

Panther Pride Week

THE CATALYST

"IGNITING THE MIND"

FREE THE STUDENT NEWSPAPER OF SUNY COLLEGE AT OLD WESTBURY Oct. 2010 #517



Largest Student Population

**in School's History
Classes Full; More
Revenue for OW**

New Dean of Students

Student Population Highest in 32 Years

By Ernest Pope

Last year, SUNY Old Westbury saw the largest population increase in seventeen years. This semester Old Westbury currently has the most students of any time in the school's history.

There are 4,339 students currently registered, according to information provided by Mary Marquez Bell, vice president for enrollment services. The only other time enrollment came close to reaching these numbers was twenty years ago in 1990 when there were 4,262 registered students.

Most of the increase can be attributed to the growing number of transfer students Old Westbury who have increased by eleven percent since the fall of 2009.

Many of these applications are students that require financial aid, so upon approval they are sent to the Financial Aid Department where they are all grouped with returning students. The conglomeration of new and returning student financial aid packages slow down application processing in financial aid just as they do in admissions.

Once approved for financial aid, students often bounce back and forth between the bursar and the registrar along with, students that pay out-of-pocket, trying to become fully registered. As a result of the increased enrollment, ninety-three percent of the classes are at capacity or over-enrolled which has caused problems for students who wanted to take a course but found that the course was closed. This

“The increased enrollment couldn't have come at a better time.”

The increased enrollment couldn't have come at a better time. Ever since the New York State budget cuts rocked the SUNY system, many universities – including Old Westbury – have had to make major fiscal adjustments in order to maintain the standard of academic excellence and quality of campus life. The student increase has added about \$1.6 million to the college's budget, which, in turn, had been cut by the state by about \$1.4 million. According to the Office of the Vice President for Academic Affairs, the additional revenue prevented faculty and staff layoffs for the time being but the administration is concerned that additional cuts may be made in December or January.

The additional student population has proved to put an increase strain on the dwindling faculty and staff at Old Westbury through a multitude of avenues by affecting admissions, the bursar, registrar and financial aid, which are all intricately intertwined with one another. Ever wonder why when school is starting back up you sit through long, strenuous lines at each one of the aforementioned departments? Well, consider this.

Each year the pipeline that processes incoming Admissions applications becomes hindered with the increased amount of applications.

example is a simplistic view of the formula that creates the “rat race” students encounter at the beginning and end of each semester.

Furthermore, parking is harder to find and the food outlets are more crowded.

Administrators worry about upholding the image of an accredited institution on limited resources, faculty must continue to produce students of scholastic brilliance with the uneasiness of job instability lingering in the back of their minds while staff continue to be overwhelmed with an abundance of paperwork and the backlash of disgruntled students.

Although the increased enrollment has helped the college's budget, it has strained everyone on campus. Whether the increased enrollment is a one time event or is more sustained obviously won't be known for at least another year.



Introducing the New Dean of Students: Rollie O. Buchanan

By Alexis Lopez

It has been almost a year and finally the void of losing the dean of students has been filled. After an interviewing process, freshmen seminar professor at Georgia's Kennesaw State University, Rollie O. Buchanan was given the position.

Since being appointed as the new dean of students, Buchanan has introduced himself to the student body at the Freshmen Step and Stroll show earlier in this semester and has made himself available to the students. Mentor and "father like" figure to the student body, Darren Ferguson has shared what he believes Dean Buchanan will bring to the Old Westbury Campus. Ferguson states, "I think he brings a great wealth of experience in student affairs." Ferguson strongly believes that Buchanan was the best candidate for this job because of his career experience and the path that led him to where he is today.

Along with past jobs, Buchanan is a part of the country's number one student affairs organizations A.P.C.A (Association for

the Promotion of Campus Activities.) Ferguson strongly believes that having an understanding of practices along with such an enriched background in student activities and student affairs is what the campus truly needs.

After Dean Ewing left Old Westbury, Assistant to the Dean of students, Darren Ferguson along with Vice President for student affairs ML Langlie, have stepped in. Both Ferguson and Langlie have gone beyond their job descriptions and have been assets to the student body community. Now that a dean has finally been appointed after a long year, Ferguson can now focus toward running the commuter services program. As a fairly new program there are still some issues that have to be tackled. Dean Buchanan has been assisting Ferguson in making the services more viable to the Old Westbury campus culture.

As with any new Dean to the scene there are many high demanding expectations of him. This however, may take some time but bare with him. One im-



portant note about Dean Buchanan, that Ferguson was impressed with during the interview process was his honesty. Ferguson notes that, "I felt like his answers weren't contrived."

After it was clear that Dean Ewing would no longer be returning, Ferguson's main concern with whomever replaced him was that the dean would be beneficial to the students. Thus far, Buchanan has upheld these expectations and has been focused on the students.

In comparison to Floyd Ewing, the past dean of students, Bu-

chanan has a different personality and style. However, Ferguson believes that he will not be any less effective: "Floyd Ewing was a football player so he had the football player mentality, Rollie Buchanan is an administrator. He is a student affairs professional and I think he is going to approach his duties with his professionalism with all the previous years of experience."

American Studies/Media and Communications: A New Chair

By Kate Ludwig

As the fall 2010 semester kicks off, the American Studies/Media and Communications faculty and staff are happy to announce the new chair of the department, Associate Professor Amanda Frisken. She was named the new chair at the end of the spring 2010 semester following the retirement of Professor Rosalyn Baxandall. At a retirement party for Professor Baxandall, a number of students, faculty, and staff expressed their deep fondness and admiration for her, and said how much they will miss her after decades of service.

Professor Frisken hopes to continue to enrich and develop the

department following in Professor Baxandall's footsteps. Besides being the new chair, Professor Frisken teaches two American Studies courses. Her courses are Protest and Change, and the Emergence of Modern America.

She is known for her knowledge and her enthusiasm and has a reputation for being a great mentor. Students who have already met with the new chair expressed their gratitude for her help and guidance. The entire department congratulates her and wishes her luck.

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weekly honor roll

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*BREAKING NEWS

The new SGA leadership consists of President Ashley Baehrel, who was elected as vice president, but became president after Alejandro Torres resigned. Baehrel's place as vice president was taken by Harman Kaur and the new treasurer is Ben Staffen. Mayann Ulasi is vice president of programming and taking on the task of executive secretary is Raisa Cruz. Vice president of public relations is Breanna Arthur and Edowaye Enabulele is the vice president of clubs and organizations.



The Shuttle Bus: Is Service Improving?

By Jasmine Washington

The shuttle bus at SUNY Old Westbury is one of the most frequently used and frequently criticized services offered. There has been an intense debate among Old Westbury's students concerning the reliability and efficiency of the shuttle.

During the spring 2010 semester, SUNY Old Westbury's student body hosted a protest that briefly disrupted the shuttle bus service. The faculty and administration at Old Westbury acknowledged the student's efforts and eventually agreed to hold a meeting between student representatives and administrators.

William Kimmins, assistant to the president for administration, believes that "the student protest was conducted responsibly and led to the establishment of a transportation committee of students, faculty and staff."

As students won a victory in the establishment of the transportation committee, there were still concerns as to how and when the system would be revamped. As the spring 2010 semester came to an end there was hope for a new and improved shuttle bus system.

With the beginning of the fall 2010 semester, students' hope began to dwindle away as the shuttle bus service was often overcrowded and late. As one frequent user of the service, who wished to remain anonymous, said: "I don't mind waiting in the warm weather but once it's cold not fair to have to wait, and with more

students on campus, we need either more buses or larger buses."

A dorm resident, who also wished to remain anonymous, wondered whether the school would ever have weekend bus service to Manhattan.

Jasmine Starks, a sophomore at SUNY Old Westbury, commented, that if there was an increase in the amount of shuttle buses being used, the shuttle bus experience would be easier for students.

For the first two weeks of school, students had to use the shuttle schedule from the previous semester for approximately two weeks until a new schedule was approved by SGA in September 2010. The new shuttle schedule included the addition of two stops; one at the CVS Pharmacy and the other at the doctor's office on route 107. According to Kimmins, the new stops were added at the insistence of the transportation committee.

If students have any inquiries about improving the shuttle system they are urged to contact the Office of Student Affairs and be directed to the transportation committee. If students are experiencing difficulties with the shuttle service they are urged to fill out a complaint form. Complaint forms are available at university police, the office of student affairs, and on flash drives that were given to students. According to Kimmins, complaint forms will shortly be accessible through the SUNY Old Westbury website.

Bedbugs

By Chantrese Williams

In the past year, the bedbug epidemic has had New York City on its feet. Bedbug infestation has not only become a growing problem in New York State, but across the country as well. Bedbugs are a problem that has attracted great concern for some people, while others are unaware that this epidemic even exists. More recently bed bugs are being found in hotels, schools, health

care facilities, dormitories and shopping stores.

Bedbugs are small, oval, brownish parasites that feed on human or animal blood. Following World War II, bed bugs became uncommon after the use of pesticide dichlorodiphenyltrichloroethane (DDT). However in the last few years bed bugs have reemerged.

The recent return of bedbugs is accredited to several factors. International traveling is at a high and travelers are not inspecting their luggage, after a stay in a hotel as they're being brought back to their respective countries. Bedbugs are hid away in used furniture and clothing, therefore bringing these items into a household may result in bedbug infestation.

Michelle Glover-Brown, Environmental Health and Safety Manager at SUNY College at Old Westbury describes bed bugs as "hitch hikers". Brown, who has been with the college for three years, explains that bedbugs do not fly or have wings so most times they are transported by people.

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Bedbugs are mainly active at night and can be found in between the cracks of a bed, crevices of a mattress, on clothing, and sofas. Bedbugs are hard to see, and equally as hard to get rid of.

According to the Office of Environmental Health and Safety's Bed Bug Infestation Prevention and Control Policy, upon moving into a dorm room, there are several signs of bedbugs a student should look for. Students should check the mattress and its surrounding areas for blood stains, live bugs, or dark excrement.

There have not been any official reports of bedbugs on the SUNY College at Old Westbury and it is clear that Brown would like to keep it that way when she states, “The health and safety of the students is our number one concern and priority.” Cleanliness is very important and Brown suggests that students should try not to store unnecessary items such as boxes or luggage under their beds in order to maintain Old Westbury's bed bug free environment.

If a student thinks they have bed bugs, there are several things they should do. According to the Policy, students should first strip the bed

of all linen, pajamas or clothing that is on or near the bed and wash it in hot water. Following the wash, place all items in the dryer for thirty minutes at the highest setting. Then the student should remove all storage from under the bed, inspect it, and clean it with a vacuum.

Brown also advises students to contact their RA/RD for assistance as well as visiting Student Health Services if any bites are spotted on their body.

Although Old Westbury has not had any reports of bed bugs, the city of New York is not as fortunate. In the past few months, there have been reports of bedbugs in popular places such as Hollister in SoHo, AMC Theaters in Times Square, the Empire State Building, Victoria Secret on Lexington Avenue, the Mid Manhattan Library on 40th Street, and most recently Nike Town. There have also been reports of bedbugs in the Bronx and Brooklyn's District Attorney's Offices, in addition to CNN's New York Offices.

According to Terminix, an extermination company, New York is listed as number one on a list of the top fifteen bedbug infested states.

Freshmen Frenzy/Meet the Greeks

By Pamela Somuah

Each year SUNY College at Old Westbury prepares for vigorous, intellectual students who want to become leaders of the future. The freshmen orientation program is developed by the administration and the First Year Experience to interest prospective students. It has been an Old Westbury tradition to have a freshmen step and stroll show where all Greeks perform to give freshmen a taste of the college life. This year the show was held at its regular venue at the Maguire Theater located in the campus center. However, this year instead of the show occurring on the same day returning students arrived on campus, it was moved to the first Thursday of the school year.

The campus consists of thirteen sororities and fraternities, each different and powerful in its own way. In past years the freshmen dominated the seats of the theater, this year only a small amount of freshmen were present to rep their class. The show was hosted by Greek Life Director/Assistant Director of Student Activities, Juan Marte and sophomore, Sean “Zeke” Marion. Ten organizations performed at the show as well as Step Tunes, Old Westbury's non Greek step team. All performances captivated the crowd from the smooth shimmies displayed by the pretty boys of Kappa Alpha Psi, to the shirtless, elite men of Lambda Upsilon Lambda. The comedic skit showcased by the ladies of Alpha Kappa Alpha amused the audience and the smooth brothers of Phi Beta Sigma rallied up the crowd with their high powered performance. All organizations came well prepared and ready to give their all. Freshmen, Aiseosa Evbuomwan expressed her feelings about the show, “I think it was nice but I was expecting more.” Biology major, Brett Settles said, “It was cool but there weren't a lot of freshmen there.”

Meet the Greeks, another traditional program thrown by student activities was favored more by the freshmen. “It was interesting to see the swags of each sorority and fraternity,” Evbuomwan said. The show started off with the pretty ladies of Alpha Kappa Alpha who came in chanting and strolling to a remix of Soulja Boy's “Pretty boy swag.” The men of the rambunctious Rho Kappa chapter of Alpha Phi Alpha rocked the house with their dynamic movements and precise stepping. Delta Sigma Theta walked in with seven divas

wearing red scarves over their heads and gave a devastating performance in black heels. The pretty boys of Kappa Alpha Psi wooed the crowd with their smooth stepping and cane skills. The heavenly kitties of Zeta Phi Beta came in stepping in their black turtle necks and royal blue heels. Performing after them were their - constitutionally bound - brothers of Phi Beta Sigma who used an Uncle Ruckus of the Boondocks quote to theme out their performance. Gaelle Charles, member of Zeta Phi Beta joined the Sigmas to execute a cane step that astounded the audience.

Those pretty poodles of Sigma Gamma Rho Sorority Inc. strolled to Willow Smith's smash hit “Whip my hair.” The men of Lambda Sigma Upsilon strolled in with an all black get up with white and baby blue ties. Mu Sigma Upsilon began their performance by giving a brief history about their org and then strolled to “OMG” by Usher. The radiant ladies of Omega Phi Beta strolled to Lil Wayne's “Ice cream paint job” and advised freshmen to research all organizations and find the one they feel is most fitting. The elite men of Lambda Upsilon Lambda stomped it out with their energy filled performance. The latin ladies of Sigma Iota Alpha came in chanting and ended things with a flavorful stroll.

Many who attended the both shows say it was decent but could have been better. “Sociology major, Maria Llivisua expressed her feelings on the event: “I thought it was pretty cool. I think it was cool to see the orgs showing us what they had to offer.” However, Llivisua feels that only some organizations exceeded her expectations and some looked unprepared as if they practiced only a day prior to the shows.

Shortly after the program, crowds headed over to the after party that was held at the Mink Lounge in Jamaica Avenue, Queens. The club was jam packed with everyone dressed to impress. Lines passed the entrance and continued around the block. Once inside the bass was pumping and the ground was bumping as everyone danced the night away. The after party received mixed reviews. Some felt security was too strict and some were having too much fun to even acknowledge them. Overall, the celebration was exceptional.

An Ultimate Dead Zone

By Anna Walters

Imagine that SUNY Old Westbury was enclosed by a dome that contained approximately forty percent methane. All life that existed within the dome would be unable to breathe and begin to vanish. That is what the marine life in the Gulf of Mexico has been struggling to survive against since one of the largest oil spills in history. The severity of natural gas being released into the Gulf of Mexico is one that not only affects the delicate ecosystem

ent types of animals. The locals located in Pass Christian, a city in Mississippi are also concerned with commercial fishing since fishermen in the area depend on the shrimp, crabs, and crawfish that live in the marshes and inland waterways. With that said, is it most appropriate to look at this situation from simply a moment's perspective or the prolonged destruction?

After a quick thought it could be looked at as only a moment's

and the media may not reach out to a college student in an effective way, there are ways to be supportive. As media dwells on who's to blame, individuals have been volunteering and donating in many ways. Organizations have played a major role in providing aid such as The National Audubon Society. A website link providing a list of ways to help [its sole purpose is to prevent an oil spill from happening. Currently, this blowout preventer is going to be examined by federal investigators. According to the New York Times article Gulf of Mexico Oil spill \(2010\), "many key components — including the blowout preventer rams and failsafe valves — had not been fully inspected since 2000, even though guidelines require inspection of the preventer every three to five years."](http://fieldnotes.msnbc.msn.com/_news/2010/05/15/4377374-gulf-of-mexico-oil-spill-how-</p>
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at present, but its future as well. Many have been referring to the oil spill as a "dead zone" due to its lack of sympathy toward marine life, since most will end up dead. Oxygen depletion caused by the spill is devastating. According to www.oceanservice.noaa.gov, a dead zone is, "a more common term for hypoxia, which refers to a reduced level of oxygen in the water."

Mississippi has been greatly affected by the oil spill. In an article posted in May of this year on www.guardian.co.uk, Dr Moby Solangi, the director of the Institute of Sea Mammal Studies in Gulfport states that he is "particularly concerned about the fate of up to 5,000 dolphins that live in the Gulf and up to the mouth of the Mississippi river. It is their birthing season when they tend to come into the shallow waters of the Gulf — precisely where the slick is heading."

If 5,000 dolphins have died in a particular area, envision what the full assessment would contain listing all the deaths of differ-

perspective due to the continual media coverage of disasters. Many have become prone to seeing news centered around disaster on a daily basis, thus making it a repetitive topic of discussion. According to James W. Hikins' Rhetoric and the Human Dimensions of Disaster: An Overlooked Lesson From the Gulf Oil Spill, "Disaster has become 'hum drum,' seemingly inconsequential in our busy lives."

As college students we tend to lead a bustling lifestyle and it is not always a priority for us to stay concerned with news because completing our course work constantly replays inside of our minds.

A senior at SUNY Old Westbury, Kola Adedokun, a biology major, commented on the news coverage, "I wish the media would more so emphasize the importance of the earthly damage the oil spill in the Gulf of Mexico will cause rather than making it seem like just another disaster."

Although watching the news may not be at the top of the list

to-help. An example listed on the website is, The International Bird Rescue Research Center (IBRRC,) which allows you to support the sixteen members of their Oil Spill Response Team, as well as other non-profit organizations working in the region, by "donating, becoming a member or adopting a bird."

The Chief Executive of BP did conclude that the company is completely responsible for the oil spill; yet does accepting responsibility make the reality of the massive disaster any less devastating? It doesn't change the fact that birds affected by the spill will try to clean its feathers but will be poisoned simply by its' natural movements. Other animals will be dying of low body temperatures and wash up on the shore contaminated and covered in oil. The explosion on the Deepwater Horizon drilling rig that occurred on April 20th 2010 is still a concern six months after its' malfunction. The Deepwater Horizon's blowout preventer is a gigantic structure and

President Obama has created a new panel on the Gulf of Mexico oil spill. This commission is working for a period of six months with the objective of a positive energy future and to prevent offshore drilling accidents. There are proactive steps to clean-up and preventing future problems from both the government and to some extent BP. It is still uncertain to this day how much time it will take for improvement since there are large amounts of oil spread underwater in the deep depths rather than on the surface. Could the oil spill have been prevented if precautionary steps were taken and the blowout preventer functioned successfully? As we wait to discover the answers of unknown questions about the oil spill; environmental issues will continue to hurt the earth by the minute.

Time for a Change at Old West

By Nneka Wilson

Did you know Americans use 2.5 million plastic bottles an hour? Out of these used bottles, more than half of the bottles are not recycled. Approximately one billion trees worth of paper are thrown away everyday in the United States. This being said, it's obvious we have to recycle.

Yes, we know you hear a lot about the environment and the polar bears and you may think

“this doesn't really affect me.”

As a member of The New York Public Interest Research Group, commonly known as NYPIRG, I will inform you that you are affected. If we are losing one billion trees a year and deforestation is becoming a more serious problem, what do you think will become more expensive? Our textbooks! And additionally, our tuition and cuts to our financial

aid. Many other aspects in our individual lives will be touched by this domino effect. Now that it is clarified that each of you reading this paper are affected by this, it's time for SUNY Old Westbury to start recycling!

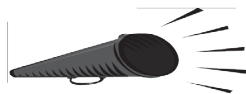
NYPIRG is working with Residential Life, The Environmental Department, and Men Organized to Develop, Empower

and Lead (M.O.D.E.L.) to make it possible for us to recycle on campus. NYPIRG has worked for students rights for decades as the largest non-partisan, non-for-profit, student advocacy organization. We have stopped Governor Paterson from trying to eliminate Pell and TAP programs and collected over 100 articles of clothing for the homeless. We also passed the “Bigger Better Bottle Bill,” which has now improved recycling practices across the state. And now, in conjunction with The Environmental Department, we are supplying recycling bins all throughout campus and we need to take advantage.

Have you seen what our campus looks like on a Friday morning? Paper cups everywhere, bottles lying all over the place, the lawns are trashed and our hallways are filthy. Not only is this unattractive and unsanitary but we get fined for these situations. It's a lose-lose situation ... until we start recycling, keeping our campus clean and helping the environment.

With the new recycling bins arriving on campus, it is in everyone's benefit to use them properly. Learn where each of the recyclables belong, use the bins and don't litter! We have to make sure that we don't throw garbage in the bins, because we may lose them all together. Plastics, glass bottles, paper, aluminum, and batteries are all recyclable items which need to be placed in the recycling bins and no longer be thrown in the garbage cans. For those who live on campus, the next time you drink your Poland Spring, take two seconds and put it in a separate bag to recycle downstairs. And remember every time you pass these bins, using them helps and does affect you individually.

Student Life Committee *Speak Out!*



**Want to see something change on campus?
Tired of complaining about student life at
SUNY Old Westbury?**

Tell us!

**We're the Student Life Committee
(SLC).**

**We try to improve the quality of student life on
campus.**

**Come voice your issues at our
next meeting & get involved.**

**Friday, Oct. 15, 2010
10:00 – 11:30 am
Academic Village, Rm. C-104**

Can't make it?

**Call or send us an email to voice your
concerns:**

(516) 876-2896

owstudentlifecommittee@gmail.com

(Please type "SLC" in the subject box of the email.)

Follow us on Twitter: www.twitter.com/OWSLC

What's with Four Loko?

By Diego Mercado



Alcohol, one of the leading causes of teenage deaths, is being used more and more everyday. Just when you think it can't get any worse for teens, a new popular alcoholic beverage comes along. Four Loko is a drink many teens are using, and there have been already many cases

where people have been hospitalized due to its consumption. The name "four" is derived from what the drink contains: caffeine, taurine, guarana and wormwood.

Four Loko is considered "cocaine in a bottle" or "liquid cocaine" because of the dangers of drinking this beverage. It

contains twelve percent alcohol and a lot of caffeine so the feeling you get when drinking it is comparable to snorting small amounts of cocaine. This drink attracts many because at first glance it looks like an energy drink, however once you read the contents; you see that it contains twelve percent alcohol and a lot of sugar. The drink comes in a variety of flavors - such as Grape, Fruit Punch, and Watermelon - which are all inexpensively priced and provide for a cheap way to get drunk. This drink can range between \$2.50 and \$3.50 and can be found in deli's and Seven Elevens.

In May, four teens that had alcohol poisoning due to drinking Four Loko. The drink is rapidly being categorized as a dangerous beverage as more and more states are trying to crack down and ban its use.

Witnesses say that only one of these cans can really get you drunk. It can also make you do

crazy things due to the amount of its sugar and caffeine.

Just imagine drinking about three beers mixed with sugar and caffeine. That is about equivalent to what Four Loko contains. An anonymous source informed me that they experienced firsthand, the effects of Four Loko. On this occasion he chose to drink three Four Lokos. He recounts, "All I remember from that night was opening the can and drinking it."

Luckily, he was surrounded by his friends. They took care of him that night and said that he had vomited. He also had slurred speech and was not completely coherent. They got him home safely. He felt the hangover the next morning. However he said that not only did his head hurt but his body was aching and he felt very weak. But it did not end there. He said for the next few days he felt depressed and weak physically and mentally. He said he would never drink Four Loko again.

What's With "3D"?

By Amber Hurt

Today 3D movies are getting out of hand. Every other week there's some new movie being advertised in 3D. In my opinion this is rather annoying. When 3-D movies first came out they were considered to be unique. Reason being that the technology wasn't advanced enough to produce these types of movies as frequently as they do now.

When a 3D movie came out back then, it brought more excitement to movie-goers than it does today. Robb Dobbs, a senior here at Old Westbury stated, "I think it's better not to have 3D at all." I don't completely agree with his statement, but I do understand why he said it. When

producers make 3D movies now they should put more thought into how the movie will look in 3D. When I think of 3D, I think of a lot of excitement, tons of animation, and the illusion that I am actually in the movie. With the 3D movies today, I don't feel this way at all.

During the summer Pixar premiered "Toy Story 3." In certain theatres it could be viewed in 3D. I myself saw it in 3D and was not satisfied at all. The movie overall was great but there was no reason for it to be put into 3D. This shows how movie makers don't fully understand the definition of three dimensional. No regular film can be turned into

3D. Another big inconvenience of 3D movies is the price. Regular movies alone are now eleven dollars. Seeing a 3D movie adds on another four making the total price fifteen. That is ridiculous especially since most customers who view the 3D movie come out dissatisfied. A movie to soon release in 3D is Jackass 3D based on the hit MTV show Jackass. On their show, they pull a lot of rude, self-harming, outrageous pranks. From looking on the Internet to see what people have had to say about this movie, they don't seem too thrilled about it. What about this makes it seem appealing for 3D? 3D movies should be fun, adven-

turous experiences. There should be interaction with the viewers. Very few to none that come out now are like this. At the end of the day 3D movies will not work for every director. Even though they fail to realize this they will continue to do it because it seems to be becoming the latest movie "trend." Will this ever stop? Will it ever improve? We won't know unless we keep watching.

A Weekend Getaway or Stay?

By Anna Walters

This semester, the First Six Weekends of programming was introduced to welcome the new faces and returning students. The goal and main objective is to get the students of SUNY Old Westbury to not feel the need to go home over the weekend. This further promotes engagement on campus to construct a more positive and enhanced college experience. Strategic planning went into action creating programs that the student body would desire to attend involving different organizations, teams, and special events.

This is currently the second year of the Six Weeks programming and it has been successful thus far. The majority of the programs were well attended such as; the Opening Weekend Cookout which was held in the Woodlands courtyard. The Worship Series that offers church services on Sunday nights in the Recital Hall has brought together between twenty and sixty students each night. The Old Westbury Entertainment Cookout was successful with approximately 125 students. The Step and Stroll performance by the Greek Organizations on campus was a full packed entertaining show as well.

The promotion and marketing for the Six Weeks of programming was very effective and extended to many popular media tools such as, Twitter, Facebook, the digital screens on campus, and brochures. The most efficient way it was publicized was through Freshman Orientation when it was spoken of. More freshmen were seen at the weekend programming and a strong presence was felt. Freshman in the hallways will even inquire to Darren Ferguson what is happening (coming up) on the following weekends. A freshman named Daniel Kwak, who plans to become a business major states, "I am most interested and looking forward to the carnival." Darren Ferguson also believes, "The Meet the Greek show is highly anticipated because the fraternities and sororities will be wearing their colors and performing." The more involved and participated the students become in their freshman year the more likely it will set a trend for others to follow.

The Six Weeks of programming is important not only because of the hard work many individuals put in, but also for more heart-felt reasons. Darren Ferguson, the Assistant to the Dean of Students and Coordinator of Student Engagement quotes, "For me personally, I

"The goal and main objective is to get the students of SUNY Old Westbury to not feel the need to go home over the weekend. This further promotes engagement on campus to construct a more positive and enhanced college experience."

The programs also intend to create a link between the student body and Athletic Department to promote teams and increase school spirit. Juan Marte, Assistant Director of Student Activities, Fraternity and Sorority Life and Community Involvement and Darren Ferguson, the Assistant to the Dean of Students and Coordinator of Student Engagement were in charge of the committee. Other departments involved include; Health Services, Counseling Services, Athletics, and Residential Life.

really love the students that attend SUNY Old Westbury, they are a source of joy and inspiration, and the reason for me to continue to stay. As a staff it is disappointing and sad to see students drop out or transfer, so by providing resources their academic life will be a better experience." The First Six Weeks will end in the beginning of the October and the turnouts are anticipated, the overall First Six Weeks of programming will be rewarding to the entire student body since it was created distinctively for you.

A Little Tender Love And Care For Pets Can Go A Long Way

By Katie Long

What are pets? Are they for show and tell or are they a part of a family? Are pets to be raised with love and affection?

Truthfully, when you think about it a pet is usually brought into a human's life because they want to love pets. For example when a new born is brought into the world they are raised with care. A baby has to be taught right from wrong; and so does a pet. The way you train and command a pet and a baby is important. If a baby wets their pants after being toilet trained they are to be forgiven. It would be abusive

if you hit a baby over wetting their pants, right? Therefore, if a dog pees on your favorite chair after it has been trained to go outside and you hit the dog that is abusive as well! Shame on you!

My point is if you decide to have a dog, cat, hamster, ferret etc., in your home you have to be firm and love them unconditionally; just like a baby. For the most part, babies are not for show and tell; they are part of a family. Well, so is a pet. So, treat them like family!

If you constantly love and cuddle your baby they most likely grow up to be sweet and kind. If you neglect and hit your baby they will

probably grow up with some serious trust issues. Think about a pet that is raised with love, and compare it to a pet that is raised with violence. Usually you try to pet a dog and it growls at you and it has a reputation of biting, guess what? It was probably treated without kindness and love. We all know that a congenial dog will wag its tail and want to lick your face off.

Overall, just because pets cannot talk, go to work or school, or drive a car does not make them dumb. Hey, they existed before we came around. All animals need love to live a long happy life. If someone is lonely they may die due to lack of love; just like a pet. Please love your pets just like how you love your family; because pets are your family too!

Twenty-First Annual Awards Dinner Honorees

2010 Alumna of the Year

Nancy Dunnagan

1974 CHIC & Elementary Education
Director of Financial Aid
Suffolk County Community College

2010 Excellence in Community Service

Michelle Glover-Brown

1995 Health & Society
Environmental Health & Safety Manager
SUNY College at Old Westbury

2010 Excellence in Education-Faculty

Joseph Manfredi

Lecturer, American Studies Department
Station Manager, Old Westbury Web Radio
SUNY College at Old Westbury

2010 Excellence in Education

Dr. Constance Rhoden

1998 American Studies
Assistant Principal
Lawrence Road Middle School-Uniondale, NY

2010 Excellence in Education-Administration

Ronald J. Welton

Assistant Vice President for Academic Affairs
SUNY College at Old Westbury

THE COLLEGE AT
OLD WESTBURY
STATE UNIVERSITY OF NEW YORK

The Alumni Association

of

The State University of New York

College at Old Westbury

*Cordially invites you, your family and friends
to attend the*

Twenty-First Annual Awards Dinner

*Celebrating the achievements
of distinguished leaders in the various fields of
education, community service,
and*

The Outstanding Alumna of the Year

Thursday, October 14, 2010

at six o'clock in the evening

The Fox Hollow Restaurant

Woodbury, New York

*Contributions will be used for the Alumni Association
Operating Budget and Scholarship Fund*

6:00 P.M. Cocktails

7:00 P.M. Dinner

Show Your Panther Pride!

By Leighann Dunkley

Panther Pride Week is approaching fast! As everyone prepares for SUNY Old Westbury's 3rd annual homecoming, a lot is in store for this year. The kickoff date is October 13th and events will run through the 16th. As the committee prepares for a fun filled week, you all should as well.

The week starts on Wednesday. We will get a welcome speech from the College President Dr. Calvin Butts, cheers by our cheerleading squad, and a bar-beque lunch catered by Chartwell's. Nominees for the "Mr. & Mrs. Old Westbury Competition" will be announced as well. The MC will lead us in games, t-shirt giveaways and much more.

Thursday is geared towards showing your school spirit. During common hour everyone can decorate their own t-shirts, and participate or cheer on their friends in contests such as pie-eating and hula hoop contests. During this evening the activities continue during Midnight Madness where different student groups will perform and athletes will be introduced. Prizes will be given out to those earlier contest winners.

Friday's theme is teamwork. During the day, activities will take place that focuses on working together to get tasks done. Following is a community softball game which will take place as everyone is invited to play or cheer on fellow friends. In the evening, a comedy show will be held in attempts to keep you all bursting with laughter.

As our Panther Pride week comes to an end, Saturday is Family Day. There will be a mini-carnival and fair which includes pony rides, carnival games and much more. You can even participate in a creation contest that includes appetizer dip, cake and cookie categories. The day

will end with a talent contest where everyone will show their talent in exchange for prizes.

Unfortunately, many students don't participate in this weeklong event because the majority of the campus community consists of commuters who come for class and leave. But commuter students are just as important as residents. Panther Pride week is for everybody not only to have fun, but to meet new students and faculty as well. From watching a performance by Step Tunes, to courtside seats at the basketball games; there will be plenty to do. So gear up and get ready for one of the best weeks here at SUNY Old Westbury. It will be a week you won't forget!

Panther Pride Events

By Anna Walters

The spirit will roar among students as the Panther Pride festival approaches. This will be the first "real" Midnight Madness since this year the athletic team's players will be coming out at approximately 12:01 a.m. in the Clark Center Gym. This is the third year of Panther Pride.

The event planning was created by the Panther Pride Committee consisting of the Chair, Len Davis, Chief Financial Officer and two co-chairs Randi Harris, Administrative Assistant, and Joe Manfredi, OWR Manager and Faculty Member in the American Studies and Media and Communications Department.

Professor Manfredi said: "Panther Pride provides a sense of



community. For me personally it's nice to see all members of the college and students enjoying and viewing the pride. It's home for all of us."

A lot of hard work and dedication is put into the events created for the student body. The events play a major role in Panther Pride and are exciting aspects of a homecoming celebration. As the slogan states, "Let's do it again in 2010."



SUNY College at Old Westbury
PANTHER PRIDE WEEK 2010

The First-Year Experience Program

invites you to an

*Evening with Mr. Ishmael Beah
noted author of A Long Way Gone:
Memoirs of a Boy Soldier*



DATE: Wednesday,

October 13, 2010

TIME: 6:30 PM – 8:00 PM

PLACE: Multipurpose Rooms

A-B-C, Student Union

A Long Way Gone is a story of redemption and hope.

Newsweek – “Perhaps all that need be said about Beah’s skill as a storyteller is that while we know how he made it out – the book in our hands is proof – we are glued to every page by the very real possibility that this story is not going to end happily.”

Open to All. First-Year Students are Required to Attend.



Panther Pride Week: Sports

By Lincoln Ricketts

Old Westbury is having its annual Panther Pride week on October 13-16 and sports fans are ready to see their favorite student athletes perform in their respective sport. The first event that starts off Panther Pride Week is Midnight Madness, which is the main draw for the students. Midnight Madness is a pep rally that introduces the sport teams and previews the winter and spring teams. The women’s and men’s basketball teams are the main attractions for the night as each team spends court time displaying their skills. At this point, the coaches make their final selections on their 12 man (woman) roster. The fans and the crowd are excited to see which one of their friends have made the team. The women’s basketball team takes on suicides and fast break drills as they play each other in front of the crowd. The fans also get excited when the men’s basketball team performs a dunk-off exhibition. Each player on the team who possesses the skill to dunk,

tries to complete the most entertaining dunk as possible.

The men’s soccer team and women’s volleyball team having winning records while heading towards Midnight Madness. Both teams are performing with high energy and maintaining a high seed in their respective divisions. The women’s soccer team had a slow start to the season but they are improving and showing great strides. Cross country, swim and baseball teams are also shown during the beginning of Midnight Madness. The following day will be a community baseball game between the faculty and students. On Saturday, the men’s soccer team will be playing against Bard at one o clock at Panther Park. Old Westbury’s Panther Pride week is an energetic week that will induce pride into the students and create an entertaining time for the school.

Fashion's Night Out

By Samantha Williams



“Sex in the City” star Sarah Jessica Parker walked the red carpet at Bergdorf Goodman, posing for fans along the way.



Project Runway Winner Christian Siriano held a meet and greet at Payless promoting his Fall 2010 line.



This year Lincoln Center was home to Mercedes-Benz Fashion Week.

The city opened its arms to the world’s biggest fashion icons on Friday September 10, 2010, for a night of style, fashion, and shopping.

The second annual celebration is an evening for designers, shoppers and retailers focused on style and spending. The global event had over 100 participating cities from Los Angeles to Paris to Atlanta to Milan. Serving as a prelude to the famous Fashion Week, Fashion Night Out welcomed celebrities of all kinds to debut their lines, meet and greet their fans, and spend big dollars with over a 1,000 participating retailers across the city.

For one night only, shoppers had exclusive access to deals and limited addition items, not to mention the opportunity to take part in special events and contests that went on throughout the night. Kimora Lee Simons celebrated her Kouture by Kimora line at Macy’s Rego Park by mingling with guests and judging a strut contest that had a catwalk inspired by her Baby Phat clothing line. Macy’s at Herald Square also had a lot to offer with chances to meet Tommy Hilfiger, soul singer Joss Stone, Jennifer Lopez, and to be one of the lucky customers to get an autographed bottle of Justin Timberlake’s new fragrance, Eau de Parfum.

The streets of Fifth Avenue were packed with anxious fans, and paparazzi hoping to get a glimpse of celebrities. Some of fashion’s biggest names like Anna Wintour, (Editor of Vogue magazine), Victoria Beckham, Badgley Mischka (a designing duo), Sarah Jessica Parker, and many more walked the barricaded entrance at Bergdorf and Goodman.

The night combined fashion, art, music and entertainment to the fullest with Mary-Kate and Ashley Olsen mixing cocktails at Bergdorf and Goodman, Bette Midler singing cabaret tunes at Oscar de la Renta’s Madison

Avenue store, interactive posing with Louis Vuitton bags at the Fifth Avenue store and a performance by choreographer Laurie Ann Gibson at Dolce & Gabbana while super model Naomi Campbell celebrated 25 years in the business. Steve Madden, JCPenney, American Eagle and a host of other stores offered up tunes to groove to while shopping with live DJs, and refreshments to cure hunger along the way. Payless however took a unique route in order to make sure city goers missed nothing and could reach every hot spot by providing six free Gray Line double-decker tour buses to shuttle shoppers to the next big scene. Payless also arranged a meet and greet with Project Runway winner Christian Siriano, designers Isabel Toledo, Lela Rose and Patricia Field.

For the first time in 67 years Mercedes Benz Fashion Week set their tents up at Lincoln Center, the center for the arts. For the past 14 years the tents and runways have been set up at Bryant Park. During this autumn week, designers provide the public with access to their newest and latest designs and provide the world with insight as to what’s “hot” and what’s “not” for the upcoming season.

The night concluded with an endless amount of roof top parties, and hot spots lining the city. The mass amount of people who traveled to New York for the event turned the city into a platform for food and night life, bringing business to club vendors, restaurants and hotels leaving behind a huge trail of exposure and satisfied shoppers. Every corner had what seemed to be an endless line of people waiting to get into stores. The night skies were filled with flashing lights as people snapped pictures. It was a night in which fashion had no boundary and it brought fashion’s biggest names to our city, the fourth fashion capital of the world.

Stress

By Samantha Williams

Many students experience stress upon the start of a new school year. Unfortunately the possibility that stress will reside in one's daily life becomes greater and greater each day while trying to meet the demands of the hectic life styles of a college student. However where there's a will there's a way and there are several tactics that can be used to make stress only a temporary barrier.

Simply put, stress is the body's feedback to a change that calls for a physical, mental or emotional adjustment or response. Stress can be the result of any situation that brings on feelings of frustration, nervousness, anxiety or anger. Thus situations that create this stress are known as the stressor.

As a freshman one will find themselves entering a new world which they are unfamiliar with and find themselves up against the biggest task of all, time management. Senior Counselor, Blanca Schneider at Old Westbury's Wellness and Counseling Center couldn't have agreed more. "Most freshmen have difficulty dealing with time management. They don't have the skill of how to divide their time. Sometimes they neglect their academics" said Schneider. A schedule however makes everything much easier to manage. "We try to teach the students who are here time to schedule a time to sleep, time to eat, time to go to class, time to take phone calls, time to socialize, time to be part of clubs. If they are very organized they will be able to fulfill all these activities and will be stress free". Dealing with this new found freedom can also be a stressor. Parents are no longer there to tell you to go to class; it is self responsibility to the fullest.

However freshmen aren't the only people stress has its doors



open to. Although upper classman may know the ropes, each year, brings new challenges, problems and responsibilities, which lead the way to stress. For seniors graduation becomes a reality. Just the thought of stepping out into the real world can become more scary than exciting. It's a reality which some may not be ready for.

Old Westbury happens to be a very unique school for its diversity and with this diversity brings different cultures and different rules. While some cultures teach kids to be as open as possible others have taught their children to keep things to themselves. It is however, never a bad idea to talk to people you truly trust, to help relieve stress.

Much stress also lies within interpersonal relationships and peer pressure. After all as humans it is only natural to have contact with other people. These relationships with our family, friends, peers and for some, co-workers, consumes a great deal of our emotions and time and can equally contribute to the stress level. Let us not forget to mention the good old economy. While the economy has affected everyone, college

students are especially prone to feeling the effects of the recession and money management can become a stressor.

If stress is not handled properly not only can it lead to anger issues but it can also take a toll on one's physical being resulting in pain throughout the body such as, shaking, headaches etc. Fortunately there are ways to manage as well as redirect stress.

-Relaxation Techniques: Relaxing is the biggest cure for stress on the mind and body.

-Meditation: Learn to meditate find a place of inner peace that is unbreakable.

-Organization: Learn to stay organized. Plan the day if need be. Organization is the key to having good time management skills and aids in avoiding being overwhelmed.

-Exercise: Exercising is a great outlet to use to relieve stress. Exercise can be used to turn that negative energy into a positive and useful on.

-Personal Time: Always find a way to have personal time.

Whether it be to have fun, enjoy a hobby or simply just to relax.

In addition to the tactics used above, the counseling center also offers programs to assist with stress management such as Mindfulness Meditation for Stress Reduction and Academic Success, Life-in-Transition Group which helps explore your life and relationships and a new group called Drumming out Anger. Drumming out Anger is a group created by Schneider herself in which students will use African drumming techniques and direct their anger to the drum instead on other people or themselves.

Problems arise, challenges come up, and situations occur but these are all the things that make life. Stress is merely just a bump in the road on the way to victory However it is stress management that will drive one to the ultimate goal, success.

If you would like more information on the programs above please contact Blanca Schneider at 516-876-3353 or visit the Wellness and Counseling Center in the Student Union Room 108.

Two Marriages Later

By Sharon Weston



Everyone is searching for “the one,” their soul mate, that sweet somebody to spend the rest of their life with. And chances are pretty high that you will find that person in college or soon after. But then what?

I found my “soul mate” twice, married him, and then proceeded to lose him. Divorce statistics are high, and if you don’t know statistics and criteria for a good marriage, you might just find yourself among those statistics.

One of my lethal mistakes was having sex before marriage. I am Christian, but I always felt like the “rule” was created to take away pleasure. I never understood it as for my own good. Now I have learned firsthand how sex before marriage makes you ignore problems and put communication on the backburner.

There are non-Christian studies that show the sooner you introduce sex into a relationship, the sooner you put a cap on the communication and the strength of that relationship. Of course, during the relationship I thought our communication was just fine, but looking back I see how we both ignored major red flags about personality and value differences.

In fact, I am so convinced that I doomed my relationships by

having sex before marriage, that I have now bought a purity ring and plan to wait the next time around, though it is hard. Women can struggle with the desire for physical intimacy just as much as men can. The desire is fine and normal, but what we do with it affects our relationships and our future.

My first marriage was at age eighteen to a guy from the Ukraine. I didn’t realize how high divorce statistics are if you marry young or marry someone of a different culture.

My second marriage was to a guy who I had dated long-distance for only a year, he was marrying for the first time at age forty-three (twelve years’ difference between us), and our families were very different. But most of all, he was a smoker and I was not.

Smokers have higher rates of divorce than non-smokers, but a marriage between a smoker and non-smoker has an even higher rate. If you smoke, stop now.

However, once you are already in love, you are likely to ignore the red flags flashing in front of you. So my suggestion is, don’t fall in love with the wrong person! Create a criteria list like the following:

1. Know your values and faith and find someone with the

same. Opposites may attract in the beginning, but “birds of a feather stick together” is true in the end.

2. Pay attention to their family and family dynamics. Do you like their family? Are their parents still married and how do they interact? (Both my husbands slipped into acting like their fathers and expecting me to perform like their mothers, who were supermoms and doted on their sons.)

3. Like their friends! Your loved one may act one way in front of you, but if you have doubts about his or her friends, listen to your gut. They may act completely different when with their friends.

4. How does your loved one treat waitresses and others in public, especially people of the working class? If they ever treat someone badly, expect that same treatment after marriage, when he or she is mad at you.

5. Have you introduced sex into the relationship yet? If not, wait as long as possible for the best communication and strength of the relationship. If you already are intimate, you need to watch even more strongly for red flags and make sure you don’t spend more time being physical than communicating in a meaningful manner.

6. Listen to your friends and family! Use them as filters! I can’t say this enough. When your endorphins are kicked in because you are in love, you are not thinking objectively. That delicious passion can last two to three years, but I can guarantee you, it won’t last forever. So listen when others point out red flags, and take things slow. Don’t rush into sex or marriage.

7. Get pre-engagement counseling. “Pre-marital counseling” is the norm, but who is going to back out once they already announced the engagement

and already have the rings and a set date? As soon as marriage becomes a topic, find a pastor or counselor through a reference and speak with them. Do a personality test if you can, to get pointers on where you will have issues in the future. It doesn’t matter how perfect and passionate your relationship feels right now; every marriage comes with huge problems down the road and you need to know you are both strong enough to face future issues.

8. Don’t think he or she will make you happy. I can’t stress this enough either. We tend to think marriage will stop any loneliness we feel; however, being in a loveless, affectionless marriage is even lonelier than being single. Why? Because the one you gave your life to has rejected you, and you aren’t even allowed to search for “the one” anymore. You are stuck. So whatever you do, know yourself and do not lose yourself in marriage. Don’t ever lose your friends or family. You need them as support when tough times hit.

9. Work ethic and spending ethic. Don’t get stuck supporting a bum. Does your loved one have a head on their shoulders and realistic goals and steps to get there? Are they more of a spender or more of a saver? Many couples fight hard and long over finances so make sure you are on the same page from the beginning, or you may be doomed. Make sure you both have budgets and can stick to them before you think of marriage. Don’t go into marriage with debt. Better to rent a studio for a couple years and save, than rent a larger place and end up in debt. My first husband and I started with a \$210/month tiny apartment in Kansas while he studied, but five years later we had saved enough for a down payment and bought a nice

house.

10. You both must be open-minded learners! No one has all the answers; no one knows the future or the problems that can arise. So you both need to be open-minded to books and counseling if the need occurs. Don't marry someone who thinks they are always right.

11. Get to know an older, happy mentor couple. Do this before you get married so that when problems arise after mar-

riage, you have someone to go to. Do NOT go to your friends and family with your relationship troubles because they will always give you one-sided advice. Words contain power! Be careful of your attitude and words, because if you take on a complaining spirit, it will kill your relationship.

12. Do not get married unless it is forever. You both have to be committed to giving 150% no matter what. It was easy for

me to think, "I did so well on the housework, so why can't he be affectionate with me?" But don't go there. Love is a commitment, not a feeling, and we all go through dry times. We love our siblings, yet also hate them sometimes. But you must give even when you are exhausted and feel like you're not receiving anything. Living 24/7 with someone is very different than dating. Day to day life can be dry and mundane, but plan to

spice it up with outdoor activities and meeting up with friends (especially other healthy couples).

If some of these items spoke to you, clip this article and save it for later. If you have questions about relationships and marriage, please feel free to email me for more tips or article requests through my web site: Sharon-Weston.com. Thanks and God bless!

Dear Dr. Deb,

My boyfriend goes to another school and dorms. I know that he really cares about me. Does trusting him to be faithful make me stupid?

Sincerely,

Stupid

Dear "Smart",

Trusting your boyfriend who is suppose to love you, care about you, and have your best interests at heart does not make you stupid. It makes you a committed, caring, and loving person. If he cannot be faithful to you, then he really does not care about you. It also makes him stupid.



Dear Dr. Deb,

How do I get my friends to not be afraid of going to the health center to get tested?

From,

A Concerned Friend

your friends are afraid of getting tested but they should be more afraid that they may have an STD that is not getting proper medical treatment. According to Planned Parenthood (2010), "more than half of all Americans will get a sexually transmitted disease or infection at some time in their lives". To help get your friends to the Student Health Center, I suggest that you get tested with them. Then, you can support one another through this process and each of you can be sure whether you have an STD. For more information or to schedule an appointment to be tested for STDs, please contact the Student Health Center at 516-876-3250. Additional information also can be found at www.oldwestbury.edu/campus/health.cfm.

Dear "A Concerned Friend",

Getting tested for sexually transmitted diseases (STD) is a must for anyone who has been or is currently sexually active. If your friends do not get tested, they will not know whether they have an STD or are infecting their partners. STDs often do not cause any symptoms so they may not realize that they have an STD. It is understandable that

Dear "Conflicted",

It seems that you are interested in a guy who might be unavailable rather than a guy who might be available. It also seems that you are making a lot of assumptions about who likes you and who doesn't. Instead of making assumptions about each of these guys, I suggest that you try to get to know the person you like to see whether he is interested in you. If you are interested in the guy who seems "all to himself", your assumption about his personality may prevent you from really getting to know who he is. I recommend that you approach him by asking him a question about the class and seeing whether he wants to study together. If he is "all to himself" or shy, this may help him feel more comfortable by discussing something that you both have in common. Once you put your assumptions aside, what you find may surprise you and open up a new set of possibilities.

Dear Dr. Deb,

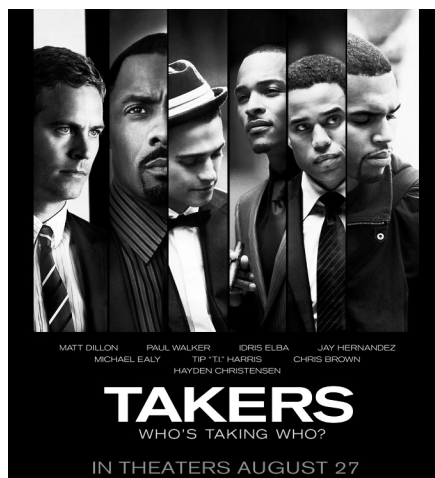
There's a guy in one of my classes who I have a feeling likes me, but I don't really like him because I kind of have feelings for another guy, but I don't think he likes me. The other day the guy who I thought likes me kept staring and I started feeling tension inside me. I am not sure if I like him and I want to start talking to him but he seems too "all to himself." So I don't know how to approach him. What should I do?

Take care,
Conflicted

Dr. Deb is an educational psychologist who received her doctorate from UCLA. She can be heard live on Awareness Avenue every Wednesday from 1 to 3 pm on OWWR or seen on Awareness Avenue on OWTV. If you have any questions or issues for Dr. Deb, please send them to awarenessavenue@gmail.com.

Movie Reviews

Takers



On August 27th Takers hit the theaters earning \$20,512,304 the opening week and \$52,346,000 worldwide. Director and Screenwriter John Luessenhop focused on 6 notorious men as high class bank robbers.

The players are Idris Elba as Gordon Jennings – the leader of the team - who spoke with his native born British accent, Paul Walker as John Rahway second in command. Rapper T.I plays Ghost a sinister ex-team member host who returns to the group after being incarcerated because of a previous job with the team. The youngest of the crew, Chris Brown as Jesse Attica and Michael Ealy as Jake Attica who is a club owner and Jesse’s older brother. Hayden Christensen is AJ the team’s strategist who tactfully coordinates the mission plans – which are only performed once a year - in order to outsmart overzealous detectives like, Detective Jack Welles played by Matt Dillion and his misguided partner Eddie Hatcher played by Jay Hernandez.

The focal point of the movie are these high class and extremely organized “takers,” however, included in the movie is a thirst for revenge, corrupt police officers, and a drug addicted sister, all of which, slowly tie into the downfall of the team. For the most part the movie was good the audience was left at the end of their seats and interacted with the film and that’s always a sign of a successful movie but of course there are some downfalls about the film.

The hostility that Ghost (T.I) had for the other robbers was clear and to the point, but the ten-

sion on behalf of the other men was not warranted, at least in the beginning. There was little to no background information on their relationship with Ghost besides his incarceration. The writers should have clarified whether or not there were issues in their personal and professional relationships.

Depending on the type of movie seeker you are, there are a number of reasons for you to see Takers. Whether it’s because you like action movies or a fan of the talented men – who were GREAT eye candy – that assumed the leading roles, you will like the movie. It’s rare to fully say that a movie was 100 percent amazing with no flaws; every movie has its negatives. Of course that didn’t stop me from seeing it in the theaters twice and each time the theater was packed to capacity.

Alexis Lopez

Resident Evil Afterlife 3D



Paul Anderson plays role as the producer of the “Resident Evil Afterlife 3D,” who also highly recognized in producing other films like “Pandorum” (2009). Anderson continues with his film Resident Evil Afterlife 3D starring “The Fourth Kind’s” own Milla Jovovich as “Alice.”

In the film, October 1st as we know it was when the Umbrella world was destroyed by the T-Virus infection. The “Umbrella world” also known as “Raccoon City” is an industrialized mid-west American town which then was largely dominated by the Umbrella Corporation. The Umbrella world, for those who don’t know, was a mega corporation operated by a number of markets, also operating as a force capable of rescuing and performing paramilitary operations.

Alice is a former Umbrella Corporation security operative who was exposed to the experimented T-Virus which left her with incredible strength. Now hunted by the Umbrella Corporation, Alice now tries to save the only few left unaffected by this T-Virus. Resident Evil Afterlife: 3D also co-stars Ali Larter who played previous roles in “Obsessed (2009),” and the “Final Destination 1 & 2.” Larter, who plays the role of Claire Redfield, is an old friend of Alice from Resident Evil 3: Extinction. Claire comes back as a survivor and fighting aide to Alice to save the few who remain unaffected by the T-Virus. They (Alice and Claire) team up to seek refuge in Alaska which in the movie is rumored to be a safe spot for those without infection. In the movie Alice soon finds out that this is untrue and seeks revenge against the Umbrella Corporation for the truth.

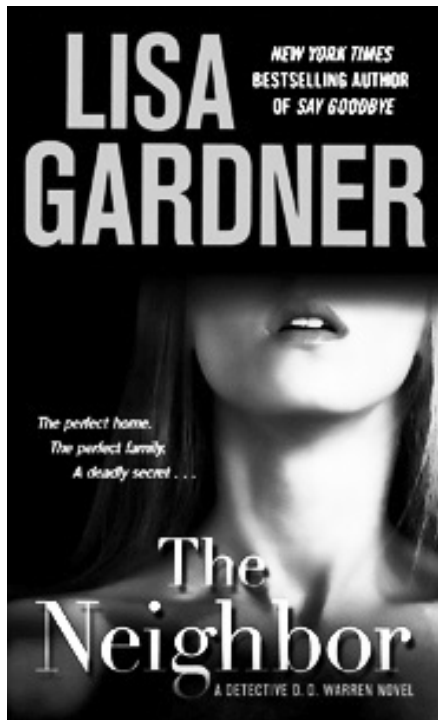
The 3D motion gives you a life like experience as if you were actually in the world of Raccoon city with all the special effects, the gore, even the mutated dogs and zombies (with tentacles). The point of this movie is to give off the effect that Alice is the survivor who is infected with the T-Virus but fights against the Umbrella Corporation to save those who aren’t infected with the deadly t-virus. Alice and Claire’s goal is to save the Raccoon city and destroy the Umbrella Corporation.

My rating for “Resident Evil After life 3D” is thumbs up. If you like action and thrill then this is your movie. Paul Anderson serves his final kick for Resident Evil Afterlife in 3D by leaving you with that question in mind of what’s next to become of Raccoon city. If you’re a fan of Resident Evil games and movies then I say no more because you should definitely go see this movie.

Fatashia Cousar

Book Review

The Neighbor by Lisa Gardner



The Neighbor by Lisa Gardner is a suspense novel which is still on The New York Times Best Sellers list at number 29. The novel is twisted, entertaining and will have any reader guessing up until the very end.

The novel which will challenge a reader's mind is centered on Sandra Jones and Jason Jones, a married couple living in South Boston. Sandra is a beautiful twenty-three year old elementary school teacher and Jason, a thirty-three year old reporter for the Boston Daily. This picture perfect family keep to themselves, only ever offering up their names to neighbors.

Jason and Sandra believe in keeping a routine: Sandra leaves for work in the morning, while Jason watches their four-year-old daughter Clarissa Jane Jones during the day. Once Sandra gets home at five, Jason is out the door by six. Then Sandra and Clarissa spend time together, eat dinner, take baths and read a bedtime story. It isn't until after Clarissa, more often called Ree is tucked into bed that Sandra

begins to grade her papers while enjoying tea.

As Sandra is laying in bed, she sees a shadow at her door, the mystery is whether or not she knows the strange figure standing in her doorway. As the figure gets closer Sandra wills herself not to scream, for fear that her daughter Ree will hear and possibly put herself in danger while trying to come to her mother's rescue.

When Jason arrives home at his usual time: a little past two in the morning, and sees his wife's ungraded papers lying on the counter and her tea untouched he knows something was wrong. Once he reaches his and Sandra's bedroom, he sees that Sandra is missing.

Jason waited four hours before he called the police and was not cooperating with Detective D.D. Warren. Jason answered all questions with as little detail as possible. Jason refused the police access to both his home and work computers. Throughout this whole ordeal, Jason offers no information about he or Sandra's past lives, the extended family he claims is non-existent or an answer to how they acquired the millions of dollars in their bank account. The case gets stranger when they notice the family cat, Mr. Smith also went missing when Sandra disappeared and the Joneses' daughter Ree is quieter than usual, giving the impression that she might have heard or saw something, relating to her mother's disappearance. Ree's silence may be hurting her family, more than it is helping them.

The novel continues to reveal more about both the real Sandra and Jason Jones, and how little they really knew about the person laying in bed beside them. Neither have so much as a parking ticket on their record, but are they too perfect for comfort? So many questions arise while read-

ing this captivating novel. What is a young, early twenties woman doing with a man almost in his mid thirties? Why does Jason refuse to cooperate with the police? Why did Jason wait four hours to call the police? What did Ree see that could possibly solve the mystery as to where her mother is or who took her? Was it the husband or Aidan, the registered sex offender that lives five houses down? Where is Sandra and is she still alive? Most importantly, why was Sandra taken?

The Neighbor is told from several points of view. Reader's have a glance into Sandra, Jason, Detective Warren and Aidan's thoughts as the mystery unravels and everyone's dirty secrets are exposed.

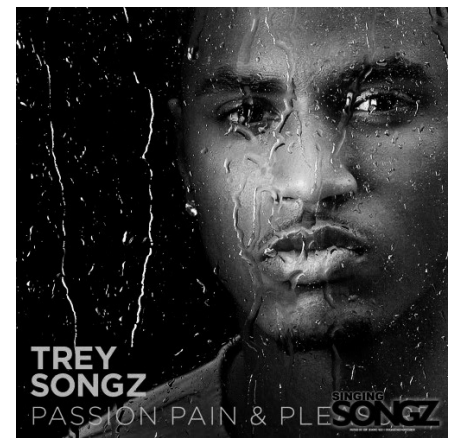
This book is entertaining and will have you wanting to speed through the pages just to figure out the answer to all the mysteries presented in this book. This novel was very enjoyable and is similar to a scandal waiting to be put in the tabloids. Every piece of the puzzle counts when reading this novel because the bigger picture will be revealed in the end.

The Neighbor is one of Lisa Gardner's more recent novels featuring Detective D.D. Warren, adding on to her novels such as *Alone* and *Hide*.

Chantrese Williams

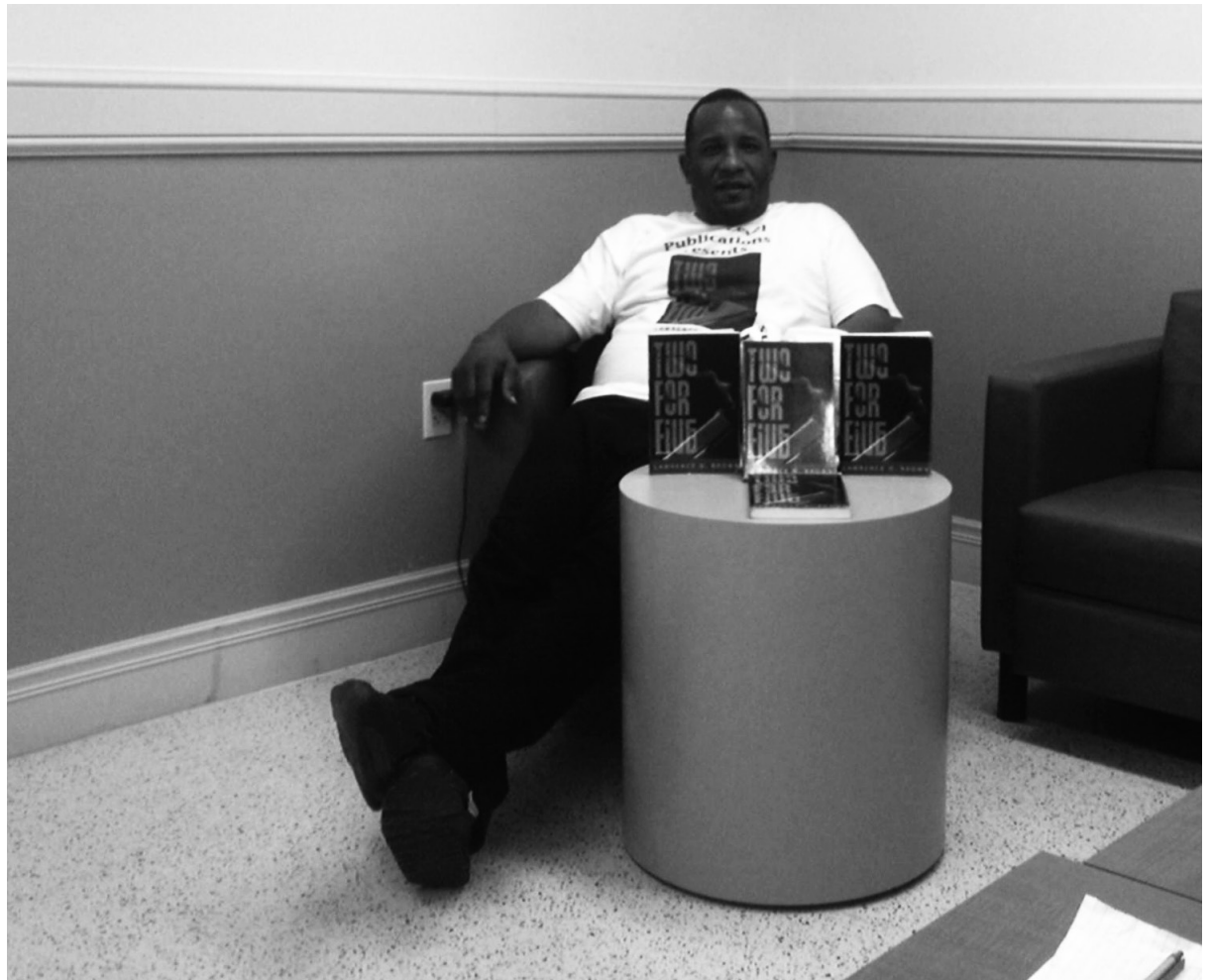
Music Review

Trey Songz: Passion, Pain, Pleasure



Five years ago the world was introduced to R&B's new leading man, Trey Songz. Trey Songz has a leather smooth voice and plenty of sex appeal. With songs like, *Just gotta make it*, *Can't Help but Wait*, and *Say Ahh*. Trey Songz is truly talented. And now he is back with his fourth Album, *Passion, Pain & Pleasure*. If you are a Trey Songz fan you will absolutely love this album. If you're not a fan, after you hear this album, I guarantee that you will be. The album contains the first two singles, *Bottoms up* featuring Nicki Minaj and *Cant be friends*. Both songs topped the charts *Fact Check* (Topped what charts? For how long?) and set the tone for his album. But in addition to these songs, there are also plenty well written songs on this album. From the songs *Blind*, *Love Faces*, *Unusual* featuring Drake and *Made to be together*. This album has more of an intimate setting than his previous albums. You can clearly tell that he is growing as an artist with this album. The album is broken up into 3 sections; *Passion, Pain & Pleasure*. Each section has an interlude (Offer the reader the significance behind the interludes. Do they act as intros or outros for each section?). His album is mostly comprised of songs about making love, relationships and women. The great thing about Trey is that he mixes it up well. The album has a good mix of slow R&B along with other upbeat songs. this album is incredible from start to finish. I recommend everyone to go out and buy a copy of *Passion, Pain & Pleasure*.

Jonelle Allan



Lawrence D. Brown

A Chat with Lawrence D. Brown

By Ernest Pope

It's Wednesday afternoon. The time on my computer reads nine minutes after three. The Catalyst office is bustling as staff members prepare for our October issue. My cell phone rings and just as I expected, it's a phone call from the ever-so punctual Lawrence D. Brown, author of the book *Two for Five*.

I cordially ask, "How are you Mr. Brown?" With powerful conviction, he responds using these two subtle words, "I'm blessed." Indeed he is blessed to be winning a battle that many people have succumbed to. For today marks the 164th day that he's been clean from a narcotic addiction that's lasted over two decades, older than a large portion of the SUNY Old Westbury population.

He is an intriguing individual who's never at a loss for words or tales which is evident by the

publication of his new book *Two for Five* which is based off of the constant struggle he's faced due to street life and the harsh realities that became common place when living such a lifestyle. When speaking about some of the events which take place within the book, Brown details, "it's indicative of the horrors I faced with active addiction." He's a man from humble beginnings, he was born in Queens and some of the numerous areas in which he lived include Laurelton, Harlem and Brooklyn. Brown was introduced to drugs at age eleven and started selling drugs in his early twenties when the crack epidemic was in its infancy. For him, the drug game wasn't a hustle; it was a way of life.

A way of life that he believes, "if the streets don't get you, the drugs will." The latter of his comment relates to his plight as

he became addicted to the same drugs he sold. It's a story that many publishers feel has been heard before within street fiction but the 26 rejection letters they sent never dissuaded his zeal, they only intensified his fervor. Brown knew that his story is one that hasn't been told and it is one that must be heard.

He structured a mutually beneficial agreement with an independent publisher and has nearly sold out of his first shipment of books. Brown says that he has the inspiration to write three more novels and in addition to this, he plans on having seminars for people that are mandated to enter drug treatment facilities. The seminars will be structured to give words of encouragement and empowerment as well as promote entrepreneurship to those who trudge through similar paths that he's traversed.

Through our conversation it is evident that Brown has a relentless passion to bring his endeavors to fruition by ensuring that the youth do not make the mistakes he's made. For those that have already made those mistakes, he wants them to know that they can - just as he has - re-grasp the reigns of control over their lives and uplift themselves into greater situations.

*To purchase a copy of *Two for Five* go to

www.two4five.com.

For Lectures and book signings email

Darryl.Brown20@gmail.com or call (646)649-6487 *

Lil Kim vs. Nicki Minaj: What's the Beef?

By Jonelle Allen

Hip hop fans across the nation are being swept away by Rap's new leading lady, Nicki Minaj. She has won over millions of people through the witty charm of her rapping alter egos with popular songs like "Massive Attack," featuring Sean Garrett and her first single off her debut album *Pink Friday*, "Your Love." Nicki Minaj is simply irresistible. But as Nicki Minaj rose to stardom overnight, she also created enemies too. One of her main enemies is arguably the Queen of Rap herself, Lil Kim. Many fans ask "What is the problem between Lil Kim and Nicki Minaj?" Many fail to realize that the answer to this problem lies deeper than rap.

Lil Kim is one of the most

popular, successful and influential female rappers in the game. She is a rapper, singer, songwriter and actress who was part of the Brooklyn based group Junior Mafia in the late 90's. She has numerous albums under her belt and she has had a huge amount of success in her career. And she is also referred to as the "Queen of Rap" and "Queen Bee." However, Lil Kim feels disrespected by the Nicki Minaj's mimicry of her. These problems arose when Nicki Minaj redid one of Lil Kim's famous photo shoots, with her in a squatting position. Slowly but surely fans started realizing that Nicki Minaj was doing similar things that Lil Kim has done. In addition to this, Nicki Minaj started

saying subliminal things which were directed toward Lil Kim. For example, Nicki Minaj said in "Monster" by Kanye West featuring Rick Ross, Jay-Z and herself. Nicki Minaj said "So let me get this straight, wait I'm the rookie? But my features and my shows ten times your pay?" and "I just killed another career, it's a mile day." She was also featured on the remix to Diddy's and Dirty Money's hit song Hello, Good Morning where Nicki Minaj said "Did I kill the Queen?"

Lil Kim fans everywhere were outraged! At this point Lil Kim had enough and called The Kendra G show on Philly's 100.3 to discuss her problem with Nicki Minaj. Lil Kim said "If you're going to swagger jack somebody

and take their style at least pay them homage and respect. Don't try to act like you created this and act like you're not a fan and disrespect me in interviews". But as Nicki rose to fame she began to disrespect "Queen Bee" and other female rappers in the game with subliminal messages in songs and interviews, But mainly toward Lil Kim. In another interview with ThisIs50.com Lil Kim further explained her problem with Nicki Minaj". She said "For the last year she has been subliminally taken shots at me. I mean come on, we read that interview where she said 'Being that the other rap chicks in the game ain't got sh*t to do right now, when I'm by the pool they can feed me grapes.' I remember that sh*t... My thing was home girl got a nice little buzz going. It's obvious I'm who she wants to be like. It's obvious that she likes me and wants to be like me but she's not paying this homage." Lil Kim feels as if she would have just showed her some respect that there wouldn't even be an issue.

I am a loyal Lil Kim fan, and I do understand where she is coming from. Nicki Minaj is doing "Lil Kim" all over as if Lil Kim is dead. It's one thing to show love, but when did showing love become "swagger jacking"? There is a right way to pay respect to someone, and Nicki Minaj went about it totally wrong. Like the veteran Lil Kim once said in her song Heavenly Father, "without who? Without me, there would be no you. So show some respect when respect is due". Both Ladies are set to release albums later this year. The feud between these two ladies is probably far from over. Regardless this should be very interesting and fun for Hip-Hop fans to watch from the sidelines. Who has the popcorn?





Tynisha George posted her second double-double of the season in OW's win over Lehman

VOLLEYBALL SPLITS TRI-MATCH

Old Westbury women's volleyball team split a pair of matches, defeating the Lehman Lightning 3-1 (21-25, 25-11, 25-15, 25-22) before falling to the William Paterson Pioneers 3-0 (25-19-22, 25-23) October 2nd at the Clark Athletic Center. OW moved their record to 11-5, while Lehman fell to 7-7 and William Paterson improved to 12-2 on the year.

Against Lehman, Tynishia George recorded a match-high 12 kills and Tonya Miler added 19 to lead the Panthers to victory. The Panthers dropped the first set, 25-21, before rallying to win the next three sets, 25-11, 25-15 and 25-22. Kristina Giordano handed out a match-high and season-best 32 assists while Nancy Apollonio served up seven aces (match-high). Tonya Miller and Tanaya Vinson led the

way with three solo blocks apiece and Tynishia George had 12 digs to post the double-double. Lisa Jagdeo tallied 24 assists for Lehman while Gerri-Ann Martin and Jennifer Winkler registered 19 and 15 digs, respectively.

Against William Paterson, Kristina Giordano paced the Panthers with 21 assists and Tynishia George had seven kills in a losing effort. Shakira Canty recorded nine digs followed by Nancy Apollonio and Giordano, who had eight and seven, respectively. Tonya Miller chipped in with a pair of solo blocks.

Jillian Bronowich and Megan Maher dished out 14 and 13 assists for the Pioneers. Maher completed her double-double by added 15 kills to mix. Kim Runge added 11 kills and six assists.

61 STUDENT-ATHLETES EARN ATHLETIC DIRECTOR'S HONOR ROLL STATUS FOR SPRING SEMESTER

Men's and Women's Swimming set the bar for academic success during the Spring semester

Old Westbury totaled 61 student-athletes that posted a grade point average of 3.00 or higher for the spring semester, according to figures released by the Old Westbury Athletic Department. Students attaining this grade point average were honored for their accomplishments by being named to the Spring 2010 Athletic Director's Honor Roll.

Leading the pack for the women's teams during the semester was the swimming team, with a cumulative GPA of 3.49, boasting eight members on the AD Honor Roll. Topping the list for the men's teams was Men's Swimming, with a GPA of 3.13 while placing six on the AD Honor Roll.

Six student-athletes achieved a perfect 4.00 grade point average: Men's Soccer and Women's Swimming paced the department. Men's Soccer was represented by Victor Farfan and Conor McKeon while Women's Swimming had Amanda Olsson-Boman and Marissa Smith. Golfer Steven Stumper and cross country member Anna Walters rounded out the group.

The following student-athletes have been named to the Athletic Director's Honor Roll for the Spring Semester:

Baseball: Frank DiMaria, David Gerena, James Huber, Fernando Lopez, Edgar Marcelo, Robert Moschetto and Malike Wylie.

Basketball (Men's): Kristopher Afum, Jeff Barrett, Patrick Bonna, Dustin Gratto and Mazyar Kashan.

Basketball (Women's): Krys-tina Agard, Chutney Burrowes, Shannon Gilly, Brittany Jones, Katelin Kube and Tiffany Lester.

Cross Country (Men's): Jeffrey Barrett and Ronald Ott.

Cross Country (Women's): Rayyanah Badilla, Tanea Sample and Anna Walters.

Golf: Matthew Lester, Joseph Perry and Steven Stumper

Soccer (Men's): Donny Alerte, Darian Bryan, Steven Burgos, Victor Farfan, Brian Hanley, Daniel Lepe, Conor McKeon and German Parodis.

Soccer (Women's): Jennifer Campisi, Keshia Carter, Courtney Dixon, Cassandra Esposito, Tiffany Lester, Jessica Manning and Mikele Reitmayr.

Softball: Serina Booth, Kristina Giordano, Nicole Mannino, Nicole Petrucci and Jessica Spero.

Swimming (Men's): Hussam Bouayach, Regis Burton, Sean Challenger, Dustin Gratto, Sam Liu and Ronald Ott#

Swimming (Women's): Amanda Olsson-Boman, #Stephanie Gonzalez-Ferrer, Leeanna Ladouceur, Jiwon Lee#, Marissa Smith, #Tionna Ward, Sophia Yu and Inez Zuska

Volleyball: Nancy Apollonio, Shakira Canty, Tynishia George#, Kristina Giordano, #Tonya Miller and Carlotta Pope#.



Joanna Kettell set a program record with three assists and tied the record with 11 points in the conference victory

WOMEN'S SOCCER DEFEATS NYU-POLY 11-0 TO RETURN BACK TO WINNING WAYS

Old Westbury women's soccer team improved to 5-5 on the season and 3-1 against the Skyline Conference with a victory today against the NYU-Poly Fighting Blue Jays at Panther Park. OW used goals from six different Panthers to defeat the Fighting Blue Jays 11-0. NYU-Poly slipped to 0-5 overall and 0-3 in conference play.

Joanna Kettell scored her first of four goals on the day at 5:34 for the eventual gamewinner off a pass by classmate Victoria Stewart. Kettell scored two more goals in the opening half and Victoria Stewart and Cassandra Esposito each scored to put OW up 5-0 at the end of the half.

Kettell opened the second half with a goal at 46:35, scoring her fourth goal of the day.

Cassandra Esposito tallied her seventh career hat trick after scoring second half goals at 56:01 and 71:12. Melissa Diggins recorded her first career goal at 53:58 off one of Joanna Kettell's three assists on the day. Jarelis Torres netted her first goal of the season at the 64:25 minute mark and later totaled her second assist of the season after finding Stephanie Zornberg at 83:52 for her first collegiate goal.

Joanna Kettell finished the match with three assists, setting the program record for assists in a single game.



ANTHONY IPPOLITO NAMED TO SKYLINE CONFERENCE MEN'S SOCCER WEEKLY HONOR ROLL

The SUNY College at Old Westbury freshman midfielder Anthony Ippolito grabbed his second weekly honor on Monday when the Skyline Conference named him to the Men's Soccer Weekly Honor Roll.

Ippolito, who was named Rookie of the Week on Sep-

tember 7, earned a spot on the Weekly Honor Roll after tallying his first multi-goal game in a 4-3 victory over the St. Joseph's-L.I. Golden Eagles on Saturday. The North Bellmore, New York native currently ranks tied for third in the conference in goals (5), fifth with 12 points and tied for seventh with two assists.

Men's Cross Country

Old Westbury men's cross country team took 15th place at the Knight Invite at Chadwick State Park, hosted by Mount Saint Mary College on October 2nd. Union College won the team title and Sean Tiernan was the top finisher at 28:09.1 to claim the individual title.

Ronald Fraser was OW's top finisher, taking 83rd with a time of 39:13. Trevor Ceasar made his season debut with a time of 39:21.6, placing 85th. Darwyn

Lynch was the third Panther to finish taking 96th in 45:50.3.

Rudy Lys and Nicholous Perdomo rounded out the top five runners, placing 97th and 98th, respectively. Andrew Andries was the sixth Panther to cross the finish line as he finished 103rd.

THE CATALYST SPORTS

Fall Sports Season Heats Up



CONFERENCE THRILLER

MEN'S SOCCER WINS DOUBLE OVERTIME

German Parodis scores the game winner in the 104th minute.

