

**Students  
March on  
City Hall**

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**Swimsuits**

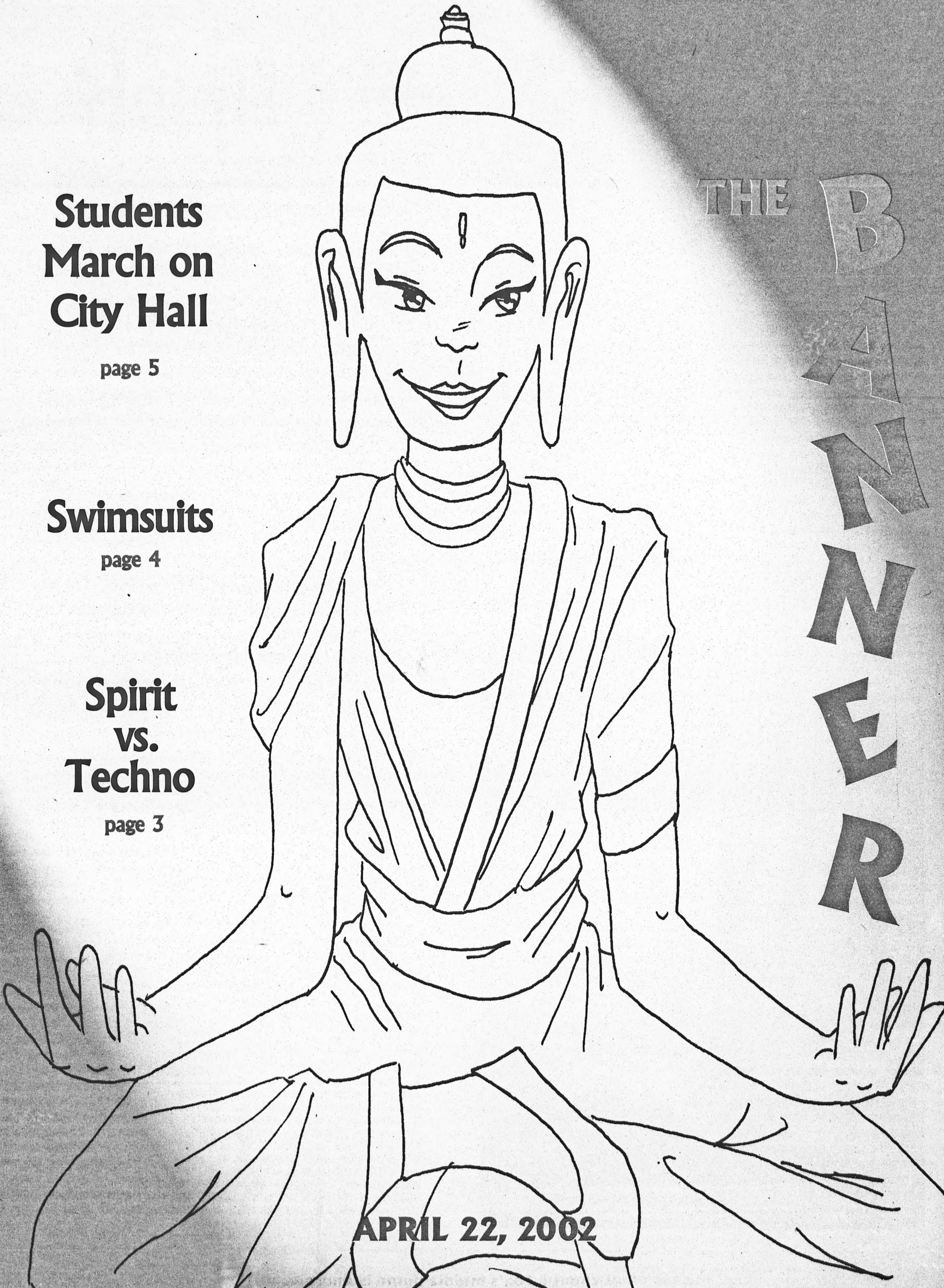
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**Spirit  
vs.  
Techno**

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**APRIL 22, 2002**





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I recently had the luxury of flying out to Seattle to leave behind the usual demands of my life. The trip was a success on almost all counts.

I met someone out there in the strange Northwestern United States. This wasn't the first time I met him, but it had been years. His walk was a bit hurried and his figure had wasted away. For the first time I noticed his smile was a mask, one that he puts on for the people that surround him. I slumped over and wondered, what exactly makes him happy? The people he hangs out with? Maybe he finds happiness in books and pornography. I can feel he's not happy and hasn't been happy for a while. He appears like he is in search of something or someone. A soulmate? A sign? A death?

Out in the wet Northwestern United States I finally realized what makes him smile: It's the opportunity to give himself up completely and wholeheartedly to create something that was once not there. Be it love, be it a newspaper, be it a friendship. To build something out of nothing and then take a step back to enjoy what he has done and then dive into it again and enjoy it and love it and tear it down and rebuild it again. I realized that this guy was not as bad as I once thought. After all these years and all these new endeavors in life I can look him in the face and smile. He's one of the good guys.

In the great Northwestern United States I met a guy. That guy is me.

**Kris Lo Presto**  
Managing Editor

**"HEART-POUNGING ACTION THAT PUSHES DVD TO THE LIMIT!"**  
- Bruce Kupper, *US Weekly*

Own It On DVD Or Rent The Video Today!

BEHIND ENEMY LINES

www.behindenemylinesdvd.com

PG-13 RATED PG-13 FOR WAR VIOLENCE AND SOME LANGUAGE

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April 22nd, 2002



# Spiritualism in a

# Technocratic World

Enrique Inocente

Have you ever found spiritual enlightenment using a cell phone? Or reached a state beyond nirvana downloading suggestive themes from websites? Have you been overcome with a need to do good deeds for others after programming your DVD player?

If you are like most people, you haven't experienced any of the above. Technology doesn't leave any room for spiritual development. Its purpose is to make our lives more convenient. But as mankind becomes more dependent on the advancement of science and technology, we risk losing our spirituality.

This dilemma, according to Rev. Kuruengala Piyathissa Thero, is exactly what is wrong today. Rev. Thero is a Buddhist monk who was kind enough to visit CSI to give a lec-

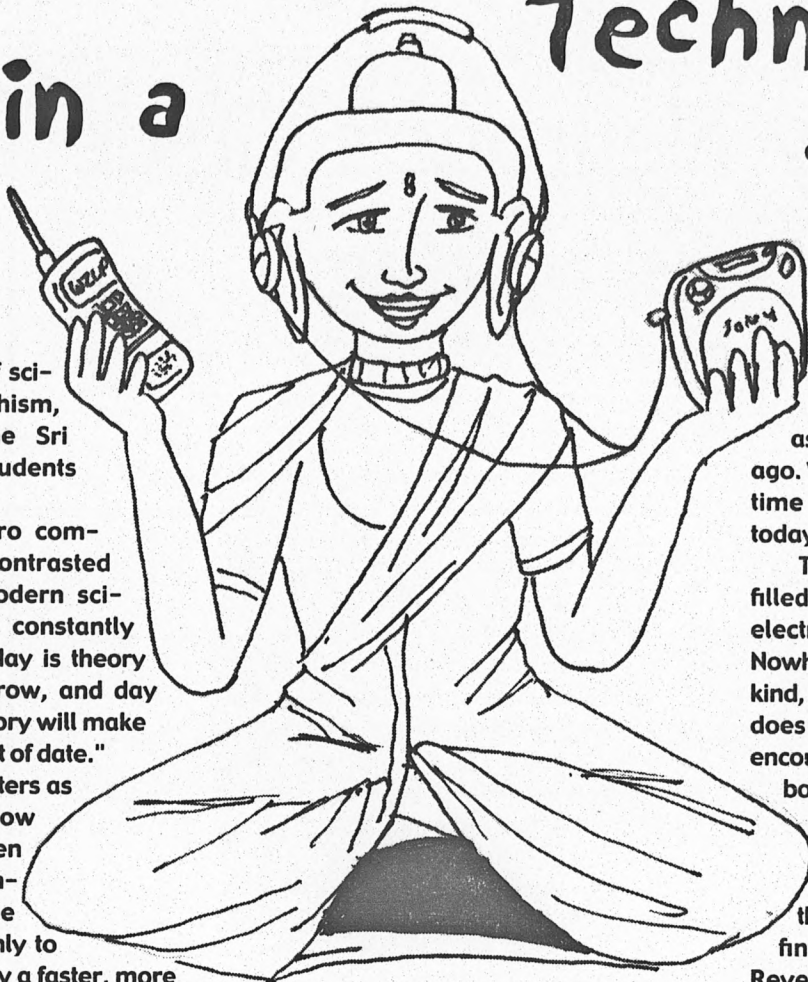
ture on the state of science and Buddhism, sponsored by The Sri Lankan Students Association.

Reverend Thero compared and contrasted Buddhism with modern science. "Science is constantly changing. What today is theory will change tomorrow, and day after day a new theory will make the previous one out of date."

He used computers as an example of how technology often changes. A new computer may hit the market one day, only to be made obsolete by a faster, more powerful and more compact model the next day. "Buddhism never

changes," he said. "The theories and sayings are the same today as they were thousands of years ago. We can take a saying from a long time ago, and still understand it today."

Technology is cold and hollow. It is filled with circuits, microchips, and electricity but no emotion or soul. Nowhere in science are we taught to be kind, mindful, and tolerant of others. It does not cease suffering because it encourages desire for answers to mind boggling questions we may never truly understand, like "How was the universe formed? What came first, the chicken or the egg? Who in their right mind finds Carrot Top funny?" As Reverend Thero stated, "Science invented many things, but it will never be able to invent atonement."



# There's No Place Like Om

Kimberly DeLese

A pond of golden carp touched by the purple blossoms of dogwood trees, 21 meditation gardens and intricately landscaped grounds offer a calm welcome to The Jacques Marchais Museum of Tibetan Art, located on Lighthouse Hill. Tranquility fills the air. On a clear day you can see for more than 25 miles.

"It doesn't matter what religion you practice, this is a place of compassion and love," said Jeanann Celli, Executive Director. "It has a lovely atmosphere. Everyone is welcome."

The Jacques Marchais Museum is

one of two Himalayan-style monastery buildings in the western hemisphere (the other is in St. Petersburg, Russia). It is the only museum in the United States that is primarily dedicated to Tibetan art.

Although the temple is set up like a museum it is still used by monks for meditation and special ceremonies. Draped with elaborate paintings and surrounded by statues of worship, even the walls exude security and peace. Throughout the years more than 6,000 monasteries have been destroyed and damaged, making the remaining artifacts even more precious.

In 1991 the Dalai Lama

himself visited the museum.

He said it reminded him of home.

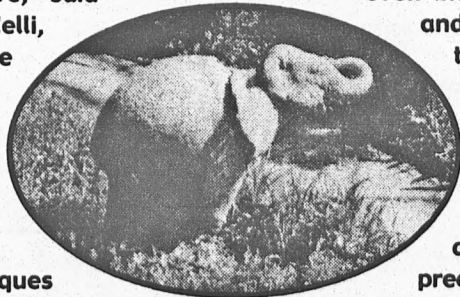
The museum has been featured in The Staten Island Advance, The New York Times, and Time Out Magazine, but it still does not generate the local response it deserves. "The museum has been visited by people all over the world" said Celli. "The problem lies within our own community. We won't have this museum forever if we don't get the young people to come here."

Many colleges are starting to incorporate this museum into their cur-

riculum. "Many religion and art history teachers bring their students here for lectures and tours," said Celli. Still, every year only about 1200 students come from Staten Island.

The museum offers classes in Tai Chi and meditation. "Young people are interested in spirituality," said Celli. "Sometimes they need an extra push."

The museum is open Wednesday to Sunday between 1:00 and 5:00pm. Admission is \$5.00 for adults, \$3.00 for seniors and students and \$2.00 for children under 12 years old. For more information you can visit [www.tibetanmuseum.com](http://www.tibetanmuseum.com) or call 718-987-3500.



## May

- Sunday, May 5<sup>th</sup>  
Trekking in Nepal- a sherpa and his brother talk about their trekking experiences through Nepal. (2:00-3:00pm)
- Saturday, May 25<sup>th</sup> and 26<sup>th</sup>  
Celebration of Buddha's Birthday. A Sri Lankan Celebration. (7:00-8:00pm)

## June

- Sunday June 30<sup>th</sup>  
The Damsel and the Dunc: An Indian Dance Drama by Raja Rajeswari and Students. (2:00-3:00pm)

## July

- Saturday, July 7<sup>th</sup>  
Walking Meditation in the Green Belt with Bhante Panyatissa of S.I. Vihara (2:30-3:30pm)
- Sunday, July 21<sup>st</sup>  
Mongolian Wrestling Performance and Workshop Presented by the Consul of Mongolia. (2:00-4:00pm)



# The Savvy Neurotic's Guide to Swimsuit Shopping

Jessica Mendez

Hibernation is officially over, people. Sorry, but all the lumps, bumps and imperfections that have been hiding under the safety of a sweater and jeans must face the most terrifying exposure: the swimsuit-shopping excursion. How the belly, filled with comfort food and french fries, churns at the thought of another session of fluorescent-lighting-and-funhouse-mirror hell.

Thighs seem to grow and breasts seem to shrink at the mere thought of it. Ah, but don't fret just yet. There are ways to get through swimsuit shopping anxiety with your self-esteem intact and up the chances of finding a suit you'll actually want to flaunt.

**GEARING UP**

Prepare for swimsuit shopping as if you were getting ready to strut your stuff poolside. It is important to be able to visualize yourself actually wearing the swimsuit without distractions. This way, if the suit looks bad, it's because of the suit, not rough skin or excess hair.

Exfoliate with the cheapest yet highly effective scrub known to woman: sugar and baby oil. Defuzz your legs, under your arms, and yes, your bikini line. Contrary to popular belief, this can be a DIY task, even if you choose to wax. "I do it myself," agrees Michelle Miron, a 20-year-old avid self-waxer. "Just yank, that's all!"

Now lotion up and get shopping!

**NAVIGATING THE RACKS**

Boho-chic dazzles with embroidery, patchwork, appliqués, belts and even suede textures. There are hot florals, stripes and graphic prints. Crayola hues sizzle on Shirred maillots, teeny bikinis and halters cut down to there. Choose whatever makes you feel good; you have plenty of options.

**FACING THE FRIGHTENING FUNHOUSE**

OK, breathe. You will get through this. It's just you, hideous lighting, a strategically distorted mirror, and possibly a security monitor. Give the security team in the control room a show! Don't be afraid to act foolish. Check out the suit from all angles. See if anything is hanging out or squished in. Jump around. Practice swim strokes. Play volleyball with an imaginary friend. Shake your booty like an extra in a Jay-Z video. Remember that scene in Clueless where Cher has Dionne take

Polaroids of her because she doesn't "rely on mirrors?" She's right. If you can, snap some insta-pics and look at them objectively a few minutes later (Finally, the real reason you bring your friends shopping!).

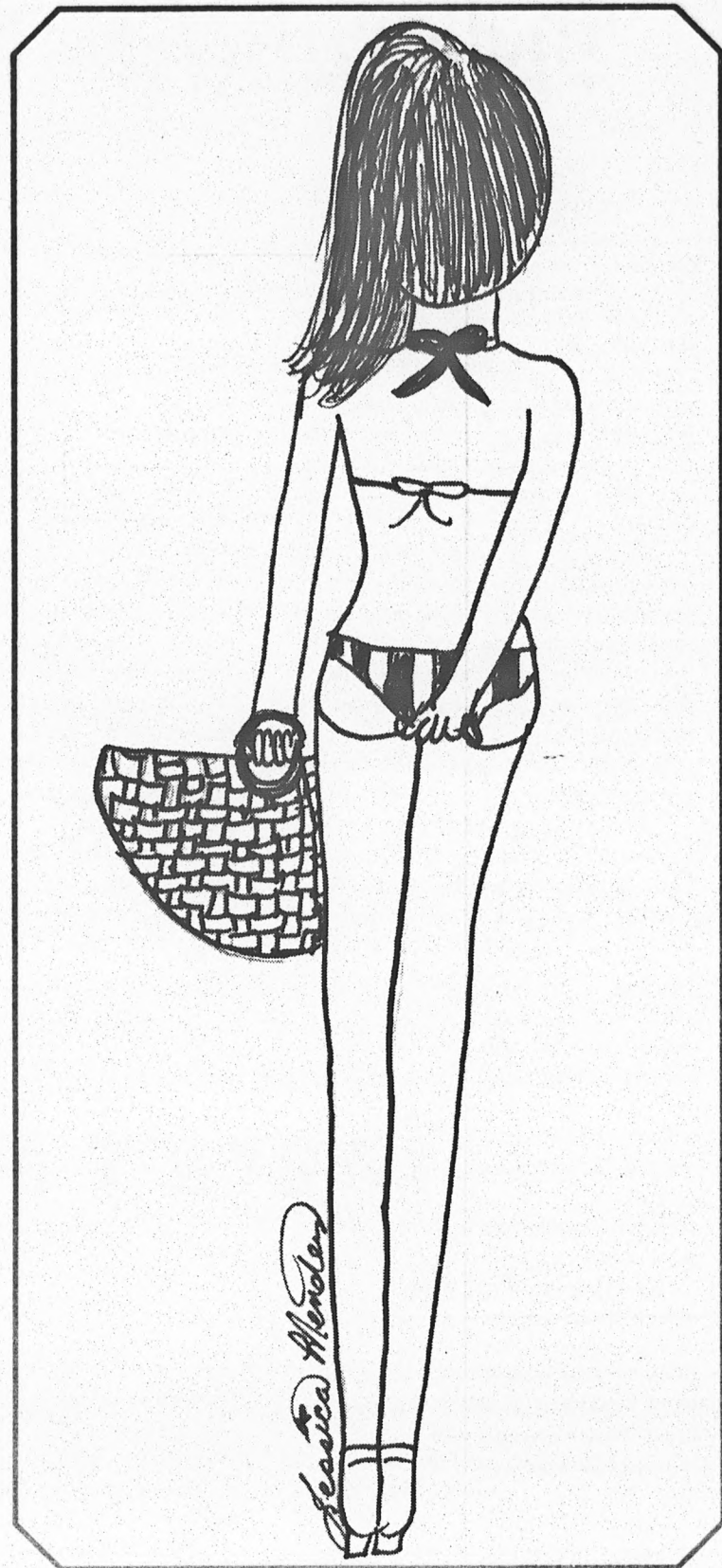
Do what you have to do to make sure that your suit fits your body and needs. And please, please, please do a wedgie/camel toe check at least three times while you're in there. Nobody wants to see your suit crammed up your ass (or, ahem, anywhere else), and you sure as hell don't want to feel it or deal with how to dig it out of there. There is no discreet way to pick a wedgie. Ever.

It's just you, hideous lighting, a distorted mirror, and a security monitor.

**LITTLE EXTRAS**

Hopefully you have a suit. It's time to accessorize. Big straw totes and wide-brim hats, especially ones in bright hues, are a chic alternative to the tired backpack-baseball cap combo. Wraparound shades are sexy and practical. As for towels, here's a tip for the body-conscious: solid color towels are great for adding curves while taking in some sun, while bold patterns instantly shave ten pounds off your figure while playing beach bum. Illusion—you have to love it.

See, you made it. Don't you feel more confident? Now you can feel like hot stuff in your suit and strut like Yamila Diaz on the Sports Illustrated swimsuit cover. You're welcome.



PICK THE RIGHT SUIT TO AVOID PICKING THE WRONG SUIT ALL SUMMER.

## Swimsuit Don'ts

**NEON:** OK, people, bright does not equal nauseatingly shocking green. Or pink. Or orange. Leave neon for the only people who can pull it off: five-year olds and Debbie Gibson circa "Electric Youth."

**THONGS:** How can you possibly feel sexy when large quantities of sand reside in the crack of your ass? And remember, the sun does not discriminate. "I would be afraid of burning my cheeks," says Miron, shuddering. "How would you sit down?" Indeed.

**UNLINED WHITE/MESH SUITS:**

Areola alert! A little headlight-flashing is one thing, being able to actually gauge the diameter of your nipple is something different entirely. As for your nether regions, the only people who should be able to see them that closely are your significant other and your gynecologist, okay? Nobody's giving out Pap smears, so cover it up.

April 22nd, 2002



# Survey Says: Average CSI Student Is Shallow Foxy Lady Shopper With Bad Tan

Karin Kempert

You look tired, sloppy and uncomfortable. You only wear Gap clothes, you're always on your cell phone, and you're completely shallow. On a scale of 1 to 10, I give you a 5.325. Hey, don't look at me like that, this is what your fellow CSI students think of you. Are you going to take that?

An entirely unscientific survey distributed to CSI students in early April asked participants to describe their idea of the typical CSI student in excruciating detail.

The survey asked for generalizations about the appearance of typical CSI students, from clothes and hair to accessories and attitude. While some questions generated a wide range of answers, others drew a frighteningly clear picture of the typical member of the CSI student body. Here are the assembled responses.

This is you, according to you.

Let's start with the hair. Survey results found that the typical CSI lady sports straight, shoulder-length hair with blonde highlights, worn back in a ponytail, while the typical CSI guy's hair was characterized as short, spiky, and as one female Communications major put it, "gelled to death." A full 28% of those polled used the word "gel" to describe CSI men's hairstyles. One English major thinks

The survey asked for one word to sum up the appearance of a typical CSI student. Here's what some of you think of your classmates.

**Uncomfortable**

**Trendy**

**White**

**Fake Tan**

**Processed**

**Tired**

**Baggy**

**Fussy**

**Busted**

**Casual**

**Unoriginal**

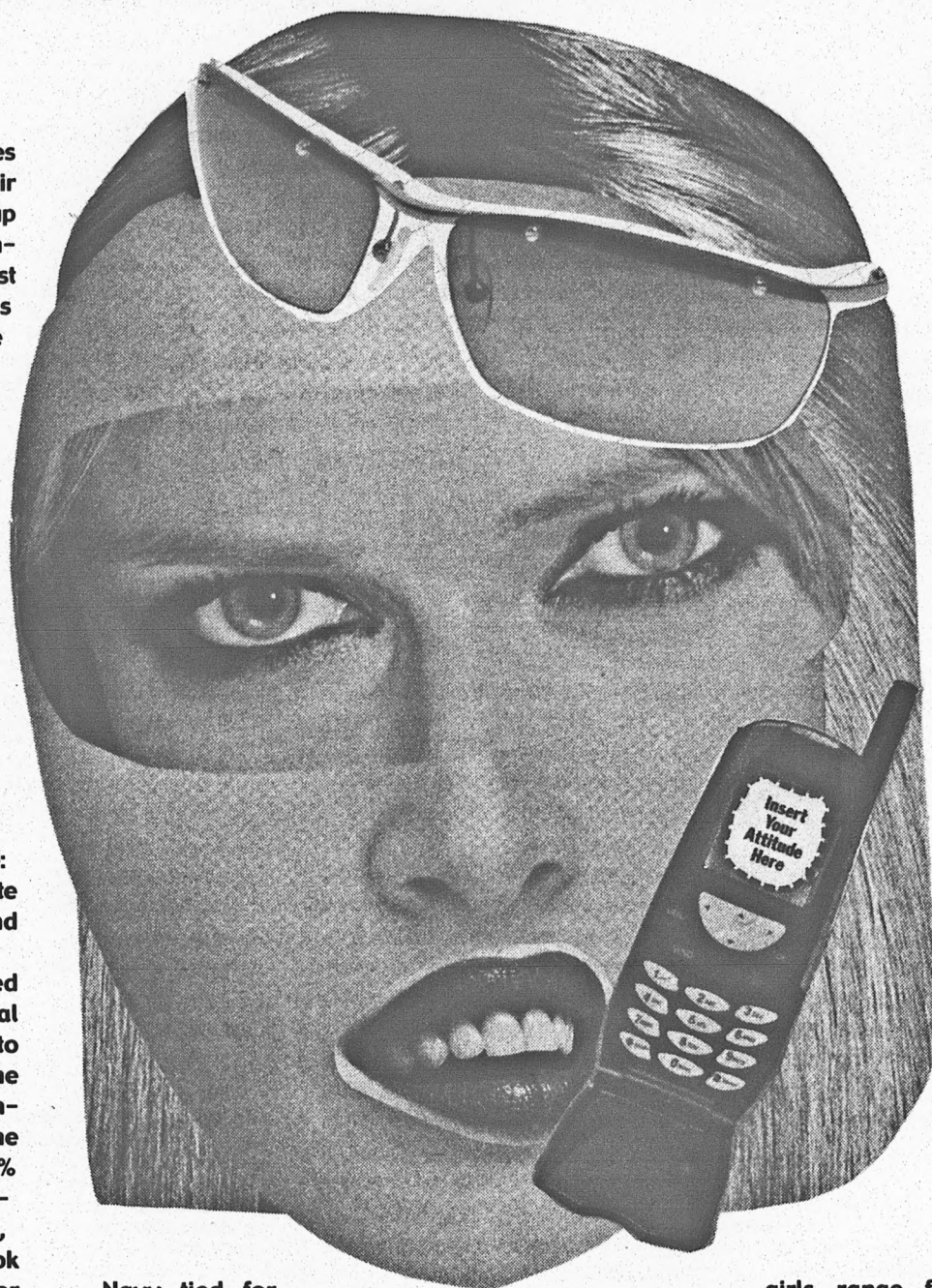
**Sloppy**

it's time for both sexes to put down the hair products and pick up a textbook; she commented, "I bet most guys and girls on this campus spend more time on their hair than their homework."

In the sphere of make-up, red lipstick appeared as the most common for campus women. Respondents also felt that long, pink nails with airbrushed designs are popular. Some other answers were: heavy eyeliner, white eyeshadow, and brown lipstick.

The undisputed champion in facial hairstyles typical to CSI men was the baby-faced, clean-shaven look, the answer given by 63% of students surveyed. The "lazy, non-shaven" look and the "flavor saver" came in second.

We need to talk about our wardrobe. "The typical student appears to have walked right out of a Gap catalogue," said a female junior. "There seems to be a lack of originality and way too much focus on trend and sex appeal than necessary for an institution for learning." She added that CSI students are most likely to shop for clothes in a store that "puts their outfits together for them." A full one-third of those surveyed cited Structure as the place where male students probably do their shopping. The Gap and Old



Navy tied for second place. Bang Bang was the store where respondents envision most female students purchasing couture, but the five-way tie for second place between Mande's, Forever 21, Express, Wet Seal, and Foxy Lady shows that while there are several stores for women going for that "typical" look to choose from, the halter tops don't fall far from the tree.

The list of accessories common to CSI students of both sexes is headed up strongly by cell phones and sunglasses, with each receiving 43% of the vote. "Most girls carry a small purse instead of a school bag," noted a Women's Studies major. Other answers included fake Prada bags, gold jewelry, a hand mirror, schedule books, platform shoes, and pagers.

Students were asked to rate the CSI population's attractiveness on a scale of 1 to 10. The scores for men ranged from 2 to 8, with an average of 4.68. Women were rated somewhat higher, with the scores running from 2 to 9.75, and an average of 5.97. "The

girls range from steaming hottie to just plain nasty," according to one male. The combined average for both sexes was 5.325. Gee, thanks. I guess.

Participants were also asked what assumptions they would make of a student who fit these stereotypes. Although the responses were diverse, "shallow" was most common. Other students said they assumed that those fitting this profile would be "boring" and "vain", and expect them to be "middle class suburban whites" whose "parents have a lot of money to burn." One junior felt that students who follow this model are too obsessed with appearance, rather than enriching the mind.

But don't worry, of course none of this applies to you! Out of all students surveyed, only two admitted that they even partially resembled the image of a typical CSI student. All other respondents believed that they didn't fit this profile at all. What a relief! Hey, is anyone else's shoulder sore from throwing all those rocks at glass houses?



## The Third Eye

By Madame Toni Ann Fischetti

**Aries: The Ram**  
March 21 - April 19

After a pretty rocky start in the love department this year, you're becoming more confident, you sex kitten. Stir up a new relationship or make that big commitment but be aware partners may get clingy and forget that you once had separate lives. This could mean trouble, as you need your personal space and time as much as you need togetherness.



**Cancer: The Crab**  
June 22 - July 22

You are still rockin' the social scene as May begins but as it winds down, you're slower to act on your impulses. You begin to weigh your options and make informed decisions. This could come in handy when breakups plague friends but bypass you.



**Libra: The Scales**  
September 23 - October 23

Just like April, May is full of big changes and new experiences. This pattern will continue over the next few months as you progressively make changes in your home life and living arrangements. Start apartment hunting, but there is no need for a roomie. Your significant other, eager for a bigger commitment, may be going with you.



**Capricorn: The Goat**  
December 22 - January 19

Grab a broom, a scrub brush, some Spic & Span and a can of Lemon Pledge- it's **SPRING CLEANING TIME!** The last two weeks of May are prime time for attacking the attic for recyclables too. Dad's leisure suit and mom's sequined hot pants, however popular in 1975, just don't cut it among 21st century fashionistas. They will make a great addition to any vintage store though, plus a small profit for you, so start peddling your wares. One man's junk is another man's treasure!



**Taurus: The Bull**  
April 20 - May 20

The planets are shifting in your favor, Taurus, ending a shady period in your relationships at home and in love. You can expect a deluge of hotties to pursue you but don't be afraid to pick and choose, and avoid unusual triangles- It's not normal for your date to bring his mother along, don't return his phone calls. This month you need to break out the inflatable arm floaties and ride that wave!



**Leo: The Lion**  
July 23 - August 22

There's some left over intensity from April lingering into May. Ardent, obstinate personalities collide frequently until nearly the end of the month. That is when you will have one selfish yet successful last word, but it has to be done. You will be free to be even more dynamic than usual, and with more obliging people. (Take that, bitch!)



**Scorpio: The Scorpion**  
October 24 - November 21

This month is a veritable roller coaster of emotions. Then again, you're a Scorpio, what month isn't? By mid-May, these ups and downs turn into a romantic comedy as the weak become strong, the assertive become meek, and urges overrule logic. This is could be exciting, depending on how much you accept your animal nature. Be the cheetah!



**Aquarius: The Water Carrier**  
January 20 - February 18

Pay close attention to a co-worker or acquaintance this month as his advances are more than friendly. He'll be sly and subtle about it, but nothing slips past you Aquarians. This could prove to be a potentially sticky situation so use your best judgement and thoroughly examine all your options.



**Gemini: The Twins**  
May 21 - June 21

Old flames will be knock, knock, knockin' on your door this month and the nostalgia is great. There's nothing like reminiscing with your Senior Prom date about the good old days, just don't get caught up in the idea of rekindling. The spark went out after graduation for a reason and this will become apparent when you realize how much more you've accomplished compared to your former beloved.



**Virgo: The Virgin**  
August 23 - September 22

Run to Blockbuster, pick up Norma Rae and take notes, as spring stirs up some labor issues. OK- it might not be that bad, but there are some persistent problems with your job and its time to deal with them. If you're wondering about job security, a career change might do some good. If worse comes to worst, you can always lifeguard at the JCC this summer. Chicks will dig that white, sunscreen-covered nose you'll be sporting.



**Sagittarius: The Archer**  
November 22 - December 21

Its time to put the past behind you Sag. Burn your ex's photos, sell the engagement ring, whatever, just move on. Its unhealthy to still be pining, especially now, someone better has come along. Also behind you should be the personal letdowns of the past two months. Take a breather until the fall. By then your consciousness should have shifted and your goals become clearer.



**Pisces: The Fish**  
February 19 - March 20

Trouble is on the rise, fishes. Although you act impartially, friends and colleagues are going to take your actions way too personally and no one is going to be happy about this. In love, you may be hit with a case of wanderlust. If you are, expect about of fighting and conniving befitting of daytime television. In the end, it's better to go your separate ways.



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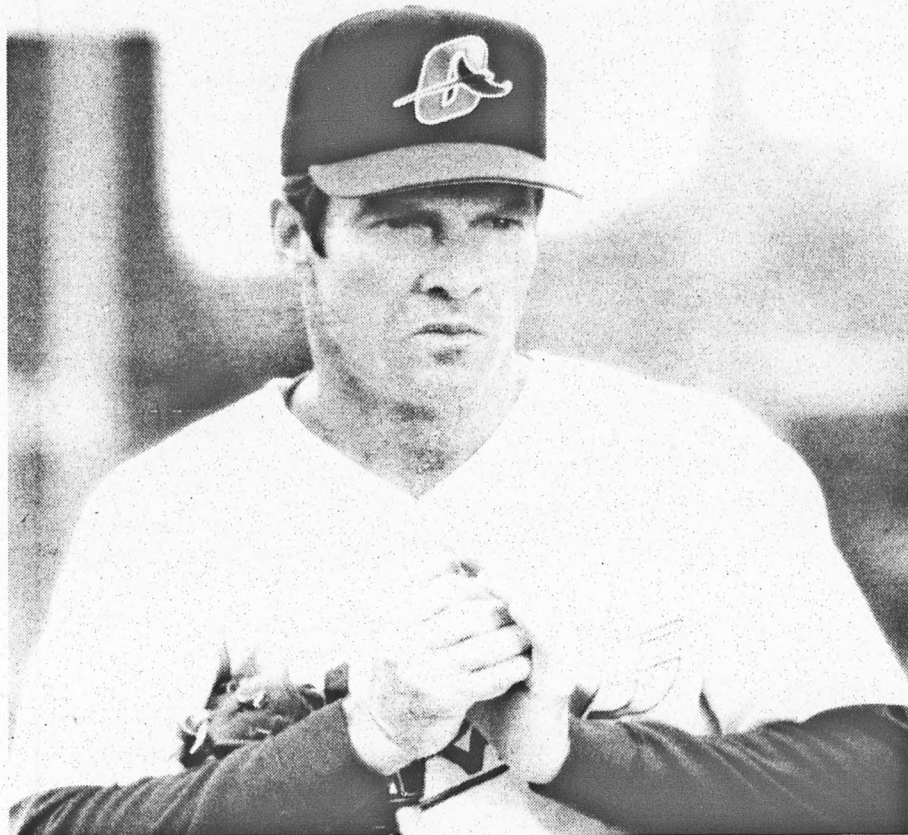
By Che Rayer



The pores in your feet release about 1/4 cup of sweat a day.



# Separated at Birth?



Dennis Quaid in "The Rookie"



Arne Mattson in Dolphin white

## SPRING WEEK

Monday, April 22nd  
**MAKE YOUR OWN:  
WAX HANDS**  
12pm-4pm  
1C-Rotunda

Monday, April 22nd  
**VEGETARIANISM**  
*for a Healthier you and a  
Healthier planet*  
4:30pm and 6:30pm  
1C-GDL

Tuesday, April 23rd  
**MAKE YOUR OWN:  
GEL CANDLES**  
12pm-4pm  
1C-Rotunda

Wednesday, April 24th  
**MAKE YOUR OWN:  
RICE JEWELRY**  
12pm-4pm  
1C-Rotunda

Wednesday, April 24th  
**SG CULTURAL  
CLUB FAIR**  
2pm - 4pm  
1C-Rotunda

Thursday, April 25th  
**SPRING FESTIVAL**  
*featuring sumo wrestling,  
bouncy boxing, and  
Bungee Ball*  
12pm-4pm  
1C-Plaza

Thursday, April 25th  
**INFLATABLE  
TWISTER  
TOURNAMENT**  
1:30pm  
1C-Plaza

Thursday, April 25th  
**SG CLUB FESTIVAL &  
BARBEQUE**  
1:30pm - 3:30pm  
1C-Plaza

*Sponsored by the*  
**Program  
Development  
Committee**

## WITH A TWIST!

# Vote

## Student Elections

Monday - April 22 - 9 a.m. to 9 p.m. - Library  
Wednesday - April 24 and Thursday - April 25  
9 a.m. to 9 p.m. - Campus Center  
Saturday - April 27 9 a.m. to 4 p.m. Library

Every voter will receive a raffle for a chance to win one of ten CSI bookstore gift certificates, a coupon good for \$1.00 off in the cafeteria or gameroom and a button which will be your admission ticket to a free barbecue on April 30th!

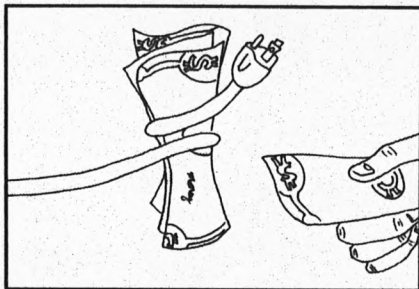
Don't forget to vote for the candidates of your choice and on the referenda to revise the Student Government constitution!

April 22nd, 2002



## \$75 Technology Fee — CSI Speaks Out

Irene Goodman



Since the printing of the article "Wake Up and Smell the Technology Fee" (April 1), there has been an outpouring of emotions from the CSI community. Here's what you had to say:

**Do you know why the new \$75 technology fee was implemented?**

**Jaime, 21, Sophomore, Biology**  
Yes, because among other things, the state cut funding to CUNY. The city has now cut \$13 million from CUNY.

**Natalie, 21, Senior, Biology**

Because it's the easiest place to take out money - from the pockets of the CUNY students.

**Jessica, 21, Junior, Comm.**  
There is so much speculation as to why this fee was implemented that I have yet to hear a clear-cut reason.

**How do you feel about the fee being implemented without student knowledge?**

**Russell, 26, Jr, Cinema Studies**  
I think it's a travesty. There should be some sort of notice posted. Too often the students of this campus have been forced to pay money that they didn't know they would have to pay. Tuition has gone up a few times in the past 6 years and no one knows until they get the bill. I don't think it's a very good policy.

**Natalie**  
I think it's atrocious. The students have the right to be heard and the right to be notified. Very few students

have any idea as to what is going on with the educational system.

**How would you spend the revenue created by this fee?**

**Russell**  
I would spread it around. Ask around; see who needs it the most. The Cinema Studies department definitely does. . . We have one camera, a CP-16, and we're not allowed to take it out!

**Jaime**  
Find out what departments need it. I know in my Botany class either the microscopes are broken or the lenses are cracked. There's not enough good software to use. But other departments do need it as well.

**If given the option, based on your knowledge, would you have voted to implement this fee to supplement the technology needs of the college?**

**Russell**  
Yes I would if it was given to me as a choice.

**Jaime**  
Yes, I would have voted for it. If the

students were given the choice and a vote on it in a committee like it should have been.

**Natalie**  
Yes. If the money is actually going to be used for technology then I would. But far too many times the money that

they say is going one place actually goes somewhere else.

**Jessica**  
I would not have voted for it. I feel the \$75 would have benefitted me in some other way.

**Daniel Boddington, NYPIRG Project Coordinator**

This technology fee is the end result of years of cuts to the CUNY system on the state and city level. It's not something that is happening because of September 11. CUNY is now underfunded and this student fee will help it make do. The city's cutting and the state's cutting and they've cut every single year. We have a \$13 million cut from the state. We have no more merit scholarships. We have no more of the last semester free program. This \$75 fee is a ramification of the fact that right now CUNY is funded more by private institutions than public institutions but we are a public institution.

### STUDENT REBUTTAL:

## It's True. Greeks Are Bad and Harm People

Paul Cantor

In the April 1st issue of *The Banner*, Jennifer Curcio wrote on behalf of the sororities and fraternities that secretly exist on campus. Defending the right for Greek organizations to exist at CSI, Ms. Curcio insisted that the only reason they are prohibited is because "Greek life doesn't tickle [President Marlene Springer's] fancy." Whether this is true or not is irrelevant. Rather, the fact that a "hissy fit" is being made about such a strikingly stupid and unimportant thing is disturbing.

One might think that by the time a person has entered college their priorities would be in order. These priorities vary from person to person. However, it is the sad plight of this once great nation that its youth, as well as its adults, are stuck in a web spun by the idea that social acceptance is ultimately needed. Ms. Curcio proclaims, "Greek life offers a lifelong sister/brotherhood

that could be cherished for years to come." My only gripe with this is, I don't see why students need to look to the so-called "Greek life" for sister/brotherhood. In this time of global uncertainty sister/brotherhood should be at the heart of everyone's actions.

I'm not a perfect person. No one is. It is blatantly obvious that I should stop worrying about the idiots who champion Greek life at CSI, while those who take part in Greek life should stop worrying about the all-too-humorous "discrimination" they face. Instead, we should focus our attention and shift our priorities towards areas that are more beneficial on a larger scale, and unmistakably more important. Let's not be sidetracked. Sister/brotherhood is great, but it's not something you find by joining random organizations. It's an attitude thing, and the sooner we realize this, the sooner we, as a nation, can begin our recovery.

### TEN WAYS TO TURN A GIRL OFF

10. Ask her to call you Batman during sex.
9. Remind her during sex that you've had better.
8. Tell her you write for *The Banner*.
7. Ask her to dress up as Derek Jeter in bed.
6. The Cosby Show turns you on.
5. Tell her your favorite movie is Star Trek.
4. Name her breasts Mike and Ike (trust me)
3. Tell her she reminds you of your mom in bed.
2. Ask her what detergent gets out skid marks.
1. Six Words: I'm in love with your brother.

-Kris Lo Presto



# If you accidentally got pregnant, could you still make it to graduation?

Depo-Provera is 99.7% effective  
in preventing unwanted pregnancies.

If you're not ready, you're not ready. That's why more women than ever are choosing *Depo-Provera*. You need just one shot on time every 3 months to stay pregnancy-protected. So you can focus on Chemistry not maternity.

*Depo-Provera* doesn't protect you from HIV/AIDS or other sexually transmitted diseases.

Some women using *Depo-Provera* experience side effects. The most common are irregular periods or spotting. Many women stop having periods altogether after a few months and some

may experience a slight weight gain. You shouldn't use *Depo-Provera* if you could be pregnant, if you have had any unexplained periods, or if you have a history of breast cancer, blood clots, stroke, or liver disease. When using *Depo-Provera*, there may be a possible decrease in bone density.

If you're not ready to get pregnant, be ready with effective birth control: *Depo-Provera*. Ask your health care professional if prescription *Depo-Provera* is right for you.

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[www.depo-provera.com](http://www.depo-provera.com).



Birth control you think about just 4 x a year.

Please see important product information on adjacent page.



## If I Had One Wish I'd Want Another First Kiss

Michael Winfield

The first step towards going out on the first date is asking for one.

Before making a proposition, it is important to be relaxed. When you invite someone to go out with you for the first time, you should not feel anxious. Be yourself. Don't pretend to be a doctor when you're really a salesperson at Sears.

When and how to ask for a date is up to you, and you should follow your instincts. Consider what you like to do. If you take a date to an activity you really like, it will build your confidence. For example, if you like sailing, take your date to the beach for a ride on the water. If your date doesn't like sailing or any other water sports, that's okay. Your date will enjoy being in the nice weather as well as in the water.

How should one ask for a date? There are two great approaches. The first one is asking in person. This works because you get to see her reaction.

The telephone works, too. Even though you can't see her reaction, you can hear it. The telephone has a unique advantage — the feeling of not being

put on the spot. If she says "no," you can end the conversation then and there.

Before actually making a date, it's important to "close the deal." Dating is like selling yourself to a potential suitor. Do some research. Find out what she likes. Learn something about her before you start asking questions.

For example, if you discover she likes horror movies, one possible question you might ask her is: "Say, have you heard that a movie called 'The Others' is out in theaters?" If she says "Yes," you

Don't pretend to be a doctor when you're really a salesperson at Sears.

can say, "I'm thinking about seeing that movie next weekend. Maybe you can come with me." If she says "Yes" to that also, you can ask, "Would you like to go out Friday night?" Always be closing the deal.

You have to come up with alternate days if the chosen day is not good. If she says, "Well, I'd like to go out Friday night, but I can't," you can say, "How about Saturday."

She'll probably say, "Saturday is fine with me. I'll see you then."

Remember, there are seven days in each week.

If she rejects all possible suggestions, *don't be persistent*. You're better off finding another date.

Some of the most popular first dates are going out to dinner, going to the movies, and going out for drinks. There is a downside to going out for dinner and drinks — you will be being forced to talk to each other. Going to the movies may be a better idea, because it will give you something to talk about later.

If you do decide to go out for dinner and drinks, think of ideas that you and your date could do afterwards, like visiting a museum, skating, or roller blading. Remember, don't become too intoxicated — unless it's with each other.

A word to the wise. Before you start planning your day together, consider the means of transportation, how long it will take to get wherever it is you're going, and what you need to get in (passes, ID, etc.). If you consider all these things, your date should be successful. If not, remember that there are other fish in the sea, and you are the bait.

### Tips for your first date:

- Don't Panic
- Be Yourself
- Compliment your date
- Don't talk about your ex
- Open the car door for the other person (*a la A Bronx Tale*)
- Don't mislead the other person.
- If you don't want to see them again, say so.
- No matter what, keep your hands to yourself. Wait until the second date.

## Depo-Provera<sup>®</sup> Contraceptive Injection

medroxyprogesterone acetate injectable suspension

Birth control you think about just 4 x a year.

**DEPO-PROVERA<sup>®</sup>** Contraceptive Injection (medroxyprogesterone acetate injectable suspension, USP)

This product is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

#### What is DEPO-PROVERA Contraceptive Injection?

DEPO-PROVERA Contraceptive Injection is a form of birth control that is given as an intramuscular injection (a shot) in the buttock or upper arm once every 3 months (13 weeks). To continue your contraceptive protection, you must return for your next injection promptly at the end of 3 months (13 weeks). DEPO-PROVERA contains medroxyprogesterone acetate, a chemical similar to (but not the same as) the natural hormone progesterone, which is produced by your ovaries during the second half of your menstrual cycle. DEPO-PROVERA acts by preventing your egg cells from ripening. If an egg is not released from the ovaries during your menstrual cycle, it cannot become fertilized by sperm and result in pregnancy. DEPO-PROVERA also causes changes in the lining of your uterus that make it less likely for pregnancy to occur.

#### How effective is DEPO-PROVERA Contraceptive Injection?

The efficacy of DEPO-PROVERA Contraceptive Injection depends on following the recommended dosage schedule exactly (see "How often do I get my shot of DEPO-PROVERA Contraceptive Injection?"). To make sure you are not pregnant when you first get DEPO-PROVERA Contraceptive Injection, your first injection must be given **ONLY** during the first 5 days of a normal menstrual period **ONLY** within the first 5 days after childbirth if not breast-feeding and, if exclusively breast-feeding, **ONLY** at the sixth week after childbirth. It is a long-term injectable contraceptive when administered at 3-month (13-week) intervals. DEPO-PROVERA Contraceptive Injection is over 99% effective, making it one of the most reliable methods of birth control available. This means that the average annual pregnancy rate is less than one for every 100 women who use DEPO-PROVERA. The effectiveness of most contraceptive methods depends in part on how reliably each woman uses the method. The effectiveness of DEPO-PROVERA depends only on the patient returning every 3 months (13 weeks) for her next injection. Your health-care provider will help you compare DEPO-PROVERA with other contraceptive methods and give you the information you need in order to decide which contraceptive method is the right choice for you.

The following table shows the percent of women who get pregnant while using different kinds of contraceptive methods. It gives both the lowest expected rate of pregnancy (the rate expected in women who use each method exactly as it should be used) and the typical rate of pregnancy (which includes women who became pregnant because they forgot to use their birth control or because they did not follow the directions exactly).

Percent of Women Experiencing an Accidental Pregnancy in the First Year of Continuous Use

Method	Lowest Expected	Typical
DEPO-PROVERA	0.3	0.3
Intrauterine (IUD)	0.2*	0.2*
Female sterilization	0.2	0.4
Male sterilization	0.1	0.15
Oral contraceptive (pill)	-	3
Combined	0.1	-
Progestogen only	0.5	-
Rhythm	-	3
Progestant	2.0	-
Copper I, 380A	0.8	-
Condom (without spermicide)	2	12
Diaphragm (with spermicide)	6	18
Cervical cap	6	19
Withdrawal	4	18
Periodic abstinence	1.9	25
Spermicide alone	3	21
Vaginal Sponge	-	-
used before childbirth	0	18
used after childbirth	9	28
Not Used	65	85

Source: Trussell et al, *Obstet Gynecol*, 1990;76:558-567.

\*From Norplant<sup>®</sup> package insert.

#### Who should not use DEPO-PROVERA Contraceptive Injection?

Not all women should use DEPO-PROVERA. You should not use DEPO-PROVERA if you have any of the following conditions:

- if you think you might be pregnant
- if you have any vaginal bleeding without a known reason

- if you have had cancer of the breast
- if you have had a stroke
- if you have or have had blood clots (phlebitis) in your legs
- if you have problems with your liver or liver disease
- if you are allergic to DEPO-PROVERA (medroxyprogesterone acetate or any of its other ingredients).

#### What other things should I consider before using DEPO-PROVERA Contraceptive Injection?

You will have a physical examination before your doctor prescribes DEPO-PROVERA. It is important to tell your health-care provider if you have any of the following:

- a family history of breast cancer
- an abnormal mammogram (breast x-ray), fibrocystic breast disease, breast nodules or lumps, or bleeding from your nipples
- kidney disease
- irregular or scanty menstrual periods
- high blood pressure
- migraine headaches
- asthma
- epilepsy (convulsions or seizures)
- diabetes or a family history of diabetes
- a history of depression
- if you are taking any prescription or over-the-counter medications

#### This product is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

#### What if I want to become pregnant after using DEPO-PROVERA Contraceptive Injection?

Because DEPO-PROVERA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. Based on the results from a large study done in the United States, for women who stop using DEPO-PROVERA in order to become pregnant, it is expected that about half of those who become pregnant will do so in about 10 months after their last injection; about two thirds of those who become pregnant will do so in about 12 months; about 83% of those who become pregnant will do so in about 15 months; and about 93% of those who become pregnant will do so in about 18 months after their last injection. The length of time you use DEPO-PROVERA has no effect on how long it takes you to become pregnant after you stop using it.

#### What are the risks of using DEPO-PROVERA Contraceptive Injection?

**1. Irregular Menstrual Bleeding**  
The side effect reported most frequently by women who use DEPO-PROVERA for contraception is a change in their normal menstrual cycle. During the first year of using DEPO-PROVERA, you might have one or more of the following changes: irregular or unpredictable bleeding or spotting; an increase or decrease in menstrual bleeding; or no bleeding at all. Unusually heavy or continuous bleeding, however, is not a usual effect of DEPO-PROVERA; and if this happens, you should see your health-care provider right away. With continued use of DEPO-PROVERA, bleeding usually decreases, and many women stop having periods completely. In clinical studies of DEPO-PROVERA, 55% of the women studied reported no menstrual bleeding (amenorrhea) after 1 year of use, and 68% of the women studied reported no menstrual bleeding after 2 years of use. The reason that your periods stop is because DEPO-PROVERA causes a resting state in your ovaries. When your ovaries do not release an egg monthly, the regular monthly growth of the lining of your uterus does not occur and, therefore, the bleeding that comes with your normal menstruation does not take place. When you stop using DEPO-PROVERA your menstrual period will usually, in time, return to its normal cycle.

**2. Bone Mineral Changes**  
DEPO-PROVERA may be associated with a decrease in the amount of mineral stored in your bones. This could increase your risk of developing bone fractures. The rate of bone mineral loss is greatest in the early years of DEPO-PROVERA use, but after that it begins to resemble the normal rate of age-related bone mineral loss.

**3. Cancer**  
Studies of women who have used different forms of contraception found that women who used DEPO-PROVERA for contraception had no increased overall risk of developing cancer of the breast, cervix, uterus, or ovaries. However, women under 35 years of age whose first exposure to DEPO-PROVERA was within the previous 4 to 5 years may have a slightly increased risk of developing breast cancer similar to that seen with oral contraceptives. You should discuss this with your health-care provider.

**4. Unexpected Pregnancy**  
Because DEPO-PROVERA is such an effective contraceptive method, the risk of accidental pregnancy for women who get their shots regularly (every 3 months [13 weeks]) is very low. While there have been reports of an increased risk of low birth weight and neonatal infant death or other health problems in infants conceived close to the time of injection, such pregnancies are uncommon. If you think you may have become pregnant while using DEPO-PROVERA for contraception, see your health-care provider as soon as possible.

**5. Allergic Reactions**  
Some women using DEPO-PROVERA Contraceptive Injection have reported severe and potentially life-threatening allergic reactions known as anaphylaxis and anaphylactoid reactions. Symptoms include the sudden onset of hives or swelling and itching of the skin, breathing difficulties, and a drop in blood pressure.

#### 6. Other Risks

Women who use hormone-based contraceptives may have an increased risk of blood clots or stroke. Also, if a contraceptive method fails, there is a possibility that the fertilized egg will begin to develop outside of the uterus (ectopic pregnancy). While these events are rare, you should tell your health-care provider if you have any of the problems listed in the next section.

#### What symptoms may signal problems while using DEPO-PROVERA Contraceptive Injection?

Call your health-care provider immediately if any of these problems occur following an injection of DEPO-PROVERA:

- sharp chest pain, coughing up of blood, or sudden shortness of breath (indicating a possible clot in the lung)
- sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness, or numbness in an arm or leg (indicating a possible stroke)
- severe pain or swelling in the calf (indicating a possible clot in the leg)
- unusually heavy vaginal bleeding
- severe pain or tenderness in the lower abdominal area
- persistent pain, pus, or bleeding at the injection site

#### What are the possible side effects of DEPO-PROVERA Contraceptive Injection?

**1. Weight Gain**  
You may experience a weight gain while you are using DEPO-PROVERA. About two thirds of the women who used DEPO-PROVERA in clinical trials reported a weight gain of about 5 pounds during the first year of use. You may continue to gain weight after the first year. Women in one large study who used DEPO-PROVERA for 2 years gained an average total of 8.1 pounds over those 2 years, or approximately 4 pounds per year. Women who continued for 4 years gained an average total of 13.8 pounds over those 4 years, or approximately 3.5 pounds per year. Women who continued for 6 years gained an average total of 16.5 pounds over those 6 years, or approximately 2.75 pounds per year.

**2. Other Side Effects**  
In a clinical study of over 3,900 women who used DEPO-PROVERA for up to 7 years, some women reported the following effects that may or may not have been related to their use of DEPO-PROVERA: irregular menstrual bleeding, amenorrhea, headache, nervousness, abdominal cramps, dizziness, weakness or fatigue, decreased sexual desire, leg cramps, nausea, vaginal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, backache, depression, insomnia, acne, pelvic pain, no hair growth or excessive hair loss, rash, hot flashes, and joint pain. Other problems were reported by very few of the women in the clinical trials, but some of these could be serious. These include convulsions, jaundice, urinary tract infections, allergic reactions, fainting, paralysis, osteoporosis, lack of return to fertility, deep vein thrombosis, pulmonary embolism, breast cancer, or cervical cancer. If these or any other problems occur during your use of DEPO-PROVERA, discuss them with your health-care provider.

#### Should any precautions be followed during use of DEPO-PROVERA Contraceptive Injection?

**1. Missed Periods**  
During the time you are using DEPO-PROVERA for contraception, you may skip a period or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections regularly every 3 months (13 weeks), then you are probably not pregnant. However, if you think that you may be pregnant, see your health-care provider.

If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.

**2. Drug Interactions**  
Cytadren (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.

Although DEPO-PROVERA can be passed to the nursing infant in the breast milk, no harmful effects have been found in these children. DEPO-PROVERA does not prevent the breasts from producing milk, so it can be used by nursing mothers. However, to minimize the amount of DEPO-PROVERA that is passed to the infant in the first weeks after birth, you should wait until 6 weeks after childbirth before you start using DEPO-PROVERA for contraception.

#### How often do I get my shot of DEPO-PROVERA Contraceptive Injection?

The recommended dose of DEPO-PROVERA is 150 mg every 3 months (13 weeks) given as a single intramuscular injection in the buttock or upper arm. To make sure that you are not pregnant at the time of the first injection, it is essential that the injection be given **ONLY** during the first 5 days of a normal menstrual period. If used following the delivery of a child, the first injection of DEPO-PROVERA **MUST** be given within 5 days after childbirth if you are not breast-feeding or 6 weeks after childbirth if you are exclusively breast-feeding. If you wait longer than 3 months (13 weeks) between injections, or longer than 6 weeks after delivery, your health-care provider should determine that you are not pregnant before giving you your injection of DEPO-PROVERA.

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# CUNY Students Just Don't Give A Damn

## Enrique Inocente

Wednesday, April 10—CUNY held a rally on the steps of City Hall to persuade Mayor Bloomberg to continue current funding at City Universities. But the impending cuts still haven't caught the attention of most students. Even if they are concerned, they're not showing it—or showing up.

The CUNY rally on the steps of City Hall was suppose to start at noon, but it was stalled a bit because an aspiring career politician was announcing his intention to run for governor, and just wouldn't stop talking about himself.

The rally kicked off forty-five minutes later, and the turnout was minimal. The attendees didn't even fill a quarter of the steps at City Hall. The media was also scarce. Only a handful

of photographers were on the scene. Among those who went to show solidarity were a few politicians, who were kind enough to shout their support for CUNY. Also a few students took the pulpit to plead their case to Mayor Bloomberg, who was nowhere in sight.

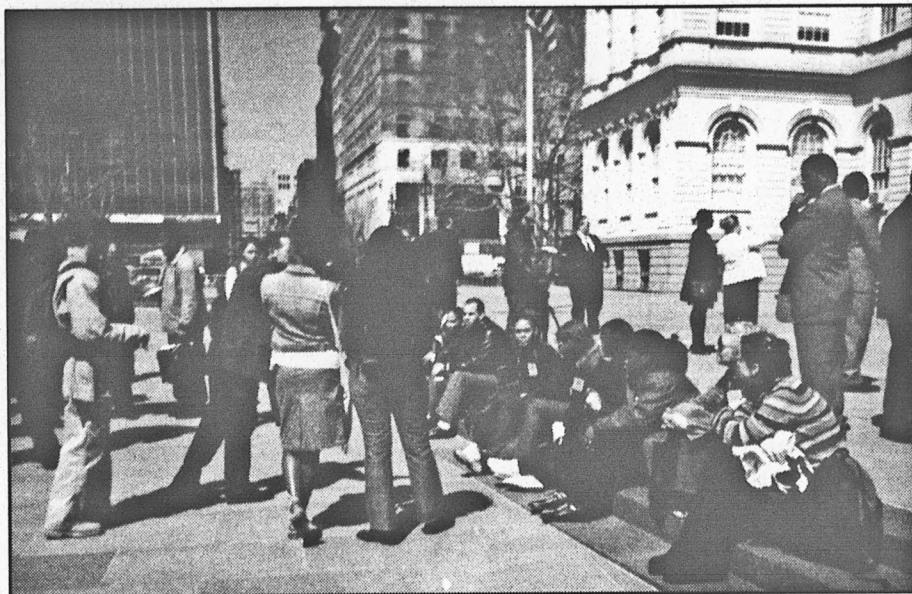
Unfortunately, I could hardly hear the speakers because no one had provided a loudspeaker. From what I did hear, many of the speakers, including Peter Vallone and some CUNY administrators, felt positive that the mayor would sign on to their funding proposal as long as students voice their opinion.

But will CSI students lend their support?

"The job I have now isn't enough to pay both my bills, and full tuition," One CSI student said. "I need TAP money just to get by."

Other students I talked to had similar concerns. I informed them about the rally at City Hall and asked them if they were interested in attending. Every last one of them had an excuse why they couldn't make it. They either had classes or had to go to work that day. Others frankly admitted they just didn't want to go.

"The mayor needs to rebuild New York after September 11th. Where are they going to get the money to fix the city?" said a student. "They can't just



**SEATING IS AVAILABLE:** not an impressive turnout at CUNY's City Hall rally

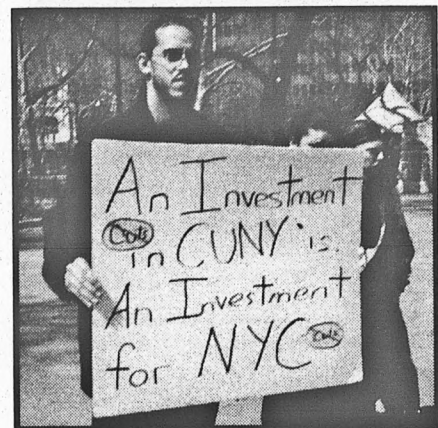
pull it out of their ass, can they?"

Indeed, they can't just pull it out of their asses. They are pulling it out of CUNY.

If we don't get more involved, the future of CUNY may not be too promising. To be fair, a majority of CUNY students do have the strain of juggling college and a full-time job.

"As long as I've been going to college, it seems like every year is a fight to keep tuition from becoming too expensive," said a young activist

attending the rally. "The city says it needs to dip into the money from CUNY because they don't have enough to spare from anywhere else. I find this funny because they have enough money to pay billions of dollars to corporations to stay in New York City, but not enough money to help poor students get an education. We have the power as students to demand a quality education at no cost. Let's demand a free CUNY."



## Games Missing from Game Room

### Kris Lo Presto

One week after the Video Game Tournament was to be played, the game room in the Campus Center was stripped of two popular games, leaving students and fellow gamers confused and angry.

The losses of Crazy Taxi Cabby and the brand new soccer game, with the additional loss of Marvel Super Heroes vs. Street Fighter (out of order as of 4/17), leaves the game room with only seven video components.

"Every year around the end of April we lose some of our games to the Jersey shore," says Carol Brower, director of Student life. "The college is at the end of a three-year contract with Alpha Omega, the supplier of the video games."

"It seems like they're taking games out of here every day," a sophomore said, dismayed. "I really want more fighting games in here, like

Wrestlefest."

As of print time the only fighting games are Tekken 3, Street Fighter 3 and SoulCaliber each of which are subpar games and an embarrassment to frequent visitors.


"I would really like to see a pinball game in there," said Brower. "We used to have one and I would go there on my lunch break to unwind. I hope we get another one."

"If the game room was big enough I would like to see an air hockey table or a real basketball game," said Michael Winfield, a senior at the college.


The Office of Student Life is preparing a survey to be distributed in the game room and throughout 1C asking students what they would like to see in the game room and how they could improve it.

The gaming tournament was postponed indefinitely, due to a lack of interest.

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April 22nd, 2002



## Our Rookie

### John Palermo

Is the world of college athletics just for the young? Apparently not. Arne Mattsson, a 44-year-old education major, is the newest member of the CSI Dolphins pitching staff. After twenty years of service as a member of New York's Bravest he is finishing what he started in 1975, his college and baseball careers.

Playing baseball with guys half your age can't be easy, but Mattsson does it with a smile. The 44-year-old hurler was very humble and thankful for the chance he was given. "I'm grateful to Coach Cali for giving me a fair shot."

Theresa Caputo, a pitcher on the women's softball team was happy for Arne. "I think it's great," she said. "He sets an example."

"Isn't he too old to play," asked CSI student Anthony Bouninfante, an avid baseball fan "I thought there was an age limit."

Mattsson pitched for Quinnipiac

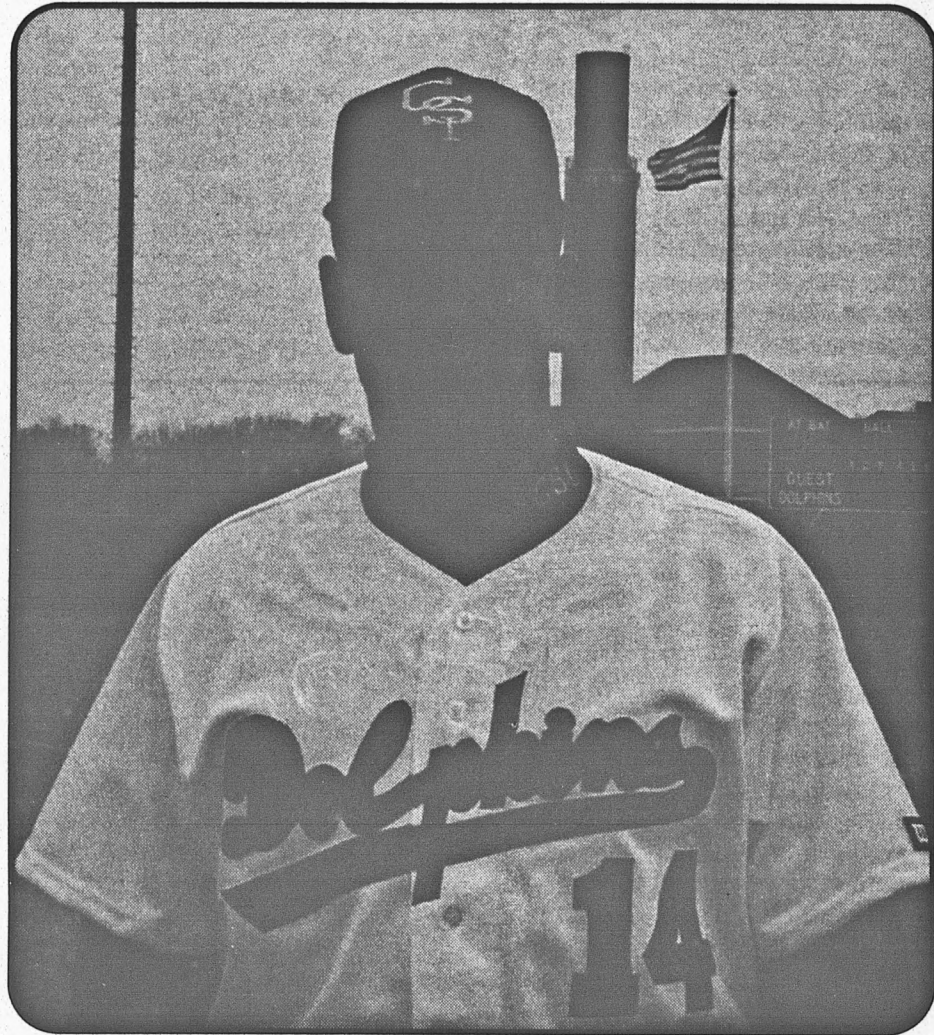
University in 1975. Because he only played one year and never went to school full-time after that, he still had three years of eligibility left. In college sports your age is not what matters, it's about how many years you've been in school full time.

Mattsson loves the college life. He is happy to be here at CSI. He is earning his bachelors degree in education. When he graduates, he will become a teacher.

But it's not all studies for the rookie. Mattsson has made friends like Asst. Athletic Director Jason Fein. "I think it's great what he's doing," said Fein. "Arne's committed to the work and a great role model."

Mattsson is playing for the love of the game, not for a multi-million dollar contract. The knowledge he has and the life experience he takes to the table has to help this team.

"It's like having another coach on the bench" said Dolphin sports announcer David Pizzuto "That's got to help."



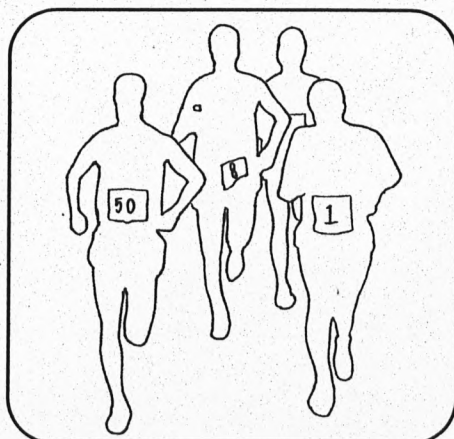
## Fun With A Heart: The Scott LaPiedra 5K

### Ecliff Telford

It can be mistaken for a block party or a street festival. Balloons, barbecue grills, and music are supplements to the electric atmosphere. The 3.1-mile race is the bonus.

Although the majority of the competitors are local Staten Islanders who compete to show respect and honor for former runner and firefighter Scott LaPiedra, the race is fast becoming known for its big competition among the front-runners. "I like the race," says Urban Athletics coach and runner Jerry McCary. "I know the competition will push me to a fast time."

Shawn Williams—the winner of the first Scott's race—has not run the past two years because of injuries, but he is pre-registered for this year's race. "I'm healthy and rested," says Williams. "I hope to have a good race like I did three years ago."



On your mark, get set, Give!

If Williams does have a repeat performance, the front-runners can probably be expected to go through two miles in under two minutes. This fast pace is characteristic of the Scott's race; the 3.1-mile race has been won in under sixteen minutes every year.

The women's race is expected to

be equally competitive: Two-time Scott's race winner Sara Re, Island standout Selma Ramos, and CSI Freshman Gisselle Gutierrez are among the women who are expected to race. Gutierrez—the least experienced of the three—has been running well in the past few months but has never run the Scott's course. "I heard the course is hard," says Gutierrez. "But I'm not concerned."

The Staten Island Firefighters have always taken a special interest in the event, and this year is even more special. Scott LaPiedra is not the only firefighter who will be remembered. "I'm running this year for all our guys," says firefighter Anthony Rillano. "They deserve this race to be dedicated to them, too."

The runners who competed in previous Scott's races have had all different levels of athletic ability, and this year isn't expected to be any different.

"We don't expect to win," says recreational runner Dawn Cruz. "But my husband and I are looking forward to running Scott's again this year."

For many of the runners, completing the hilly course of the surrounding streets of Clove Lakes Park is as much a victory as a first-place finish.

Sixty-two year old Rosebank resident Fred Hanely can be found every Saturday morning at the 9 AM fun run at Clove Lakes Park. He tries to run at least four days a week, but Saturday morning is his favorite training day because he gets to talk to his peers. Recently the conversation among his group has been about the half-mile incline at the start of the Scott's race and the rolling hills that follow. "My goal is to not walk after the hills this year," says Hanely. "I want to run the whole thing."