substance. They were not able to identify her body until March 6.

They identified the body by comparing dental records and tattoos. Kimberly Antonakos had two tattoos: One, was a scorpion on her thigh. The second a figure on her back. According to Ellen Borakore who spoke for the medical examiner's office stated, they believed she was burned alive.

The police have only a few theories on the case. One is that Kimberly Antonakos was a victim of a carjacking. This is supported by the disappearance of her 1994 white Honda Accord. A single earring (one from a pair she was wearing that evening) was found on the floor of the garage where she kept her car. Another theory is that an acquaintance committed the murder. Police believe an obsessed "boyfriend" might be the killer. The suspect the police are looking for goes by the nickname,

"Psycho", and is believed to be involved in a Coney Island gang. There's no concrete evidence to any of the theories, but police aren't ruling anything out.

On March 9, the police stated they suspect there might be a link between Kimberly Antonakos' death and that of Stacy Pennant. The police said that the case of Stacy Pennant, who has been missing since February 9, has similarities to Kimberly Antonakos' case. They were both believed to be taken in the same neighborhood, both were taken late at night, and both were driving Hondas when they disappeared. The Chief of Detectives, Charles Reuther, said there is no evidence linking the two, that it was just a couple of detectives swapping notes.

This statement came out before they found Kimberly Antonakos' car in Malverne, Long Island. The car was taken to the 69th Precinct to be dusted for fingerprints and checked for any other evidence. The Daily News reported that a boy saw someone "wiping the car". Also, another neighbor found a roll of duct tape that the police believe was used to bind Kimberly Antonakos. The people living on the block where the car was, stated they called the Nassau police about the car several days ago.

It wasn't until one person in the neighborhood called the Malverne Village officers that anyone came to investigate. This delay may have hindered any finding of evidence on the car.

No matter what the case may be, the fact is CSI has lost one of its students. President Springer released the following statement: "We are deeply saddened to learn of Ms. Antonakos's tragic death, and extend our care, concern, and deep sympathy to her family." I feel more has to be said. I walk around campus and the Campus Center, and see everybody laughing and joking in their little cliques and I realize Kimberly Antonakos must have had a clique on campus as well. She had to have had her own set of friends who aren't laughing and joking now. I think of how I would feel if one of my friends on campus died and I don't think I could handle it. Kimberly Antonakos's death should be a reminder to value life and to keep our friends close, because you never know when they'll be gone.

The police are asking for information on the death of Kimberly Antonakos. If you know anything that might have some relevance to the case, please call (718) 805-3212.

IN CSI NEWS ...

ASSOCIATE NURSES RANK TOPS IN EXAMS

After just recently taking the State Licensing Examination, approximately 70 associate nursing students passed the exam and ranked top of all CUNY associate nursing graduates.

"CSI has a 100% pass rate for the February 1995 quarter - rated top of all CUNY schools and one of the top in the state" stated Dean of External Affairs Rosemarie Dressler. "They did well, they worked hard and it paid off," stated Dr. Malarkey, Head of the Nursing Department.

With \$50,000 dollars spent on the equipment in the Nursing labs of Marcus Hall (building 5S), Dr. Malarkey explained that CSI has the best equipped labs among all of the nursing programs within CUNY which partially attributed to this quarter's pass rate. Although CSI has the latest in medical technology, Malarkey explained, "It takes a lot of hard work and dedication to become a nurse. Our students were very dedicated to their studies."

LAWSUIT AGAINST NYPIRG VOTED "NO-GO"

In a vote of 8 to 1, Student Government made the decision to rescind the lawsuit against NYPIRG and pay the lawyer his fees, saving themselves approximately \$1,800 dollars from the original \$5,000 allocated for legal fees.

Originally, the lawsuit began over a dispute concerning NYPIRG's accountability for their budget and the amount of money they spend for each project they work on. Questions were raised on the legitimacy of their expenditures and they were asked to submit a 'line by line' breakdown of their budget. When NYPIRG balked on this request made by Student Government, students within the government became angry and immediately contacted Attorney Ron McGuire in order to sue NYPIRG with the hopes of making the organization accountable for all monetary transactions.

As McGuire reviewed the case, the Association within the 80th Street division began to work with NYPIRG and finally came to an agreement

where Project Coordinator for NYPIRG, Michelle Gibbons, would make a presentation to the Association showing a complete breakdown of their budget.

At the March 9 SG meeting, Senator Christine Crowdell explained, "We (SG) have done nothing with this (lawsuit), 80th Street is doing something. They are working on requirements for NYPIRG that will make them accountable." She continued, "I motion we rescind the lawsuit, pay the lawyer what we owe him, and put the rest back in reserve."

After a brief discussion over the Association/NYPIRG agreement, SG Senators voted in favor of Crowdell's motion, deciding that a lawsuit would not be needed. Crowdell added afterward, "The students have done nothing (with this lawsuit), let 80th street handle it."

ACADEMY SUFFERS THE BLUES

Many complaints have been made on the Academy Shuttle bus as to the route the drivers take. Students as well as driver Steve Molinowski questioned, "Why can't we drive on the highway to get to the two campuses." According to the students who have taken the shuttle, the highway route would be "much more efficient" in the transport of students, however, Operational Services Danny Besantis differs in opinion. Besantis claims, "They (Academy) can't get on the highway because they will get caught in traffic." He continued, "We have to give the buses a route on the road, we can't change that around and give them different intervals in the day to drive on the highway...it just can't be done."

Although students continue to complain, the 'pet peeves' with the shuttle route will end on the last day of final exams this semester. Sunnyside is said to officially close in August, leaving the need for the shuttle unnecessary.

By Jennifer Valle

STILL MAKING "PROGRESS"

By René F. Veasart

It is said that progress is a good thing. That is indeed the case with Poets in Progress, as this year's budget has been approved. There had been some question in the past months over the Program Development Committee's funding of the arts-oriented production. "Originally, PDC passed the budget, but then Student Government tabled it," according to Vera Saverino, Poets in Progress program coordinator. However, despite ridicule, this year's budget has been approved and several upcoming events have been scheduled.

Poets in Progress has been in existence for approximately a year and a half. The aim of the program is to introduce well-known poets from Manhattan, as well as our own student and faculty poets to the students. "Poets that read (their own work) challenge (the student) to think", stated Ms. Saverino. The program has vast appeal, judging by the audiences drawn with each new event. Incidentally, attendance is considered one Co-Curricular Clue.

For those who enjoy and benefit from the Poets, rejoice that the program is in no immediate danger with respect to funding. For those who have yet to attend an event, keep your eyes open and your schedule clear for one of the following dates:

Monday, March 27th- scheduled: David Cameron; Edwin Torres; Emily XYZ.

Monday, April 10th - scheduled: an afternoon event in the process of being scheduled.

Monday, April 25th- scheduled: Larissa Shamalio; Maggy Estep, who has recorded with Nuyo Records and has been seen on MTV and the Arsenio Hall Show; Tish Benson

Tuesday, May 16th- THE SLAM !! - an event where students participate by reading their own original work for PRIZES. Pre-registration will be required for this event.

This schedule is tentative and subject to change, so be on the lookout for updates as the events approach. Heartfelt congrats to Poets in Progress, and to Vera Saverino- it seems that even budget cuts and funding threats can't stand in the way of Progress!

The Banner Is Looking For Writers!
If You Have A Meager Interest In Journalism,
Contact Us At 982-3116

KAUFMAN CRACKS DOWN ON CLUBS

By Jennifer Valle

Student Government's Club Commissioner, Meri Kaufman, has recently made changes within the chartering system for clubs. "Students can only be the commissioner (officer) of one club," explained Ms. Kaufman as she continued, "we are trying to change the guidelines, every club will be coming under review."

In the past, students were able to charter several clubs at once, leaving SG spending up to \$1,000 on each of these clubs. With the new changes implemented by Kaufman, each club will be allowed the maximum amount of \$700 with a maximum of half the budget to be spent in the refreshment line, and no more than \$50 spent for refreshments per meeting. In addition to the changes made by Clubs Commissioner Kaufman, clubs will have their funding frozen if they fail to meet at least once each month and furthermore must submit a schedule to the Clubs Commissioner. All equipment and stationary purchased by the club, with the exception of 'out of pocket' expenditures, will be stored in the SG office, as a mandatory rule for each club to follow. Further

specifications explain that a student cannot be a commissioner of more than one club. Clubs will also be told to pick up their mail at least once per week. Failure to do so will result in a \$5.00 service charge to be deducted from the clubs budget at the discretion of the Clubs Commissioner.

With so many "ghost" clubs in existence, SG has wasted roughly \$12,000 on these clubs and cover clubs, at the same time, denying legitimate clubs the funding needed for special proposals, and denying fellow students the money SG spends on projects such as library books, emergency tuition aid and others.

"We have had clubs with the same members in each club. We have clubs that spent \$140 to feed ten people at one meeting. To me, that's abuse" Kaufman stated. She continued, "There is so much abuse with Student Activity Fees that it just has to stop somewhere, someone has to tell them to stop." Because the clubs funding comes from Student Activity Fees through SG channels, small clubs that are repeatedly spending large amounts for refreshments are in actuality, stealing money from students. Kaufman expressed, "They are ripping off

their fellow students, and that's low. Someone has to stop them." Double clubs (various clubs with the same members) are also going to be stopped by the new guidelines according to the Clubs Commissioner.

Kaufman confided afterward, "I have a vision for the clubs at CSI. There is so much potential for things to happen. Money has nothing to do with it. The purpose of these clubs is learning how to be self-sufficient." She continued, "After we (SG) said 'No' to special proposals, it just shocked me how so many clubs took their own initiative and held fund raisers. Some of these clubs don't even receive the recognition they deserve." Kaufman's future plans entail club awards for clubs with the highest donations, service to the CSI community and slogans to boost the morale of existing clubs, as she expressed, "People deserve recognition for what they do." She further confided, "It just seems to me that something has to be done. Hopefully we can make these clubs a vibrant part of the college, as they should be."

BARRESI RETIRES AS ATHLETIC DIRECTOR

By Peter C. Guagenti

Joe Barresi, Athletic Director here at the College of Staten Island, will be retiring on June 30, the end of this academic year, the school announced on March 10.

Barresi's decision comes six weeks after Fran Hirschy, formerly CSI's baseball coach, announced his lawsuit against the College, Vice-President for Student Affairs Carol

Jackson, and Barresi himself. Hirschy feels that he was unfairly removed from his position by Barresi. When questioned about what he thought of Barresi's accepting of "an early retirement package," Mr. Hirschy stated, "It's the best thing that ever happened to CSI."

The former baseball coach also expressed his opinion that Barresi was forced to retire because of

the lawsuit. He stated, "That only enhances my lawsuit."

Barresi is leaving CSI with a 24-year tenure, which began only a few short years after the College itself began. During this time, Barresi served as Vice President of the ECAC. In 1987, he was a member of the NCAA basketball selection committee and of the ECAC baseball selection committee. The CSI Athletic Director is also President of the Metropolitan Colleges Athletic Directors Association.

President Marlene Springer, in a written statement released through Spokeswoman Rosemarie Dressler's office, stated, "On behalf of the college, I want to express my apprecia-

tion to Professor Barresi...He has consistently demonstrated a commitment to the academic mission of CSI in the administration of athletics."

Barresi's acceptance of "an early retirement package" is beginning to be seen with a bit of disconcert. Offering of these packages began after Chancellor W. Ann Reynolds put forth her CUNY Consolidation plans as a way to bring down the amount of spending in the City University. Tenured professors with expensive health benefit packages were replaced with adjuncts at a considerably lower salary and no benefits.

There is no word as of yet who will be replacing Professor Barresi come June 30.

Is Our Water Safe?

By Nurit S. Bass

In the daily campus rush students labor to pass their classes, write papers, and prepare for tests. But this preoccupation should not veil the most important things students should worry about: the air they breathe and the water they drink. Up-to-date facts about the water situation on the campus were acquired from Dean Pavia, who monitors environmental issues in CSI. Fortunately, Pavia reported that the latest testing done to the water indicated that it met city standards in quality. However, there are some interesting water problems that are now being taken care of. The campus buildings and grounds were originally designed as a Psychiatric hospital. Accordingly, the piping system was designed for enormous water usage (16" pipes). But the quantity of water used by the college is meager in comparison to a hospital's consumption. Although the piping inside each building is brand new, the state budget did not allow for the replacement of the underground campus piping system when it opened as the College of Staten Island. Moreover, the grounds of the Willowbrook campus were not used for years- and nor were the pipes. These factors contributed to the water's stagnation in the pipes.

When water remains still in the pipes, it tends to lose its chlorine, causing discoloration & accumulation of copper sulfate. This discoloration immediately instigates a 'vicious circle' of events: (1) Students & staff witness an unusual water color, (2) they abstain from using the water, (3) water remains unused & stagnates in pipes, (4) water discoloration intensifies; the circle of events starts from the top. The neighboring buildings, such as the Institute of Basic Research, have similar conditions and are being rehabilitated.

In order to terminate this cycle, Buildings & Grounds had initiated a 'flushing program' last year. Their Personnel engage in heavy water flushing around campus, allowing vast amounts of water to flow through the piping system. As the flushing program continues, water is being flushed in the janitors closets in every building. During the summer, spring, and fall, when the temperature is not freezing, water is left running through fire hydrants as well. The flushing program wastes large quantities of water, nonetheless, as Dean Pavia explains, "In this case we must make a wise tradeoff between water saving and water quality." Evidently, the flushing program has proved to be very successful throughout the campus & it is going to continue for as long as necessary.

Aside from past reports of water discoloration there have been recent reports from several buildings on campus concerning water temperature. Apparently, the temperature of the drinking water varies from building to building. In some buildings the water is exceptionally hot, while in others exceptionally cold. Dean Pavia assured that the problem is being checked by monitoring water temperature and adjusting it accordingly in each building. He said that additional plumbing is being done all over campus to ensure water quality. The water will be tested later in spring to confirm that the corrective work is indeed resulting positively.

Although the water on campus is worthy of drinking in terms of quality, Dean Pavia suggests: "It is always a good idea to run the water through the tap for a few seconds before using it, especially in the morning, after it was sitting in the pipes overnight." Here's to the good health of the people of CSI!

BANNER

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LETTERS

I'm Sorry Your Invitation was Lost in the Mail!

Can you tell me why someone needs an invitation to hear the Chancellor of CUNY speak? Please, can anyone tell me? Can you tell I was not invited? I would have liked to sit and hear what she had to say. I'm tired of getting all of my information second hand. There's always something left out. As a student, I have a right to speak to those in charge of my education. Chancellor Reynolds is on my campus, so why invite a select few (few is right, not so many people showed) I became upset after being told I could not sit in the audience. I was asked to attend two Student Leadership Retreats. This is an honor. I was one of three students chosen to represent CSI at the CUNY Leadership Institute. In attendance were three representatives from each of the CUNY campuses. The second retreat is based on my being a student of color. If faculty and administration see me as a potential Student Leader, the I must say what comes to mind. Here it comes, Head for the Hills.

Oh Where? Oh where, has my UNDERDOG gone? Listen up! There are no Superheroes coming to our rescue. This means we all have to look out for each other. The budget cuts that are proposed will put many of us out of school!!!! What a kick in the ass!!!! You try your best to attend college and now the State is telling you because you're poor, on your own or just can't afford it, just GET OUT!! I say NO, YOU GET OUT!!!! If being an advocate for all your students and constituents is not your cup of tea; then switch to CYANIDE!! It is quicker and it will save colleges the expense of having to buy you tea.

Signed, Raul Torres

EDITORIAL

THE DREADED BUDGET CUTS!!! one person's view...

OUR ILLUSTRIOUS EDITOR IN CHIEF IS ON VACATION THIS ISSUE, SO I, PETER C. GUAGENTI, ASSOCIATE EDITOR AM STUCK IN BUILDING 1C UNTIL I FINISH LAYING OUT THIS ISSUE. YOU SHOULDN'T ENVY ME. . .

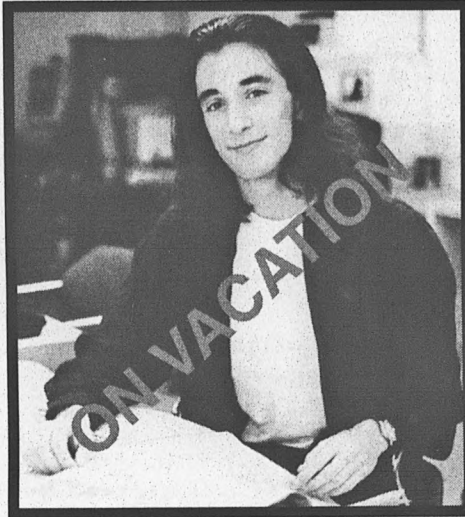
THERE ARE MANY THINGS GOING ON IN OUR COLLEGE COMMUNITY THAT DESERVE SOME LOOKING INTO. THE NUMBER ONE THING ON MANY STUDENTS MINDS ARE THE BUDGET CUTS. HOW ARE YOU GOING TO DEAL WITH A \$1000 TUITION INCREASE? IT'S NOT A MATTER OF IF IT IS GOING TO HAPPEN, BUT WHEN. UNLESS A GREAT MIRACLE HAPPENS WITHIN THE NEXT FEW MONTHS, THE REPUBLICANS ARE GOING TO BE AT IT AGAIN, HACKING AWAY AT THE FUNDING TO EDUCATION AND THE ARTS. ALL THAT TO LOWER THE CAPITAL GAINS TAX AND TO MAKE SURE THAT POLITICIANS RECIEVE THE SAME INFLATED RATE OF PAY THAT THEY HAVE BEEN RECIEVING FOR TOO LONG.

I MAY BE ALONE IN THIS, BUT I FEEL IT IS UNFAIR TO RAISE TUITION ON A STUDENT BODY VASTLY MADE UP OF WORKING CLASS STUDENTS WHO DON'T EARN A TENTH OF WHAT THE ADMINISTRATORS MAKE IN A YEAR. IF THERE IS A DEFICIT, CUT THE 6-

DIGIT A YEAR SALARY THAT W. ANN REYNOLDS IS PAID. OR MAYBE SELL THE BROWNSTONE ON THE UPPER WEST SIDE THAT SHE RESIDES IN, OR THE HOME ON TODT HILL THAT PRESIDENT SPRINGER IS LIVING IN. WITH THE MONEY THAT WE PAY THE ADMINISTRATORS TO WATCHDOG US, THEY SHOULD BE ABLE TO PAY THEIR OWN RENT.

ON A GRANDER SCALE, WHILE CONGRESS WANTS TO MAKE SURE THAT WE DON'T RECIEVE FREE HEALTH CARE, WE'RE STILL PAYING BILLIONS OF DOLLARS A YEAR TOWARDS THEIRS. IS THIS RIGHT? IS THERE A REASON WE ARE PAYING TAXES JUST TO CREATE A WHOLE NEW CLASS OF PEOPLE, WHO, WHILE GOING UNDER THE GUISE OF HELPING US, ARE JUST ANOTHER GROUP OF CROOKS?

ACCUSE ME OF BEING A LEFT-WING, LIBERAL BLEEDING HEART, BUT I FEEL IT'S ABOUT TIME THAT POLITICIANS START PAYING ATTENTION TO US, THE WORKING INDIVIDUALS WHO PAY THEIR SALARIES. AND THAT'S ONE TO THINK ON....



ARE YOU SAFE WITH THE S.A.F.E. TEAM?

By Chris Zeyer

In the March 6 issue of The Banner, an article was written about a new team being formed by the order of Ann Reynolds. The S.A.F.E. team which means, "Special Assistance for Events", will be coming to CUNY just in time for the budget cuts to hit. According to the University Director of Security and Public Safety (Jose Elique) this was coincidental, but I disagree.

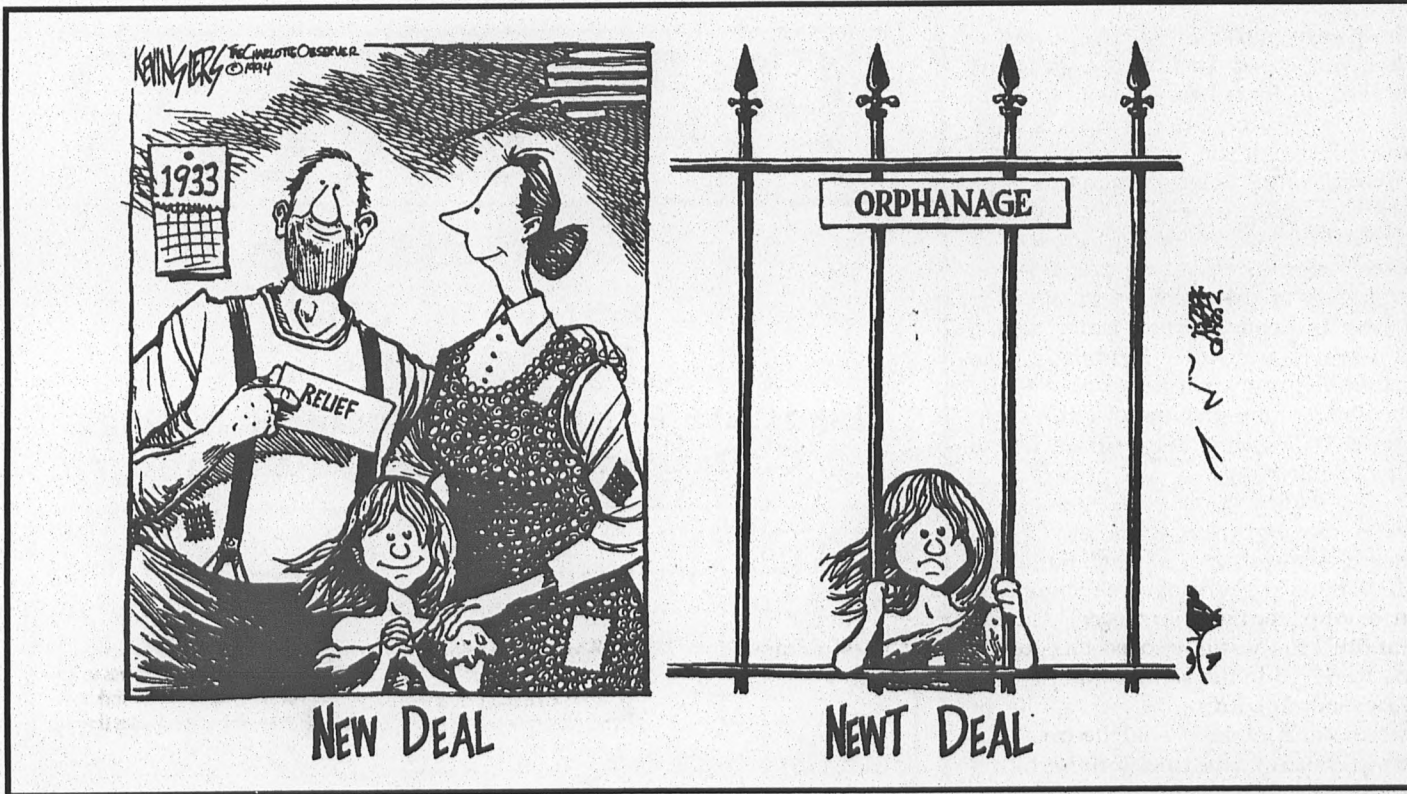
When the budget cuts hit in 1991, there were protests that almost halted all of CUNY. At least 8 colleges had to call for police assistance (the College of Staten Island was not one of them). The SAFE team is supposed to be used as extra security, but what will they do when protesters come to takeover a building? At Berkeley College they have a S.W.A.T. team to handle problems when they occur. Will this SAFE team be like that? According to Mr. Elique, the SAFE team is nothing like a S.W.A.T. team. Why then ask the Deputy Commissioner of Training the NYPD. (Dr. Elsie Scott) to assist and authorize training?

In a memo Mr. Elique wrote to Dr. Scott, he asks her to help train in "handling civil disobedience incidents" and "crowd control training". Why? The guards we have are trained to handle this already. I had a chance to speak with President Springer and she said that she doesn't even know when she would use a group like this and has full faith in the guards we have now. So why a group like this?

I agree with what Dr. Yousef Mohammad said. He believes this group was made to centralize power to Ann Reynolds. Ms. Reynolds will have power to call this team on any campus for any function. What would stop her from calling the SAFE team on to our campus if there is a rally against the budget cuts? Furthermore, what will stop the SAFE team from dispersing it? As anyone can tell you, trying to stop a rally peacefully can almost never happen. What means will the SAFE team use when a rally occurs or when a building has been taken over? The thing last we need is another Kent State incident. In the early 70's, people in a rally at Kent State were shot by national guards. These guards were trained to handle crowds. Is the SAFE team going to be trained the same way?

I do not feel this is a needed team. The SAFE team's only purpose is to handle the upcoming protests. The CUNY colleges have an agreement to help one another when they need extra security, so making a team is useless. It's also a waste of money at a time when money for CUNY is tight. I feel students should unite and tell Reynolds that this team should not be around.

WE WANT TO KNOW WHAT YOU THINK. WRITE US!



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DRIVER'S DEAD-UCATION - LESSON 2

By Bill Spurge

Hello class, and welcome back. I hope you all learned valuable lessons about troubles you may find on the road that we discussed before the Christmas holidays. I'm sure you saw a lot of the things I warned you about, but if somehow you didn't, we'll have a brief review before we go on to our second lesson, courtesy of Driver's Dead.

I said to beware of people who drive with hats on because they are very dangerous behind the wheel and we don't know what causes this. I mentioned that people who drive Cadillacs are poor drivers, and that big cars in general should be banned from the road. Vans are out, too, because you can't see over or around them (you can still own one if you prove you have at least five kids).

I also discussed problems in shopping area parking lots, and rubbernecking and traffic jams on highways. Also, those in three accidents whether as driver (poor driver) or passenger (bad luck) should lose their licenses, and people who don't signal should be ticketed big time. Finally, we discussed that sleepy drivers are probably more dangerous than drunk drivers in numbers - yet get away with it.

Now, on to our next lesson. Let's start with the fact that there are too many wheelchair plates given out. I used to think these plates were for those truly disabled and mostly to those confined to a wheelchair. I see that now, if you have so much as a hangnail, you can get a wheelchair plate. Pretty soon they'll be painting nails in the spots

closest to the stores - blue nails.

When it comes to accidents, why do people aim for the tree or telephone pole when out of control? You never hear of someone missing these killers and steering into something less deadly, like the morning bagels at 7-Eleven. I guess it's because it's the easiest and fastest way to stop your vehicle.

Another problem that people have, especially on Staten Island, is speeding on local roads. I get to know these people because every time someone rips past me I wind up greeting them at the next traffic light. There are too many lights on Staten Island to get anywhere any quicker! I'm usually 5-10 miles above the limit myself, and these people are passing me.

I also have trouble with police regulations when it comes to giving tickets. They make money for the city at the expense of safety. While an officer is sitting there pounding out tickets for those who cheat a little bit on right-on-reds, there is a dude blatantly flying through a red light a few blocks away. Officer reaches quota, city makes the dead presidents, someone is flattened like a pancake in the vicinity. Real logical.

While I'm on the subject of tickets, I couldn't believe what I saw recently. I'm shopping at PathMark at 1 a.m. (best time to shop except if you're buying bread). I obey the rules and park in the closest spot to the wheelchair parking lot. I call it a lot because there are so many wheelchair spots now that it seems that way. Another guy parks in the wheelchair spot, probably figuring there aren't

going to be twelve cars with wheelchair plates showing up at this hour. Minutes later, an employee gets on the loudspeaker and says "they're handing out tickets." I look outside and the cops are giving this guy a ticket at 1 a.m. in the wheelchair spot with four thousand empty spots in the lot and everyone home sleeping. Yeah, the guy was lazy and should have parked one spot over. But, hey!

The worst places to drive are New Jersey and Boston. In Jersey, the maps should say "guess what's next." The signs they have are atrocious. The ones they don't have are worse. One time I was driving there and I kept seeing a sign for Rt. 287 with an arrow pointing ahead. I saw that sign literally about ten times over the course of the next ten miles! Yeah, right ahead. Then, when you need a sign, forget it. And those U-turns, especially on Rt. 1. I'm at the point where I'd rather pay the New York tax. Boston is a problem for the same reason, except they call these things "rotaries." Rotary. One time I was lost and I kept going around the same rotary. When I first got lost I had a beard. After ten turns around the rotary my beard was gone. Just trying to humor the class, because I have nightmares following a Boston map which follows the trail of cow pastures three centuries before.

My head is spinning. I think that's it for this lesson. See you next time for Lesson 3. Then we'll watch a film of an accident - yes the film is from 1952, the same one they showed me, and my father before that. And I've had my license for

RON McGUIRE: TYPICAL LAWYER

By Jennifer Valle

Attorney Ron McGuire was hired by Student Government (SG) in order to plot a lawsuit against NYPIRG, however, unbeknownst to every student involved with this case, Mr. McGuire has managed to rob the students of approximately \$8,000. Sure he has helped students in the past who have gotten in trouble for misdemeanors, however, that still does not explain how he has paid for basically doing nothing on the NYPIRG lawsuit except for collecting from Student Government. Every piece of "evidence" that McGuire "collected" was given to him by SG, NYPIRG, and student activists. Here is the process that cost SG \$8,000 +.

1. SG gets pissed off with NYPIRG so they hire a lawyer.
2. Enter lawyer who automatically needs \$5,000 to start research.
3. Research consists of taking copies of request letters for budget, getting a copy of the budget, calling public records to see if a lawsuit and judgment was ever made against NYPIRG in the past, and speaking to pissed off SG senators for about an hour or two.

Upon first researching this story, it took reporters approximately 3 hours to compile the same evidence in which SG was charged a whopping \$5,000 dollars for. In addition to this, another \$3,000 dollars was wasted on billing from McGuire, who has been claiming to have really progressed with a case that has never received a file number in court. One would assume Mr. McGuire had to get this lawsuit typed and filed, however, that is not the case. In order to file for a court number, you need to hand in the paperwork and it is processed. You are not on a physical line. Your case is on a list and you are doing nothing, is that "service" worth \$5,000? In addition, the "typing" of the "case" was really a copy of an old case that SUNY made against NYPIRG. When asked for the lawsuit that McGuire claimed he would file, he showed a three page fax of the SUNY Albany vs. NYPIRG case and stated, "I just need to retype this and replace 'SUNY Albany' with 'CUNY CSI'."

Confused? Consider the 4 point resolution which McGuire drew up in order to swindle SG out of \$3,000 more. The 4-point resolution states:

1. Student Government reaffirms support for all prior resolutions concerning the lawsuit and the allocation of \$5,000 dollars for the proposed

lawsuit and payment to Attorney McGuire.

LAYMAN'S TERMS: SG will support the agreement made with McGuire to make a lawsuit and pay \$5,000 to him for doing it. (There is the original \$5,000).

2. Student Government authorizes Attorney McGuire to take all steps necessary, including litigation, to insure compliance with the first resolution and to guarantee that Student Governments right of access to the courts is not impeded.

LAYMAN'S TERMS: SG lets McGuire do anything he has to do to comply with resolution #1 (which basically says "we will pay you.") and further lets SG know that he will do whatever it takes to make sure that they can go to court. (CUNY would never try to appeal Amendment #1 for such a case).

3. Student Government authorizes an expenditure of \$5,000 in support of this resolution in addition to \$5,000 already appropriated for the original lawsuit.

LAYMAN'S TERMS: SG will pay McGuire another \$5,000 in addition to the first \$5,000 to keep working and McGuire actually has to tell CUNY about Amendment #1, McGuire would be more than happy to go to court and say, "Amendment #1 guarantees the right to go to court." For this statement alone, he has earned himself an extra \$5,000 dollars.

4. In the event that the college or university administration does not allow the aforementioned funds designated for litigation to be disbursed, then the aforementioned appropriations shall be set aside and held in escrow until they can be disbursed.

LAYMAN'S TERMS: If the college tries to stop the students from suing NYPIRG, then they can put the money in escrow until McGuire is done suing CUNY for the right to sue NYPIRG.

So, you ask, how did we end up paying \$8,000+ to McGuire? Well, one would have to consider the numerous bills he has sent to SG for the time he spent on the phone with student Senators (not to mention billing for receiving calls from them), as well as waiting for that "SUNY VS NYPIRG" fax, and the year it took him to gather all of this evidence and tediously wait for a file number which he

still didn't get. (Note: The lawsuit began May 1994).

Ironically, the catch to this entire "Let the lawyer rob CSI blind" is the fact that Association has come to an agreement with NYPIRG stating that the group will have to follow guidelines, as well as present to the Association their budget; the same conclusion that the courts would have brought forth...a few thousand dollars more down the road.

CUNY

QA

Quiz: The Future of New York's Economy

1 Who pays \$114 million more in State and City taxes each year than if they had not gone to college?

2 Who earns an average of \$690,000 more during a working career than a high school graduate?

3 Who generates a business volume of \$12.1 billion in New York each year—more than 9 times the size of its annual budget?

4 Who ranks first in the nation among universities in baccalaureate alumni who head major corporations?

1. CUNY produces 60% of N.Y. baccalaureate alumni who head major corporations.
 2. CUNY produces 60% of N.Y. baccalaureate alumni who head major corporations.
 3. CUNY produces 60% of N.Y. baccalaureate alumni who head major corporations.
 4. CUNY produces 60% of N.Y. baccalaureate alumni who head major corporations.

To Learn More, Read the Study:
 "Investing in the Future: A Report on The Economic Impact of The City University of New York"

For your copy write to the Office of University Relations, The City University of New York, 535 East 80th Street, New York, N.Y. 10021.

The City University of New York

This ad paid for with non-tax levy funds.

PISSSED OFF

•political correctness stops here•

PISSSED OFF... Why The Hell NOT!

By Rich Arroyo and Chris Zeyer

We're getting pissed off about having to write opening paragraphs, so we decided not to.

Courtney Love...we heard in an interview that you were going to have a double suicide with Kurt Cobain after the child was born...well the kid is born and he kept up with his end of the bargain. People who punch walls...I bet you taught the wall a lesson. The Jerky Boys and the people who say they are talented. The fact that the people who are fighting against Pataki's budget cuts are the same people who wanted us to vote for him. People without a sense of fuckin' humor...AND YOU KNOW WHO YOU ARE!!! People who are politically correct...and expect you to be. MTV...you killed the radio star, you bastard. Guys that abuse women...you're fucking it up for the rest of us. People who use the cheat modes on computer games. Shoplifters that won't get you anything. When funny comedians die...how come Dice won't O.D. Aerosmith...they were better when they were on drugs. Guns-N-Roses...they would be better if they were off drugs. People who think grammar is relevant to the commentary we write... Duh. People who read over your shoulder. Movies based on video games. Baseball scabs. Guests. People that think writing this shit every issue is easy. People who join clubs just for the free food. O.J.Simpson...just fry him now and get it over with (and have Shapiro sit on his lap while in the chair.) People that felt sorry when Tu-Pac cried at his sentencing.The fact "Baywatch" is getting a spin-off. People that expect quiet when they are in a room with people working.

Now we have some reader's responses. Rebecca Reed gets pissed off when people urinate on the toilet seats, that the school bookstore opens at 8:45 and classes start at

8:00, and when professors treat a 100-level course as a graduate class. Clarisse Rogers get pissed off when women hope to get their periods so they know if they're pregnant or not....can you say prophylactic, can you spell P-I-L-L... Sweet Clarisse also hates people that stutter in writing (Feb. 2 issue) "I really want some moron to tell to tell me how to live my life." [that's how she wrote it.] She hates when men think flowers are a good Valentine's Day gift..."They die damnit." And when men buy lingerie for Valentine's Day..."you bought it for you, so you wear it." And finally she hates HOMOPHOBICS...who said you'd be their type anyway. Clarisse, we know you had one more but we are not allowed to take personal shots at people unless they are authority figures or famous people. NOTE TO EVERYONE: we are still accepting reader's responses. If there is anything that pisses you off...TELL US!!! We will print it unless it is a personal shot at someone. We do accept politically incorrect humor if you are willing to put your REAL NAME next to it. Bring your response to 1C-228 in care Rich or Chris and remember...telling the world what pisses you off may help release stress.

YOU KNOW THAT SCHOOL HAS GOTTEN THE BEST OF YOU WHEN...

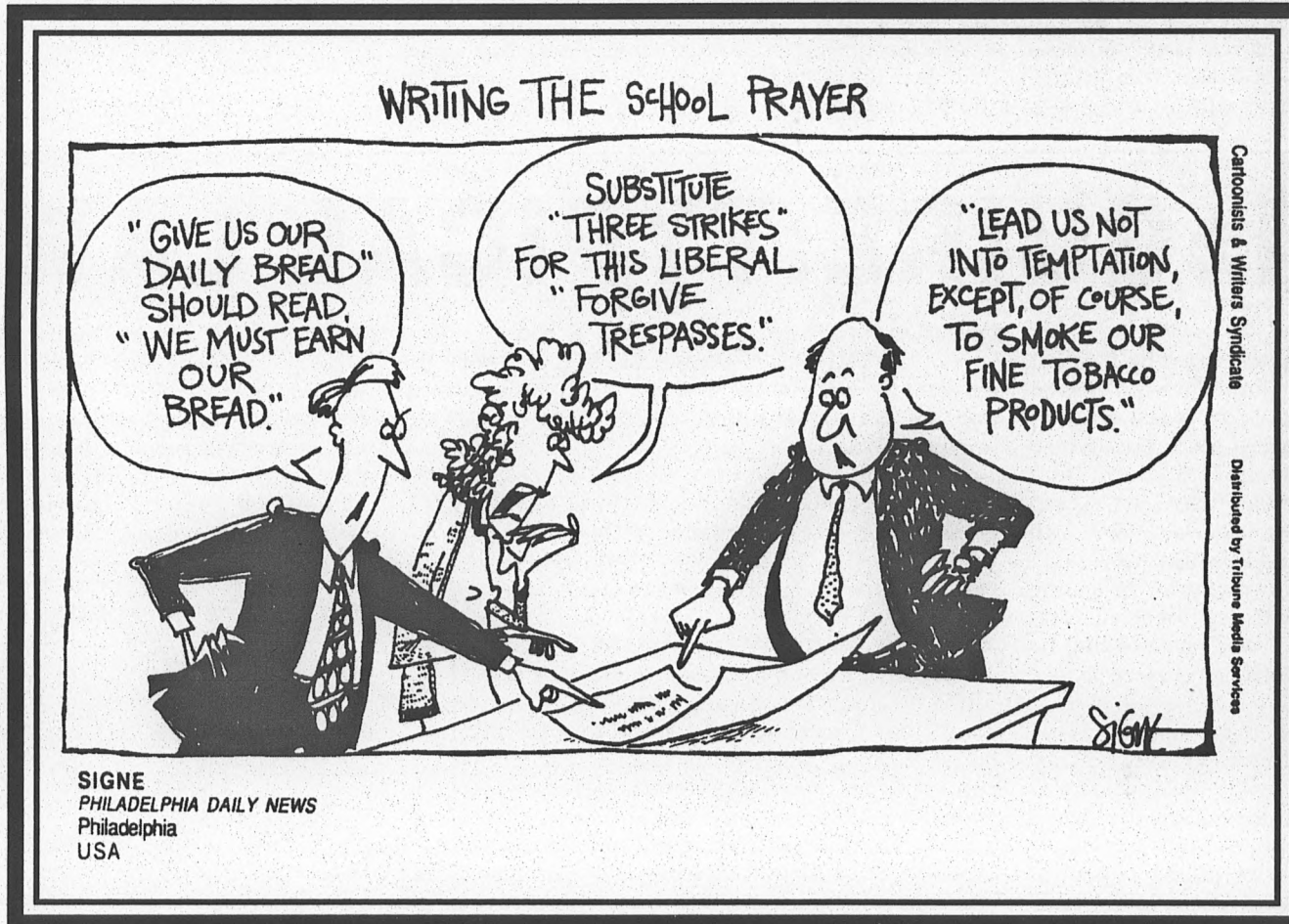
By Valery Rodolico and Yvonne Villa

Hi everybody. Now that we're done hibernating, we found something else to bitch about...school stress. Yeah, school is making us twitch and since we have no other outlet, once again we've resorted to venting to the readers of this fine paper.

You're able to wake up twenty minutes before class, shower, dress and make it to class without causing damage to anyone on the way. You need 13 cups of CSI coffee just to open your eyes and say, "Mmm, good coffee." You walk into class wearing your big, fuzzy, yellow Grimm slippers. You get to class a half an hour early just to have that seat up front. You tell people they can't sit next to you because your imaginary friend is sitting there...like they can't see him! While in class, your usual loving daydreams of your boyfriend turn into creative ways of torturing men, "Hmm, toothpicks..." You're so into your daydream you don't realize that you're in the middle of an exam. You sit in class and look forward to going to work at the same job that you hated two months ago. Your psychology professor is describing a mental disorder and you realize "Hey, that sounds like me!" You come into school on days when you have no class. You smoke an entire pack of cigarettes on your ten minute

break — and still have time to get a can of soda. You're typing up your midterm paper and the only way you can ask for a drink is through sentence fragments

"Thirsty...drink...sip..." You write a midterm paper for a class that you're not even taking. You do extra credit assignments to bring your average up to C. Your mission is to investigate what PELL stands for. You hijack the loop bus to take yourself to the library. You bring various items to school, such as a thermos filled with vodka, and battery-operated toys to entertain yourself. Your date consists of a movie at the Bijou lounge, followed by a romantic dinner for two at the Park Cafe. You dream of jumping off of the rotunda in the Campus Center into the yogurt machine. Your latest fling is someone you met on the Internet — and it's the best relationship you've



had!

The closest you get to a hot date is your gynecologist giving you a breast exam. The only form of socialization is yelling back at the computer screen. You would actually prefer to be in your room with your books instead of your boyfriend. Your parents have a better social life than you. You misplace your academic planner and have a three day panic attack. You use big words in everyday conversation...Now, that's just being superfluous! You're so stressed out that you can no longer distinguish between stress attacks and PMS. You buy an assignment pad and put smiley stickers next to all of the work that you've completed. You start having nightmares about CSI turning into a nudist colony. Your body starts to experience withdrawal from lack of CSI pizza. In the heat of passion you scream out calculus equations. Your take-home exams are written in crayon. You sacrifice personal hygiene for an extra half-hour of sleep.

You start a brawl over a sentimental troll and a cracked duck. You use phrases like, "Poof magic!" You volunteer to do an entire yearbook without pay...We feel your pain, Mike! You feel the effects of that imaginary joint being passed around. And finally, your idea of leisure time reading is *The Banner*.

**are you pissed off about something?
write it down and bring it to
building 1C room 228**

COBAIN WAS A LENNON FAN

TODAY'S ROCK REFLECTIVE OF JOHN LENNON'S SOLO WORK

By Bill Spurge

Whenever I listen to Nirvana, I can't help but think of how much I hear John Lennon's influence in Kurt Cobain's music. When I am referring to Lennon in this case, it is mostly his solo work, and some of the late Beatles period work I am alluding to.

ally regarded as the first autobiographical rock album. Leave it to an innovative mind like Lennon to be the first to explore his world inside. At the time, Lennon was going through something called Primal Therapy, which involved "screaming" your pain out. On this record, there is a lot of painful vocals, and there are the bare basics of guitar,

In 1975, Capitol Records released *Shaved Fish*, a Greatest Hits package. This is worth buying because some of the songs had only been released as singles. Songs today's artists probably relate to are "Cold Turkey", "Woman Is The Nigger of The World," and "Power To The People." These songs show Lennon's diversity as he explores heroin, the degradation of women, and the defense of citizen's rights.

Double Fantasy was released in 1980, month's before Lennon's assassination. The album reflects the changes in a man over a ten year span. What had been anger was now replaced by joy over taking care of a young son. This is where the connection with Cobain stops. Lennon was able to erase the demons that bedeviled his past, whereas Cobain could not. This is why, even though they both died by



piano, bass and drums. In "Mother" Lennon screams out for not only his mother who died when John was a teen, but his father as well. His father had left him when John was an infant ("Momma don't go, daddy come home," he yells). Other songs that reveal a person whose angst did not go away with The Beatles years include "Isolation", "God" and "Hold On." In "God" Lennon puts his past behind



It has been said that Lennon had a big influence on Cobain. Lennon's life story reads a lot like that of today's youth. Coming from a broken home, Lennon felt the pain and anger that goes along with it. Much of this didn't show up until his solo work. When Kurt Cobain was said to be playing Lennon's music when alone, and before Nirvana existed, I'm sure he was playing Lennon's early solo work. The album I think of most that brings

him: "I don't believe in Beatles... I just believe in me; Yoko and me - and that's reality." It truly was a defining moment. This album is a MUST buy and one a fan of Nirvana can relate to.

The next album Lennon released was *Imagine* (1971). The



out Lennon's pain and is a masterful piece of work is his early solo effort *Plastic Ono Band* (1970). It is gener-

ally regarded as the first autobiographical rock album. Leave it to an innovative mind like Lennon to be the first to explore his world inside. At the time, Lennon was going through something called Primal Therapy, which involved "screaming" your pain out. On this record, there is a lot of painful vocals, and there are the bare basics of guitar, piano, bass and drums. In "Mother" Lennon screams out for not only his mother who died when John was a teen, but his father as well. His father had left him when John was an infant ("Momma don't go, daddy come home," he yells). Other songs that reveal a person whose angst did not go away with The Beatles years include "Isolation", "God" and "Hold On." In "God" Lennon puts his past behind him: "I don't believe in Beatles... I just believe in me; Yoko and me - and that's reality." It truly was a defining moment. This album is a MUST buy and one a fan of Nirvana can relate to. The next album Lennon released was *Imagine* (1971). The average rock fan considers this his most accessible and finest solo album. The title track is one of the greatest songs in rock history. It would be nice if there were no countries and this could be the world's international album. This is Lennon's most melodic album. Songs such as "Jealous Guy," "Oh My Love," and "How" are reminiscent of Lennon's Beatles days going back to Rubber Soul. But he also tinges the album with anger-driven songs such as "Gimme Some Truth," a clairvoyant look at the Nixon Administration and politicians in general. This is also a must album.

gunshot, Cobain's was self-inflicted and Lennon's was not. Both of their children will always know the difference.

Other good Lennon albums include *Mind Games* and *Rock N' Roll*. The latter album is a collection of Lennon's favorite songs from the '50's, sung in strong fashion. All of Lennon's solo works show that his career was not close to being done after The Beatles. In fact, it was a new beginning. Lennon could claim that not only was he a member of the most influential musical group of the 20th Century, but its most influential solo artist as well. The youth who are influenced by today's musicians would be well served to delve into Lennon's solo work, because it is so reflective of the rock culture of the present.

Wellness Corner

BLIND DATE FROM HELL

Everyone has experienced feeling "blue" or "down" occasionally. Most of the time these feelings are a natural reaction to tension and stress in our daily lives. But when these feelings become so severe or prolonged that they begin to interfere with your life, then you may be suffering from a depressive illness.

Serious depressions are a whole body disorder, affecting body, feelings, thoughts and behaviors. Depressive illness involve a set of painful symptoms that can last for months, sometimes years. They can drastically change a person. Sometimes symptoms are so disabling that they interfere with the ability to function. Some people suffer depression so severe that they are unable to eat or even get out of bed.

Depressive illness strike twice as many women as it does men. It isn't known whether this is due to biological differences, because it's more common for women to show their feelings, or because women may experience more social stresses due to lack of fulfillment, etc. It is estimated that up to fifteen percent of people who develop serious depressions commit suicide. The economic cost of depressive illnesses is sixteen billion dollars a year; the human costs cannot be estimated. The lives of ten million people and millions more-family and friends-are affected, often disrupted, and sometimes destroyed.

There are several causes of depression, one, or several of the following factors may be involved:

1) Biochemical functions: shortages or imbalances of mood-influencing chemicals in the brain are thought to play a role in some cases of depression. Also certain medication, illnesses or infections can also lead to depression.

2) Genetic patterns: depression is not inherited, but the tendency to suffer for some type of depressive illness does run in certain families. Some studies indicate that a biochemical tendency to depression may be genetic.

3) Personality type: People who are highly self critical, very demanding or unusually passive and dependant may be prone to depression.

4) Environmental influences. unfavorable family, social or working environments can cause depression,

as can serious interpersonal conflicts, loss of a loved one, neglect as a child, etc.

In some cases, symptoms appear suddenly for no apparent reason. In others, the symptoms seem to be associated with a life crisis, stress, or other illness.

Many people suffer needlessly with depressive illnesses. Even though effective treatments are available, only one in three depressed people gets help. Most people with severe depression don't get appropriate treatment because their symptoms:

- * are not recognized
- * are blamed on personal weaknesses
- * are so disabling that people cannot reach out for help
- * are misdiagnosed and inappropriately treated

There is a broad range of symptoms that are experienced with depressive illnesses. They can include, but are not limited to:

- * persistent sad or "empty" mood
- * Loss of interest or pleasure in ordinary activities, including sex
- * Decreased energy, fatigue
- * Sleep disturbances
- * Eating disturbances
- * Feelings of hopelessness, helplessness, guilt
- * Thoughts of death or suicide, or suicide attempts
- * Chronic aches and pains that don't respond to treatment

When four or more of these symptoms last longer than two week or interfere with ordinary functioning, professional treatment is needed.

The above was written by a Peer Educator from the Department of Student Services" Wellness Program. Peer Educators staff the new Peer Drop-In center, located in the Campus Center room 112 (Health Center). They are trained and supervised, and are available to help. The Drop-In Center offers students a place to go to talk, ask questions, or get information about wellness issues. The Wellness program is coordinated by Carol Brower, and the phone number is 982-3123. The Wellness Program and Drop-in Center are open most days from 9-5, with later hours on Wednesday. The exact hours are posted on the Health Center's door. We hope you come by to see what we have to offer.

Don't ever go on a blind date. I don't know, is it just me or people who

set people up are secretly determined to make you spend an entire night with

some complete ass who thinks he's G-d's gift to women.

My brilliant uncle, (he's 25) decided he wanted to set me up with his friends

younger brother. I wish I could remember his name, but that night I decided to pre-

tend "it" (and that's the only way to describe him) never happened. So my uncle

gives this kid my phone number. He called me and we talked, he told me he was a

lifeguard. He said he was 5'10 and had brown hair and blue eyes. So he called me

Friday night and asked me if I wanted to go to the Jacob Javits Center to see the

annual car show. (Right there I knew he was flaky) But, I decided to go anyway.

The next day, I'm sitting in my kitchen waiting for him (and his older

brother they decided to double). This white car pulls up and I'm looking out the

window. And what I saw was pretty scary. This "thing" rolled out of the car. He

was 300 hundred pounds and 5'3 with matty hair and bulgy eyes (yes, they were

blue). So I ran upstairs to go tell my mother to go downstairs and tell this "animal"

that I died. But she came up with a perfect "parental" excuse. " Maybe he's got a

good personality". SHE HAD TO PUSH ME OUT THE DOOR So, I got into the car

and sat as far away from him as possible (but it was difficult since he took up 3/4 of

the seat). His brother and his girlfriend were "at it" the whole

time, they didn't care that we were back there. Finally, (after what seemed to be decades) we got to

got to the car show and all this kid did was get me booklets about the production of

cars. When I got home there were so many of them, they wouldn't fit in my

garbage can. During the show we spoke about 3 words to each other and I went to

the bathroom every chance I got. On our way home he decides he's hungry

(Hmmm!). So we stopped at a diner to prolong my misery. He asked if I wanted

anything after he spent ten minutes telling me how poor he is and now he doesn't

have enough money for anything. So I decided that I would order a soda figuring

that 75 cents won't put too big of a hole in his pocket. However, I believed him

about being poor. Why else would someone wear K-mart jeans? (the one's with

the orange stitch on the side). That's probably the only store that carried a size 200.

At last, we're on the way home and he's sitting in the car telling me that he's

sure I had a good time because he's such a nice guy (conceited snot). He was talking

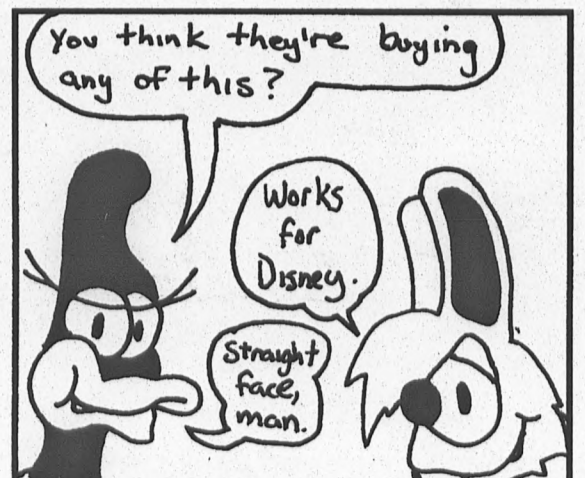
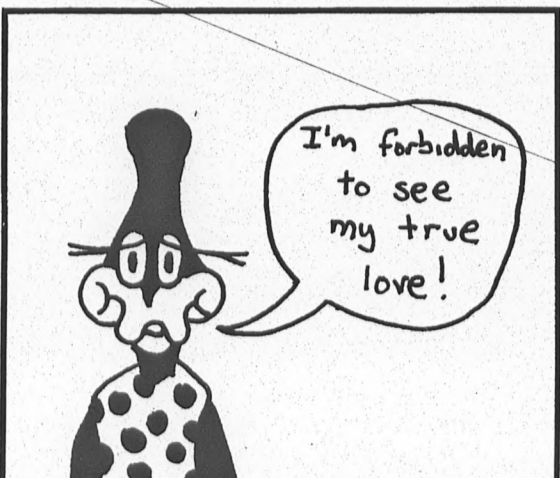
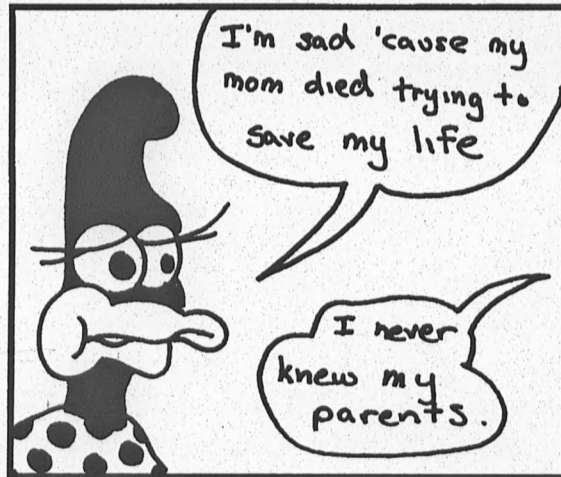
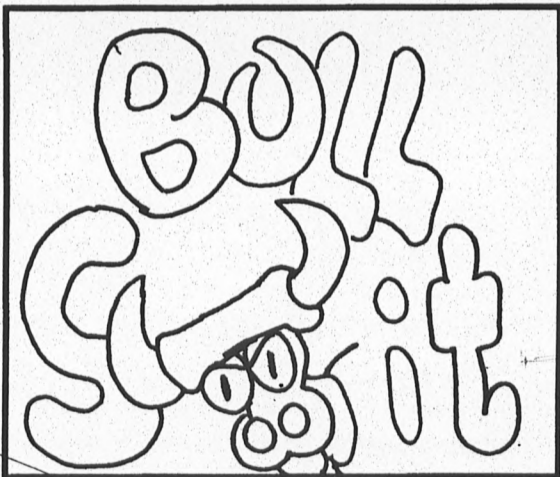
as if he was the eighth wonder of the world. So we got to my door and he tries to

kiss me good-bye. So I ran in the house and slammed the door, praying he would

go away. He stood there for ten minutes hoping I'd come out (yeah right). He

finally left (thank G-d). Then I had to explain to my uncle that the person who he set me up with was

a horror case. To this day I still have nightmares about it.



by James Scotto-Lavino

Enter the Banner's VolleyBall Tournament

\$ CASH \$ PRIZES FOR WINNERS

Saturday, May 6th 1995 At CSI's Sunnyside Campus

Two-Man Teams \$20 entry fee

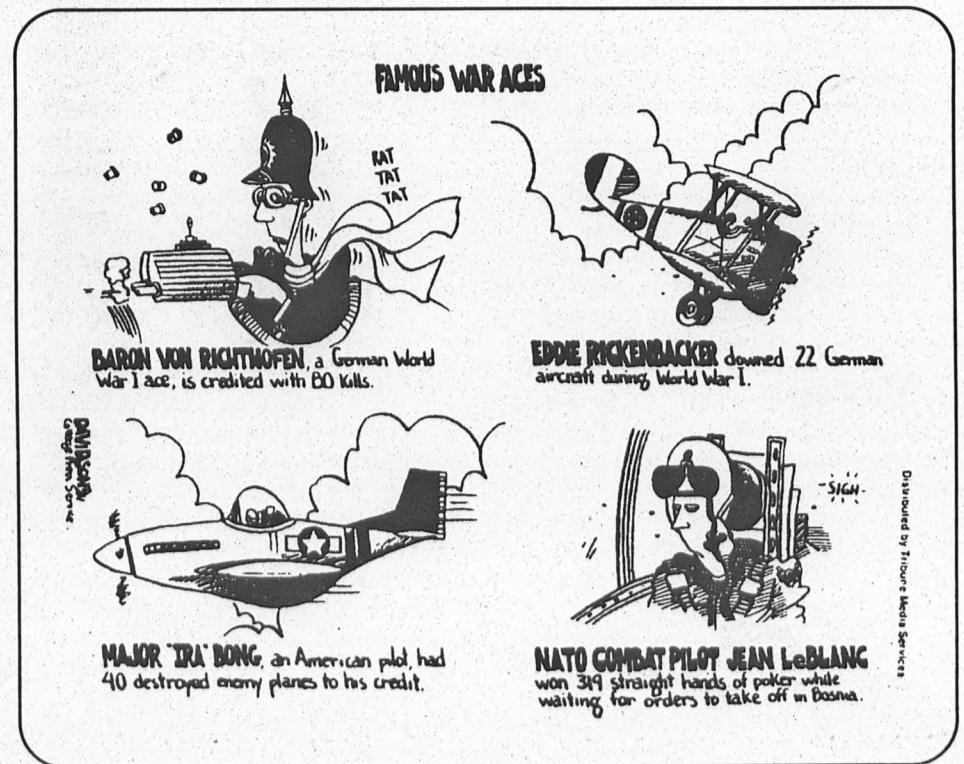
-OR-

Four-Man \$40 entry fee

Co-Ed teams acceptable

Entries must be recieved before April 28th

Call the Banner to enter 982-3115



•POEMS•

A disturbance fluctuates within
my head.
The inner child is loose again
Creating ambivalence amongst
the constraints
of intelligence
glimpses of sanity flicker in
my mind's eye
As impulses become ignited
into a
frenzy of emotion
O where is thy
rhyme
O where is thy rea-
son
slowly they fade
into oblivion
as I delve into the
depths of frenzy
I realize that love
has killed this tor-
tured soul.

-THE MAXX

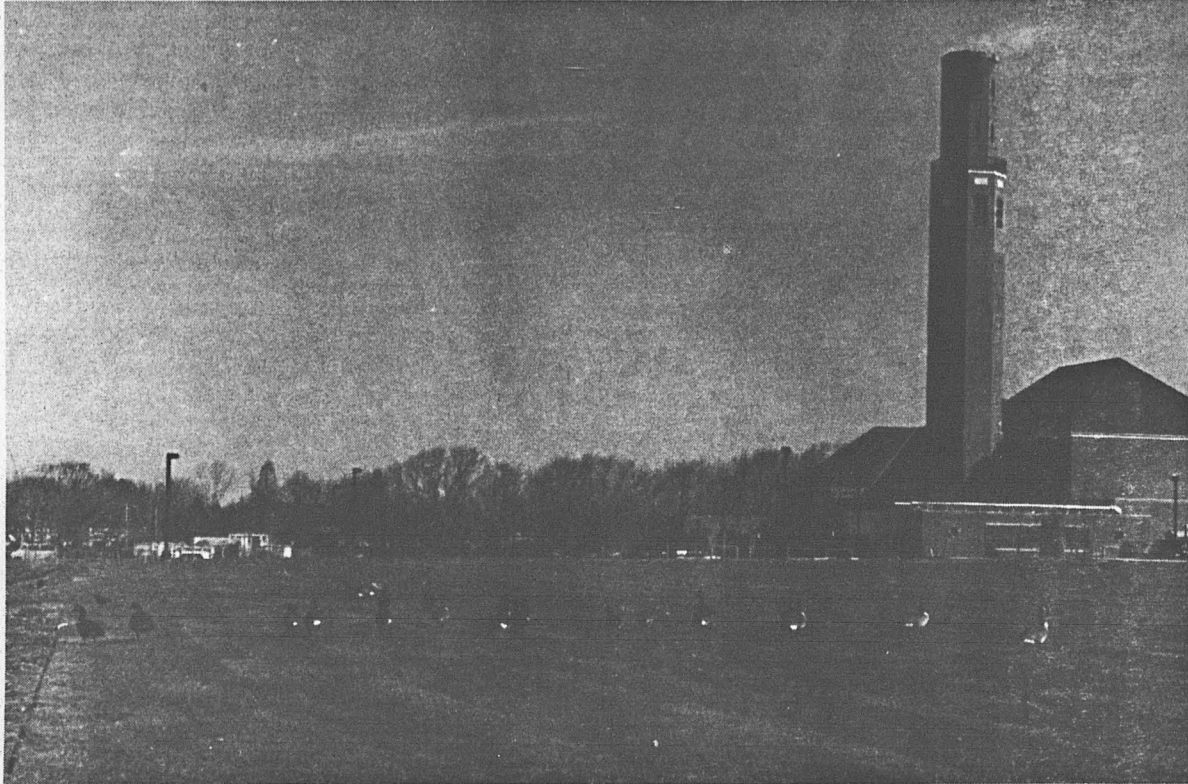
To Kimmy
You were an angel on earth
and if there is a heaven
I hope we are all lucky enough
to spend
forever
together
with You
Kim I love you
I love you

Look at what you've done to
me
My restless, yearning heart
See what has become of me
I ache and fall apart
Feel the burning in my side
My heart with sorrow drenched
Drink of the ichor in my heart
Embattled and entrenched

Taste the fears
and broken
dreams
The want of
love has left
To suffer and
lose to the
whims of love
And remain
alone, bereft
Do I yet search
for a hand to
hold?
Or let my worn
emotiond fold?

-Eric N. Castillo

photo: P.C. Guagenti



•FEATURES•

FIGHTING STYLES • STYLISH FIGHTING

by Eric Castillo

I'm sometimes asked - "What is the best style to take?" and expected to list styles down from the best to the worst. What most people don't understand is that each style has its own inherent strengths and weaknesses, just as each different person does. No offense meant to anyone, but a three or four hundred pounder shouldn't be fooling around with aerial kicks and a one hundred pounder shouldn't be sumo wrestling. In order to help someone interested pick a style, I have prepared a review of several different styles of fighting. I'm placing no value judgements on any style, and hope that this article encourages anyone who wanted to start training but was too intimidated or too uninformed to do so.

The Lingo:

Hard styles: Generally characterized by hard poses called stances and blocking.

Soft styles: Generally characterized by fluid motion. Attacks are avoided or redirected.

Close range: Toe to toe. Grabbing range.

Mid-range: Within jabbing range, usually one arm length away.

Long range: Have to step in with punch to connect.

Kicking range.

Boxing has been coined by many as the sweet science. Boxers train in all ranges. Another aspect of this style's versatility is that it can either be hard or soft, depending on the boxer's application and/or weight class. Great for keeping in shape. Easy to learn, hard to master. Stamina and hand-eye coordination are a definite plus.

Karate is possibly the most widespread form of martial art in America. Within Karate there are many styles. For the most part, each style is taught traditionally in a Japanese way. A typical dojo is

run very ceremonially. Discipline and respect are dominant themes. Some specific Karate styles include:

Shotokan Karate is perhaps the epitome of the hard Karate concept. Uses probably three or four basic kicks. Blocking is emphasized to the point of taking a hard shot to deliver a harder one. If you're a heavy handed bruiser who doesn't like to move around much in a fight but loves to swing, this style may be for you.

On the softer side of Japanese Karate is a style known as Shorinjiryu. Mobility and angular attacking techniques are emphasized. Cat-like strikes are more common in this style than direct assaults. Long and midrange. Quick feet and agility are necessary.

Some would argue that Kenpo (or Kempo) is an offshoot of Karate and others would say Kenpo was there first. In this article, it's a separate entity. Kenpo is more hard than soft. It is possibly more street and self defense applicable than most other forms of fighting.

Vahda Kenpo is an aggressive style of the art of Kenpo. What distinguishes this style to others is its adaptability to life outside of the gym. Practitioners are trained to strike at sensitive points. Mid to close range fighting. Good foundation for self-defense.

Kosho-ryu kenpo caught my attention because of the circular motion of the blocking techniques I witnessed. From these blocks came openings that were exploited by explosive multiple strikes. Hard with some soft principles. Hard to master, upper body strength is advantageous.

Although soft in style, jujitsu is probably one of the more vicious fighting forms. A typical jujitsu fight ends up on the floor; two people trying to pry apart each others nerve endings or break one another's joints. A high threshold for pain is a major plus for learning this style.

Judo is a very non-aggressive style. I would classify it as soft with some hard elements. Grappling, wrestling and takedowns are the dominant actions. Easy to learn, hard to execute.

Aikido is a slightly softer art. In comparison to Judo, the emphasis is on redirection and flipping as opposed to wrestling. Extremely difficult to master but the movements, when done correctly, are quite graceful.

Taekwondo sports the most spectacular kicks that a body can accomplish, from aerial spin kicks to footwork combinations that boggle the mind. Hard style, long to mid-range. Flexibility and athleticism are big plusses.

Unfortunately, I have yet to deeply study Kung-fu. The myriad of styles within Kung-fu incorporate the many fighting concepts in the styles I have previously mentioned. What I can comparatively say though, is that Kung-fu is soft, but powerful. When a Karate practitioner strikes, the fighter usually keeps his fist cocked well before contact in order to build kinetic force. Kung-fu artists keep their limbs loose and strike with loose dynamic energy, like a rubber band.

Sumo wrestling - great for picking up the babes.

As you can see, there are a potpourri of styles to choose from. With whatever style you start with, if you stick to it, you get better. The better you become, the more accessible other styles can be for you (to an extent).

Martial arts, in its most rudimentary form is a way to keep fit. For some, its self defense, for others, a passion. On a deeper level, it's a code of honor and a way of life. The best martial art is the true communion between the practitioner and the art.

SOMETHING ON YOUR CHEST? GET IT OFF!

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NFL OVERALL RANKINGS

by Bill Spurge

In exhaustive research, I have been able to compile rankings of the NFL teams since the 1970 AFL-NFL merger, spanning 25 years. Here's how the system works: Since the ultimate goal of an organization is to win the Super Bowl, 10 points are awarded for the Super Bowl champion. Winning your conference should be rewarded even if it means being embarrassed in the Super Bowl, so I toss a bone of three points to the Super Bowl loser. Finishing last in your division means you have failed miserably, so I take away three points. This also helps if someone says that it is easier to win a four-team division, since it also means it's just as easy to finish last in that set up. I reward one point for each playoff win. Also, my first thought was to reward or punish regular season record. However, after looking at a team like the Dolphins—who are 122 games over .500 since the merger but have not won the Super Bowl since the 1973 season - would be rewarding a team that ultimately hasn't gotten the job done in post-season year in and year out. Besides, winning the division is rewarded nicely anyway. In 1982 a player's strike brought the season down to nine games, so the NFL went to just two conferences with no divisions. For that year, I rewarded each conference winner three points, while the two last place teams lost three points. Keys: RECORD: How many games over or under .500. DIV.: Division titles won. L.P.: Last place finishes. P.W.: Playoff wins. S.B.W.: Super Bowl wins. S.B.L.: Super Bowl losses. TOTAL.: Total points under my system.

RANK/TEAM	RECORD	DIV.	L.P.	P.W.	S.B.W.	S.B.L.	TOTAL
San Francisco 49ers	+77	14	2	21	5	0	107
Dallas Cowboys +102	12	2	27	4	3	10	6
Pittsburgh Steelers	+73	11	1	17	4	0	87
Oakland/L.A. Raiders	+102	10	0	18	3	0	78
Miami Dolphins	+122	11	1	17	2	3	76
Washington Redskins	+81	6	2	18	3	2	66
Minnesota Vikings	+66	12	2	12	0	3	51
Denver Broncos	+48	7	3	9	0	4	33
Buffalo Bills	-22	6	5	11	0	4	26
Los Angeles Rams	+42	8	5	10	0	1	22
Chicago Bears	+15	6	6	7	1	0	15
New York Giants	-18	3	9	10	2	0	12
Cleveland Browns	+5	6	5	4	0	0	7
Baltimore/Indy Colts	-62	5	8	4	1	0	5
Philadelphia Eagles	-14	2	4	4	0	1	1
Detroit Lions	-34	3	3	1	0	0	1
San Diego Chargers	-31	5	8	6	0	1	0
New England Patriots	-40	2	5	3	0	1	-3
Cincinnati Bengals	-20	5	10	5	0	2	-4
Green Bay Packers	-50	1	4	3	0	0	-6
Kansas City Chiefs	-15	2	7	3	0	0	-12
Seattle Seahawks	-26	1	6	3	0	0	-12
Houston Oilers	-42	2	9	7	0	0	-14
St. Louis Cardinals	-52	2	7	0	0	0	-15
New York Jets	-58	0	6	3	0	0	-15
Atlanta Falcons	-70	1	8	2	0	0	-19
Tampa Bay Bucs	-117	2	10	1	0	0	-23
New Orleans Saints	-62	1	9	0	0	0	-24

This may not be a perfect system, but it should give you an idea of a team's relative success or failure over the past 25 years. You may want to take into account that some teams came in through expansion, and Jets fans can take solace in that their only two division titles and the Super Bowl victory came right before the merger. Note that they are the only team not to win a division title since the merger, while the Raiders are the only team not to have a last place finish in that span. The Saints and Cardinals are the only teams without playoff wins.

DADS SEE THEIR KIDS SAY GOODBYE TO BASEBALL

by Bill Spurge

My thoughts went idle as I flipped the TV channels with a remote that said "you won't find anything today, so please hit the off button." It was a Saturday afternoon in March and winter's gloom cast a pall over the day. Channel 7...bowling - too much a reminder of what winter is. Channel 8...surfing - too much of a reminder of what is not yet. Channel 9 - the Mets! Reminders of spring. Yes! What should be. But Mets announcer Ralph Kiner is trying to pronounce a name that neither one of us has heard before. Ralph has enough trouble with names we all know (like former Mets catcher Gary COOPER). This time he is excused because these are the Replace-Mets. Or is it the Place Mats. After all the zapping through channels and passing by the Bruce Lee movies to find something worth watching, I have finally found the perfect reason to hit the off button. Click!

I proceeded to lie down and day-dream. I thought about my father, who is now in baseball heaven. My father from the Archie Bunker generation - conservative, a Depression child worried about every penny, hater of rock music, wore short hair, and lifer on his job. Me the Meathead type - liberal and not yet conservative, grew up with everything and spent my father's money, blasting the likes of Deep Purple on my stereo (until my father entered the house), very long hair, and later to be a career changer. "You need a haircut, kid," he'd say as I would enter the living room. I was uncomfortable sitting next to him unless there was a ballgame on. "Don't you think it's about time you got a real job? Where are you gonna get the money to pay for that car?" He'd always let off a sigh. The job he wanted me to get was one that you would hold onto for forty years. "You need benefits. What happens if you get sick?" I felt like I needed those benefits real quick because I was getting sick from his nagging. I'd tell him I'd be home late, and his reply was that my lifestyle was going to kill me. Thank God the Mets were on. "Tom Seaver is pitching today," I'd say, in order to change the subject to the only area we could connect on any wavelength. Seaver was my favorite. The guy was an automatic win if the Mets could get just two or three runs. Unfortunately, some of the years he pitched the Mets had an offense that consisted of guys like Don Hahn and George Theodore, so though Seaver tried, he could not win them all. "The guy's got some pop on his fastball," my father would say in amazement. We agreed!

He would compare Seaver to Robin Roberts, a pitcher from his era. The next thing you know, names would be flying everywhere from both of us. How did Campanella compare to Bench, for example? I always took into consideration that my father was partial to the players from his era. But that was okay because it was interesting. Heck, we couldn't compare Alice Cooper and Billie Holliday. Besides, he'd probably say it's hard to compare women's voices. And he loved to talk

about those great Brooklyn Dodgers teams. I listened intently as he went through their failures like a litany. "In '47 they lost in the Series. In '48 it was the last day of the season and in '49 the Series again. In '50 they lost in a playoff, in '51...Bobby Thompson. '52...the Series, and '53, too. But '55 - that was our year..."

The front door slams and my son comes running up the stairs. My day-dream is interrupted by the huffing and puffing eleven year-old. "Can I have money for a hockey stick?", he asked. He held a stump of what was a fairly new hockey stick in his gloved hand. I can hear the sound of hockey sticks rapping against pucks and the whiz of roller skates rumbling down the street. "That stick broke already?" I exclaimed incredulously. He sat on the couch waiting for the spiel that was forthcoming. "I just spent about two hundred dollars on skates, gloves, and that stick you just broke and now I have to buy another one. I think it's time you get a paper route to buy your own equipment." I knew he wouldn't bite.

"Listen," I said. "It's March. Don't you think you ought to be in the school-yard hitting baseballs by now? Come on. I'll throw, you hit. The season's coming up and if you want to make all-stars we gotta get going." I use "we" as if I was trying for the team, too. "Nah, Dad," he replied. "After hockey, we're playing basketball." Great.

I took him for his hockey stick and I remembered something on the way home. "Oh, by the way," I said, "you've got a choice of what number you want on your Little League team. You're on the Cardinals, so pick your favorite player on the Cards and I'll get you his number." He thought for a second. I'm sure his baseball cards were ripping through his mind like a file. "What does Willie McGee wear?", he asked. "He's not on the Cardinals anymore," I answered with a sigh. My son didn't want to admit it, but he gave up. "Well, I don't know anyone on the Cardinals anymore." He started down the stairs and headed toward the front door. I thought for a moment. I couldn't remember anyone on the Cardinals either. "So what number do you want anyway?" I yelled out, before he could get out the door. "Thirty-three, I guess," was his reply. "Who on the Cardinals wears 33?" I wondered. "I don't know," he said, "but it's Patrick Ewing's number." I shook my head. The door slammed and he was gone for the day.

I went to the closet and grabbed for my son's baseball glove, which was a new Rawlings. I spent the next hour working on it to break it in, and mumbling to myself all the while. "Patrick Ewing's number. Is he kidding? What's happened to our game?" I looked out the window to catch a glimpse of the kids flying up and down the street. My son scored and he raised his new stick over his head, signifying his goal. He seemed to like his new stick. I liked his new glove more. I looked to the sky as I pounded the glove. "Dad," I called out, "who's batting leadoff today, Reese or Robinson?"

**The Banner Would Like To
Wish Mr. Joe Barresi Good
Luck and Godspeed In All His
Future Endeavours.**

Have A Happy Retirement!

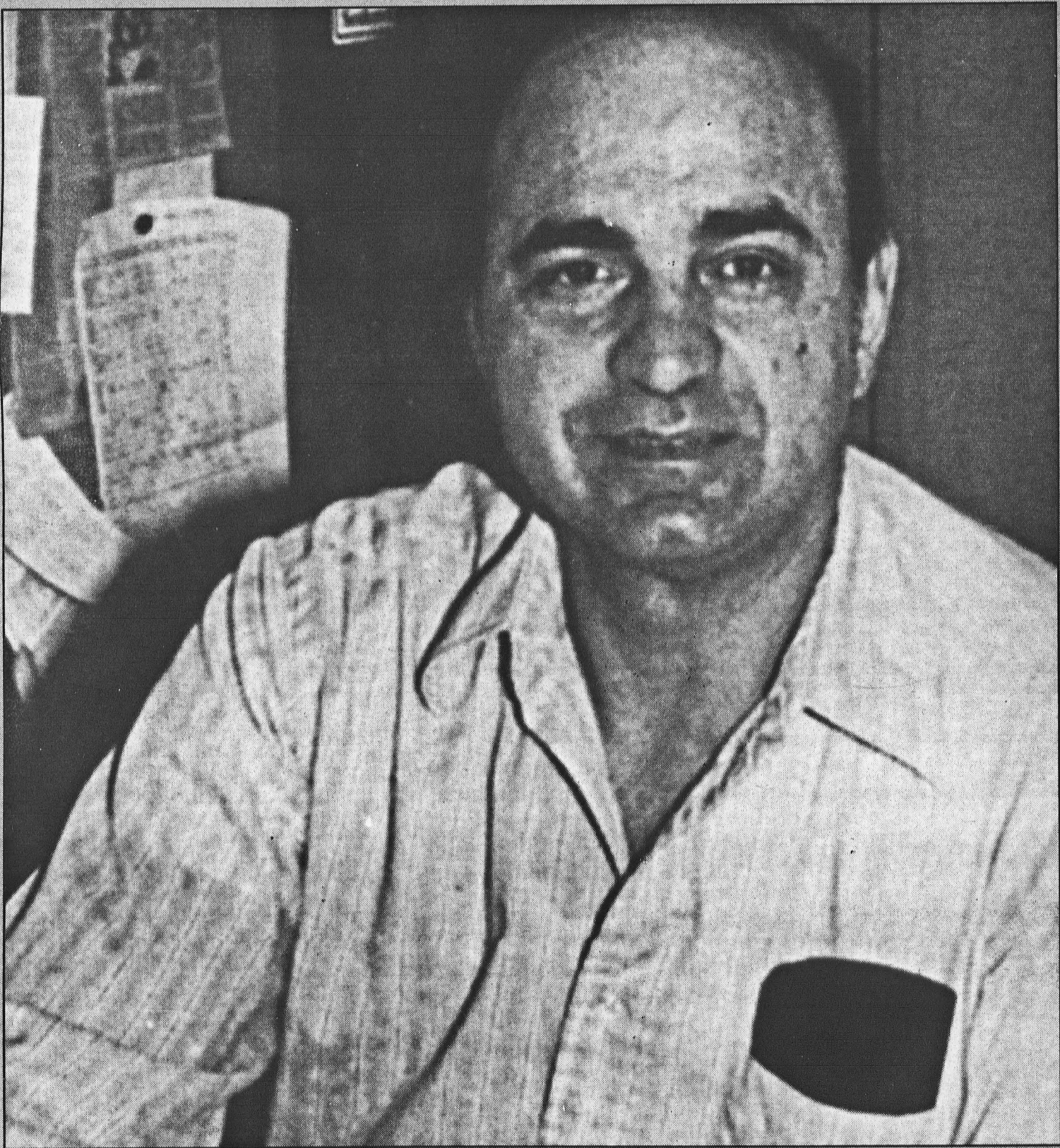
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BARRRESI RETIRES



ATHLETIC DIRECTOR ANNOUNCES PLANS TO LEAVE

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