

THE

BANNER

CSI'S OFFICIAL STUDENT NEWSPAPER



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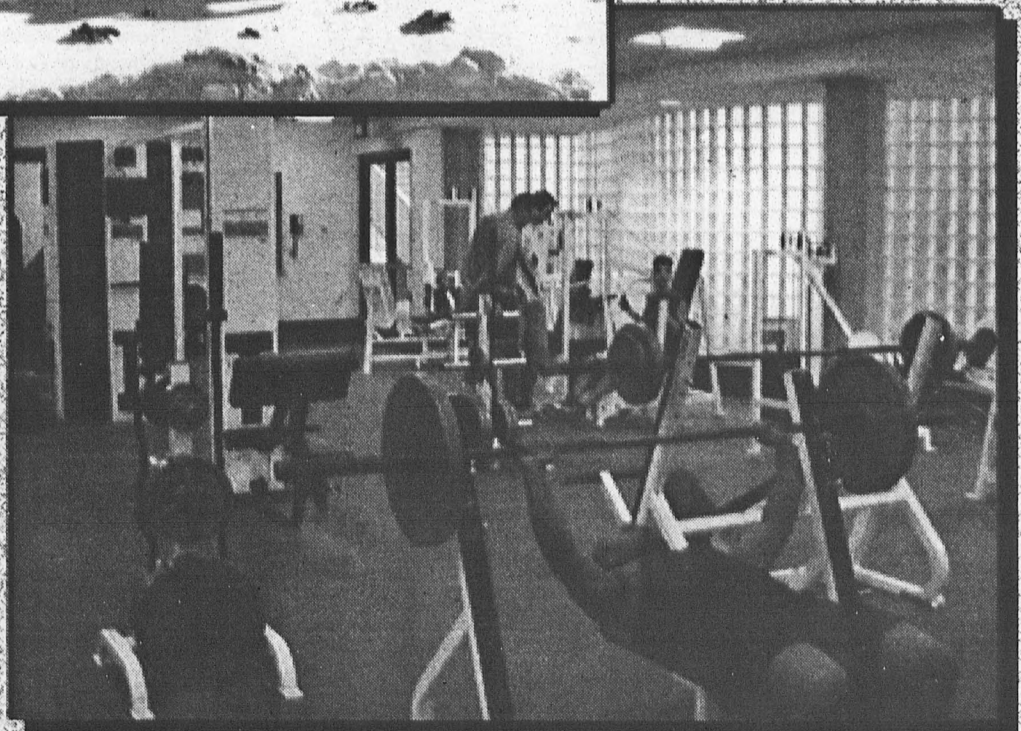
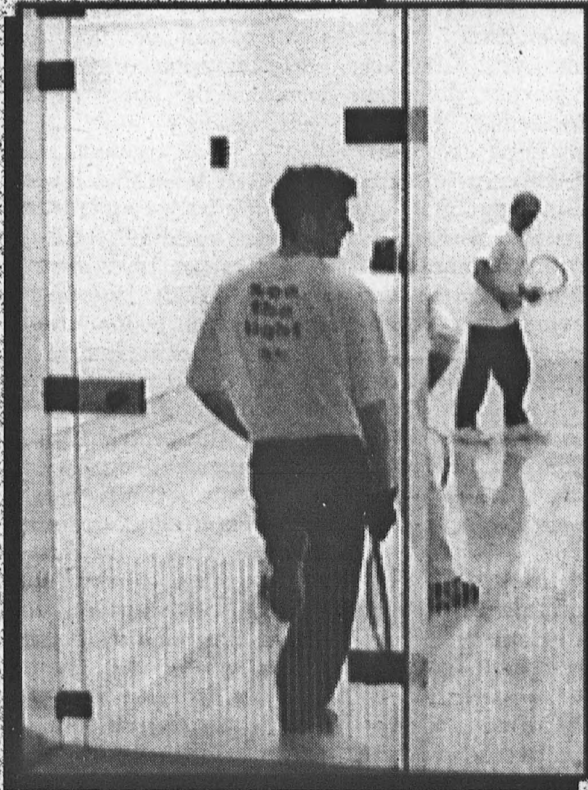
VOLUME III, ISSUE XIII

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*SB
1996*



OPEN COURT



Photos: Michael Garofalo

Recreation Center Officially opens.

SPORTS CENTER OPENS AT CSI

By Jennifer Valle

The College of Staten Island has taken one more step towards completion. With the beginning of the new semester, the \$30 million Sports Center has made its debut appearance in Building 1R.

The new facilities house five racquetball courts, an official-sized basketball court with auxiliary gym, a heated 25-meter swimming pool, locker rooms with showers, and a fitness center complete with weights and machines.

"It's the best sports and recreation center for a Division 3 college," commented Assistant to Athletic Director Terry Small. He continued, "It took years of planning. Ira Sweet and others had ideas for the place... a lot of thought and input went into the design."

Not only is the gym open for business, but it's free of charge for all registered students bearing a student I.D. "Any student that pays the Student Activity Fee will not be charged for any CSI sanction event," said Mr. Small. Safety was another issue at the gym but Professor Dave Mitchell explained, "Safety comes first in this facility. No one will be allowed to lift weights without a spotter present." The gym has both

physical trainers and student assistants for those needing help on the equipment.

There are lockers available for students, however, you must bring your own lock for your locker. Students have mixed feelings on this new facility however. "They have a lot of new and interesting stuff at the gym," said student Moses Torres. Another student, Joseph Prescott expressed, "The fitness center [weight room] stinks. It should be made bigger... but everything else is nice." At the moment, most students taking the PED 190 course will be able to test out the new equipment.

Student Government Senator Joseph Canale commented, "I thought it was absolutely magnificent. What's even better is that students can use these facilities free of charge. I'm confident that the Sports Center will be a real benefit to students."

On the darker side of the scope, student Ben Maurer commented, "[The sports center] was a total waste of money. It's an example of more CSI stupidity. Maybe the money should have been spent on more classes, more teachers, but no... they had to waste it on a gym that most students won't even use."

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SPANISH CLUB

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CAMPUS FLOODED WITH PROBLEMS

By Jennifer Valle

The Park Cafe was closed for two days due to a frozen chilled water pipes which exploded, causing major flooding Monday, January 5th at approximately 7:30 am. Owner of the Park Cafe, Ira Persky expressed, "The cafe will be closed until we can replace the ceiling tiles and get some dry vacs in here to clean up this mess."

Buildings and Grounds workers spent nearly two hours trying to find the cause for the frozen pipe. After much confusion, it was speculated that the cause was frigid outside air seeping into the air conditioning/heating vents. Aside from small mix-ups, Auxiliary Services were able to borrow dry vacs from B & G to clean the mess.

Aside from this flood, the campus has been plagued with three floods throughout the month of January. The first of these floods occurred early, during the Blizzard of '96 on January 8th. The basement of Building 3 North was completely flooded, leaving several inches of water for the custodial staff to mop up. It took workers thirteen labor hours to finally get the mess cleaned up. There was minimal water damage to this building. B & G found the source of the problem to be frozen fan coil units due to cold air drifts seeping through the air conditioning and heating vents.

Director of Campus planning, George Targownik explained, "These vents have links to the outside which help introduce fresh air into the building, however, some of these vents have been frozen open and we are unable to close them." He continued, "During extreme weather conditions, the cold air has caused the fan coils units to freeze and burst, causing a backup in the system and resulting in floods."

The second of the floods occurred in the 1A administration build-

ing. Water damage to this building was minimal, the casualties of this tragedy being a computer and office equipment. Again, the problem was attributed to frozen fan coil units. The same fan coil dilemma also struck building 6 South. During the night of the blizzard, the greenhouse on the roof of the building had a heating failure. Thanks to the mountains of snow that continued to pile on during that night, access to the penthouse of 6S was virtually impossible. By the following morning, water had seeped through the ceilings and floors, flooding both the 2nd and 3rd floors, causing extreme water damage. Several laboratories had damaged floor tiles which needed to be replaced. The plants that once occupied the space in the green house were also lost.

Mr. Targownik expressed, "There are over 2,000 fan coil units on this campus. We have concentrated our energies on safeguarding these units, but up until recently, we have been tremendously understaffed." He continued, "We now have enough people on staff and we will now be working on preventive maintenance to insure that we do not have this problem again."

The problem with the Park Cafe was somewhat similar in that the area was not safeguarded against cold currents entering the ventilation systems, however, this is the first flood that was not caused by fan coil units. According to Targownik, the campus planning committee has already begun an investigation on these units to insure that this problem doesn't occur again.

Targownik said, "This is one big campus, and with the weather conditions that we have been experiencing over this past month, you're bound to have some frozen pipes but hopefully, now that we have the man power, we can prevent and safeguard the buildings."

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The War Is On: Winter Versus You

By Judith Forman
The Daily Northwestern
Northwestern University

You awaken to the sound of your blaring alarm.

As you roll over and moan, you sneak a glimpse outside your window. Gray sky filled with gray clouds. You begin to wonder where the sun has gone. You haven't seen it in days.

Six hours later, you realize it's about time to get up. You think of the resolution you made just 10 days ago but quickly decide you're really not in the mood to workout. Instead, you get in your daily biceps curls by feeding yourself Cap'n Crunch straight from the box as you sit in front of the TV with Geraldo!

If this is a scenario you know well, then you may be one of the estimated 25 million people who suffers from some type of winter depression, according to "Winter Blues" by Dr. Norman E. Rosenthal, from the National Institute of Mental Health.

Winter depression comes in two degrees of severity, said Dr. Fred Turek, chair of Northwestern's department of neurobiology and physiology. Turek, who is also director of the Center for Circadian Biology & Medicine at NU, said some people with mild winter depression suffer from the "winter blahs," while others with severe depression suffer from what is called "Seasonal Affective Disorder" or SAD.

Quincey Thoeni said she discovered she had SAD even before it had a name. Thoeni, who attended the University of Michigan, transferred to the University of Florida to relieve her depression. In 1991, she moved to Evanston, Ill., for three years with her husband while he was a seminarian at Seabury-Western Theological Seminary. Her husband also had SAD, said Thoeni.

"We used light treatment," said Thoeni, who has done a lot her own research on SAD. "We figured it was worth the \$400 to buy a light."

She said the light, which has strength equal to 100 candles, as well as treatment through anti-depressants, helped relieve her symptoms such as depression, irritability and fogginess.

Now, Thoeni and her husband live in Albany, Ga., where she is the assistant fitness director for the YMCA of Southwest Georgia.

"Living in the South has really made a difference," she said. "I feel more normal, like myself."

Turek, who has studied how seasonal changes and the length of days affect humans' and other animals' reproductive cycles, hibernation and migration, said lack of sunlight--not cold temperatures--may be a major cause of winter depression. He said about 15 years ago, scientists began to notice that people suffered from the symptoms of clinical depression more in the winter than in any other season.

"What is causing the blahs? It's a complex set of conditions, and we don't have an answer," Turek said,

looking out at the view from his office window. "Look, it's already dark out. I'm getting depressed just looking outside," he joked.

Turek said exposure to artificial bright lights, such as the treatment Thoeni received, has curbed depression for some people.

"After many clinical trials, it has been found that bright light seems to be an effective treatment for winter depression," he said. "How it works, we don't know, but it's an effective treatment."

Dr. Miepje DeVryer, a psychiatrist at NU's Counseling and Psychological Services, said artificial light is an ideal treatment for SAD.

"These are special lights with particular wavelengths," said DeVryer. "You sit in front of these lights at a particular distance for about an hour each day, with your eyes open. In a week or so, most people can tell if it makes a difference."

Symptoms of the "winter blahs" include minor depression and other behavioral changes, such as minor weight gain, oversleeping, tiredness, inactivity, increased stress and irritability, illness and sadness, he said.

A recent Chicago Tribune article said that many people with the mild winter blahs start overeating in October, consuming about 220 extra calories a day. People gain an average of 5.5 pounds in the winter season, as they eat more carbohydrates, fats and sugars. Some scientists say they think this may be related to an animal instinct to bulk up before the 'scarce' winter season.

Eric Haar, who has worked at Dan's Cookies for over a year, said there is a marked increase in cookies sales when winter sets in.

"Some people, when they get depressed, find comfort in food," Haar said. "Everyone likes to stay in, and we deliver. During the spring thaw, there is a little decline in business."

Turek said those who suffer from SAD experience seasonal changes that significantly alter their daily lives, such as major weight gain, desire to hibernate, excessive tiredness, changes in personality and other symptoms that won't allow them to carry on their normal routine.

Winter depression, in both its forms, is more common in the northern United States, where the duration and intensity of sunlight decreases in the fall and winter, according to Rosenthal. His studies have shown that between the 40 and 50 degrees latitude lines, which includes cities such as Chicago, Boston, New York, Seattle and Minneapolis, about 18 percent of the population suffers from SAD and 37 percent suffer from milder winter blahs.

Between 25 and 35 degree latitude lines, which includes such southern cities as Atlanta, Dallas, Houston, Miami and Los Angeles, only about 5 percent of the population suffers from SAD and 18 percent from the winter blahs.

At Northwestern University, DeVryer said winter is a busy quarter

at the counseling center. There are 15 counselors who helped more than 1,000 students last year.

"When the weather starts being cold and unpleasant, it can be one of the factors that can make things worse for depressed people," she said. "But it doesn't always work that way. Despite the fact that spring comes, people sometimes still don't feel better."

The cold, gray Evanston winters may contribute to the unhappiness of some NU students, causing them to transfer to other universities in warmer climates. University Registrar Donald Gwinn said the number of undergraduates typically drops off a little bit in the winter. Gwinn said there were 7,603 students in the fall of 1994, which dropped to 7,498 in the winter--a loss of 105 students.

There are many reasons to account for this loss--graduating seniors, study abroad or university dismissal--but some students' departures may be due to depression and winter blahs.

"Evanston is a terrible place to be in February," Gwinn said. "I'm not too tickled about it myself. But it's the spot to be in the summer, with the lake and the beach. I wish more kids would spend the summer session here and take winter off."

Students from warmer climates said they have mixed feelings about the harsh Midwestern winters.

"Last year, the winter was a novelty," said Jonathan Koshiba, a NU sophomore who is from Honolulu, Hawaii. "The snow was cool, and it was kind of fun. Now it's kind of cold. It makes you wonder why you chose this school. But I don't get any more homesick during the winter than during the rest of the year. I get homesick like everyone else."

Education sophomore Joanne Park agreed that playing in the snow of the winter season is fun--for a while.

"I try to make myself happy in the winter," said Park, who is from Laguna Beach, Calif. "I sit at home and play guitar. It is a little bit harder coming from Southern California. We don't see the sun as often here as we do at home. Even if it's cold, whenever I see the sun here, it cheers me up."

Some students who have never before endured a Midwestern winter said they are looking forward to the winter as a change of pace.

"I've lived in Orlando all my life, said Josh Shader, a NU freshman from Florida. "At worst, I'll only have to deal with the winter for four years. But my answer may be different in three months."

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BANNER
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Thursday, February 9, 1995 • BANNER

WELLNESS COLUMN:

A I D S U P D A T E

*By Allison Gigante
Peer Educator*

The week of February 12 - 16 is National Condom Week. In these days when safe sex is the only sex to have and AIDS is everywhere, we need to educate ourselves as much as possible. During this week The Department of Student Services' Health and Wellness Services along with Staten Island University Hospital will be staffing a table in the Campus Center lobby, giving out information and free condoms. To kick off this week we'd like to answer some frequently asked questions about AIDS.

Can anyone be infected with the Aids virus?

Yes, the people who die of AIDS are female, male, rich, poor, straight, gay, white, black, Hispanic, Asian, and American Indian. In other words, people just like you and I. AIDS isn't about who you are, it's about what you do.

Is HIV spread through casual contact?

No, you can't get AIDS from shaking hands, sharing food, or even a social kiss. You also won't get it from sitting next to, swimming in a pool with, or sharing exercise equipment with an infected person. No one has ever gotten AIDS from a mosquito bite or from giving blood. There are, actually, relatively few ways to become infected: By having sex with an infected person, by using drugs and sharing a needle with an infected person, or being born to an infected mother.

Can you tell if a person has HIV by the way they look?

No, a lot of people who have the virus stay healthy and have no symptoms for a long time. They may not even know they are infected. The only way to know if someone is infected is through a blood test.

How do you protect yourself from the AIDS virus?

Know the facts. If you have sex, any kind of sex, make it safe every time by using a latex condom. If you use drugs, don't share needles. You can significantly cut down your risk of infection by avoiding sex with different partners and not using drugs and alcohol, which impair your ability to make the right choices.

What if you think you might have the AIDS virus?

Get tested. The New York City Department of Health offers free anonymous testing. Doctors, clinics, and hospitals offer confidential testing.

Where can you get more information on campus about HIV and AIDS?

The Peer Drop-In Center located in 1C-112 has information, as well as, the locations of testing sites in our area. Trained Peer Educators are available to confidentially answer any questions and provide referrals to local services. We're here to help.

Student privacy is an absolute priority at the Peer Drop-In Center, so don't hesitate to drop by with any questions or concerns.

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University of Kentucky Facing Increase In Marijuana Use

By Lance Williams
The Kentucky Kernel
University of Kentucky

LEXINGTON, Ky.--Victor Hazard doesn't need national statistics to tell him about the marijuana problem spreading throughout high schools and colleges nationwide. He sees it all the time in the faces of the growing numbers of students who have to make the trek to his office to face the penalties for using marijuana.

In fact, the number of students he has dealt with is on pace to double the previous year's total.

This brings up two big problems for Hazard, UK's associate dean of students and the man who disciplines student drug users.

First, UK doesn't have a real program in place to deal with marijuana abusers.

Second, Hazard's not sure the students are receptive to the help.

"Clearly the attitude I'm dealing with here is 'What's the big deal?'" Hazard said.

"They know it's against the law, but there is a feeling of nonchalance about it. They have not had to face the repercussions in high school and they are just carrying on that habit."

In the 1995 fall semester alone, Hazard dealt with 30 marijuana cases. He had 30 in the entire 1994-1995 academic year.

The national statistics show that trend is developing around the nation as well.

In the 1994 National Household Survey on Drug Abuse, the number of twelfth-graders who had used drugs in the past month was at 19 percent. That represented nearly a doubling of that number since 1992.

The numbers are rising just as fast for tenth- and eighth-graders.

Another survey, sponsored by the National Parents' Resource Institute for Drug Education, showed that one in three teenagers had smoked marijuana in the past year; one in five had smoked marijuana in the past month.

Both studies also recognized that attitudes about the effects of marijuana were changing. Nearly 60 percent of the students surveyed in the NHSDA survey said marijuana was easy for them to get, and less than half of the respondents felt that marijuana could harm them.

None of those numbers surprise Hazard.

"Students are coming with habits already entrenched," he said, "and I think that's a problem."

Hazard said many students aren't recognizing that it is a problem, though, and that makes punishing them very difficult.

He said too many students are looking at the short-term effects of smoking, instead of looking at their futures.

For instance, when a student is found smoking pot on campus, they come before the Dean of Students and it is put on their permanent record. Depending on the severity, they can get anything from probation to a suspension.

If they live on campus, they will be moved to another room in campus housing on a first offense.

Breaking the rules a second time can mean big trouble.

"If I've dealt with you once and I have to deal with you again, then I didn't do enough the first time," Hazard said. "I won't make that mistake again."

The University doesn't want to kick pot smokers out of school, just to try to rehabilitate them and get them to realize what they are doing.

Most of the students getting caught are freshmen who live on-campus.

"(Freshman residents) may be less aware, or not take the rules as serious," said Pat Whitlow, associate director of residence life.

Whitlow agreed that finding an effective way to combat the problem is difficult.

"We've been trying to find some education program," Whitlow said, "but there's not anything that we've found yet."

The only alternative right now for the campus is the On Campus Talking About Alcohol program, or OCTAA. The main problem with the program is that it focuses on alcohol, and includes very little about marijuana.

In addition, OCTAA "already has a caseload that is as big as a well is deep," Hazard said.

UK is left scrambling for something to help educate the students, but Hazard said there is a nationwide problem as well.

He said he was amazed at the number of questions his counterparts asked about marijuana at a regional conference on University legal issues earlier this fall.

It's a problem as schools struggle to meet the 1989 Drug-Free Schools and Communities Act. The act says schools must have a program in place to fight drug use.

"It's not something we take lightly," Hazard said. "The key is that you have to do something."

PSYCHO-RAMBLETINGS

Maybe it's just me, but I've noticed something different about this term. I'm pretty sure it's not more parking spaces, then again who could tell with all of the snow. But for some reason, the campus is quieter on Sundays.

See, I notice little things like this 'cause I'm here every day of the week. Apparently, everything is closed... except the recreation center. You can enjoy racquetball, swimming, and basketball till your heart explodes. But if your caught studying in the library this Sunday, you could be arrested for trespassing. I'm glad to see this college has its priorities.

Even though I'm egotistical and also a Christian, I can't accept this as a sign from God to take Sundays off, simply because how it was done. Way back in May, the Retrenchment Committee (comprised of mainly administrators) decided the elimination of Sunday classes and services was a good way to save money. This is obviously because most administrators work weekdays. (Many of them cut out early on Fridays. Ditchin' school keeps you young.)

If you are not a weekend student, a Sunday cut is obviously meaningless. Let's be honest, fighting for Sunday School is just not cool. As pre-college students, we spent our whole lives dreading every waking minute in school. (Many still do.) "Who cares? It's not my problem?" For those poor souls whose only free time is on Sunday, this is a nightmare.

The main goal of CUNY is to bring quality education to those who cannot afford the other more expen-

sive (not necessarily better) colleges. (Earning CUNY the slogan - The poor man's Harvard.) Denying students access to education is a step toward CSI becoming an elitist college.

This insult to CSI students went unchallenged. There was virtually no outcry or retaliation. If I was a disgruntled Jewish weekend student, I would at least try to sue the college on the basis that this cut is discriminatory. Why not Saturday instead Sunday? Even Student Government's Weekend Action Committee has done next to nothing.

2000+ Sunday students did nothing but get mad and they just took the cuts, just like the ones Guilian and Pataki passed down; and continue to pass down.

So where does this leave us? Well... forget about the disgruntled Jewish Lawsuit. I checked it out. Saturday will supposedly swap with Sundays to keep things "fair"; but this is the start of a horrible trend. CSI keeps getting cut and tuition keeps rising. (Yes, there's more fun stuff on the way.) and CSI students just take it.

During the March 23 Rally there were thousands of students from Brooklyn College. (They marched to the rally over the Brooklyn Bridge.) CSI had 80... that's it... just 80. (Student Government paid for buses too.)

When the next batch of cuts hit, what will CSI do? I can only hope that the extra time in the gym will make for good rally material. We may only have 80 people at a protest, but they will be the most physically intimidating 80 people you'll ever see.

-ED



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THE NET UNLEASHED CYBER REGULATION

By Ralph Mastrangelo

The "Net" is a place that has a different meaning for each person that uses it. On the one hand, there are people who use the "Net" for business or research. On the other, there are those who use it for exploration and for the sheer enjoyment of it. As with everything else, there are those who don't care about it, don't know about it, or fear it. Our esteemed lawmakers create lingering controversies in every corner. They want to protect you from what they feel is inappropriate and/or immoral. They also want to protect you from men who are hiding out in cyberspace waiting for your credit card or to stalk you after chatting with you in an AOL chat room.

This may sound scary, but hell, that's life. Here's two ways you can look at it:

1. Don't enter the world of Cyberspace; keep yourself locked away. This, to me, is like staying home and hiding from the real world.
2. Use your brain. You know what you like, and you know how to make your own decisions. You know how to be safe walking down the street; be the same way on the "Net." Just be "Cool & Relaxed," but cautious.

The Internet is like the real world, but instead of meeting people face to face, you meet whatever image they want to project through the computer. Their "Web-pages" can be exciting, funny, sad, gruesome, loud, dumb, erotic, etc... just like everyone and anyone on the street. And, like places we visit and gather together in, you stay with whom you like, and where you like, depending on your taste.

This "taste" is what gives the "Net" its life, appeal and color. As with the real world, this color is not always acceptable to everyone. This scrutiny about "taste" has made its way onto and against the "Net." Lawmakers in Washington have, in the past months, been lobbying heavily for a "Telecommunications bill" to monitor and regulate the content on the internet. These discussions came about to protect children from pornographic material, because fundamentalist parents fear technology will expose and turn their children into godless, immoral individuals.

The Oklahoma City bombing brought into the limelight the fact that all sorts of information, from classic literature to specs for explosive devices, are publicly available on the Internet. Then, three weeks later, a Senate subcommittee was convened to examine "The availability of bomb-making information on the net." The hearing was prompted by the use of the "Net" as a way for groups to propagate mayhem materials, and to assist people in acts of violence. There were much talk that the First Amendment does not pertain to potentially dangerous information, especially when it's available on the "Net." After ideas to ban this type of material were heard, a voice of reason spoke (if you can believe that). Frank Tuerkheimer, a law professor at the University of Wisconsin, testified to oppose

the imposition of "prior restraint" on the "Net." He showed that bomb-making material is available in all forms of media. An excerpt from the Encyclopedia Britannica contained specific details on creating explosives, especially for the same type of bomb used in Oklahoma City. What was also displayed was the "Blasters Handbook," a publication by the Department of Agriculture's Forestry Service. So much for the dissemination of "dangerous" information.

You'll find that sensitive material is also protected by the "Freedom of Information Act," in which you can order, free of charge, military hand books considered out of date that give you all the information you need. To see an example, just go to "<http://www.mcs.net/~candyman/>".

The second issue, that of CyberPorn, has been a roller-coaster ride for all who are on it. As in the real world, pornogra-

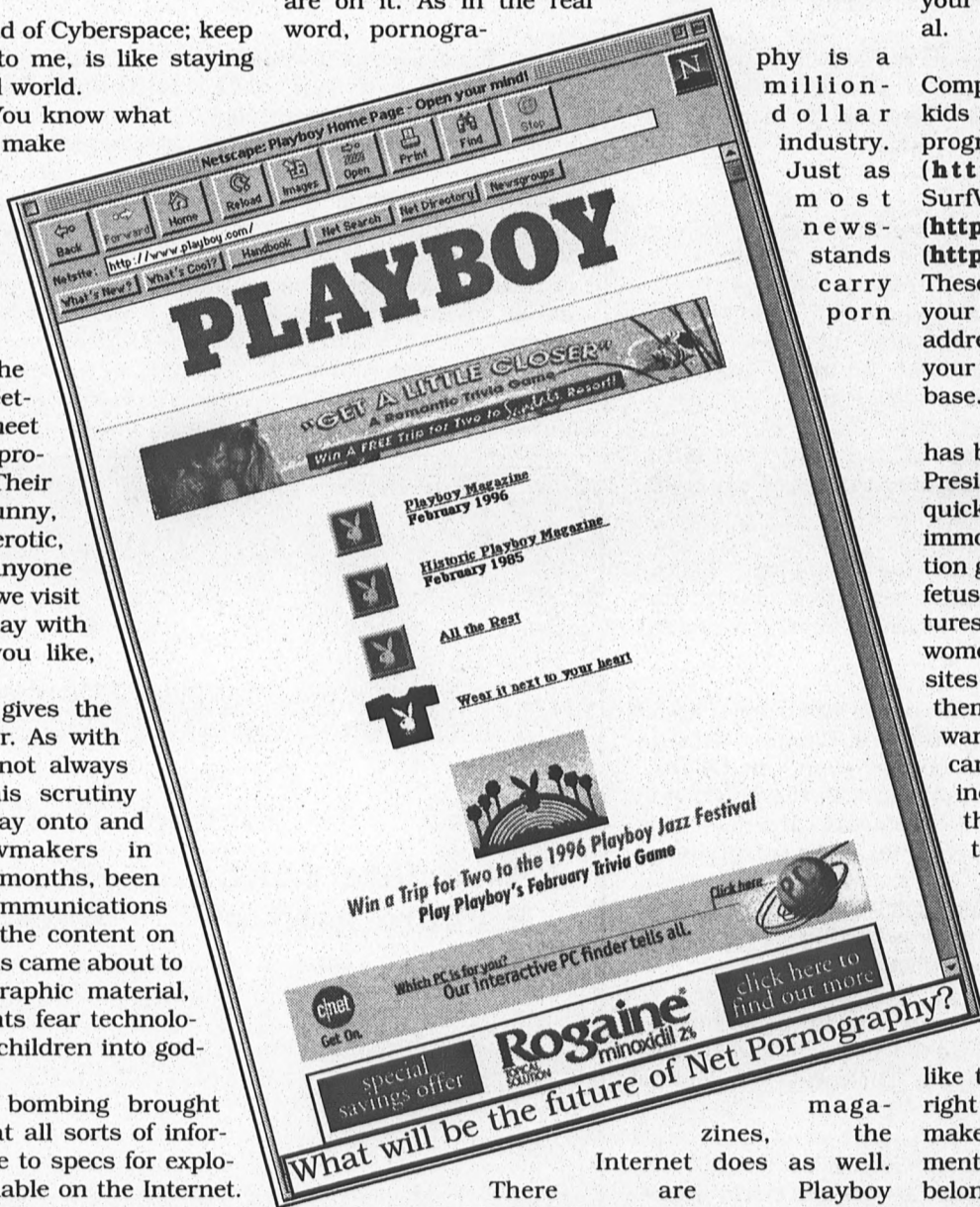
ing as technicians. They tricked them into exchanging pornographic material. They were preceded to be either arrested or fined. Another example is a Tennessee man that was running an adult BBS out of California. His BBS was legal in California, but when the Tennessee prosecutor downloaded pictures deemed to be pornographic in that Bible-belt community there was trouble.

It was a the first time a BBS operator was prosecuted by where his material was received, not where it was located. In my opinion, the government is poking there noses around where they have no right to regulate. What happened to free speech, what is the difference between the magazine, movies and phone sex adds. Kids can get a hold of them no matter how hard people try to block them. Whether it is on a newsstand, a friend, or the "Net", if you do not like what you see then leave. You shouldn't press your feelings on someone else who like porn material.

The regulation should start at home. AOL, Compuserve, and Prodigy offer ways to regulate your kids access privileges. There are also second party programs available like Net Nanny (<http://www.netnanny.com/netnanny>), SurfWatch (<http://surfwatch.com>), CyberPatrol (<http://www.microsys.com/cyber>), Cybersitter (<http://www.rain.org/~solidoak/cybersit.html>). These programs allow you as the user to define what your children can view by restricting certain content, addresses, picture names etc... You can use either your own data base or an industry-standard data base.

In past days the "Telecommunications bill" has been passed. In having only eight opponents a President's veto is useless to stop it. This bill in quick terms makes illegal what lawmakers deem immoral and offensive. It also means that anti-abortion groups have to remove there pictures of aborted fetuses, just like art sites have to remove nude pictures that are not tasteful, porn sites have to remove women/men pictures, etc.. These anti-abortion sites are all ready trying to get the law bent\ for them and there cause. See a problem, I do. If they want to have the right to express themselves, why can't everyone else. A thought what about those individuals who are agents their cause and find there site offensive, shouldn't they have the right to close that site. See a pattern everyone deems the other illegal and all you have is nothing because everyone has the potential to be offended by something, then there goes the "Net" and we go back to square one.

I personally do not agree with everything and every sight on the "Net", so all I do is leave, not try to shut them down. I may not like there content by I agree they should have the right to express them selves. Remember no one can make you look at, feel or do anything. The government should keep there nose out of where they belong and flush there bill because that is where it belongs. Free speech belongs everywhere.



There are Playboy Hustler Penthouse and "Netzines" and "Adult Playgrounds" that advertise in Net magazines. One example is Candyland at <http://www.candyland.com/net>.

Cyberporn is an issue that can not easily be solved or regulated. This is because the Internet is so unstructured it would take a full force of F.B.I agents, millions of dollars, and a breach of almost all rights of privacy. This was seen when government agents entrapped a number of people on AOL by pos-

phy is a million-dollar industry. Just as most newsstands carry porn

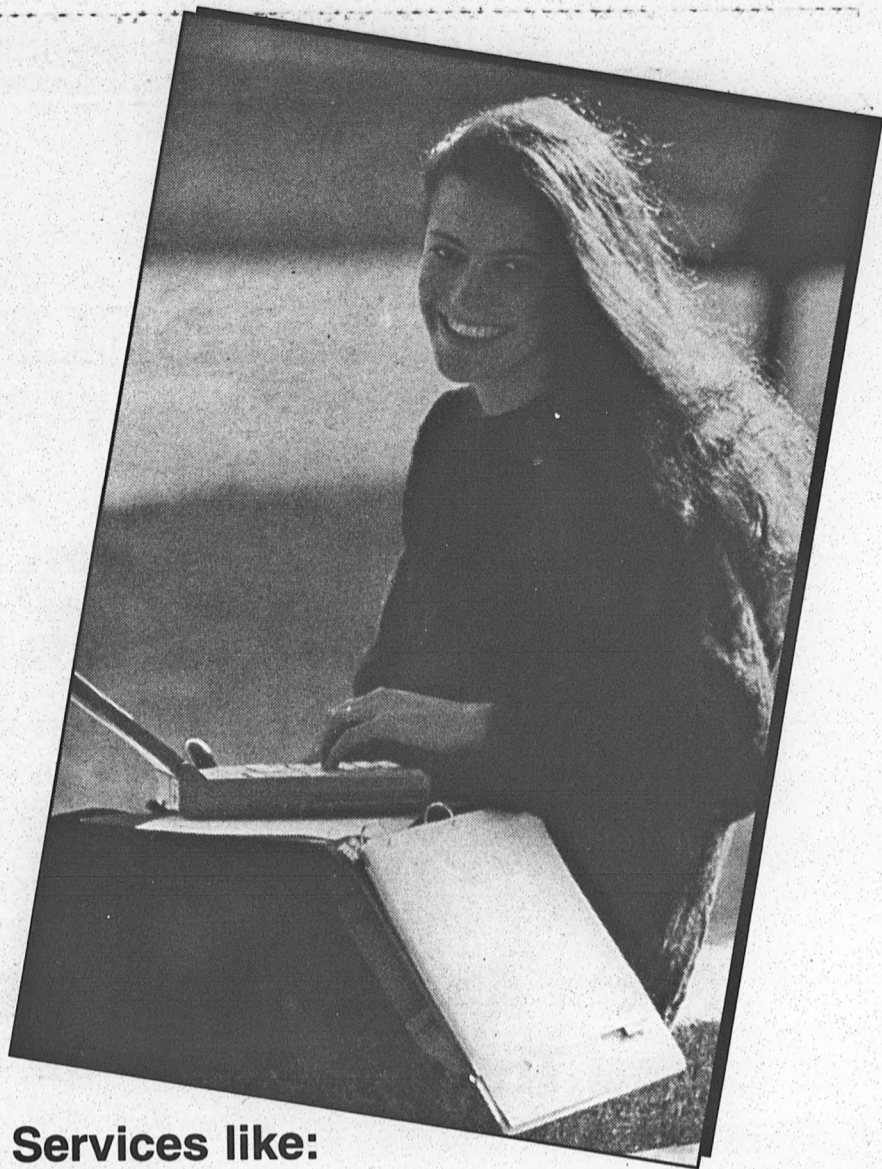
Send comments to The BANNER:

1C-228

Should the government regulate The Internet?

Have a Routine or Urgent Health Problem? Now There's CampusCare/St. Vincent's Medical Center at CSI

Primary care doctors affiliated with St. Vincent's Medical Center of the Sisters of Charity Health Care System are on duty in the College Health Center to provide a complete range of walk-in routine and urgent care services to students and faculty.



Services like:

- Physical examinations and routine health check-ups
- immunizations;
- women's health services;
- confidential testing for sexually transmitted diseases
- treatment for sudden illness or injury

Our hours:

12:30 p.m. to 8 p.m.
Monday, Tuesday, Wednesday and Friday

4 p.m. to 8 p.m.
Thursday

9 a.m. to 12 noon
Saturday

For an appointment call 982-3045.



SELF CARE

A SORE THROAT

When your throat is red and sore, there are ways to help relieve pain quickly. While few sore throats are serious, you should also know when your sore throat means you should call your doctor. Then you'll be able to use self-care with confidence.

Facts About Sore Throats

When your throat hurts, it's a sign your body is fighting off "invaders" such as germs or allergens (substances to which you're allergic). Other symptoms that often go along with sore throats are hoarseness and swollen lymph nodes in your neck. Sore throats can be caused by strep, colds, flu, other infections such as mononucleosis, allergies, cigarette smoke, or straining the voice (such as shouting at a football game).

Self-Care

For most sore throats, your self-care goal is to feel less pain and to avoid substances which might be causing the condition. If your throat is sore, stop smoking at least until the redness and pain disappear. Drink plenty of liquids: at least 6 glasses per day. Gargling with warm salt water every hour or two offers temporary relief. Sucking on cough drops or lozenges, or taking aspirin or aspirin substitutes will lessen pain from a sore throat. If allergies are causing your sore throat, an antihistamine will stop irritating mucus from dripping. If possible, stay in environments where the allergen is filtered out.

Call Your Doctor If...

- your temperature is 102°F or higher
- you have white spots on your tonsils
- breathing or swallowing are very difficult
- lymph nodes in your neck are hard, swollen, or tender
- you have a skin rash
- you were recently exposed to strep.

To help relieve sore throat pain, drink fluids, gargle salt water, don't smoke, and avoid allergens. See your doctor if you have symptoms listed above. In most cases you'll have your healthy throat back in a few days.



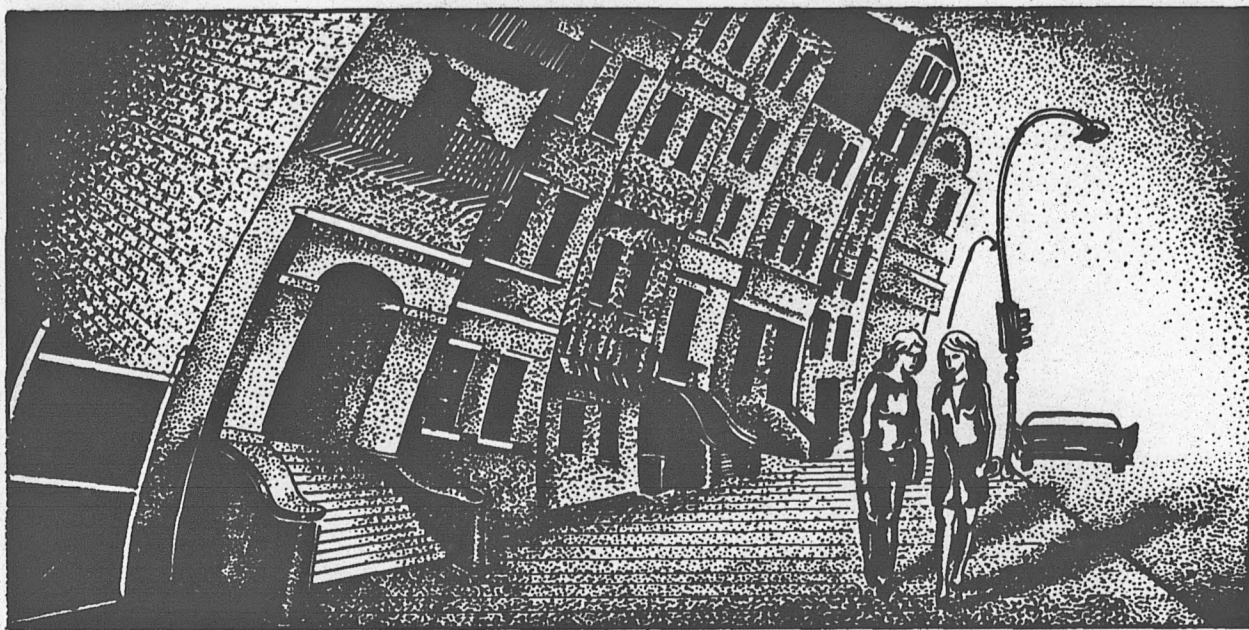
Gargling with warm salt water offers temporary relief.



If allergies are causing your sore throat, an antihistamine will stop irritating mucus from dripping.

RAPE PREVENTION

Tips For Your Personal Safety



Never walk alone, especially after dark or in areas that are poorly lit or "off the beaten path."

Rape is among the most ugly crimes known to society. While both women and men can be victims of rape, women continue to be the group most commonly affected by this particular brand of violent crime. By learning self-defense, general guidelines for personal safety, and what to do if attacked, women can help protect themselves from this most hideous of crimes.

Learn Self-Defense

Because most women are biologically smaller, and often less physically strong than men, self-defense techniques can be helpful in subduing a potentially powerful assailant. These techniques—such as karate—rely more on agility than on physical strength, but must be learned from a qualified professional and practiced regularly to be useful. Women may also benefit by developing their physical strength

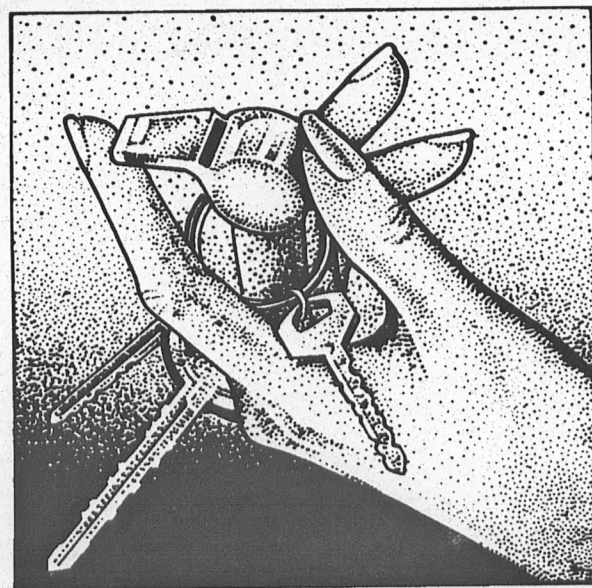
and stamina through a regular program of aerobic and muscular conditioning exercises.

Personal Safety

Never walk alone, especially after dark or in areas that are poorly lit or "off the beaten path." (It is less likely that anyone would hear your calls for help if you were threatened.) Carry a rescue whistle on your key ring, and use it if you are approached by a suspicious person. Keep your keys in your hand if you are walking to a parked car—you won't have to fumble in your purse when you get there, and, if you should be attacked, you can rake your keys across your assailant's face. Never enter a parked car until you've checked to see that no one is hiding inside. Dress in comfortable shoes and clothes that allow freedom of movement, so that you can run if necessary.

If You're Attacked

If, in spite of your precautions, you are attacked, your best defense may be to make enough noise to scare your assailant away—blow your whistle, scream "fire"—try to attract other people's attention. If no one is nearby, you can also try to disgust your attacker—wretch, vomit, tell him you have a sexually transmitted disease—anything to save your life. If your attacker is armed, you must decide whether you are willing to sacrifice your life rather than allow the assault. It is not an easy question for anyone to answer, but one that all women should come to terms with. If you are raped, go directly to a hospital or the nearest police station—don't shower or change clothes. Seek help through a rape crisis center near you. The affects of rape can be physically and emotionally devastating, but you *can* survive with compassion and caring.



Carry a rescue whistle on your key ring, and use it if you are approached by a suspicious person.

PERSONAL HEALTH AND SAFETY TIPS FROM CAMPUS CARE/ST. VINCENT'S MEDICAL CENTER AT CSI

982-3045



The Sisters of Charity Health Care System's

Health Promotion Network

Join Our Spring Wellness Series

Tai Chi Chih Classes

Place: 2nd floor Conference Room
Bayley Seton Hospital
75 Vanderbilt Avenue

The practice of Tai Chi Chih is a dynamic experience in utilizing the mind-body energy of CHI. In twenty soft, gentle, easy to learn movements, the vibrant energy of CHI is introduced to the faithful practitioner. Come discover through joyful movement the vitality of your CHI. Wear comfortable clothing.

Six week series

Thursday, April 18; Thursday, April 25;
Thursday, May 2; Thursday, May 9; Thursday,
May 16; Thursday, May 23,

7:00 - 8:30 p.m.
Fee: \$55.00

The first four classes will be given by instructor. The last two classes will be given by a student in training. Instructor: Ms. Nancy Kennedy

Yoga Classes

Place: 2nd floor Conference Room
Bayley Seton Hospital
75 Vanderbilt Avenue

In these Yoga classes participants are taught abdominal breathing and simple yoga stretches and postures to relax, reduce stress, strengthen the body and improve overall physical and mental health. Yoga helps focus concentration and increase body awareness. Participants are asked to wear loose comfortable slacks and bring a mat or towel to class.

Series A (5 week series)

Wednesday, April 10; Wednesday, April 17;
Wednesday, April 24; Wednesday, May 1;
Wednesday, May 8,

6:30 - 7:30 p.m.
Fee: \$50.00

Instructor: Ms. Lisa Nigro

Series B (5 week series)

Wednesday, May 15; Wednesday, May 22;
Wednesday, May 29; Wednesday, June 5,
Wednesday, June 12,

6:30 - 7:30 p.m.
Fee: \$50.00

Instructor: Ms. Lisa Nigro

Tai Chi Chih Sunday Workshops

Place: Auditorium
Bayley Seton Hospital
75 Vanderbilt Avenue

Theme: Healing the Mind and Body

The practice of Tai Chi Chih is a dynamic experience in utilizing the mind-body energy of CHI. In these four hour workshops about 10 of the 20 soft, gentle, easy to learn movements will be introduced.

Sunday, March 24,
1:00 - 5:00 p.m.
Fee: \$15.00

Instructor: Sr. Antonia Cooper

Sunday, May 5,
1:00 - 5:00 p.m.
Fee: \$15.00

Instructor: Sr. Antonia Cooper

Tools for Managing Stress Workshops

A two evening workshop introducing tools to increase participants' skills in reducing stress and increasing relaxation.

Place: 2nd floor Conference Room
Bayley Seton Hospital
75 Vanderbilt Avenue

Monday, February 26 and Monday, March 4
7:30 - 9:00 p.m.
Fee: \$20.00

Instructor: David Rebello, ACSW & CAC

Mr. David Rebello has experience in holistic and wellness modalities, including psychotherapy and massage. He works as a therapist at North Richmond Community Mental Health Center.

Self Hypnosis Classes

This course teaches practical skills to relax, reduce stress and change habits. Self hypnosis is a tool that can provide deep rest, renewal and a chance to gain perspective on challenging emotional issues.

Place: 2nd floor Conference Room
Bayley Seton Hospital
75 Vanderbilt Avenue

4 week series

MONDAY, MARCH 11; MONDAY, MARCH 18;
MONDAY, MARCH 25; MONDAY, APRIL 1,

7:30 - 9:00 p.m.
Fee: \$40.00

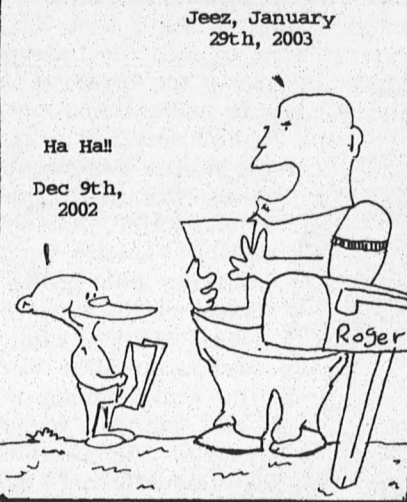
Instructor: Mr. Ken Gerber

RODGER

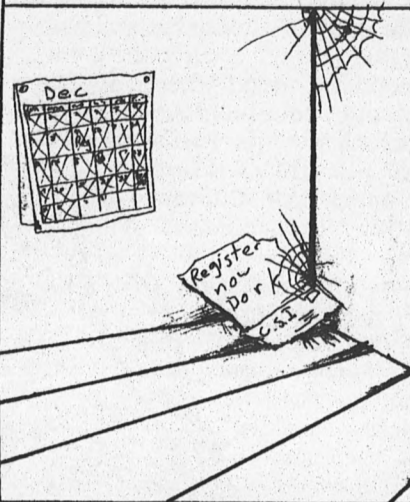
Guide to Registration

By Ronald Magnusson

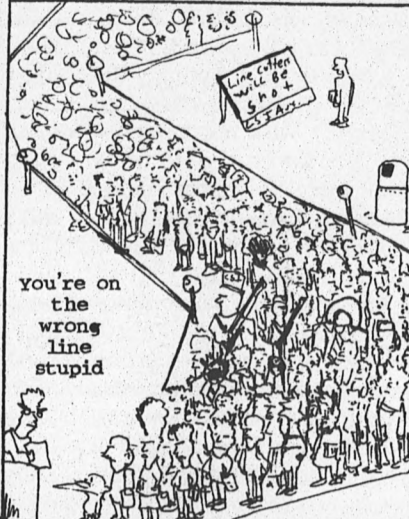
Step 1: get your registration form in the mail. Make fun of those with a later registration date.



Step 2: Forget about things for a while... lose that paper that tells you how to do everything.



Step 3: Sorry Rodger, go back and get that signature.

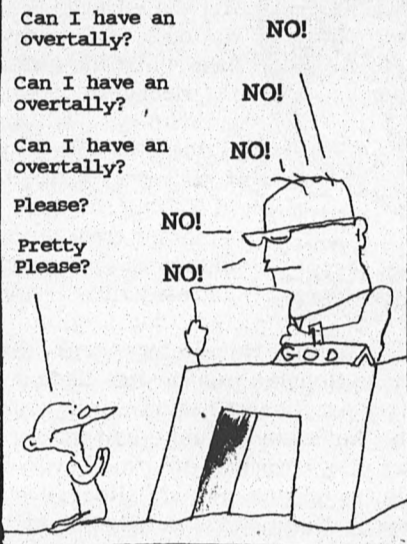


Step 4: Talk with your advisor and discuss what classes you can't get into... then get back on that line.

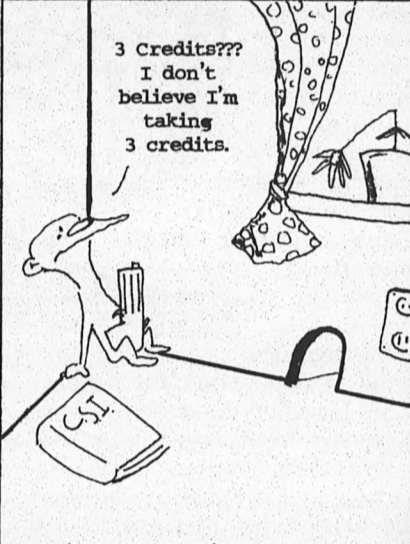
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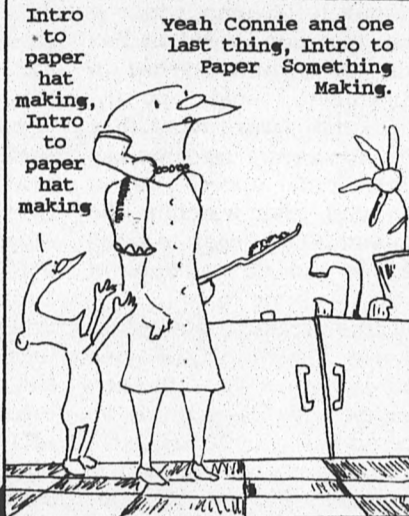
Step 5: Learn to perform fellatio



Step 6: Get depressed and contemplate suicide.

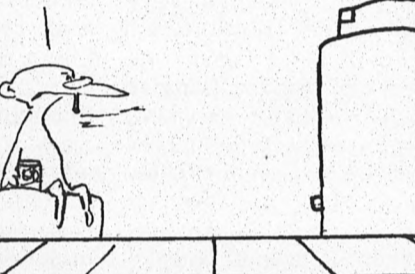


Step 7: Get mom to call her best friend who has a friend who has a friend who knows an administrator



Step 8: Drop all your classes to stay home and watch the "Charles Perez Show".

you ain't half the host
Jenny Jones is.
STEP DOWN, STEP DOWN!

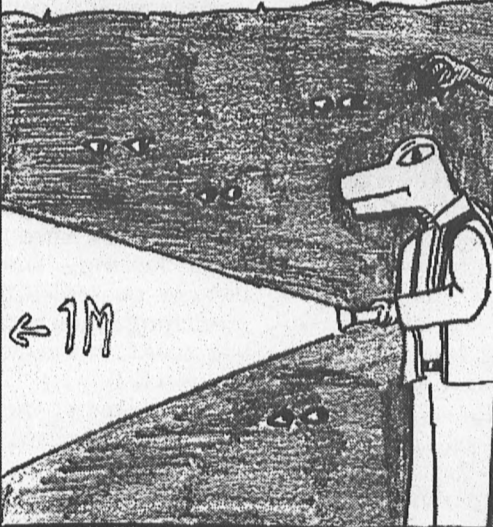


DROG at CSI

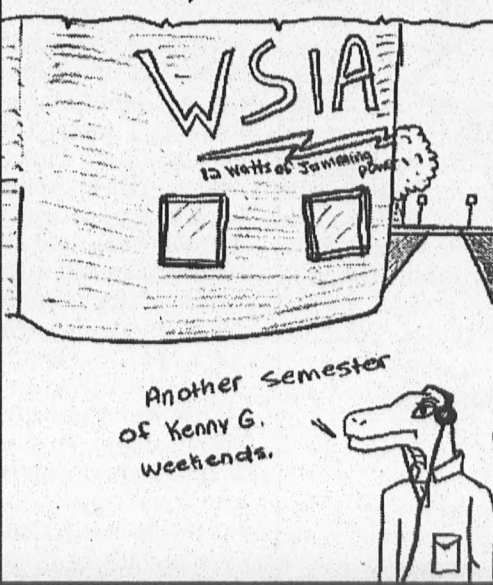
Common Misconceptions

By: Sebastian Danese

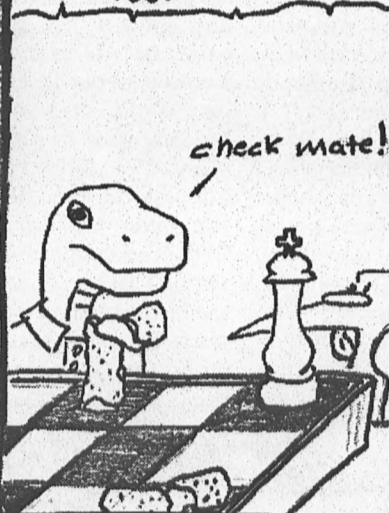
at CSI is that the tunnels can be a safe way to travel around campus.



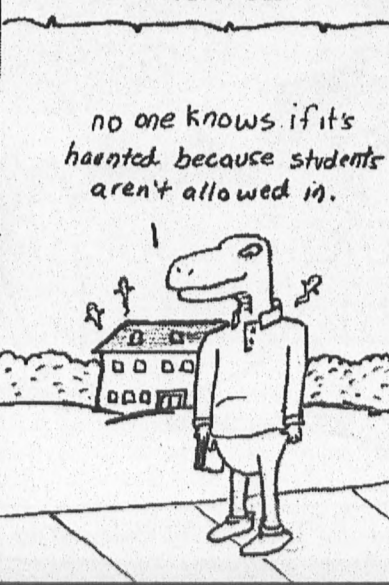
WSIA is the official radio station of CSI students, for CSI students and run by CSI students.



is an inexpensive way to replace missing chess pieces in the quiet games room.



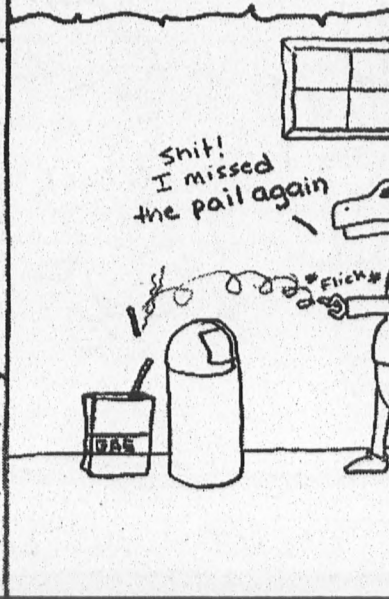
Some people think that the 3A building is haunted



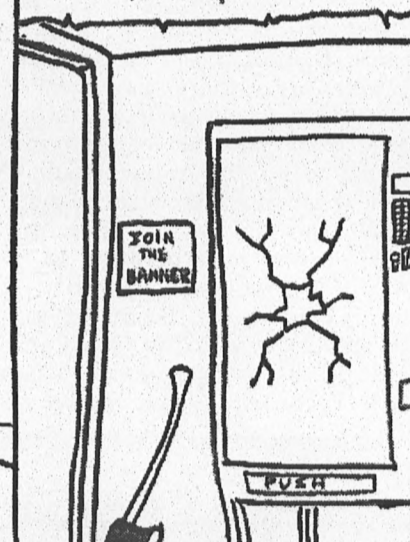
will result in severe punishment



The fires last semester were accidental



caught in the machine, get a security guard to help.



The biggest misconception is that you will attend only a semester and then transfer to a better school.



Bill Clinton: Democrat or Republican?

By Joseph Canale

Well, welcome back folks. I hope your vacation has you fully recuperated from finals and fall semester pressures. While so many of us were relaxing over the break, the world of politics was maintaining its usual chaos. In this edition, I'm going to be focusing mainly on President Clinton and his state of the union address. However, before I go into that, I would like to bring everyone up to date with what's up in politics. First, while we were on vacation, so were a lot of federal workers. No, it wasn't from the blizzard of '96. They were on vacation because the President and Congress let the government shut down again. Government shutdowns... great, aren't they? They really make you have tons of faith in your legislators, don't they?

Next, the National Tax Commission, headed by Jack Kemp, recently finished its recommendations and outlined a brand new tax code. The code is supposed to be a sort of flat tax that will not run the country's debt through the ceiling like Steve Forbes' flat tax, which economists are now calling a "deficit nightmare," would. Speaking of Steve Forbes, he has recently declared war on Senator Dole and launched a major television smear campaign against him in New Hampshire and Iowa. Senator Dole, after rolling with the punches for almost a month and absorbing an estimated 440 million dollars in character assaults, has responded by challenging Steve Forbes to lay out his tax returns to the American people. Forbes will not be making his tax records available to the public. Additionally, the latest polls show Steve Forbes ahead of Dole in New Hampshire, where the primary is scheduled for February 12th. Next, Ross Perot and his followers are still trying to get the Independence Party off the ground. They have changed the name Independence to Reform, and are presently recognized in Utah, North Dakota and California. Away from Presidential issues, Rep. Ron Wycliff(D-Or) won the Oregon Senate seat previously held by former Senator Bob Packwood. His opponent was

Gordon Smith(R, Or) who is an Oregon millionaire; analysts are calling his loss a result of negative campaign attacks by Wycliff. In my opinion, Wycliff won by a sheer stroke of luck. Last, this week Hillary Clinton made history and became the only First Lady ever to be subpoenaed. She went before a federal grand jury that is investigating her questionable dealings with the Rose Law Firm. In a nutshell, the outcome was that Mrs. Clinton said she did not know how the missing legal bills suddenly turned up and denies that she knew of their location when they were subpoenaed two years ago.

Now, on to the President and the State of the Union address. I'm not usually a supporter of President Clinton, but I must say his address was very difficult to disagree with. It would appear that our President has finally gotten his common sense to kick in. Remember, I said "appear," and things are not always what they appear to be. Anyhow, I do seriously think the President's speech was a good one; however, after watching the address a second time I began to smell a rat. I would like to outline a couple of things that are troubling to me.

First, the President started off thanking people, like his wife, saying she's a good person, a good mother, and a good First Lady. As soon as he said that I could barely control myself. Yeah, she's real great; the woman is under investigation for possibly concealing documents in a real estate scandal, is scheduled to go before a grand jury the day after the address, is part of the investigation by the Senate Banking Committee and has been called a congenital liar by political analysts. I must say I agree with the President: Hillary is doing one hell of a job, and she should keep up the good work.

Then the President thanked Congressional Democrats for cutting the national deficit in half in three years. In response, the Democrats jumped for joy and clapped for their illustrious liar, especially (I noticed) Representative Patty Schroeder (D-Col), who after twelve consecutive terms in Congress should realize that

she is on national television and clap like a human being. Back to the point, the President stood there at the moment and told a lie to America. He said that he and the Democrats cut the deficit in half. I beg to differ. When Bill Clinton took office, the national deficit was 300 billion dollars, to date the deficit is 161 billion. Simple arithmetic shows that half of 300 is 150, the President just lied to the American people about a discrepancy of 11 billion dollars. Secondly, the President leaves out the point that to bring down the deficit he gave a tax increase the likes of which this country has never seen before. At the time he received heat from his own party. Even Senator Daniel Patrick Moynihan (D-NY) got up on the Senate floor and said it was the

biggest tax increase since the birth of the nation. So while the deficit is lowered, it hasn't been lowered by half and the President neglects telling people that he taxed the hell out of them with the biggest tax increase in the history of our nation.

The President, then went on to talk about balancing the budget. The President said that he disagreed with the Republicans' balanced budget. He says that he doesn't believe it to be fair and solvent. He said that the budget gave tax cuts to the rich. This made me wonder because I know the 500 dollar per child and middle income tax breaks were in the budget, but huge breaks for the rich I do not remember. Then it hit me, did you know that if you make 30,000 dollars a year Bill Clinton considers you rich?

That's right it doesn't matter if you work in a shoe store, pump gas, or work in a brokerage house if you're pulling in 30,000 you're up there with

Donald Trump. I think that if the President were to sign the balanced budget and give a tax break at the same time people might think, "wow, the Republicans did a good thing, maybe in November I'll vote for them again." So folks, rather than solving the nation's budget problems and giving a tax break to the middle class, Bill Clinton prefers to shut down the Government and tell America, "you see what those damn Republicans did." To me, this is a travesty. Here you have a President determining the fairness of the nation's budget; meanwhile, he himself has declared personal bankruptcy. Is there anything wrong with this picture? It's like the blind leading the deaf.

Another great accomplishment the President takes credit for is that, for the first time in forty years there

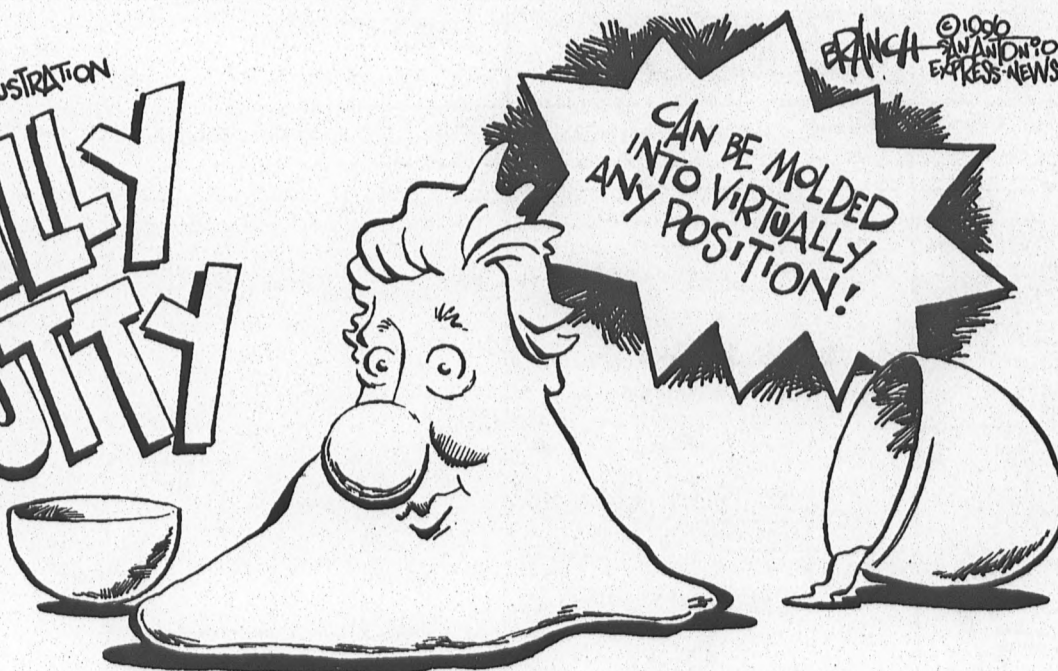
are no Russian nuclear missiles pointed at "America's Children." In my opinion, that's like taking credit for someone else's work. After all, everyone knows it was Ronald Reagan and George Bush who brought down the USSR. As for nuclear missiles being pointed at us, it is not because of Bill Clinton, but because Russia is selling those missiles to raise money for its economy. So while there may not be nuclear missiles pointed at "America's Children" from other countries, it's like the Cuban Missile Crisis, but instead of Russian missiles being pointed at the United States from Russia, they are pointed at us from Syria or Iraq. In my opinion, the situation has not gotten better; it's gotten worse. Yeah, sure I'll sleep better at night knowing some unpredictable dictator possesses the capabilities of launching intercontinental nuclear war heads on the United States. Talk about relief.

Some of the other issues the President addressed were: strengthening family values, term limits, line item veto, tougher penalties for criminals, and smaller government. I would just like to say those are good issues and I personally think he is right for dealing with them. However, I feel sorry for the Republicans' issues. It's like going to a party and two people are wearing the same suit or dress. Anyhow, when I thought about those issues, I said to myself, "I know I have heard them before; I just can't put my finger on where." Then the light went on and it hit me. I went over to my bookshelf and blew the dust off a blue book that I haven't looked at in some time. The name of the book is "The Contract With America". In it I found everything that President Clinton was talking about, but when I checked the 336 people who signed the contract I didn't see his name. This made me wonder: is there a Republican trapped in that liberal Democratic body, or is the President just a slick fence rider?



EXPERIENCE
HOURS OF
FUN AND/OR FRUSTRATION
WITH...

**BILLY
PUTTY**



GET SOME TODAY - MAY NOT BE AVAILABLE AFTER NOVEMBER 1996

WSIA AND THE INTERCESSION

By Robert Lauro

During the time between semesters, I wondered what I could do after the novelty of sleeping late and the over abundance of free time wore off. My first semester, Fall '95, was history. It had been more successful than I had ever imagined, it having been 30 years since I had left New Dorp high school in 1965. I had gotten 3 As and 1 A-

I wanted to get all I could out of my remaining time at CSI, so I joined WSIA. It seemed interesting, and the people who were recruiting students welcomed me and were friendly despite the large age difference between us. It was interesting, but humbling in a way. The more I learned about it, the more I could see that I needed to learn if I hoped to ever mix or produce audio

for bands. The equipment at the station, for those who haven't checked it out, looks like the cockpit for the space shuttle. The station's music library has thousands upon thousands of cassettes, CD's, and albums covering every kind of music in the world.

Here I was, someone who was around before "hi-fi" stereos and transistors became state of the art, who remembered looking in the back of my dad's radio and seeing vacuum tubes light up. I felt as if I were a medieval scribe given a word processor to copy the Bible, such as the technology I discovered at WSIA.

I did find that there were many jobs to do at WSIA for which you don't need such a degree in audio engineering. I began to feel part of WSIA, and that felt good. The last meeting of the

fall semester was held in late December in the Green Dolphin Lounge. At the meeting, I heard a man make an offer I couldn't refuse. That man's name was John Ladley. He is the Chief Engineer at WSIA, hired by us to keep the station running. His offer was simply this: John would commit himself to helping anyone at the station who would make a similar commitment to be at the station on even days from 12 noon until 3 PM, or odd days at the same time. (This is depending whether your interest was engineering or production work.)

All during my first days at the station, I was always seeing John darting about the place, usually with a piece of equipment in his hands. No matter when I was there, he seemed to be there. When he made his offer, I

thought to myself, "Here's a chance for me to make a quantum leap forward with the newest technology, and to have at my side someone who really knows." He lives in the audio world, both here at CSI and outside the college. Had I decided to go for this learning experience at a commercial school, if it were even possible, it would cost me close to 4,000 dollars.

By the end of the break, I'd learned more than I had hoped. The spring semester is upon us and WSIA still needs students. It's a great experience for anyone who loves music, or is interested in a career in radio. Whatever your reason, or for no particular reason, you owe it to yourself to check it out. We're next to the bookstore in the campus center (1-C). I hope to meet you here this semester.

Happiness vs. Aggression in Childhood

By Xiomara Cabrera

Childhood in America has gone through a dramatic change in the last 50 years. In the 1940s, children's behavior was very different from the behavior of the children these days. The change can be seen if we examine the studies that have been done. A couple of movie stars that have been idols of their generations are a good example of the great leap American kids have made from Happiness to Aggressiveness.

Let's analyze a bright girl from the early 40s named Shirley Temple. She was one of the first children that worked in the movies; she starred in many films and she

became very famous. Children all over America admired her those days, and some imitated her as children normally do. Movie stars are seen as heroes by their little viewers, who therefore want to be like them. Shirley's movies were full of song and dance which communicated Happiness; of course, there was some crying and some sadness, but this was shown as part of a normal life situation and it always had a happy ending. For example, the movie "Baby Take a Bow" was a hit at that time where the child was behaving sweetly and gently; there wasn't any violence performed by the star of the show and as a result, children who saw her behaved less violently because they were

imitating the role model.

In this era, we cannot say the same thing about the role models. The idol of the 90s is Macaulay Culkin; the best paid actor from all children in Hollywood. Most of his movies are characterized by aggressive behavior. In his latest film, "The Good Son," this boy plays an evil character, where he performs acts of aggression and violence. Studies have been done demonstrating a higher rate of aggression in our children than the children of 50 years ago, which leads me to believe that the message kids are getting from the movies has a lot to do with the changes in behavior. I'm not picking on Macaulay Culkin; personally, I think he is a very good actor.

The point I'm trying to get across has to do with the makers of these movies.

I believe that film directors should take into account this particular problem involving Happiness vs. Aggression, and try to do something about it. Kids who become movie stars are watched by children all over America. Moreover, they are being imitated by other kids. If we had more musicals movies with children singing and dancing, instead of violent films where aggression and violence is performed by kids, children would be less aggressive. By doing this sort of thing, movie directors would be contributing to a better future for the next generation of children in America.

Which Brings Happiness, the World's Way or God's Way?

By Steven Guzzi

Since college is to prepare us for our future there is a tendency to prioritize the worldly, placing material concerns over spiritual things. In a society where all the emphasis is on the material good, we often get a false impression that material goods are what we need in order to be happy. So usually we try and prepare ourselves to gain these worldly goods. But having things doesn't bring true happiness. Countless millionaires can testify to this. Jesus called it when he said, "Take heed and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth." (Luke 12:15). Therefore, the Bible tells us "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away and the lust thereof: but he that doeth the will of God abideth for ever". (1 John 2:15). Our world system advocates materialism (lust of the eyes), sexual permissiveness (lust of the flesh), and power and greed (the pride of life). The devil

(a fallen angel) has deceived the world into believing that material things, power, money and pleasure are the ingredients for happiness. Since man's fall into sin, spoken of in the book of Genesis, the world has become a wicked place controlled by the devil (the god of this world). (2 Cor. 4:3-4). Therefore, much of what our society stresses for attaining personal happiness is a lie perpetrated by the author of lies (the devil) (John 8:44). But the world will end and we will die, thus we are vainly building castles in the sand when we seek these things rather than seeking the kingdom of God in our search for meaning and happiness (Matthew 6:24-34; 7:24-27).

There is only one way to be happy; it is to have a relationship with God, which comes through faith in

Jesus Christ (John 14:6). He is the one who gives peace, joy and forgiveness, which is what we all need for personal happiness. In the end, worldly (as opposed to spiritual) pursuits will leave us empty and hung out to dry.

The Bible is relevant for your life because obedience to God gives life, disobedience destroys it.

Christ is the key to happiness in this life and in the next, as he gives eternal life to all who repent and come to him for forgiveness.

To know the truth about what brings true happiness and where we should seek for it, we must heed the Bible. The Bible is God's truth to keep us on the right path to what is true and important (John 17:17). It is a compass for the believer, to guide him or her to righteousness. It is the words of life given by the author of life to give us eternal life, which is abundant and free for all who accept God's gift of sal-

vation. "For the wages of sin is death, but the gift of God is eternal life through our Lord Jesus Christ" (Romans 6:23). The Bible, if obeyed, keeps us from making mistakes that lead to physical and spiritual death (AIDS, addiction, bad relationships, heartbreak and hell). It is the instruction of the ways of life to keep us from sin that leads to death (Proverbs 4:13). Sin may at first seem like it brings happiness because of its pleasurable nature, but it is deceptive because in the end it leads to death. The Bible is relevant for your life because obedience to God gives life, disobedience destroys it. Don't be deceived. Your spiritual condition can only be known and changed for the good by reading and obeying God's Word and trusting Jesus Christ as your Savior and Lord. Call on him today, admitting your sin and asking him into your life, and he will come in to your life if you believe in him with your heart as your Savior (Romans 10:9-10). Once he is in your life, you grow in your relationship with him by learning his Word. The better you know him, the fuller and happier your life becomes. If you are interested in learning the Bible, or you have questions, contact me at the Banner.

HOROSCOPES

By Linda C. Black

Aries (March 21-April 19)

You'll be sharp as the proverbial tack.
Hopefully you'll learn enough to get you through.

Taurus (April 20-May 20)

Troubles with finances could have you worried.
Don't fret, a new opportunity could come along soon.
You'll have no trouble with a tough job.

Gemini (May 21-June 21)

The moon's in your sign. Mercury goes direct, lifting a barrier that's been in your way for the past few weeks. Apply for a loan.

Cancer (June 22-July 22)

You may feel pressured.
You may not have a moment for yourself.
Do something relaxing so you'll be ready to take on the world.

Leo (July 23-Aug. 22)

Meetings and team projects will go well.
Your enthusiasm will be infectious.
You may even get voted into a leadership position.

Virgo (Aug. 23-Sept. 22)

An increase in your workload could make you nervous.
Just take it one thing at a time.

Libra (Sept. 23-Oct. 23)

You're one happy camper. Love, travel,
and intellectual endeavors are all favored.

Scorpio (Oct. 24-Nov. 21)

Hassles you encounter should clear soon,
so keep after what you want. You should do well in discussions.

Sagittarius (Nov. 22-Dec. 2)

You're able to learn easily. An argument could be frustrating,
but informative. Save your shopping until later.
You'll be more adept with finances then.

Capricorn (Dec. 22-Jan. 19)

A job may have to be done over.
A supportive remark could draw you to a new friend.

Aquarius (Jan. 20-Feb. 18)

You should be in a good mood,
but hassles with a bureaucrat could have you stumped.
Give work your full attention.

Pisces (Feb. 19-March 20)

Finish a big assignment, whether you feel like it or not.
If you're having trouble, ask a more experienced person to help.

Take What's Yours

episode II

By Alice Marino

We decided to start searching for lost people in the abandoned buildings. My neighbor, Mr. James had refused to leave the splintered walls of his apartment. He starved to death as he mourned over the loss of his brother. So far as I knew, he was the first of many that died that way. The last surviving members of families were crawling into corners to die. Even the few people we were able to drag into the sun, would immediately return to dark holes. Emily spoke to us. She was the only one. She asked us to find her son Billy. He had been at school when the lights first came.

I remember walking down-town from sixty-sixth street. Before the accident, it only took a few hours. Now, searching one building at a time, hours had become days. We were a group of fourteen people. Grace broke her leg the first day and returned to stay with her little sister.

Finally we reached Billy's school after two weeks. The repulsive iodine-like smell of rotting bodies no longer caused tears. Upon entering the graffiti covered doors, warm air swirled to meet us. The sound of the doors closing reminded me of my first day of school. I didn't want to go. At first, my mother had tried to drag me by the hand. When that failed she picked me up. I turned sideways in her arms and hooked my feet and hands around the doorway. We must have looked like cartoon characters. Finally, she had to bribe me to get me inside. I still cried.

The stairs were to the left. We stood in an enclosed courtyard. There was a marble figure of a fat man with his belly exposed, sitting in the center. It hopped off the floor and floated over our heads.

He spoke, "Call me Buddha. I am here to make sure that you follow the rules. Bailey, do you have the gem your mother gave you?"

I stuttered, "wh-wa-what?"

He asked again, "Do you have the gem-stone that your mother gave you on the first day of school?"

I answered, "Yes, I always carry it with me".

"It has power here. Be very careful. I will let you all decide your fate now. You may all leave now, or you may all stay. If you decide to stay, three of you will complete your mission. The rest will die. Decide your fate now".

I couldn't say anything. I did not want to give my opinion because I was the

one with the gem. It was unanimous, with my final vote. We would stay. In the past I would not have said yes to the possibility of death but we had so little to hope for. If I had some power in my possession, I never knew it. I had to learn to use it.

Usually we searched the building in groups of two or three. This time we decided to move together. School never seemed so overwhelming. There were six flights of stairs located on the ground floor. We decided to begin at the top, the sixth level. The halls were empty. The chairs sat where they had been left by fleeing children. It was incredible, everything had been untouched by the massacre.

After two days of wandering, nothing happened. It was morning and two of our party left to search the second floor without the rest of us. Mick and I decided to look for them, but we asked that everyone else stay in the teacher's lounge. After several hours Mick and I found two messy blobs on a bathroom floor. They looked like piles of peanut butter and jelly mixed. We decided that we no longer needed to search for the missing couple and returned to the lounge.

Upon returning I pulled out my gem. Graham held his hand out to touch it, so I put it in his hand. A cloud of smoke formed in the center of the room and Buddha appeared again. Buddha smiled and said, "That was a fatal mistake Bailey. You have given your gem away and now it is his to use." With that, he and Graham disappeared. None of us spoke for while. Finally, I suggested that we continue the search without the gem. One by one, people began to drift away from the group. By the time we found a place to sleep on the first floor, there were only four of us left. Jake went to sleep immediately. There were only two couches so we squeezed together, two on each.

I awoke to rough hair scratching my arm. A huge spider had just finished sucking the insides from Jake. His skin puckered like a dehydrated orange. I knew that Graham was the spider.

I screamed, "You can't do that to us!"

Buddha's voice bellowed, "Oh but he can. You gave him the gem."

"I never said he could have the stone, I only let him touch it. He stole it," I wailed.

"That is true, it is returned to you. Survive, the three of you are free to survive and suffer. That is your new mission."

Though we escaped from the building, it was night so we had to run and hope that the night lights would not find us.

STOP!

CUTS TO TAP ANOTHER TUITION INCREASE & GPA REQUIREMENTS FOR FINANCIAL AID

GO →

To NYPIRG'S:

1) STATEWIDE STUDENT LOBBY DAY. ALBANY - MONDAY, FEB. 26. TRANSPORTATION PROVIDED.

2) STUDENT ACTION MEETING. GREEN DOLPHIN LOUNGE, 1C. THURSDAY, FEB. 29.
PIZZA SERVED. PERSONAL GROWTH CLUE.

For More Information, Contact The NYPIRG Office, 1C-219, 982-3109

http://www.csi.cuny.edu/unauthorized/the_banner/default.html

Political Humor



From: Back Cover

while Emmitt Smith faltered towards the end of the season.

- Pro Basketball**
- Hakeem Olajuwon (Houston Rockets)
 - Shaquille O'Neal (Orlando Magic)
 - David Robinson (San Antonio Spurs)

The player that won the championship deserves the nod. Olajuwon wins.

- Pro Hockey**
- Martin Brodeur (NJ Devils)
 - Jaromir Jagr (Pittsburgh Penguins)
 - Eric Lindros (Philadelphia Flyers)

Eric Lindros deserved it the most. If he wasn't hurt he would have been the best last year. His injury slowed him down.

- College Football**
- Tommie Frazier (University of Nebraska)
 - Eddie George (Ohio State)
 - Danny Wuerffel (University of Florida)

Tommie Frazier deserved the Heisman and deserves this award. He could not be stopped. The others showed weaknesses.

- Mens College Basketball**
- Ed O' Bannon (UCLA)
 - Joe Smith (University of Maryland)
 - Jerry Stackhouse (University of North Carolina)

Joe Smith didn't have a supporting cast. The others had some. Joe Smith was the top in the draft. That means a lot.

- Womens College Basketball**
- Rebecca Lobo (University of Connecticut)
 - Nikki McCray (University of Tennessee)
 - Charlotte Smith (University of North Carolina)

Carolina) Rebecca Lobo was undefeated. The rest had at least one lost.

- Mens Golf**
- Jim Colbert
 - Lee Jantzen
 - Greg Norman
 - Corey Pavin

Greg Norman is the only man I heard of. He should win.

- Womens Golf**
- Laura Davies
 - Dottie Mochrie
 - Annika Sorenstam

I love the name Dottie Mochrie. It sounds good. She should win.

- Mens Tennis**
- Andre Agassi
 - Thomas Muster
 - Pete Sampras

Thomas Muster is the best kept secret. Not for long. He will become the number one ranked player soon.

- Womens Tennis**
- Steffi Graf
 - Arantxa Sanchez Vacario
 - Monica Seles
 - Steffi Graf won many tournaments. The rest didn't win as many.

- Auto Racing**
- Jeff Gordon (NASCAR)
 - Michael Schumaker (Formula One)
 - Jacques Villeneuve (IndyCar)
 - Schumaker was faster than the rest. I don't

know because I don't follow auto racing.

- Mens Track and Field**
- Segei Bubka
 - Michael Johnson
 - Dan O'Brien

Segei Bubka just keeps breaking his own records.

- Womens Track and Field**
- Kim Batten
 - Jackie Joyner-Kersey
 - Gwen Torrence

Jackie Joyner-Kersey is old and still kicking.

- Boxing**
- Riddick Bowe
 - Roy Jones, Jr.
 - Pernell Whitaker

I like Riddick Bowe because he's a local boy.

- Jockey**
- Jerry Bailey
 - Pat Day
 - Gary Stevens

Take your pick.

- Mens Bowling**
- Mike Aulby
 - Dave D'Entremont
 - Norm Duke
 - Walter Ray Williams

Take your pick.

For some of these awards I had no clue. Maybe if you do, then you're special—and bored. The awards should be good except when they give out those crap awards.

FREE Billy Puddy

...page 12

BANNER SPORTS

Thursday, February 8, 1995

RODGER & DROG

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ESPY Awards: and the winner is...

By Michael Anderson

ESPN's annual ESPY Awards show will be held on February 12 at 8 p.m. on ESPN. If nothing else the ESPY Awards is an entertaining event for sports fans. There are people who find the Oscars and the Emmys entertaining. Sports fans usually don't. That is why there are the ESPY Awards. They are the sports fans Oscars or Emmys.

There are 34 categories this year. This year you can call or e-mail your vote. However, if you're too lazy to do both there is help for you. Here on this page you will find the nominees and categories for the ESPY's. For each category I will tell you who I think deserves to win and why. To make it more interesting you can vote who you think deserves to win. Then you can watch the show and see how accurate you are.

Breakthrough Athlete of the Year

- Jeff Blake (Cincinnati Bengals)
- Martin Brodeur (NJ Devils)
- Hideo Nomo (LA Dodgers)

Jeff Blake should win because he was a third string at one point and then got a chance. He took that chance and showed people he was great. He made the biggest impact from start to finish. Nomo faltered at the end and this year Brodeur can't keep the Devils respectable.

Coach/Manager of the Year

- Gary Barnett (Northwestern football)
- Jim Harrick (UCLA basketball)
- Rudy Tomjanovich (Houston Rockets)
- Barry Switzer (Dallas Cowboys)
- Bill Cowher (Pittsburgh Steelers)

Gary Barnett and Rudy Tomjanovich should both win, but if one needs to win it should be Barnett. Barnett took an academic program that has been losing since time and turned them into a Top 5 football team. Rudy T. won the same, but at least he had Olajuwon.

Comeback Athlete of the Year

- Ron Gant (Cincinnati Reds)
- Michael Jordan (Chicago Bulls)
- Monica Seles (tennis)

Monica Seles should win this close race because she overcame emotional and physical pain (stabbing).

Outstanding Female Athlete of the Year

- Steffi Graf (tennis)
- Rebecca Lobo (University of Connecticut womens basketball)
- Picabo Street (skiing)

Rebecca Lobo took her team to an undefeated season. That has not happened before. Graf one one tournament and Street hasn't been heard from. Lobo should win.

Outstanding Male Athlete of the Year

- Greg Maddux (Atlanta Braves)
- Hakeem Olajuwon (Houston Rockets)
- Cal Ripken, Jr. (Baltimore Orioles)

Nobody dominated their sport any better than Greg Maddux. The other two didn't dominate like Maddux did.

Outstanding Performance Under Pressure

- Martin Brodeur (NJ Devils vs Detroit Red Wings in Stanley Cup Finals)
- John Daly (golfer in British Open)
- Hakeem Olajuwon (Houston rockets vs Shaquille O'Neal in NBA Finals)

Martin Brodeur took an offensive machine like the Red Wings and proved them to be obsolete. Nobody thought it was possible. But it was.

Outstanding Team of the Year

- Atlanta Braves
- Houston Rockets
- University of Connecticut womens basketball
- University of Nebraska football
- Dallas Cowboys
- Pittsburgh Steelers

My heart says Dallas, but it's got to be UConn. They went undefeated in a long season- not 11 or 12 games like Nebraska football.

Performers of the Year Pro Baseball

- Albert Belle (Cleveland Indians)
- Randy Johnson (Seattle Mariners)
- Greg Maddux (Atlanta Braves)

Greg Maddux is my winner. The domination factor holds true for this category too.

Pro Football

- Brett Favre (Green Bay Packers)
- Emmitt Smith (Dallas Cowboys)
- Jerry Rice (San Francisco 49ers)

Brett Favre was hot all throughout the year

Spring 1996 Calendar: 1R Open Hours

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--------------------|---|---|---|---|---|---|------------------------|-----------------------|
| Pool | 7:00 a.m. - 10:00 a.m. 11:30 a.m. - 3:00 p.m. 5:15 p.m. - 9:45 p.m. | 7:00 a.m. - 10:00 a.m. 11:30 a.m. - 3:00 p.m. 5:15 p.m. - 9:45 p.m. | 7:00 a.m. - 10:00 a.m. 11:30 a.m. - 3:00 p.m. 5:15 p.m. - 9:45 p.m. | 7:00 a.m. - 10:00 a.m. 11:30 a.m. - 3:00 p.m. 5:15 p.m. - 9:45 p.m. | 7:00 a.m. - 10:00 a.m. 11:30 a.m. - 3:00 p.m. 5:15 p.m. - 9:45 p.m. | 7:00 a.m. - 10:00 a.m. 11:30 a.m. - 3:00 p.m. 5:15 p.m. - 9:45 p.m. | 7:00 a.m. - 5:45 p.m. | 7:00 a.m. - 3:45 p.m. |
| Volleyball | 7:30 p.m. - 9:45 p.m. | | 1:00 p.m. - 3:00 p.m. | 7:30 p.m. - p.m. | | | | |
| Badminton | | 12:00 p.m. - 2:45 p.m. | | | 7:30 p.m. - 9:45 p.m. | | | |
| Racquetball | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 5:45 p.m. | 7:00 a.m. - 3:45 p.m. | |
| Fitness Center | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 9:45 p.m. | 7:00 a.m. - 5:45 p.m. | 7:00 a.m. - 3:45 p.m. | |
| Step Aerobics | 1:25 p.m. - 2:15 p.m. | 1:25 p.m. - 2:15 p.m. | 5:30 p.m. - 6:30 p.m. | 5:30 p.m. - 6:30 p.m. | | | | |
| Basketball | 11:45 a.m. - 1:45 p.m. | 11:45 a.m. - 1:45 p.m. 7:30 p.m. - 9:45 p.m. | 11:45 a.m. - 1:45 p.m. | 11:45 a.m. - 1:15 p.m. 7:30 p.m. - 9:45 p.m. | 11:45 a.m. - 1:15 p.m. | 1:00 p.m. - 3:00 p.m. | | |
| Table Tennis | | 7:00 p.m. - 9:45 p.m. | 12:00 p.m. - 3:15 p.m. | 12:00 p.m. - 3:15 p.m. | 7:30 p.m. - 9:45 p.m. | | 12:00 p.m. - 3:45 p.m. | |
| Early-Bird Workout | 8:00 a.m. - 9:00 a.m. | | 8:00 a.m. - 9:00 a.m. | | 8:00 a.m. - 9:00 a.m. | | | |

*Hours are subject to change for special events