

SGA: What Happened?

THE CATALYST

FREE

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LETTER FROM THE EDITOR

Good Day SUNY Old Westbury!

As you read this I hope you are of sound mind, good health and great spirits. There are less than four weeks remaining in the semester and only five weeks left in 2010. Many changes have taken place that will affect the course of how our campus is shaped for years to come. Here at **The Catalyst** we are doing a lot of restructuring behind the scenes in order to bring you a greater quality paper in less amount of time so whether your one of our avid readers or someone who takes a peek every now and then, by next semester, you will see the difference. This month we cover the developments of the new buildings as they continue to progress, and we examine the changes that have taken place within campus staff and administration.

After reading those articles be sure to take a look abroad to North Korea in our World News section and learn about Kim Jong Il's successor. Last month was host to a slew of events including our third annual Panther Pride Week and a rally against an issue that affects us all; SUNY Privatization. Yet again the Women's Volleyball team has continued to prove that they are a championship caliber team in the Skyline Conference. Be sure to check out the newest album and movie reviews as well as the latest in fashion in our Love, Life and Styles section.

Here at **The Catalyst** we are always looking for new ways to give our readers an entertaining read so if you have any suggestions, questions, comments or concerns, please do not hesitate to contact us at **www.owcatalyst@gmail.com** or by simply walking into our offices which are located at the top floor of the student Union in Room 331 next to the computer lab. Until then, enjoy this month's issue.

E. Pope

Executive Editor

Old Westbury's New Look

by Chantrese Williams

This year, students at SUNY Old Westbury came back to school noticing that just about every part of this school was undergoing some sort of change. The physical changes the campus has been making, mainly with the construction of the new building and the soon to be renovations in the library, are the most obvious. Everyone has seen the new building under construction during either their walk to the dorms, or driving.

What most cannot see and do not know is that the library will be greatly affected by the construction and will be experiencing a great change in itself. The library, which is three levels, will be under construction in phases. The first phase will be the middle floor and the second phase will be the ground and top levels. On the third and top level, there will be four classrooms added to hold forty to fifty students. Recently, classes have been held in the media classrooms downstairs, however those classrooms were not built to hold almost fifty students.

Kathie Flynn, Senior Assistant Librarian, explained that holding classes downstairs brings on a great disruption in the atmosphere of the library. Flynn explained: "The mindset of kids going to class and kids coming to the library to study is different."

With the remodeling efforts, the staff at the library's biggest concern is the noise factor. Students going to and coming from class in the library results in a lot of talking and disruption between every class. One solution that the architects developed to decrease the noise factor is the plan to put a staircase near the circulation desk, which will go up the third floor. Installing this staircase will lower the foot traffic through the library because students will be able to go directly upstairs. Also being added to the third level are two studio and media rooms, along with storage space dedicated to these rooms. With the additions of these rooms, there are plans to record and stream lectures and presentations. There will also be an area for editing as well. Also being added to the third level are group study rooms. According to Flynn, there are also plans to put a wall between the study rooms with sound proofing qualities.

The second level, which is the main floor will be subjected to many changes as well. The circulation desk will be made smaller. Flynn explained that this is not really an issue because the staff can afford to have that area smaller. The technical services department, which is responsible for tasks such as cataloging and book processing, will be cut down to about half its size. When a student first enters the library, there will now be study rooms on both sides.

Some of the more crucial changes include the Writing Center, which is being moved downstairs to the main floor. Furthermore, there will be a Math Learning

Center as well as Powertrack Math which will have 120 computers.

In order to make the library more study friendly, there will be two twelve person study rooms, and there are plans to make them a designated quiet area. The librarian offices will be moved behind the Math Learning Center and the reference books that are on the main floor will be cut down to half the size. The rest of the books will also be moved behind the Math Learning Center.

The first level will have books and a variety of seating for student use. When referring to the lower level, Flynn joked by saying "The rest of the library is actually the library."

The lower level will have compact shelving of collapsible shelves that can hold up to 210,000 volumes. It was decided that the books would be on the lower level because the floor weight load of the library was considered and this was the only level capable of holding the amount of weight that the books generate.

Director of Capital Planning Thomas DelGiudice explained that many of the books are old and are taking up space. DelGiudice, who is also an associate professor of economics, politics, and Law continued to say that he often asked himself: "How can we make better use of space?"

Flynn and the rest of the library staff will be faced with the challenge of figuring out which books will be available on the compact shelving. Also on the lower level is the Curriculum Materials Center, which will be staying in its current location.

DelGiudice describes the future library as "a place where people will want to come." Plans for the renovating of the library have been in the works since about March 2009 and are expected to be finished within the upcoming year.



SGA: What Happened?

by Jonelle Allen

The Student Government Association (SGA) is the heart and soul of the SUNY Old Westbury campus. SGA is the bridge between students and administrators. What makes SGA even better is that it is run by an extraordinary group of seven SUNY Old Westbury students. Yet prior to this there was a previous president, Alejandro Hernandez-Torres, who suddenly resigned. Many people were confused and wondered what had happened, leaving people with questions: "Why did he resign?" "Who will be the new president?" and "What is SGA going to do now?" The only person who could answer was Alejandro himself, a junior at SUNY Old Westbury and mathematics major.

When Alejandro was asked about what had happened he answered: "Back in July, I was told that my classes would be dropped. So I went to the office and there was paperwork that I was apparently missing and a certain document would take three weeks to process. I would be dropping courses in two weeks instead; furthermore, I was told the processing of the documents would take time and I was under the impression that I wouldn't be able to attend SUNY Old Westbury without that necessary paperwork. After doing what I could to try to remain and get it all in time to the office, it wasn't enough to keep my courses. Effectively, I resigned. However, I went to the Office of Financial Aid the following Monday with the missing documents and I was told they went straight from the IRS instead of using a Third-Party. In a way, I pressed the panic button too early."

I also asked Alejandro about how he thought resigning would affect SGA. He said, "I made sure that prior to my resignation that I was able to set out the things needed to be done before the beginning of the school year, expectations I had for the rest of the Executive Board, and advice that would aid them in their Administration. I feel like it was a shock to everyone that I resigned. But SGA still has to move forward with business. I believe in the current President, Ashley Baerel, and the current progress she and the rest of SGA have pushed to achieve." Baerel is a junior and an elementary/special education major. Asked about her plans she replied: "My plans for the school year are to hold successful programs for the student body and to make student life at Old Westbury enjoyable as possible." Asked about how she felt about being a member of SGA, Ashley warmly responded, "I love being involved with SGA! I am involved with so many students on a daily basis and to be able to watch them grow and be successful as well." Regarding Alejandro Hernandez-Torres, she said,

"Alejandro would have been a great president if he had continued to serve and I was extremely honored to be able to serve in his place." The executive board this year of SGA is filled with hardworking students, when asked how they all feel about being a member of SGA, they all answered positively. Vice President Harman Kaur, who is a senior and a Biology and Psychology major and a minor in Women Studies, had nothing but wonderful things to say about SGA. "Being a part of SGA is an honorable position. Not every day is going to be easy but we all work hard to get the students what they want. SGA is the merger between students and faculty. I have been a member since freshman year and I love it!" Treasurer Ben Staffman, who is a sophomore and a chemistry major, summed up how he felt about being a member of SGA, "I like being a member of SGA a lot. It's a really tight crew this year, and everything we do we do for the students."

Vice President of Programming Activities Maryann Ulasi, who is also a sophomore and a double major in Biology & Psychology, said, "Being a part of SGA is tough and a lot of hard work. But most people don't understand the complicated work behind what we do. But at the end of the day I love being a member and having Juan and Susanne here!" Vice President of Public Relations Breanna Arthur, who is a marketing major and who is also a sophomore, said "As far as public relationships SGA is trying its best to relate to the student. There are a bunch of steps we will need to take in order to make communication between students between students and SGA more sound. There will be tabling and workshops concerning the student's needs a bunch of social events as well." Vice President of Clubs and Organizations Edwaye Enabulele, who is also a sophomore and a biology major, answered, "I became apart of SGA by interview in September. I was so happy when I became a member, I love being apart of SGA, I wanted to be a member since my freshman year and now I am." Secretary Raisa Cruz, an accounting major and sophomore, said, "I knew before I came to Old West that I wanted to be a member of SGA, I love being the voice of the students and bringing them what they desire." When chemistry senator Adil Afridi was asked how he thought SGA was progressing so far, he happily responded "I think they are doing an exceptional job for the most part. I can tell from all of their hard work and meetings that things are getting accomplished."

When students on campus were questioned, they all had positive and uplifting things about SGA. For example, student Derrick Harrison said, "SGA has made a major improvement and you can tell that they work better because of the chemistry that they all have together."

A Dream Can Outweigh the Obstacle

by Anna Walters

It is arguable whether or not the recession that society has endured has reached its end. The recession was announced officially over in June of 2009 by The National Bureau of Economic Research. Students across the board are pursuing an education to further their knowledge and pursue an anticipated path or dream career. It is difficult to have the drive to surpass and graduate when there is a present fear that the economy's lack in the job market could postpone future endeavors. Furthermore, it is questionable what should be instilled in the minds of the graduating class of May 2011.

There are many options for a graduating student to contemplate as well as others continuing to pursue a degree. It is hoped for that students will possess the willingness to persevere and have a positive mind-set throughout their journey. One of the options graduating students may choose is to continue to stay in school. There is an opportunity for a student to apply to graduate school to receive a Master's Degree or other forms such as a Ph.D. It may be a wise decision to further an education to achieve more status in a competitive work field. There are a select group of students graduating in May of 2011 choosing this option. It is an opportunity to exclusively study your area of interest, although the work load increases and it can be academically challenging, it could be rewarding in the end. It will appear on a resume as a student who took a larger step and gained greater study and knowledge in a specific subject. In an article Bob Lloyd, an S.I. Newhouse School of Public Communications professor offers a different perspective, "A master's won't guarantee that anything will occur. It's your own talent, drive, ambition and luck that spur your career."

There are many positive reasons to attend graduate school, yet it is also important for an individual to retrieve the most hands-on-experiences in their undergraduate and graduate career as possible, to improve their skills, as well as to network as much as possible. Students on campus should take advantage of career services that can help with internships, resumes, and applying to graduate school.

Stanley Fritz, an alumnus of the SUNY College at Old Westbury, graduated in the closing year of 2009. Fritz was well-known and a renowned dynamic individual on the campus of SUNY Old Westbury. Fritz was hired approximately one month after he graduated college; yet he had started job hunting a full year before graduation. When frustration started to consume him as companies weren't responding, Fritz started sending out applications to McDonald's and H&M. After some time, Fritz received a position he loves as the Projector Coordinator for NYPRIG at City College.

In the opinion of Fritz, that the recession is over, is a "farce." Fritz is familiar with students who have graduated from Old Westbury two years before him, and are still jobless. Fritz stated, "My advice to anyone close to graduating is start applying early, send out at least a hundred resume's everyday, don't be afraid to leave New York for work, and don't limit yourself. Sometimes you have to do what you can until you can do what you want." Fritz discovered that living in New York is outrageously expensive and questioned whether or not a college education produces a better life, but in the end is content with a job he loves.

It all can be determined what will suffice for those graduating who may not get hired immediately; will settling for the mediocre make you happy? It is important to strive and to not give up if you face struggles after graduating college. There are also applications that can be filled out for the Peace Corps (<http://www.peacecorps.gov/>) or Teach for America (<http://teachforamerica.org>) which allow you to travel aboard or work in different areas.

The Road to Education

by Samantha Williams



College will no longer land students in a lifetime of debt after President Obama announced a new set of laws which Congress approved, taking the weight off of students and families who are financing efforts towards higher education.

"No one should go broke because they chose to go to college," recited President Obama in his State of the Union Address. Millions tuned in to hear the very words on the fate of something that has become an essential and demanded part of our society-- education.

Millions tuned in to hear the very words on the fate of something that has become an essential and demanded part of our society; education.

Obama announced that there would be a new direct loan policy for the upcoming 2010-2011 school year. While many students stuffed their long awaited acceptance letters back into the envelopes, current students embarked on another year facing one question, how will I pay for college? Sticking to his campaign promises Obama has made it easier for students to peruse higher education which he refers to as an anti-poverty tool. From now on not only will loans come directly from the federal government but there is also a new debt forgiveness program which requires graduates to pay only 10 percent of their income to student loans, ultimately leading to debt forgiveness after 20 years, and after 10 years for anyone who embarks on a career in public service, not to mention the simplified application process for financial aid.

"We need to put a college education within reach of every American" and that he has. The new policy accompanies a string of changes which include a \$10,000 tax credit to families paying for four years of college and an increase in Pell Grants. With college cost rising nearly 40 percent over the past five years, 60 percent of college graduates leave college with debt, averaging over \$19,000 in debt per student. Every American deserves the chance to not only attend college but to be successful, which can be done by ridding themselves of the burden of paying for college. Between 2001 and 2010 2 million academically qualified students did not go to college because they simply could not afford it. However money should never stand in the way of education.

Senior English major Tiffany Rex admits that she has embraced the new loan policy with hopes that it will positively impact her future. "Interest alone on banks loans is outrageous, I am really glad and slightly relieved to

know that my loan debt will be forgiven as a thank you for my public service" said Rex. Although the new policy has captured her interest she can't imagine what student wouldn't be interested? In fact it is something which will contribute to the outcome of one's future. For Rex, plans of graduate school were already in the works, however prior to the new policy many students opted against higher education post graduation. "I was originally planning on attending grad school next year, but now I definitely feel more at ease about the loans I have to take out to go."

As of now the new loan policy is thought to be beneficial, however this new process has created a ripple in Old Westbury's Financial Aid office. It is a new system, however no formal training has been provided shared Mildred O'Keefe, the Director of Financial Aid. Preparation for the new policy began in March before Obama even mandated it however it has been a constant problem of not knowing what to expect. The system being used to implement the new loan policy involves setting up new banner forms and any glitches that may occur are not yet known. "We are a SUNY school and we go through a system, as to a private school which gets the money directly" said O'Keefe. While other schools have offices specifically designated to process loans, there have been no additional staff members to take on the tasks of the new policy and the financial aid office has had to rely solely on the resources of previous staff members, while other departments such as the Bursars Office have decreased in staff as well, leaving a great deal of students still awaiting aid.

Although the frustrations of the students are understood, little is known to the public of the frustrations of the financial aid office. "It's frustrating because if we would've continued processing aid the old way, the process would've been completed by now". Despite contrary belief the office of financial aid is not "sitting on money, the office of the state controller has the money" shared O'Keefe. "Ask any student if the new policy is beneficial and they'll say no because their still waiting for their money", however any policy which includes better repayment options and debt forgiveness can't be anything other than beneficial. While they may be off to a rocky start once they experience a full cycle with the new policy things will be better.

Finally the country can breathe a sigh of relief as education has not only been made possible for the privileged but for all who inhabit this country. Education may aid in avoiding poverty, but the reality is that school loans could land one in poverty, until now. Obama has brought many students plans of higher education from a dream to reality and the road to education has become a lot easier.

by Brieanna Ronzetti

During the holiday season many of us are overwhelmed with gratitude and joy among families and friends while some are left cold, hungry, homeless and alone. Everyone has the opportunity to get involved with community outreach by helping those less fortunate but few take the initiative partially because of lack of time but also because they might not know how to get involved but help is on the way.

Holiday Season Opportunities:

1. Pick your poison. Animal lover? Great with kids? Only an hour to spare? Skilled with a ladle? There is something for everyone.
2. If you've always wanted a pet but are hesitant because of years of commitment you might consider calling A Home At Last. Donating some time, your roof and some TLC as foster parent for cats and kittens is a great way to gain a companion and help a critter in need. Still hesitant? All the food, litter and medical costs are covered by the agency. Call Dottie at (631) 220-2253 for more details.
3. Mommas House is a home for young mothers between the ages of seventeen to twenty-one and their babies. This organization offers unique housing to mothers who are continuing their education and vocational experience while providing childcare. If you are a great babysitter or just love kids visit www.mommashouse.org or call (516) 781-8637 to schedule a date for your volunteer orientation.
4. A rewarding way to help out for the day is to volunteer in a soup kitchen. Scooping soup may not seem like a big deal to you but it is an invaluable service to someone who has gone hungry. The Interfaith Nutrition Network sponsors nineteen soup kitchens across Long Island and is responsible for feeding over 5,000 hungry mouths a week. By contacting Estelle Moore at (516) 676-8326 you can learn more information about volunteering in your local area or visit www.the-inn.org for details.
5. In the case that you find yourself in need this holiday season and don't know who to contact for help there are organizations who strive to make life a little bit easier for you. By contacting the First Stop Food Pantry, open Monday thru Friday from 9am to 3pm, you may be eligible for up to ten days worth of food from the Harry Chapin Food Bank. There is no reason why you or someone you know to go hungry this holiday season, please visit the following link for a list of resources in your area: http://www.licares.org/Agency_Services/Agency_Referral_List.pdf
6. The strain of the holiday season, cold weather and early night skies might leave you feeling blue. The Long Island Crisis Center offers crisis intervention, support services and referrals by means of live, online counseling and a crisis telephone hotline accessible 24hours a day, seven days a week. The Middle Earth Hotline ((516) 676-1111) provides general assistance, including referrals, if you feel like you need someone to talk to. Their website, www.longisland-crisiscenter.org, has links under "Crisis Support" for drug and alcohol abuse and addiction, runaways, pregnant women and mothers interested in giving up their newborns under the Safe Haven law, runaways and live online counseling between the hours of 2pm to 11pm seven days a week.

During the holiday season and the upcoming cold months be fortunate for the things you have, realize that you probably have more than most and don't be afraid to ask for help if you need it.

A Soldier's Story

by Samantha Williams

As millions tuned in on August 31, 2010 to hear President Obama announce what would finally be the end of a long treacherous war, it brought one of Old Westbury's own to share her personal military experience, an experience which is now complete as the country awaits the arrival of our troops. "The American combat mission in Iraq has ended," recited President Obama from the Oval office of the White House. The war which has captured the hearts and minds of Americans, the war whose images have occupied the TV of homes across the country is finally over. "Operation Iraqi Freedom is over, and the Iraqi people now have lead responsibility for the security of their country," said our Commander-in-Chief. While the war may be over, one mustn't forget about the troops who are unable to erase these images from their mind, one of which is Martine Antoine.



Although she is currently a junior pursuing a degree in Media and Communications, before she was a student Martine Antoine was a soldier. Antoine first joined the Army National Guard while attending Virginia State University. While her parents never complained about the cost of out-of-state tuition, she could sense the burden that had been placed upon them with financing not only one child's education but a second child, her sister, who had also decided to attend a private institution. Similar to many people today, Antoine joined the Army for its educational benefits and while it was the greatest experience she's had thus far, it is one she never wishes to repeat, "I think there are some things in life you only need to experience once." Antoine admits that when she first joined the army her parents were far from pleased with her decision. However today they are more than proud of her. She recalls something her sister had said to her, "I remember when you were 14, you told us you would either go into the police academy or join the military and you did it." Initially Antoine did not have to give up on her dreams of education as her unit was called to active duty which allowed her to continue to attend school for a short period of time. Along with her peers, Antoine recalls the feeling of nervousness as she anxiously awaited the announcement of her deployment destination. Fort Meade, Maryland was to be the place of their deployment, where her duties would include providing homeland security, and protecting the base against terrorist activity along with administrative duties at the visitor control center which allowed civilians on base. While some may get the two confused, active duty is completely different from a "weekend warrior" as Antoine put it. "It felt as though I was not in control of my life. I couldn't drive home to New York without signing out even if it was my day off." However by the winter of 2003, at the start of the war, Antoine would be one of the many troops who would lose sole control over their lives.

The war which started back on March 20, 2003 began with the invasion of Iraq on suspicion of possession of weapons of mass destruction which were later proven to be nonexistent. Soon after the hunt of former Iraqi President Saddam Hussein began, who was believed to be affiliated with Al-Qaeda (a militant Islamist group which is considered to be a terrorist group). Throughout the duration of the occupation of Iraq U.S. forces aimed to improve security and build a government that resembled a democracy similar to our own. Yet the weapons of mass destruction were never found.

It was the year of her Expiration Term of Service (ETS) when her unit had received orders to go to Iraq and Antoine can describe it as nothing more than luck. "I was thankful because although I am sure I can deal with whatever is thrown in my direction but-- did I want to? No!" Not only has Antoine joined the rest of the world in seeing horrid images from the war but she has also heard personal accounts from her fellow troops one could only imagine. The stories she's heard come from soldiers who are on their second, and third tour in Iraq and Afghanistan. "I've heard of grenades being thrown into tents and by the grace of God it never exploded, bombings that missed the deuce and half (military cargo truck) by minutes.....a close friend (my battle buddy) was harassed while in Iraq by her fellow (male) comrades." These stories however are only three of the hundreds that will never make the media, which has failed to show the struggle of the survival game that is the war and the battle that is life after.

Seven years later many people are still puzzled as to why the war began and none the less why it has lasted this long. "So many people have died and can Former President Bush say we are one step closer--Why were we there again? Yes, weapons of mass destruction. Years later have we found these weapons...nope but soldiers keep dying" shared Antoine. 4,416 Americans later, who have made the ultimate sacrifice, the doors to Iraq have been closed and the nation is still left with as a little information it had as when the war began.

Although she is usually hesitant to give her opinion on the war, this was one story which needed to be told. In plain clothes which are far from the army wear she is use to, Antoine plans to embark on a career in media. In fact it may very well be her military experience which may one day lead to her success in the vigorous field of media, a different type of war.

by Akeem Hill



Panther pride week is a week for students and staff to come together, get closer and rejoice in school spirit collectively. From Wednesday October 13th to Saturday October 16th the school colors (green and white) were sported in every office, and were incorporated throughout various places on the campus. Highlights of the week included a kick off BBQ, movie night, a talent show, the introduction of Old Westbury sports teams along with performances at Midnight Madness, and the highly anticipated event Old Westbury's Got Talent.

Panther Pride week jump started with a Kick-off BBQ at the Meadow Terrace behind the Campus Center on Wednesday October 13th. There were activities, food, music, giveaways and prizes, one of which was a Dell Notebook for the winner of Musical Shuffle aka musical chairs. A guest performance by the Seaford HS Marching Band featured a medley of songs from popular video games.

Later on in the evening there was the Clubs/Organization vs. Sororities volleyball match followed by the Clubs/Organizations vs. Fraternities basketball game. The day ended successfully closing the first day of Panther Pride week with movie night showing Grown Ups featuring Adam Sandler and Chris Rock. Get creative & Show Your Spirit was Thursday's theme. The second day of Panther Pride week continued with the International Lunch and Activities at the campus center. There was a Hula Hoop contest, pie eating contest, a computer building contest and anime activities along with airbrush artist decorating T-shirts. The judging for the panther décor as well as the 21st Annual Alumni Awards dinner also took place that evening.

The highlight of the night was the long awaited Midnight Madness which featured live performances by Andrew Washington, Step Tunes, All The Right Moves, WTF and the new dance group Out Of Control. Friday's events continued with the décor contest of the residents halls campus center and Student Union. The lunch and Tailgate party was followed by the community softball game of students vs. staff, which put the theme of "Team Challenge" to the test. The night ended in laughs with Comedy night. Hosted by Fran Capo, the first act had appeared on America's Got Talent, America's Funniest People, and Drew Carey's HBO special. The second comedian to grace the stage of the Maguire Theatre was Brad Lowery who also appeared on Def Comedy Jam, Showtime at The Apollo and was also named Comedian of the Year four times.

Saturday brought the week to a close. It began with the scholarship 5k fun run/walk starting at the Clark Athletic Center. Following this event was the Mini Carnival & County Fair behind the Campus Center which had a great turnout considering the weather. The week of celebration concluded with, Old Westbury's Got Talent which left an audience full of students and staff entertained. After the long and hard campaigning of several students, the winners of Old Westbury's pageant were as follows: Mr. and Ms. Freshman were Zuheily Bonilla and Kaseem Mitchell, Mr. and Ms. Sophomore Aniah Marbley And Chadozie Onsondu, Mr. and Ms. Junior J.R. Blackwood and Makeda Laundry and Mr. and Ms. Senior Jeff Jean Lewis and Alexis Grafakos, Lastly the title of Mr. and Ms. Old Westbury went to Fetra Siraisi and Janice Parrish. Other performers included Tamika Daniel, Ernest Pope, Andrew Washington, Out Of Control, Charles "Scooby" James, Kaseem Mitchell and Stanley Foy. Taking third place was Ernest Pope; second was Charles "Scooby" James; and Kaseem Mitchell took first place.

While everyday should be a day of panther pride and school spirit, Panther Pride Week 2010 succeeding in bringing together the school community.

Empty Shelves

Old Westbury's bookstore provides students with course textbooks but does it supply an adequate amount? In the past, the college bookstore was under local management and needed improvement since there were consistent problems. There was never a sufficient number of textbooks available, and every semester they did not arrive on a timely basis. Ever since the Follett Corporation took over the store, the problems have lessened, but have not all together disappeared.

At a meeting of the faculty senate in early October, a number of complaints were aired about the bookstore. Among the complaints were the lack of organization within the bookstore, and that textbooks are not available for different courses, ranging from labor relations to sociology. The most frequent complaints were that textbooks were not available in a particular edition or not at all; professors were notified late, specific order numbers were decreased, and different editions were ordered.

Particularly concerned about the bookstore is Professor Chris Hobson, chair of the English Department. Professor Hobson's class, Major Authors, is required for English majors and has been filled to capacity every year; yet the bookstore still orders only fifteen textbooks per semester, which is half the amount that the professor orders. Hobson physically visits the bookstore a week before classes to talk to the bookstore manager. and to follow-up on the number of textbooks he needs. Presently, Professor Hobson's original order of approximately thirty textbooks remains on the bookstore's

shelves as only fifteen.

Professor Hobson also explained that students who may have experienced the inability to retrieve a textbook have feelings of frustration and anger. One bad experience can reflect on the college as a whole. Professor Hobson stated, "As chair of a department, I have known many professors and adjuncts that have experienced problems with the bookstore for the past five to six years."

The bookstore is run by the Follett Corporation which is hired by the Auxiliary Corporation Services (ACS) on campus. In the faculty senate meeting, Anthony Barbara, Assistant Vice-President for Academic Affairs, reported on behalf of ACS. He responded to the criticisms by noting that there is a new bookstore manager who is less experienced and also mentioned that the increase in enrollment has added to the ordering problem. Michael Slauenwhite, executive director of ACS, is working with both the president of ACS and the present bookstore manager and regional manager, to fix the problems. Slauenwhite said, "We really don't want a repeat of this matter." Next semester, professors as well as students will hopefully see a change, as proactive steps are being taken.



by Anna Walters

by Kate Ludwig

Having trouble writing that big research paper due at the end of the term? Do you need help organizing your thoughts or developing an outline? Well Old Westbury's Writing Center can help! The Writing Center caters to every student who needs help with their writing. Whether it's for research papers, comparative essays, journal responses, or even just to make an outline for a paper; the Writing Center is there for your convenience. It is located in the Library on the Upper level, in Room L300, and it is open from 12 to 9 on Mondays and Tuesdays and then from 10 to 7 on Wednesdays and Thursdays. Students who have taken advantage of the many resources that the Writing Center has to offer have seen significant improvements in their writing. According to the Writing Center's Director, Jody Cardinal, "The Writing Center's usage has increased by 80% from the Fall semester of last year." The goal of the Writing Center is to foster active learning and to help students improve from one assignment to the next.

The consultants work very closely with the students to make sure they are on the right track as well as help with certain organizational issues, such as thesis statements and various styles of citations. So if you are one of those students who are not too comfortable with writing or have trouble citing in a paper, come to the Writing Center, it is there to help! Be sure to make an appointment in advance because they book fast, especially towards the end of the semester!

Also, appointments run anywhere from ten minutes to an hour. It is all up to you and what you want to focus on. As the end of the semester approaches, don't wait and try to wing it. Come to the Writing Center and strive to end the year on a positive note!

Writing Woes?

Trovadores Chapter: Lambda Sigma Upsilon Spotlight- Fraternity of the Year

by Alexis Lopez



On April 19th 2004 Lambda Sigma Upsilon began servicing the Old Westbury Campus as three Latino men founded the Trovadores Chapter. In an interview conducted with Vice President of the chapter here on campus, Steve Gonzalez explained chapter goals. The four goals of the chapter are academic excellence, Cultural diversity awareness, being role models of the community and complete and utter brother hood. Gonzalez considers the organization as the people's fraternity. He explains that the chapter tries not to put on a "front" as if they were better than the rest. He further explains that other organizations may feel they are high and mighty, however, at the end of the day they are humans. The men who represent the chapter here on campus try to socialize with everybody and not only within their own click.

Winning Fraternity of the year meant a lot to Gonzalez, because it was an unexpected win. Many remember the organization being linked to a program that brought on negative connotations to the Old Westbury student body. This program entitled "Ethics of Dubitry" was a collaborative program with a student organized club that questioned what students on campus attend. Gonzalez explained that the programs initial focus was on why women allow themselves to be fondled. Leaving the program in the hands of his associates the concept of the program changed. He takes full responsibility for the program not being a success because he was not present, however he plans on having the program at a later time the way he envisioned it. Even with a controversial program attached to the chapter name, it did not ruin the reputation of the service they contributed to Old Westbury. Gonzalez explains that winning fraternity of the year has only encouraged the chapter to continue to reach out to the community. They have applied the principles that the organization was founded on through programming on campus, while maintaining the interest of the students, and will further continue in the quest to servicing the community.

Pi Sigma Chapter: Delta Sigma Theta Sorority Inc. Spotlight- Sorority of the Year

by Alexis Lopez

The Prestigious Pi Sigma chapter of Delta Sigma Theta Sorority INC. has been serving the Old Westbury Campus community since May 1, 1988. During the 2010 Spring Semester the chapter's service and dedication was recognized when they received the Old Westbury Sorority of the Year award. The president of the Pi Sigma chapter at the time was Chrissy Andre. A semester later, the programs and servicing continues. In an interview held with current chapter president Aomi Castro, she expressed how proud she was to be a part of the organization and the chapter. She explained that it encouraged her motivation as current president to maintain the reputation of the chapter, and the legacy that was set before them. The current goal of the Prestigious Pi Sigma chapter is to complete 22 programs for the fall 2010 semester. Castro explained that the programs held on campus during the fall are constructed under the 5 program initiatives of the organization. These programs go under the lines of Economic Development, Educational Development, International Awareness and Involvement, Physical and Mental Health, and Political Awareness and Involvement. However holding the most programs on campus or having social events is not the main focus of the chapter. Castro explains, "not to knock other organizations down, but my organization in particular does more educational programs because we want to make our campus aware of what's going on and educate the minorities on campus. We not only want to do social programs and parties, we rarely do that. We always strive to do something educational. It's sad to say but a lot of students are ignorant and unaware of what's going on." It is this reason that the Prestigious Pi Sigma Chapter of Delta Sigma Theta sorority INC won sorority of the year in 2010.



A Letter to the Students From Darren Ferguson

To the SUNY Old Westbury Community:

For the last 3 years, I had the honor to serve some of the finest young people that I have ever known. That time came to an end on October 25th, 2010. I know that there are many who would like to blame someone for this. The person to blame is me. I requested vacation time during the week of October 25th to 29th to engage in the New York Theological Seminary Doctor of Ministry program. That request was denied. Twice, in writing, I was advised of this. I decided that despite these denials, I was going to take part in the program. When I informed my direct supervisor that I was taking this time off despite the denials of my requests, I was terminated. There were some other factors involved; this was the catalyst.

I had expected that some other disciplinary action might be taken, but that was not the case. I was treated fairly – just not given an opportunity I had hoped for. To be honest, I am doing exactly what I should be doing at this point in my life. I am happy, though my happiness is tempered by the fact that so many students have been adversely affected by my departure. For that reason, I have been given the opportunity to leave Old Westbury some things from my heart:

First, so many of you have spoken of things like love, understanding, availability and compassion. These are gifts that you can give to one another. Create a community within the confines of the Old West campus that is built on love, understanding, tolerance, temperance and wisdom. When you are faced with adverse conditions, remember the question that I have asked many of you when you expressed frustration to me: What did you learn? Every experience, negative or positive yields fruits of knowledge, and experience. Never forget that.

Second, I want you to remember you gave me, in my 3+ years, the most fulfilling work experience I could have ever asked for. I got to be friend, mentor, confidante and father figure to some of the finest young people that I have ever met – from my days as an RD to my final days in SU 303-D, I have been blessed by you. I have been given much more than I could have ever returned. I will carry this with me for as long as I am alive. I will cherish every nickname that I gave someone, every laugh that we shared, every tear that we cried, every embrace, every shout out from across the room, every program – every single moment that I spent in your presence. And, please know that though I am no longer a part of that community as a staff member, I will always be a part of your community – even if our number 1 form of communication is now Facebook.



Blessings, Love and Much Success for the Future–

- Darren
- Ferg (Fergie)
- Uncle Ferg
- Rev
- Fahjah
- Pops
- Dad

Dean Ferguson Says Goodbye

by Alexis Lopez

On October 25th, 2010 the Assistant to the Dean of Students/ Coordinator of Student Engagement, Darren Ferguson was terminated. Upon his termination Ferguson requested the week of October 25th to October 29th off to study for the New York Theological Seminary Doctor of Ministry program that he recently started. Though he was entitled to these days, he was not granted his request. Ferguson continued to follow through with his leave, even though he was advised not to. While informing his direct supervisor that he was going to take the days off, he was sent an e-mail of termination to be taken in effect immediately. The days following his unanticipated leave, left students of the Old Westbury community confused, frustrated and saddened. For the past 3 years Ferguson was more than just a part of administration. For many of the students, Ferguson, took on the role as mentor, friend, and father figure. Many student's found out about Ferguson's departure through social networks, and by word of mouth. Senior at Old Westbury, Eva Johnson explained that she was hurt when she found out about Darren leaving. Johnson says, "I've grown close to him and it was like losing a friend and an administrator that I was comfortable talking to. It's hard finding people that you are completely comfortable talking to and he was that person for me."

With the Absence of past Dean Ewing, Darren Ferguson stepped in tremendously. He played the role of Dean as he simultaneously advised clubs and organizations on campus, and ran commuter appreciation week. Darren Ferguson went beyond his job title to help aid students to the best of his ability. Ferguson says, "I just took on the natural flow of student traffic that came into the area. The only one of Dean Ewing's duties that I was asked to take on was Chair of the Black History Month Committee."

Rather than looking at the role Ferguson played on campus, and the work he managed to get done, what was acknowledged was his decision to partake in a doctoral program, which would conflict with his job responsibilities and duties for a mere five days. ML Langlie, Vice President for Student Affairs and Interim Athletic Director said, "Much of the work accomplished by Darren Ferguson was appreciated. He was fully informed that the immediate personal goals and actions he wished to pursue were in conflict with his job responsibilities at Old Westbury." Many understand that what Ferguson did may have been in conflict with his job, however being terminated was uncalled for, and another route could have been a possible way to handle this situation. Johnson says, "I wish they would have taken another approach instead of firing him." Administration has let go of a wise man, who gave the Old Westbury campus a certain type of oomph.

Darren Ferguson was dismissed because of requesting days off to further his education. What kind of message is a higher learning institution sending to students who may have similar challenges when it comes to balancing work and school? Now that Ferguson is gone, clubs are left without an advisor who was truly passionate about the student livelihood on campus. However, his work was not done in vain. The students will continue to apply the discussions and lessons learned in Darren Ferguson's office. The relationship that Ferguson built in the last three years will continue to have an affect on campus. It is unfortunate that future incoming students will not be given the chance to have such a substantial presence that Ferguson embodied in their midst.

Are Students to be Taught or Products to be Sold?

by Ernest Pope

Once again we have approached that time of year where we scramble to be advised and register for classes for the spring semester. Many of us won't be able to do so because of holds on our bursar account for non-payment. So we follow the usual routine of getting the hold lifted which usually involves us paying off the remainder of tuition that can range from about \$3,500 to \$8,000 depending on the type of student you are. Most people find it burdensome to have to make these payments, especially when they are in large lump sums. Imagine receiving your tuition bill and instead of your payment being within the aforementioned price range it is in excess of \$10,000!

It may sound far-fetched but it's something that isn't far from becoming a reality within the SUNY system. As of late, New York legislators have been engaged in constant debates about whether the implementation of the Public Higher Education Empowerment and Innovation Act (PHEEIA) would be favorable or arbitrary to New York state's public colleges and universities. It's a line that has legislators and educators from across the state reaffirming different stances on what's best for SUNY schools.

Governor David Paterson has been taking criticism for supporting the PHEEIA bill that SUNY Chancellor Nancy Zimpher believes is "about course offerings, faculty in classrooms and class size, which all translate as a quality experience. What SUNY is best known for... We don't want to let any of that go." If that's what stands to be held with the passing of this act, what is it that stands to be thrown away?

Essentially, the privatization of SUNY schools would counteract the fundamental purpose of why state universities were created in the first place. New York's public colleges were started to provide affordable collegiate education through state funding with subsidized tuition to people who can't afford to attend private institutions. SUNY privatization negates the states obligation to fund SUNY schools and shifts the tuition burden on to the student. Many believe that if the PHEEIA bill is passed, it will be a great disservice to collegians within the SUNY system.

SUNY Old Westbury's History and Philosophy Senator Kerry N. Thomas who coordinated the last rally against privatization at SUNY OW firmly believes that "once unfettered, the agenda which they are going to move forward will result in the decline of affordable public education. Further, education is not a commodity. Free and appropriate education for all students K-12 has been a right, and also the 'great equalizer' of our society; thus, accessibility to higher education is a social justice issue."

Thomas' expressions allows us to see that through privatization; we will no longer be looked at as students with ID numbers and tuition bills by the universities we attend but as products with barcodes and price tags. If you think it is impossible you should think again. It is something that has already started to become common place through "for-profit" colleges.

The Public Higher Education Empowerment and Innovation Act is a bill that if passed, will no doubt change the landscape of academia in New York State. All are urged to take a definitive look at how detrimental it is to not only students but higher learning institutions as a whole.

A few sites where you can gather information on the issue are <http://www.defend-education.org/> and <http://www.emancipating-education-for-all.org/>. For those of you at Old Westbury that are interested in taking action here on campus. Feel free to contact Kerry Thomas at k.nicholasthomas@gmail.com.



And His Name is Kim Jong-un

by Denise Rivera



Kim Jong-un & the Worker's Party of Korea

On Tuesday, September 28, 2010, Kim Jong-il, North Korea's Communist leader, announced that the legacy of his family would continue as he decided to pass his role to his son, Kim Jong-un. On that same day, their media released a few pictures of the ruling Worker's Party Pyongyang (the North Korean capital)

celebrating, and Kim Jong-un himself.

In 1953, the Korean War was resolved by the creation of an "armistice" line that would significantly impact Korea and the world. North and South Korea were created as two different nations. It was Kim Il Sung who led North Korea into war, and in 1972, he became North Korea's Communist leader. During this time, North Korea was very popular in the United Nations for the following reasons: North Korea declared itself a Communist nation, became very stubborn when negotiating with South Korea, allied itself and did arms dealing with other nations, such as the Soviet Union.

It wasn't until Kim Il Sung's death in 1994 that his son, Kim Jong-il, took his place and was brought into power. Under his power, he was able to ease some tension with South Korea and the United Nations. Yet when it came to allowing South Korea aid with food, and the demand for giving up their nuclear weapons, their response was negative.

The whole world was stunned when North Korean leader, Kim Jong-il announced that he would pass his role to his son, Kim Jong-un. Their media even released a video of Kim Jong-un himself. He was made a four-star general and a member of the Central Committee of the Worker's Party. This was an unexpected decision. Aside from the fact that he's reportedly in his late twenties and Kim Jong-il's son, there is no other information that is publicly known about him.

Other pictures from the North Korean media have been released showing the new leader acting upon his duties, with his father beside him.

However, this is not very helpful because no one can really portray North Korea without being in the country, and it does not help that North Korea remains one of the most isolated nations in the world.

So far, North Korea has abandoned economic reforms and new international talks about its nuclear weapons program. However, North Korea has agreed to talk with South Korea, which neither nation has done for two years. Other nations, such as Japan and China, are not looking forward to the outcomes that this new North Korean leader has to offer, being that nobody else has full knowledge of how the politics in North Korea really works what is going to happen with North Korea under Kim Jong-un?



On the left, Kim Jong-un, and on the right, his father, Kim Jong-il, salute to as they celebrate the 65th anniversary of the communist's nation ruling Worker's Party in Pyongyang, North Korea

North Korea's refusal to give up nuclear weapons causes questions of the power of the United Nations. Is the United Nations really able to keep the peace? Is the United Nations making a big emphasis on nuclear weapons for the good of the world? Or is the United Nations making this nuclear weapons emphasis to distract the world from other obvious problems, such as arms dealing?

What about North Korea? Is Communism really a scary economy? Is having that kind of power and censorship really unethical? Or do these tactics prove that North Korea might just have what it takes to be a good, stable nation? After all, they were not the ones to have a big oil spill that took three months to contain. However, it was a North Korean soccer player who cried as he was about to play for FIFA's 2010 World Cup. He did not take his freedom for granted. As for now, what's on Kim Jong-un's agenda? The world will just have to wait and see.

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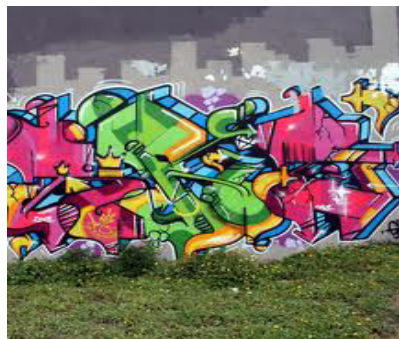
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How Gang Tags Progressed Into Street Art

by Katie Long



When you walk the streets of New York City there is a lot to take in--the diversity, the culture, and especially the art work. I'm not referring to the art museums, however, I am referring to graffiti also known as street art. But graffiti is illegal. The risk that graffiti artists take such as climbing under bridges, on top of tall buildings, or sneaking into alley

ways, shows their dedication to getting their art displayed.

According to the Internet article, "History Of Graffiti Part 1," by Eric aka Deal C.I.A. and Spar One T.F.P., current day graffiti first started out from street tags; meaning gang members would tag their names in the subways to mark their territories. This first started in Philadelphia, Pennsylvania. Cornbread and Cool Earl were the first two tag writers to become noticed by the public. They kept tagging their names in order to keep the local press interested. Eventually they were well known through their tags.

By the sixties, graffiti caught on in neighborhoods such as: Washington Heights, Brooklyn, and the Bronx. The New York Times wrote an article about Taki 183 in the seventies. Taki wrote his tag frequently all over the subway trains in New York City. Therefore, the media took an interest in Taki 183. Taki was not known specifically

by Jasmine Washington

After the success of B.O.B's "Nothing on You" and Travis "Travie" McCoy's "Billionaire," two Billboard chart topping collaborations, the world anxiously awaited the debut of Bruno Mars. Hailing from Honolulu, Hawaii, Bruno Mars is a breath of fresh air on the Pop/R&B music scene. Born into a family where music and entertaining was an everyday occurrence, it is no wonder what sparked Mars's interest in music.

On October 05, 2010, Bruno Mars released his debut album *Doo Wops & Hooligans*. The first single off of *Doo Wops & Hooligans* "Just the Way You Are" has spent over four weeks at number one and sold over 1.7 million units, according to Nielsen Sound Scan. Mars's sound can be described as everything from the vintage sound of 1950's Doo Wop to the smooth and tropical Caribbean sounds of Reggae. *Doo Wops & Hooligans* takes a different approach to everyday topics like love, sex, boredom, and heartbreak.

Doo Wops & Hooligans begins with "Grenade," the second single off the album, which discusses the great lengths Mars is willing to go for someone who wouldn't be willing to return the favor. The soft and melancholy tone of the beginning of the song is paired with a melodic rhythm created by a soft playing piano in the background. "Grenade" comes to a harsh and almost angry climax at the chorus as Mars' voice gets louder and the sound of pulsating drums begin. Next up is the "Just the Way You Are." Smooth and more upbeat, "Just the Way You Are" describes how much Mars' loves and accepts his significant other despite the flaws that she may find within herself. Mars follows "Just the Way You Are" with the sensual and extremely seductive, "Our First Time." "Our First Time" discusses first time with his lover without coming across too vulgar. As the sexy sound of "Our First Time" comes to an end "Runaway Baby" begins with the sound of an electric guitar. In the spirit of 1970's Rock music, "Runaway Baby" discusses how Mars has been neglecting his love and how he plans to make up for his neglect in one day. "The Lazy Song" has a completely different sound than "Runaway Baby". The acoustic sounds of the guitar are extremely similar to the sound that of "Billionaire," the Travis McCoy hit that Mars was featured on. "The Lazy Song" is just that, it describes the basic things Mars would do on a lazy day. "Marry you" has all the feel of a vintage teeny bopper song mixed with pop and rock. Mars discusses how he'd like to marry his girl without anyone knowing because it's "a beautiful night we're looking for something dumb to do, hey baby, I think I wanna marry you."

"Talking to the Moon" details how Mars talks to the moon in hopes of getting back a love that he has lost. Mars goes back to his tropical roots in "Liquor Store Blues". "Liquor Store Blues" features Damien Marley and is the first collaboration of the album. Mars discusses his everyday woes and how alcohol can make it better. "One shot for my pain, one drag for my sorrow. Get messed up today, I'll feel better tomorrow."

"Count on me" describes the endless lengths Mars would go to assist a friend and how they would be willing to do the same. "Count on Me" has an acoustic sound and sounds like a lullaby. *Doo Wops & Hooligans* ends with "The Other Side" featuring Ceelo Green and B.O.B. "The Other Side" has a 1970's pop feel and discusses how unique each artist is and how good they feel that they are so misunderstood.

If you are looking for a new funky, eclectic, and refreshing sound, Bruno Mars is the man for you. While the majority of the album is full of hits, there are several that miss. Overall Bruno Mars did an outstanding job for his debut. *Doo Wops & Hooligans* displays Mars's singing capabilities and proves that he is a force to be reckoned with.

as the first graffiti writer, but Julio 204, Frank 207, and Joe 136 were. Friendly Freddie was also a well known tag writer in Brooklyn. This form of art became competitive within the boroughs of New York City. Eventually, subway trains were full of graffiti tags.

Graffiti artists recognized that train yards had many train cars that provided bigger spaces for their art work to be exposed. In addition to this, they had less of a chance of being chased by the cops. This is how spray can art, or "bombing" became popular. Bombing gave graffiti artists great opportunities to create new, colorful, unique masterpieces of art work.

According to the Brooklyn Museum website, some graffiti artists spray painted their works onto huge canvases. This attracted art collectors such as Sidney Janis. Approximately, fifty graffiti art pieces were given to the Brooklyn Museum back in 1999; thanks to Janis's two employees: Carroll and Conrad Janis.

According to the Kid Robot website, Kid Robot is a huge vinyl toy company. Certain vinyl toy figures known as "Fat Caps" are designed like spray cans. The "Fat Caps" are decorated with graffiti art. Even though graffiti started out with just tags of gang recognition, it progressed into a new hip form of art.



Bruno Mars: Doo Wops & Hooligans



“For Colored Girls” Movie Review

by Leighann Dunkley

“For Colored Girls” hit the theatres November 5th earning \$20.1 million at the box office its opening week. With Tyler Perry as the director and writer, this is his second film released this year. This movie which was based on Ntozake Shange’s 1975 play “For Colored Girls Who Have Considered Suicide When the Rainbow is Enough”, covered topics such as rape, abortion, abuse, and HIV.

All the women face their own individual issues in their lives that somehow intertwine with each other; all reciting the collection of twenty poems that deal with the issues that particularly impact each woman. The movie captures each lady in their own personal situation, example Janet Jackson who plays Jo, running this magazine company and talking to everyone as if she’s above them all. Meanwhile, she is going through her own problems with her marriage at home. Her assistant Kimberly Elise who plays Crystal, has two kids and lives with their father who came back from war and is now an abusive alcoholic. Kerry Washington, who plays Kelly, a social worker, is the woman who comes to Crystal’s apartment concerned about her kids. Meanwhile, she can’t have children of her own because she neglected her medical issue.

Anika Noni Rose plays Yasmine, who is a dance teacher and teaches free classes to girls. One student in her class Tessa Tompson who plays Nyla, realizes she is pregnant and tries to get money for an abortion from her older sister Tangie played by Thandie Newton. Tangie is a bartender who gets a physical fix by bringing home a different man every night. Whoopi Goldberg who plays Tangie and Nyla’s mother Alice, is a holy woman who lives by her faith. Tangie and Crystal both live in the same apartment building where Phylicia Rashad is the apartment manager.

Loretta Devine works at a town clinic and helps women in need, but continues to let a man in and out of her life (and home) thinking he will stay for good every time. Macy Gray plays Rose, who is a back alley abortionist and a drunk. She “helps” Nyla get rid of her pregnancy, but as suspected, Nyla ends up in the hospital after passing out. As the film progresses, each woman and her situation develops as they try to deal with it or fix it. With things going downhill for almost all of them, they depend on each other for help and guidance. For opening night, the theatre was full and the audience felt something if not for the entire movie, for a part of it.

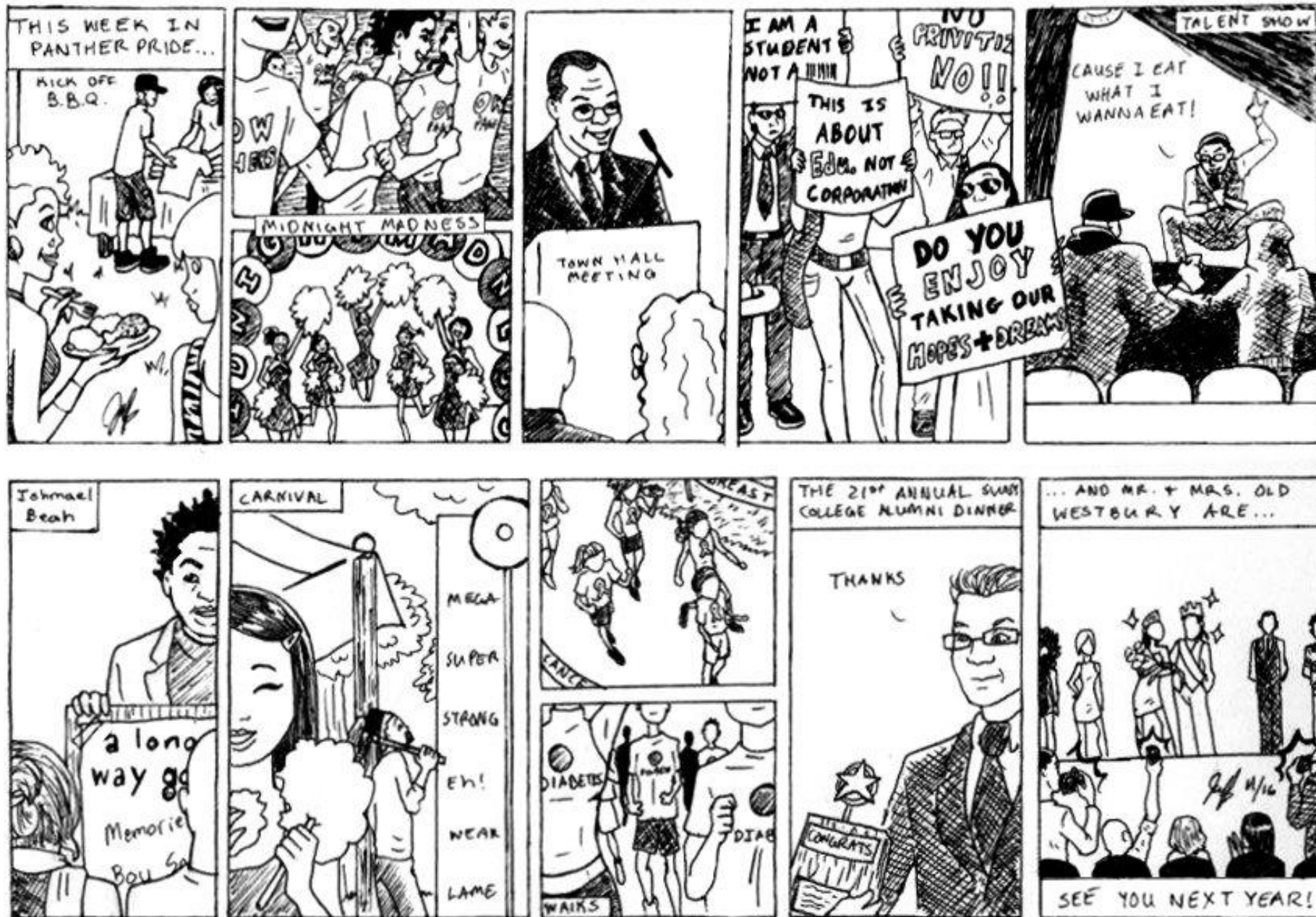
The situations and issues in each colored woman’s life are relatable to many people today. It shows how anyone, no matter what you’re going through, can get through anything with the help of loved ones or friends. Tyler Perry did an amazing job with this movie. He was able to show something within the characters and portray it to the audience. He was able to make you feel something within yourself, especially if you’ve had experiences like the ones shown.

Of course some think that this film is the typical Tyler Perry movie style, but I believe this is one of the best I’ve seen from him. If you are a Tyler Perry fan, and like drama films then this is a must see. I will definitely be getting this when it comes out on DVD.



Cartoonist Javere Pinnock

A Look Back at Panther Pride Week



The Dreaded Freshman Fifteen

by Sharon Weston

It's that time of year again. The time when freshman students (and not-so-freshman students) look down at their jeans and notice they're feeling tighter. Many refer to this "sudden" weight gain as the "freshman 15." With the holidays right around the corner, what causes such weight gain? And more importantly, what can be done about it? According to Freshman15.com, students gain weight due to late night eating, lack of exercise, constant consumption of unhealthy snacks and cafeteria food and alcohol (yes, it has calories). SUNY Old Westbury student Pamela Somuah noticed she eats differently at school than at home: "When I'm at home I'll eat healthier, smaller meals. But at school, I'll often eat one heavy meal." She also notes that not only is eating on campus hard on the body but it also has a substantial impact on the wallet as well. "Five mozzarella sticks and a vitamin water cost me \$7" shared Somuah. However, Somuah is learning to budget and buy healthier items such as tuna and turkey at Target, and always has cereal or oatmeal in the morning to get her metabolism started, just as everyone should.

Mom was right when she warned you not to skip breakfast. Dietician Dawn Blatner says that eating breakfast actually "revs up your body's fat-burning ability" and helps you lose weight and have more energy for your studies and daily activities. While it is perceived that breakfast is breakfast, not all of them are created equal. University of Nottingham found that "eating a whole-grain breakfast with fruit can help you burn 50 percent more fat at the gym than chowing down on refined

carbs like white bread and doughnuts." Blatner also suggests adding protein such as milk, turkey bacon, or eggs, with a sample breakfast such as, a whole grain waffle and berries, a bowl of mixed yogurt, cereal and chopped fruit, instant oatmeal (adding berries or nuts as an option), hard boiled eggs, whole grain English muffins, and some fruit. If you're really strapped for time, you can have peanut butter and jam or honey on a whole-grain English muffin or toast. Even instant breakfast or chocolate milk is better than nothing. You can also search for a variety of smoothie recipes online.

And then there's exercise. It's tough to find the time to exercise and sleep right while studying and working, but your waistline depends on it. A great start would be to just start taking the stairs and walking more. Once you have that down you can add jogging, go to a gym, or do a quick video workout. Even if it's just ten minutes a day, that adds up to an hour in less than a week, so it's better than no exercise at all. Doing no exercise will cut it if you eat more calories than you burn. One may be surprised at how many calories they are eating.

According to CVS Pharmacy, Americans generally ate 1,850 calories per day twenty-five years ago. That would mean a Big Mac meal at McDonalds (1,130 calories) would give you 61% of your daily calorie allowance, and 80% of your daily fat allowance. Furthermore, on a 1,850 calorie diet, if you were to eat just two such McDonald's meals and nothing else for the day (not even juice), you would still be gaining at least a pound


of fat every nine days. Sometimes adding an exercise regimen to your schedule is as simple as getting up earlier, even if it's just by twenty minutes. Of course, that may mean getting to bed earlier as well. Dr. Susan Biali, MD, asserts that going to bed earlier and getting eight hours of sleep each night will help you lose weight.

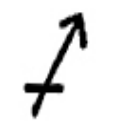
Senior Ernest Pope notes that most food options at SUNY Old Westbury are unhealthy. In the cafeteria, he finds fried, greasy chicken and fries, Mac and Cheese soaking in sauce, lots of rice, potatoes and starchy foods, and smothered pork chops, on which he comments, "All I could see was gravy - I didn't even see the meat; I had to look at the menu to know what was in it." He often opts for the salad bar but notes that most students choose the unhealthy choices, and suggests that SUNY be more responsible and conscience of what it serves its students.


Lastly, the alcohol: Everyone knows the term "beer belly" but there are a variety of drinks that help you pack on the pounds. Long Island Iced Teas can run 780 calories and a large Margarita can bless you with 600 extra calories. Drink them both and you just reached 75% of a 1,850 calorie diet. But who's counting?

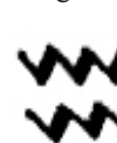
So what does it all come down to? Common sense. You know you're supposed to eat right, sleep right and exercise, yet it's hard to find the time. But as the Earl of Derby put it in 1873, "Those who think they have not time for bodily exercise will sooner or later have to find time for illness." Well said.


HOROSCOPES


 **Scorpio**
October 23- November 21
You can keep silent even when everyone around you is freaking out, so see if you can keep it together enough to leave a good impression with the powers that be. This could be your break!


 **Sagittarius**
November 22- December 21
You are maybe a bit too focused on money today, but there's not much that can be done. Your spiritual life can wait for a bit as you make plans to get rich, get out of debt or just meet your monthly budget.


 **Capricorn**
December 22- January 19
You want your efforts to be recognized -- more than others, even -- and today, all your work should pay off in a big way. You may win an award, get some praise from a grouchy boss or just feel good about it all.

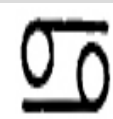
 **Aquarius**
January 20- February 18
Discipline is key today -- if you don't force yourself to focus, you are sure to run in circles until you drop from exhaustion. You may need to get a friend or colleague to help you deal.


 **Pisces**
February 19- March 20
You are taking it easy today -- with good reason! Even the toughest workload feels like a breeze, thanks in no small part to your positive attitude. See if you can get your people to relax.


 **Aries**
March 21- April 19
You may want to let your people know you've got too much work to do today -- or that you just need to clear up space for a big future project. A little info goes a long way toward making them feel better.


 **Taurus**
April 20- May 20
The universe is smoothing along all of your plans today, and you should find it easier than usual to go with the flow. In fact, you may want to take advantage of this by scheduling something tricky.

 **Gemini**
May 21- June 20
You know there's more going on than you can immediately see, but you need to just hold back and let it all play out. Sometimes the undercurrents are really all there is, and this is one of those times.

 **Cancer**
June 21- July 22
You are feeling torn apart, but not in a terrible way. It's just the conflict between your inner persona and your outer demeanor that is causing you to question whether things need to change soon.

 **Leo**
July 23- August 22
Your high levels of self-respect should help you get through today's weirdness, though you may have to go it alone for a while. Others get too caught up in the drama to realize what's really happening.

 **Virgo**
August 23- September 22
You are a hard worker, and almost everyone can see it. Today, that pays off for you in a big way as you attract the attention of someone who can have quite an influence over your life in more ways than one.

 **Libra**
September 23- October 22
Your past is showing up in the present again, causing all sorts of minor problems. It could be embodied in a person, or it could be baggage you can't quite bring yourself to let go of. It doesn't stay long!

“What Are We Really Feeding Our Pets?”

by Katie Long

Everyone who owns a dog, cat, bird, etc. wishes them a long, healthy, and happy life. In order to do this pet owners love their animals unconditionally; which includes taking them to the vet when they are sick, and providing them a safe home to live in. More importantly pets have to be fed in order to stay alive. It is their sole key to survival. In the grocery store there is a huge variety of pet food. The media tends to fill people's minds with lies. For example, the cute tune for the “Meow Mix,” commercials makes one believe that “Meow Mix” is the best brand to buy for cats. The same also goes for “Kibbles ‘N Bits,” the cute dog commercials and a host of other brands. While these brands may have the luxury of being light on the pockets, one can only stop to wonder, what are we really feeding our pets?

According to the ingredients in “Meow Mix” the first top ten ingredients are: 1. Ground yellow corn. Everyone knows that corn is a fatty filler. Corn is prone to give animals allergies and it is frequently toxic to dogs. 2. Corn gluten meal which is a false waste product that has no nutrition in it at all; it's just used as a filler. However it is considered as a use of protein and can cause allergies. 3. Chicken by-product meal is mixed up carcasses that include beaks, feet, and internal organs. How Yummy! 4. Soybean meal is something that animals can't digest, especially dogs as it can result in death. 5. Beef tallow is mixed with a source of vitamin E. Beef tallow is often restaurant fat. Therefore, the vitamin E is not present. 6. Turkey by-product meal contains the following: dead turkeys, feet, beaks, and infected turkey tumors. 7. Salmon meal: the natural oil has been pushed out, therefore mercury takes its place in what is suppose to be a “healthy” diet. 8. Ocean Fish meal is a good ingredient but it is concentrated. 9. Brewers dried yeast is a waste product. It is used for flavor, a substitute for protein, and B-vitamins; this can have a fatal impact on the liver. It also causes allergies and arthritis. 10. Phosphoric acid is an ingredient that is made up of poor quality fats. This is the reality of the ingredients that are contained in the “healthy” “Meow Mix.”

As for dogs the ingredients in “Kibbles ‘N Bits, it is just as terrible. The following is a description of the first ten ingredients: 1. Corn which causes allergies in dogs. 2. Soybean Meal is another allergenic cause for dogs. It is a false protein product because it is ground up over and over again so much that the oils are taken out. This is an unhealthy filler for dogs. But it's used because it is cheap, just like corn. 3. Wheat Flour is also an allergy cause for dogs. 4.

Beef & Bone Meal is a product from beef tissue which is bones, blood, hair, hooves, manure, stomach parts, and dead cow parts. Disregarding, the actual good cow meat. 5. Animal fat contains anything from animal carcasses, to infected farm animals. BHA is put in the animal fat; which is an unnatural chemical that may cause cancer. 6. Corn Syrup is horrible for humans. Can you imagine how it can harm dogs? It makes the pancreas and adrenals work extra hard. Corn syrup is used to give the food a moist texture. 7. Wheat middling are left over pieces of wheat after the healthy parts are removed. 8. Animal Digest is from the chemical of fresh animal tissue. Therefore, it can be from any animal or polluted source. 9. Calcium Carbonate is a form of calcium. However, calcium is supposed to be natural. 10. Propylene Glycol is a deadly toxic chemical related to antifreeze. According to the FDA's Center for Veterinary Medicine it harmed red blood cells in cats; so it is forbidden to be put in cat food.

After all of these harmful facts about dog and cat food one must be left to wonder, what should I feed my pet? The “Blue Buffalo company” is a savior to the pet food industry. The brand name is “Blue” for cats and dogs. It can be purchased at your local Petco store. This company makes food for puppies, kittens, indoor, outdoor pets, and adult pets. The first ten ingredients in “Blue” indoor adult cat formula are: 1. DE-boned chicken, 2. Chicken meal, 3. Whole ground barley, 4. oatmeal, 5. Whole ground brown rice, 6. Fish meal (natural source of omega 3) 7. Chicken fat, 8. Dried cellulose, 9. Natural chicken flavor, 10. And whole potatoes. The ingredients for dogs are just as good, It's healthy enough for a human to eat. The ingredients tell it all. There are no hidden contents, it's simply a matter of research. Before going shopping for your pets, think twice about the food selection. As the “Blue,” quote says right on the bag “Love them like family. Feed them like family.”



Fashion to the Street: Old Westbury Fashion

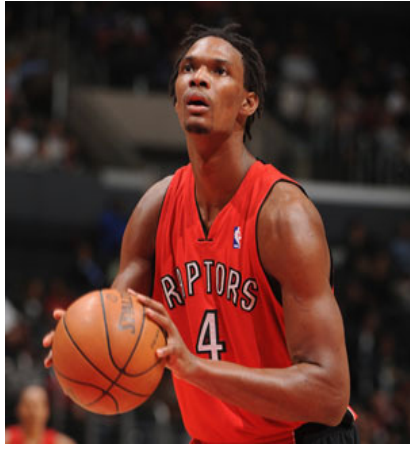
by Pamela Samuah

Style by definition is a form of expression, execution and performance that characterizes a person or group, whether it is in the form of dressing or an artistic gesture. For some, collegiate style often consists of sweat pants, sweat shirts, hoodies, baggy t-shirts and occasionally the one button up shirt needed for an interview or internship. Many enter college trying to break away from their high school style to enter a world of post high school dressing meaning a coming of age style. The classic college sweatshirt displaying the school's name eventually becomes the one essential article of clothing in every college student's closet. After hours of late night studying, school events and the ever so often “all nighter” most of us pull due to procrastination, no one really has time to care about the way they look. However, there are a select few who keep fashion and style as a top priority along with their studies. A typical day at SUNY College at Old Westbury is like a front row seat at the tents of Lincoln Center's fashion week. Students strut down the halls with different styles ranging from comfortable/casual, Soho chic, quirky and unique to red carpet extravagant. Some students look as if they walked out a fashion spread of Vogue magazine and into a classroom seat. Although a few of the students are considered fashionable, it seems that the majority of students follow the same trends causing a clone effect. Psychology major, Michael Velez believes “everyone gets too caught up with what the next person is wearing and so we tend to lose our individuality. Everyone starts to look like copies of each other. There are times where I can't pick someone out from a crowd especially in the winter. Everyone wears black pea coats and the same scarves & hats.” Most students on campus opt for the casual type of style because essentially they come to school to learn and not put on a fashion show. Media and American Studies major, Alandria Powell stated, “To me Old Westbury is predominately a fashion savvy school. However, I do think that name brands like Gucci, Prada and Ralph Lauren are what people worry about rather than what actually looks nice. A lot of time people do too much with the dressing but over all I believe that no matter what it is imperative that you dress for success at all times. Be trendy and leave your pjs at the door.” In most cases the ones who do put effort into developing their personal style do not consider it as “trying to hard” but simply just being themselves and describe dressing up as something they enjoy. There is a well known saying that goes, “when you look good, you feel good” and that is what these students exude when they come to school all dolled up. It's more than just putting on a well coordinated outfit; it's an aura they are trying to put forth. Senior, Brittney Ramsay feels, “The majority of the campus is very casual. People just wake up for their classes and time does not allow you to get dressed up, some do go overboard with the accessories, makeup and hair, but if they feel comfortable that way then who am I to judge?” Fashion may not mean as much to one person as it may to another, nonetheless, at the end of the day it's all about one's personal style. Ultimately, one will dress the way they feel whether it is reflecting one's mood for that particular day or simply a manifestation of oneself. Fashion and style is more than a way of dressing it's within our culture. Fashion is not something that only subsists in the way we dress,

“Fashion is in the sky, in the street, fashion has to do with ideas, the way we live, what is happening,” said by world renowned fashion designer Coco

Chanel.

NBA Villains



Chris Bosh

The NBA is experiencing excitement at an all new level, making this season different from the ones in the past. There are villains in the NBA, villains who are formally known as the Miami Heat.

During the off-season Chris Bosh agreed to sign a deal worth 110 million dollars to the Miami Heat, and they resigned their superstar

Dwayne Wade to a six year contract. LeBron James was also a free agent, and the world was wondering where he was headed. After only seven years in the NBA, Wade has established himself as one of the most popular players in the league spending his entire career thus far with the Miami Heat. Trailering a success right beside him is LeBron James, the household name who has devoted the past seven years of his career to the Cleveland Cavaliers, up until recently when he made a decision that had the sports industry at the edge of its seat. James made his "decision" into an hour long televised event, capturing the attention of sports fans across the country, and ultimately deciding to bring his talents to the Miami Heat.

The trio of superstars have received cold wishes from a wide spectrum of critics and fans. After James' decision to go to the Heat, the city of Cleveland went into a rage and insulted his name in every sense of the word. The cities of the teams that were hoping to court



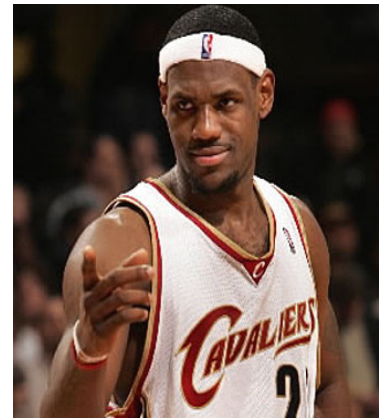
Dwayne Wade

James to their team joined the bandwagon and were bad mouthing James as well. Dan Gilbert, the owner of the Cavaliers wrote a heated letter towards James, stating that the Cavaliers will obtain a championship before James does.

Past players such as Michael Jordan, Magic Johnson and Charles Barkley admitted that they would never have done what James did by teaming with two other superstars. It is either a clever method for success or a direct path to failure.

James has graciously accepted his role as "The Villain" by creating a commercial that is directed towards the people who despised him. While the Heat continues to be the team that receives the most scrutiny, from a marketing standpoint the NBA is having a ball. Fans are paying to watch their favorite teams play against the Heat. They are bringing a level of enthusiasm to basketball, so much so that people who are not fans of the sport are interested in watching one of the many NBA games.

Villains or not, the Heat is embracing the pressure and pushing forward towards a NBA championship. Whether one is rooting for the Heat or not the NBA has a thrilling season ahead for all sports fans to watch and enjoy the game of basketball.



LeBron James

Men's Soccer Season Recap

The SUNY College at Old Westbury Men's soccer team has had a great season, and hopes to claim the title in the Skyline Conference Championship Tournament. With a 12-8 overall record, and a 7-3 record in conference play, this year's Panthers are looking like one of the strongest in recent history.

The Panthers currently are third in the Skyline Conference with 21 points, which ties them with the first and second place teams. They have exuded excellence at home, posting a 7-2 record at Old Westbury. Head Coach Jason Warshaw is very excited about his Panthers. "We have a young team, a good young team, however there is always room for improvement," said Warshaw. The team features 12 freshman, and 7 sophomores, and still has been able to perform well.

One of the biggest games of the year took place September 25th, when Old Westbury took on the rival St. Joseph's Long Island Golden Eagles. The Panthers were looking to redeem themselves after a heart breaking 2-1 loss in last year's Skyline Conference Men's Soccer Championship.

Late in the second half the game was tied. With three minutes left in the game, Panther forward Hansel Riddock received the ball in the box and was pulled from the back of his jersey. The Panthers were awarded a penalty kick. Freshman Diego Mercado stepped up to take the penalty kick. With just one minute and 28 seconds left on the clock, Mercado shot the ball into the right corner of the net, just over the fin-

gertips of the Golden Eagle goalkeeper. The Panthers took a 4-3 lead. That goal turned out to be the winning goal as the Panthers held on for a 4-3 victory. The players ran onto the field celebrating as though they had won a championship. They had finally gotten their revival. Captain German Parodis said after the game: "That was a big victory for us, we really wanted to win that game because of what happened last season against them."

Midfielder Diego Mercado has been clutch all season for the Panthers. 2 of his 3 goals this season have been game winners. Freshman forward Hansel Riddock leads the team in goals with 7, while freshman defenseman Anthony Ippolito has also had 5 goals. Ippolito along with junior midfielder German Parodis lead the team in assists with 4 a piece. Goalkeepers Darian Bryan and Pablo Diaz have split time in net this season for the Panthers. Darian Bryan, who is a senior has recorded 5 wins this season, with an impressive 1.26 goals against average.

Sophomore Pablo Diaz has also been impressive with 6 wins and a 1.45 goals against average.

As the season has come to a close, the Old Westbury Boys Soccer team looks to win this year's Skyline Conference Men's Soccer Championship. They open the tournament at home against the Bard Raptors, a team they shutout 1-0 back on October 16th. If what happened so far this year is any indication, the Panthers will have as good a chance as anybody to win it all.



Anthony Ippolito

Anthony Ippolito Collects 2nd Skyline Conference Men's Soccer Rookie of the Week Honor

CLIFTON PARK, NY – The SUNY College at Old Westbury freshman Anthony Ippolito was named the Skyline Conference Men's Soccer Rookie of the Week for the second time this season announced by the conference office on Monday. Senior Scott Madocks and sophomore Joseph Zorbo were named to the Weekly Honor Roll for the first time. Ippolito played a big role in Old Westbury's 3-1 semifinal win at Farmingdale State on Wednesday. He netted the eventual game-winner in the 53rd minute to give the Panthers a 2-0 lead. Against Bard in the quarterfinals he had a goal and an assist in the Panthers 5-1 victory. He finished with two goals and one assist in three Skyline Conference tournament games. Ippolito ranks eighth in the conference with a team-leading five assists (0.23 Assists p/game) and is tied for the team lead in points (19), game-winning goals (2) and is second in goals (7).



Anthony Ippolito

Skyline Conference Women's Rookie Of The Year Is Old Westbury's Joanna Kettell

CLIFTON PARK, NY – The SUNY College at Old Westbury freshman Joanna Kettell has been selected as the 2010 Skyline Conference Women's Soccer Rookie of the Year, the conference office announced Monday. Junior Cassandra Esposito earned her third All-Skyline First-Team award of her career while Kettell garnered All-Skyline Second-Team laurels.

Kettell, turned in a sensational rookie season, ranking among the conference leaders; seventh in Points Per Game (1.47) and tied for seventh in Goals Per Game (0.58). She finished with 11 goals (tied for seventh in conference) and 29 points (seventh in conference) in addition to six assists. She was named Skyline Rookie of the Week on October 4. Her statistical highlights for the season include: four goals and 11 points (tied Cassandra Esposito for program record) versus NYU-Poly on October 3 and setting a program record with three assists against Yeshiva on October 14 (record was later tied by Kelsey Durkot). She

also posted back-to-back hat-tricks against NYU-Poly and Maritime.

Cassandra Esposito was named to the All-Skyline First-Team for the third year in a row. She was voted to the Skyline Weekly Honor Roll four times as she tallied a conference leading six



Joanna Kettell

game-winners. Esposito ranked among the conference leaders in Points Per Game (2nd – 2.18) and Goals Per Game (2nd – 1.00). She added two hat-trick and five multi-goal games. She is nationally ranked in Goals Per Game (30th) and Points Per Game (48th) and reached the 50-Goal and 100-Point plateaus in 2010.

SUNY Old Westbury Panther Volleyball Dominates All-Skyline Conference Awards



Tonya Miller CLIFTON PARK, NY– The SUNY College at Old Westbury women's volleyball team picked up a program-best four honors Tuesday evening when the Skyline Conference announced the 2010 All-Conference awards, highlighted by the 2010 Skyline Conference Coach of the Year Award, which went to seventh-year head coach Marjahna Segers.

Segers guided the Panthers to the biggest turnaround in the conference this season. OW earned a 16-18 record last season with a 4-5 mark in conference play last year, but the seventh-year leader coached the squad to a 8-2 mark in Skyline Conference play in 2010, and a 24-11 overall mark, both school records. She joined the century club when she notched her 100th career victory with a three set (25-22, 25-17, 25-18) win over the Medgar Evers Cougars on October 3, 2010. and led the team to their first ECAC Championship Tournament appearance.

A trio of Panther juniors secured All-Skyline Conference honors for their efforts in

2010.

Setter Kristina Giordano became the first Panther since Whitney Alexander in 2007 to earn All-Skyline First –Team. Giordano ranked first in service aces per set (0.95) and third in assists per set (5.78) in the conference to go along with 16 double-doubles (15-Assist/Dig; 1-Assist/Ace) and 2.71 digs per set. She ranked third in the nation in aces per set in the latest NCAA Summary Report released on October 31. She increased her totals from her 2009 campaign in both Digs (+129) and Assists (+60). In 2010, Giordano earned eight weekly conference awards (3-Player of the Week; 5-Weekly Honor Roll).

Tonya Miller and Ashley Greene landed on the All-Skyline Second Team. Miller was crowned with the Skyline Conference Blocking title after totaling 126 blocks (74 Solo; 52 Assisted), averaging a conference best 1.17 blocks per set in addition to 1.34 kills. She finished second in blocks as a sophomore last season (0.86 blocks p/set; 107 Total – 58 Solo; 49 Assisted) and in 2008 (0.92 Blocks p/set; 107 Total – 63 Solo; 44 Assisted) as a freshman. In the latest NCAA Summary Report on October 31, Miller ranked 34th in Blocks per Set. On November 8, she earned a spot on the Skyline Weekly Honor Roll.

Greene ranked sixth in kills per set (2.27) and tenth in service aces per set (0.54). She increased her kills (+12), aces (+11) from

last season and led the team in kills (258) and ranked second in aces (61) and total blocks (40).

2010 ALL-SKYLINE CONFERENCE AWARDS

PLAYER OF THE YEAR

Meridith Shipman (NYU-Poly)

ROOKIE OF THE YEAR

Kalene Pennings (Mount St. Mary)

COACH OF THE YEAR

Marjahna Segers (Old Westbury)

SPORTSMANSHIP AWARD-TBA

ALL-SKYLINE FIRST-TEAM

Nicole Corbett (Sage)
 Kristina Giordano (Old Westbury)
 Lauren Halverson (Mount Saint Mary)
 Victoria Kalvert (NYU-Poly)
 Kaylee Pennings (Mount Saint Mary)
 Holly Sahner (Farmingdale State)
 Renee Reyes (Mount Saint Vincent)

ALL-SKYLINE SECOND TEAM

Dominique Cunningham (Farmingdale State)
 Ashley Greene (Old Westbury)
 Corey Loupee (NYU-Poly)
 Tonya Miller (Old Westbury)
 Rachel Van Horn (Bard)
 Kelsey Wilson (Sage)

CATALYST

SPORTS

SUNY OLD WESTBURY CATALYST

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PANTHER VOLLEYBALL DOMINATES ALL-SKYLINE CONFERENCE AWARDS