

The Worst Winter Ever?

**T
H
E** **CATALYST**

FREE

THE STUDENT NEWSPAPER OF SUNY OLD WESTBURY

FEBRUARY 2011

ISS. 519

"IGNITING THE MIND"

OLD WESTBURY'S NEW BUILDINGS



The Catalyst Newspaper
223 Storehill Rd.
Old Westbury, NY 11568
(516)876-3208
owcatalyst@gmail.com

Executive Editor
Ernest Pope

Managing Editor
Alexis Lopez
Jonelle Allen

Copy Editors
Chantrese Williams
Samantha Williams

Layout Editor
Denise Rivera

Business Manager
Akeem Hill

Office Manager/Photographer
Alhia Harris

Section Editors

Arts & Entertainment- Chantrese Williams

Campus News- Amber Hurt

Love Life & Styles- Pamela Somuah

Sports- Diego Mercado

World News-Anna Walters

Writers

Anastasia Abraham

Brianne Barry

Akeem Hill

Charles Buko

Sarah Y. Celestin

Fantashia Cousar

Barbara Dudley

Alexis Lopez

Michelle Medrano

Link Ricketts

Denise Rivera

Brieanna Ronzetti

Pamela Somuah

Jasmine Washington

Sharon Weston

Elizabeth Weigand

Chantrese Williams

Grant Zepernick

Contributor

Dr. Deb

Faculty Advisor

John S. Friedman

TABLE OF CONTENTS
CAMPUS LIFE

Page 3

Old Westbury's New Building by Chantrese Williams

Page 4

The New Police Building by Alexis Lopez
After The Snow by Pamela Somuah

NEWS

Page 5

Chinese & Korean New Year by Barbara Dudley

Haiti: One Year Later by Akeem Hill

Page 6

Disaster Relief in a Time of Cholera by Brieanna Ronzetti

LIRR Train Delays by Stephanie Lagis

FEATURES

Page 7

Presentation by Robert Kenner of Food Inc. by Michelle Medrano

OPINION

Page 8

Holiday Hassle at Old Westbury by Fantashia Cousar

To Suppress or Supply Information by Denise Rivera

Page 11

Students Placed in Lounges by Akeem Hill

Last Laugh by Barbara Dudley

Waiting at the Bursar's by Brianne Barry

ARTS & ENTERTAINMENT

Page 12

Here and There by Grant Zepernick
Skins TV Review by Elizabeth Weigand

Page 13

Tank's Album by Anastasia Abraham
Pink Friday by Sarah Y. Celestin

LOVE, LIFE & STYLES

Page 14

Spring Fashion Trends by Pamela Somuah

Fascinated by Love by Jasmine Washington

Page 15

Ask Dr. Deb Column

Budget Issues by Sharon Weston

BUSINESS

Page 16

Hidden Costs by Sharon Weston

SPORTS

Page 18

Women's Hoops Rookie of the Week
The Jump by Link Ricketts

National Girls & Women in Sports Day
Page 19

The Superbowl Legacy by Charles Buko
Senior Day Ceremony Honorees

Melo Drama by Charles Buko

OW Calendar Event



Michelle Duster

February 24, 2011

Black History Month Presentation- Using Words as a Weapon: How Ida B. Wells Fought for Justice by Exposing the Truth 1 p.m.

Student Union Multipurpose Room A & B

Michelle Duster, the great-granddaughter of Ida B. Wells; journalist, civil rights activist and suffragist, will offer a personal narrative of how the well-known investigative journalist became a crusader for change on the international stage. She will also discuss the increasing influence of media conglomerates on public discourse and opinions.

Michelle Duster has compiled and written two books that include the writing of her great-grandmother, *Ida In Her Own Words* (2008) and *Ida From Abroad* (2010). Food & Refreshments will be served and the event is sponsored by the American Studies Department and SGA for Black History Month.

EDITOR'S NOTE:

Suzanne McLoughlin, director of student activities, is recovering from an automobile accident. All of us at The Catalyst wish her a speedy recovery and a quick return to Old Westbury.

CAMPUS LIFE

Old Westbury's New Academic Building

by Chantrese Williams



SUNY Old Westbury's New Academic Building

lion, the building has been designed by Kliment Halsband Architects, a New York-based firm that has earned more than fifty design awards. Among many projects the firm has designed for institutions of higher education are The Languages and Literature Building at New York University, the Landman Library at Arcadia University, the Ebert Art Center at the College of Wooster, the Computer Science Building at Princeton University, and the Arts and Science Building at SUNY Albany. Construction of the new building is expected to be completed in 2011.

Director of Capital Planning Thomas DelGiudice said, "We need a building dedicated to teaching." DelGiudice, who is also an Associate Professor of Economics, Politics, Economics and Law has been teaching for twenty-five years and was once a student at Old Westbury, explained that in planning, he learned a lot from seeing the school from both the perspective



of a teacher as well as a student. According to DelGiudice, the planning was carefully done and all requests regarding what people hope to see in the new building were documented. DelGiudice and his team hope to please everyone with the finished product of the building. However, DelGiudice understands that it is hard to get the nod of approval from everyone saying, "Being an economist, you can't always please everyone in trade off." He is hopeful that everyone who is part of the Old Westbury community will "see the bigger picture." There has been concern raised over the future of the Academic Village with the arrival of the new building. In response to this, DelGiudice stated that at the very least, a wing of the Academic Village will remain open as long as students are living there. According to DelGiudice, the new building will just provide a bit of what he refers to as "wobble room." DelGiudice explained that constructing a new building, which will give Old Westbury a fresh look, seemed like the better decision as opposed to investing more money into the Academic Village, which is an older building. When mentioning the team of people behind the new building, DelGiudice said, "The entire team works really hard and wants the building to be good."

Anticipation has been increasing within the Old Westbury community about the new building. Students who reside on campus see the building's progress everyday as they are walking to class. The newest addition to the Old Westbury campus is located adjacent to the existing Campus Center. Although many students are under the impression that inside this modern building there will be dormitories for students, the building, which has been under construction since last spring, will only contain classrooms as well as faculty offices.

The new 147,000-square-foot academic center will provide needed academic space for the School of Arts and Sciences, School of Business and School of Education. Resources in the new building will include 42 classrooms, one 150-seat lecture/conference room, five computer labs, and new administrative and faculty offices for each of the three academic schools. The facility will also have a café/student lounge and an outdoor patio. Being constructed at a cost of \$64 mil-



New Academic Building Construction Site



CAMPUS LIFE

The New Police Building

by Alexis Lopez

Rumors have circulated about the structure being built between the Student Union and the Academic Village. For those of you who thought the building was going to be a mini-market, you may be a bit disappointed with the future plans for the building's use on campus. Director of Planning and Systems, Campus Capital Development, Thomas DelGiudice has helped in clarifying some of the details on the building.

The current Academic Village is expected to be closed down and eventually demolished. This leaves the police department without a space. DelGiudice thought that there was a need to find a location for the police headquarters and decisions were made to keep the headquarters in a separate building, unlike its previous location. DelGiudice explains, "We didn't want to have it in the new building as it would take too much space a way from classrooms, and it wouldn't be appropriate and we didn't want it right on top of the dorms."

Fortunately enough there is available owned property that is still close enough to other facilities and buildings on campus where the headquarters will have its own space with fewer distractions. The location for the police department headquarters will be beneficial for the officers since the current location, as DelGiudice mentions, "is horned in a very old and badly suited

space in Academic Village." Since there is new technology required, the station's location in the Village has become unfeasible. For those who are wondering how this benefits the campus, DelGiudice explains that the new location will accommodate the community efficiently. With the current Academic Village being demolished and the focus of the campus moving to the west side, the location is more suitable than before. As the school renovates its physical appearance, DelGiudice notes that the most important part of the planning is that headquarters be "replaced by something more suited to dorms or academic mission."

The lingering question on everyone's mind: How can the school afford to make such changes? According to DelGiudice, the budget being used to fund the new police building is coming from strategic initiative funds which were budgeted in with the new Academic Village. Police headquarters will have a more suitable infrastructure that will be able to better take care of certain emergencies, security cameras, and fire alarms. The building is expected to be finished by the summer of 2011.

So for those of you who looking forward to the building being a mini-market, now you know what to expect when you return for the Fall 2011 semester.

After The Snow

by Pamela Somuah

This winter mother nature hit us with what many would consider the coldest winter ever. While some students celebrated the continuous "snow days" that delayed or canceled their scheduled classes, many if not all couldn't help but complain about the amounts of snow piling up. Roadways and pathways were accumulating large amounts of snow, making it difficult for students and staff to walk to or make it to classes on time.

Maintenance assistants, Errol Roberts and John Pettway explained the procedures in cleaning up the snow. Roberts explained that all the supplies needed to clean the walkways were provided for all the maintenance workers. "What many of the students don't understand is there was so much snow it made it difficult to shovel. Some of the snow was already frozen under the snow," Pettway explained.

Transfer student Debbie Darko recently sprained her ankle and used crutches to get around campus. "I slipped on the leg that was hurt behind my building because it wasn't properly cleaned up."

After a few days on crutches she had to switch to a wheel chair because of all the strain she was putting on her ankle. "The hills were filled with black ice and I missed one week of classes due to the snow" Darko explained. Maneuvering her wheel chair around the icy paths was not only risky but dangerous. With the help of her friends she was able to travel up and down the hill. Bradley Clarke, a Media and Communications major, believes maintenance did not do a good job of clearing up the snow. "I actually slid down the pathway at the exit by the library," Clarke said. However, what many students are unaware of is that according to the contract signed by the maintenance workers, Roberts explained that they are not liable for the cleanup past the Woodland dorms with the exception of the hill. Areas around the Campus Center, Academic village, Science Building and Clark athletic center are cleaned up by Marcus Rivera and his maintenance team.



They are the ones in charge of cleaning the roads and the pathways along the academic areas.

Areas along the parking spaces were filled with snow and black ice. With parking already being hectic, commuters had to work even harder to find a parking spot. Commuter Leticia Carter expressed her difficulty getting a parking spot on campus, "No one could barely get a parking spot because all the snow took up some of the parking spaces." Carter explained

due to the lack of proper clearing of the snow and ice, she was late for a majority of her classes. Many students who dorm in the Woodland dormitories complained about the brick pathway located along the right side of building five. "The brick pathway was and always have been a little dangerous," explained Janice Parrish, resident assistant. Along with the snow, ice, dents and the loose gravel it was hard to walk. "The shoveled path wasn't even on the path for the most part, it was on the dirt" added Parrish. Many students often walked over or tripped as they stepped into the dents on the brick pathway. Parrish also believed the pathways and sidewalks were not cleaned to their best ability. Parrish believes that "there wasn't enough salt on the grounds, the walkways were too small and there wasn't enough space for each party to pass." Walking up and down the hill for some students was not only awkward but time consuming. Walkways were "like the width of a shovel," Parrish explained. Students would wait as another student passed the icy path. It was like waiting on line to get to class.

After a few days of rain and sunshine, without the help of shovels, or snow salt, the snow began to clear up on its own and so did the pathways. In regards to the overall clearing of the snow, Roberts expressed, "Over all we tried the best we could, we work for the students and we are here to provide for the students."

NEWS

Chinese And Korean New Year

by Barbara Dudley

On February 2nd, almost 85 students attended the Chinese and Korean new Year event presented by the Asian Club and the Multicultural Society. Students celebrated in the first floor lounge of Woodland Hall Three. The Asian Club put a lot of work into the event. "We spent weeks preparing. We spent hours decorating," said Sophia Yu, treasurer of the Asian Club. Feedback from the attendees proved it was worth all the work. Student Johnathan Murray claimed that "the Asian Club is one of the best clubs on campus." Students who attended the Chinese and Korean New Year's celebration enjoyed different parts of the night. Jennifer Tsuchie's favorite part of the night was "the candy"; Sean Dyson enjoyed "the food and the atmosphere" the most; and, Jonathan Murray's favorite part of the evening was "getting the gifts."

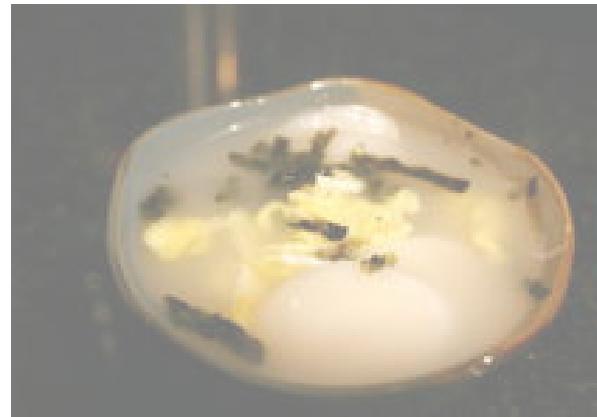


Chinese New Year Red Envelopes

These things are all big parts of the traditions celebrated on the Chinese and Korean New Year's Day. Sophia Yu said about her family's traditions, "Every New Year's we'd eat a lot of candy." Some of the foods eaten on Chinese and Korean New Year include rice cake soup and a sticky dough. "Koreans have their own traditional food; it's called Duk Gook. It's like rice cake soup. Each bowl symbolizes each year you turn. You're supposed to have one bowl, so you can turn one year older," explained Elizabeth Han, President of the Asian Club. Sophia Yu described the importance of food in China for the holiday, "We would eat traditional foods. Every food would symbolize something, like we would eat this Nian Gao. It's this sticky dough and it stands for family sticks together."

According to the Suffolk University Website, the Chinese and Korean New Year is also known as the Lunar New Year and the Spring Festival. Dr. Jingyi Song, one of SUNY Old Westbury's history professors, described the Chinese Spring Festival: "People simply believe to

eat a lot of food because spring is the first day of the whole year. We are expecting harvest from the very beginning. Chinese New Year is called spring festival. We need to get ready to plow our field and get ready for the autumn harvest. The year is four seasons and this is the beginning of the season, and beginning of the year. The Chinese really emphasize with the first season of the year, and that's the spring."



Duk Gook (Korean rice cake soup)

Elizabeth Han explained some of the Korean traditions, "The first things you do is bow to the elders and say Happy New Year as a respect. They'll give us money after we're done. They'll say I hope you do well in your studies and give us goals to keep up throughout the year."

Sophia Yu, described some of the Chinese traditions, "Chinese people give out money in red envelopes. In China, we usually wake up early in the morning. The first thing we would do is say Happy Chinese New Year and something lucky to our parents and then they would give us red envelopes filled with money." Dr. Song explained the meaning of the red envelopes, "People usually get red because... red means flourishing and happy." Elizabeth Han described some of the event's giveaways, "Every envelope is decorated with a bunny on it and then inside there's a chocolate coin and an ancient Asian coin."

Sophia Yu informed guests about the Asian New Year's superstitions, "We can't wash our hair because we're washing away our luck. We can't sweep because we're sweeping away our luck. We have to leave our doors open, so good luck can come in. We can't curse or watch any violent movies because, it's like you're bringing in fear. The word nine is good luck because it stands for long life."

Haiti: One Year Later

January 12th marked the first year after the earthquake that forever changed Haiti, creating a country-wide bond only a tragic natural disaster could bring about. More than 200,000 people fell victim when the earth shook abrasively for seconds and houses were reduced to rocks. The ground opening swallowing residents alive. Haiti may have been physically broken but the spirit of its people was and has become stronger than ever. The memories will forever be with them, still keeping the faith that they will be greater than before as they pray at the cathedral every Sunday.

Secretary of the U.N. Secretary General Ban Ki-moon noted progress has been slow. "Haiti's streets are still full of rubble and international aid & investment has not come as quickly as needed or as promised." The number of people living in camps has reduced by half since the emergency and clean water and food is being continuously provided. Ki-moon also stated that a new gov-



Port-au-Prince, one year later

ernment will be helped to get on its feet and complete the responsibilities to the people of Haiti. Old Westbury's Haitian Student Organization Vice President Pierre Baptiste stated none of his family members were hurt in the earthquake, and is very positive that Haiti will regain its power and glory. "The country was already messed up in turmoil then the earthquake hit...what's next?" said Baptiste, and added "since were down now, it's time to rebuild ourselves up into the great country that we once were before the corruption and the earthquake."

Pierre Baptiste, when asked about the recovery said that it could be better. "Nothing has changed really and it should with all the money gained."

The reconstruction in Haiti has taken longer than expected. Organizations from the American Red Cross to Hope for Haiti raised money and in less than a year. Over 1.4 billion dollars was raised for the relief but after a year much more needs to be done.

NEWS

Disaster Relief in a Time of Cholera

by Brianna Ronzetti

The effects of the earthquake that occurred last January 12th in Haiti were comparable to that of other natural disasters we are all too familiar with. Death, injury, civilian displacement and infrastructural damage were to be expected in the days following the earthquake. The civilian death toll, estimated at 230,000, overwhelmed hospitals, medical clinics and morgues. Mass graves, burnings and once sealed above ground tombs became the final resting place of decomposing bodies piled in the streets. Almost a year later, Haiti is faced with a disease capable of new devastation.

The World Health Organization defines cholera as an acute intestinal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio cholerae*. Cholera is spreading at a rate that is equitable to European pandemics of the 1800's. Health officials cite Cholera related deaths have claimed over 1700 civilians since the outbreak began mid-October.

Diseases contracted from exposure to corpses are rare however the piles of bodies in the streets of Haiti are partially to blame. Pure drinking water, food and medical supplies are scarce in the estimated 1300 refugee camps home to displaced residents. Many people began drinking from rivers and springs found throughout the impoverished nation such as the Artibonite River, which doubles as Haiti's longest river and as an international border shared by the Dominican Republic. Corpses and human waste have since contaminated natural water supplies such as the Artibonite River and contribute to the alarming spread of the infectious disease.

The U.S. Center for Disease Control and Prevention has traced the bacterial strain to Southern Asia. Effectively, the United Nations' Stabilization Mission for Haiti bears the allegations of importing the disease to Haiti by means of Nepalese troops. The infectious disease has been witnessed as being capable of killing within hours and has since provoked widespread, panic, anxiety and riots. Contaminated living quarters plagued with infectious disease are on the laundry list of harmful conditions in refugee camps, in addition to gang violence and rape.

Congressional Aid has yet to arrive in bulk and many monetary donations to charitable humanitarian organizations have been "lost" in the shuffle. During this holiday season consider the words of Art Taylor, President and CEO of the BBB Wise Giving Alliance, "Whenever there is a major natural disaster, be it home or abroad, there are two things you can count on. The first is the generosity of Americans to donate time and money to help victims, and the second is the appearance of poorly run and in some cases fraudulent charities." Research the reputation of charities and the percentage of proceeds that go directly to the cause you consider donating to before signing a check.

The spread of Cholera could come to a halt with the implementation of a functioning, sanitary sewage system and the nationwide distribution of antibiotics and clean drinking water. While you spend the winter holidays with friends and loved ones consider the developing worlds quality of life.

Today 1.9 billion children live in the developing world, 1 in 3 (640 million) are without adequate shelter, 1 in 5 (400 million) have no access to safe water and 1 in 7 (270 million) are without health services. To express personal concern and urge prompt delivery of the \$1.15 billion in U.S. Congressional Aid, promised ten months ago, visit: <https://secure2.convio.net/uusc/site/Advocacy?cmd=display&page=UserAction&id=209>



Doctor helping patients in Port-au-Prince

LIRR Train Delays

by Stephanie Lagis



LIRR Train

It was the thirty-seventh minute waiting for the train to arrive at Cold Spring Harbor before one third of the commuters started to take the defeating walk back to their cars. The fourth consecutive train was cancelled because of weather conditions, and the fifth one wasn't anywhere near the station. The train delays and cancellations have been steadily increasing along with their prices. Monthly train passes have gone up almost fifteen dollars, that's \$180 more per year, per commuter. It has not been a secret that a ride on the Long Island Rail Road is expensive but the problems arise with the nuisance of train errors.

Jeannette of Syosset (who asked that her last name not be used) has had more than her fair share of problems with the trains this winter. She said: "It has been an absolute nightmare. I hate commuting, is one of the biggest aggravations in my life...On the days it is delayed, or worse one doesn't even show up. Me and my husband both commute for

work so we have no other choice, but the main problem I have is if your going to charge us these ridiculous prices at least give us the service we deserve."

Many people share the same views as Jeannette and this became blatantly clear when a train recently running from Penn Station to Cold Spring Harbor got stuck for an hour and twenty-seven minutes. It was towed to Jamaica Station and then everyone aboard the train had to switch tracks and board another train, but not before waiting twenty three minutes for it to arrive.

Train Delays Article continued on Pg. 7

FEATURES

Train Delays article continued from Pg. 6

Trains are not only late, breaking down or being cancelled, but now sometimes they just don't show up, even when the board at the station states that a train is "on-time." This is a huge imposition, especially for people who rely on this type of travel. You try to take the train to cut down on pollutants from car fuel, and bridge tolls but then you run the risk of not making it to work at all. Some people carpool to the train together to cut down on the parking pass fee.

A conductor who wishes to remain nameless states that in all his twelve years of working for the LIRR this has been the worst year for delays: "We do not want delays or cancellations anymore than you do. It is difficult to predict the problems that come along with winter weather. We try our hardest to get our customers to and from in a safe and timely manner. But whatever you do, know that is not a picnic for us either." This winter's railroad commute has certainly been no picnic.

Presentation by Robert Kenner of Food Inc.

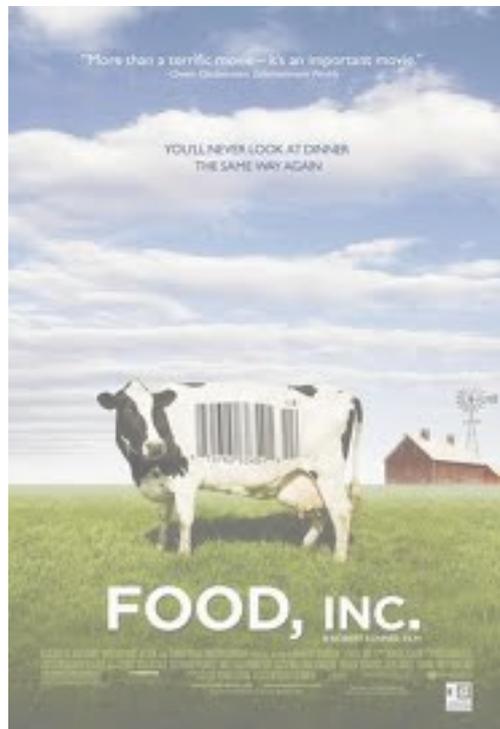
by Michelle Medrano

In January, Old Westbury was pleased to host director and Emmy winning filmmaker Robert Kenner at the Maguire Recital Hall. He spoke to a packed theater for an hour and a half regarding his latest film Food Inc. Kenner stated that Eric Schlosser's book Fast Food Nation inspired the documentary, and he was also inspired by Michael Pollan's book, The Omnivore's Dilemma.

Two years after wanting to take on the project another well known documentary hit theaters with a very similar approach, Super Size Me. Kenner admitted that he at first thought Food Inc. would have too many similarities to Super Size Me and decided to take the documentary a different way: Food Inc. would show how food as become industrialized.

He said he wanted to know how we were going to feed the world and if we really needed industrialized methods in the food industry. Kenner was also curious in finding out more information regarding our diminishing resources.

Kenner admitted that throughout the film he became angrier, which fueled him to find out and reveal more about the injustices in the food industry. He revealed how the system has become more consolidated. He said that only three companies control over 80% of all meat in the world. Lack of diversity in the system has created deadly diseases such as e-coli and salmonella, diseases that as Kenner put it "did not exist 30-40 years ago."



Food Inc. Movie

Kenner's film also explores the abuse meat packing workers endure daily and particularly abused immigrant Latino workers. Many of these Latinos workers were led to the meat packing industry by factory recruiters in Mexico. Undocumented, these workers have become cheap labor for factories who know they have no say or rights, leaving them (the Latinos) to do the dirty work. (Kenner revealed how he was shocked to find that farmers in the Midwest discovered that speaking Spanish was one of their most valuable assets in the business.)

Kenner confessed that at times hearing about the short cuts the food industry takes became scary. For him the scariest moment filming was a hearing at the California State Legislative regarding the labeling of products made by cloned animals, where they decided not to put labels on such products in order not to "confuse consumers." This to Kenner was shocking and in more than one way disturbing. Luckily this was vetoed by Governor Schwarzenegger. Kenner also touched on how he believes America has become less connected to where their food comes from. He said that when he was growing up a third of the country use to be farmers and now that has dramatically decreased. He believes farmers now have become engineers, creating new ways to make production faster.

Kenner stated how he feels our food is no longer food at all. For example, he cited square-canned tomatoes engineers are trying to develop that are good for up to six months. Rejection had become something constant in the filming process for Kenner who believes a hundred companies must have turned him down for interviews or backed out last minute. Kenner revealed that in order to release the film he had to screen the footage to forty companies who after the screening had a question and answer session with him. Which was as he put it "not a very pleasant experience."

In order to not get sued from these companies, Kenner had to obtain three legitimate sources for every sentence/ statement put in the film. He said he had to take out a lot of material because he only had two sources and that before releasing the film lawyers had to go through all the footage. Kenner gives the mainstream media much of the credit for the increase in interest by many within the last few years. But he also believes that consumers must make demands and be politically active when it comes to what we eat.



Director Robert Kenner

Holiday Hassle at Old Westbury

by Fatashia Cousar

Every year students deal with the pressure of registering, making sure they take the right courses and get the requirements necessary in order for them to graduate. Here at Old Westbury along with other schools the college offers the option to take courses in between semester breaks.

It is often labeled or known as “winter” classes or “summer” classes. Not only are we as students limited to what is offered as opposed to what we “need” to take, the registrar gives the only available option of taking the courses everyday with no exception. We are not at liberty to pick and choose what or which days we would like to attend. But some people have work, others have major responsibilities to handle on top of school studies.

Wouldn't it be nice if a student were to find a course which suites his or her schedule and fulfills the core requirements? Who is to pay for the winter class? Is it financial aid or are the students responsible? The answer is that most students are responsible. One would think that FASFA would pay for every course added during the winter; however it is unfortunate that FASFA does not cover the amount charged for winter classes. A lot of students aren't aware of this, and something should be spoken upon about it.

Mildred O'Keefe, director of financial aid at Old Westbury, said, “The half time registration status is a federal regulation, therefore every college would have to adhere to this. The only aid available for ½ time registration status is a Pell Grant. Provided that the student is eligible, the grant would be attached to the spring semester.” But this is not explained when people register. Why do our professors strongly “advise” for us to take winter courses when they are not covered through our financial aid?

According to Ms. O'Keefe, “the cost per credit for a four credit class is \$200 per credit.” For one class the costs varies anywhere from \$800-\$900 after all the additional fees associated with the costs. That is pretty pricey for the simple fact that the college itself is dealing with a lot of students who take out loans and rely on Pell grants and TAP to cover their costs. This explains the reason why a lot of students go to other schools between breaks to take the courses they need; the cost is cheaper and in some cases some financial aid is offered. The enrollment rate for winter classes has no comparison when it comes down to the large amount of students who attend classes here due to the obvious of the class availability and the coverage. Ms. O'Keefe added, “If the student is registered full time for the spring semester there would not be any Pell to award for the winter. There is no financial aid for winter. It is a federal regulation that a student be registered at least half time to receive loans.”

What are the students at Old Westbury to do? Speak up and be heard. That is the only way we as the student body can change things.

To Suppress or Supply Information

by Denise Rivera

In 1966, President Lyndon B. Johnson signed into law the Freedom of Information Act. This act allows Americans access to government information. To some, such as President Johnson himself, the act posed as a threat, risking espionage and top secret information to be shown to the whole world, which may cause a breach in national security. To others, such as journalists, this act proved to be a useful tool when writing stories.

That is where WikiLeaks comes in. It is a non-profit media organization dedicated to notifying the public about important news. According to the WikiLeaks website, it “publishes material of ethical, political and historical significance while keeping the identity of our sources anonymous, thus providing a universal way for the revealing of suppressed and censored injustices.” Whether everyone agrees with this statement remains controversial, yet one fact is certain; WikiLeaks has kept its word when publishing news that otherwise goes unnoticed.

On November 28, 2010, WikiLeaks released information from 250,000 U.S. diplomatic cables, exposing top-secrets of international affairs and diplomacy. WikiLeaks gradually gave this information to publications such as The Guardian and Spain's El Pais. This caused a worldwide sensation as vital, clandestine knowledge was now visible for anyone to see. You can imagine the outrage and panic this caused for most officials, and not just in the United States. Secretary of State Hillary Clinton travelled overseas to apologize for the diplomatic cables that were revealed in order to preserve and secure the international ties that were on the brink of breaking.

These cables contained a variety of information, ranging from the United States' attempt to remove a Pakistani research reactor to prevent nuclear threat to talks between United States and South Korean officials about reunifying Korea. However interesting and startling the cables have enclosed, the consequences are very serious. According to The New York Times, having this kind of information exposed wor-



ries many U.S. officials because it “could disrupt American operations abroad and put the work and even lives of confidential sources of American diplomats at risk.” This also includes a variety of people, such as U.S. soldiers and human rights activists. Some people had to be relocated due to the exposure of operations that were being planned.

Nobody knows where WikiLeaks was able to get these diplomatic cables. As of now, WikiLeaks has not revealed all the information it has. While WikiLeaks may qualify under the First Amendment for the information it releases, should it be excused from committing illegal action in order to obtain it? Was it worth exposing this information, risking hundreds of lives, endangering their jobs and the places? Was WikiLeaks really keeping true to its statement to “publish material... while keeping the identity of our sources anonymous, thus providing a universal way for the revealing of suppressed and censored injustices,” or was it just an impulsive act to gain publicity?

Hey SUNY!

**WHAT
ARE YOU
DRINKIN'?**



Add a TURBO SHOT™ for FREE

PLU# 1015



99¢ for a Small
(16 oz.)
Iced Coffee



PLU# 892
Expires: 3/10/11



AMERICA RUNS ON DUNKIN'®

© 2011 DD IP Holder LLC. All rights reserved.

TWO BIG MOMMAS, ONE HUGE COMEDY

MARTIN LAWRENCE BRANDON T. JACKSON

BIG MOMMAS LIKE FATHER, LIKE SON



REGENCY ENTERPRISES PRESENTS A NEW REGENCY/FRIENDLY FILMS/ROULETTE ENTERTAINMENT/THE COLLECTIVE PRODUCTION A JOHN WHITESELL FILM MARTIN LAWRENCE
"BIG MOMMAS: LIKE FATHER, LIKE SON" BRANDON T. JACKSON JESSICA LUZAS MUSIC BY DAVE JORDAN JOJO VILLANUEVA MAKEUP BY DAVID NEWMAN EDITOR PRISCILLA NEDD FRIENDLY A.C.E. PRODUCTION DESIGNER MEGHAN C. ROGERS
DIRECTOR OF PHOTOGRAPHY ANTHONY B. RICHMOND, A.S.C./B.S.C. PRODUCED BY MARTIN LAWRENCE, JEFFREY KWATINETZ, JEREMIAH SAMUELS AND ARNON MILCHAN PRODUCED BY DAVID T. FRIENDLY, MICHAEL GREEN BASED ON THE CHARACTERS CREATED BY DARRYL QUARLES
SCREENPLAY BY BOON RHYMER AND MATTHEW FOGEL SCREENPLAY BY MATTHEW FOGEL DIRECTED BY JOHN WHITESELL
www.foxmovies.com ©2011 Twentieth Century Fox

PG-13 PARENTS STRONGLY CAUTIONED
Some Material May Be Inappropriate for Children Under 13
**SOME SEXUAL HUMOR
AND BRIEF VIOLENCE.**

Starts Friday, February 18

OPINION

Students Placed In Lounges In Woodland Dorms

by Akeem Hill

During the winter mini-session, the office of resident life turned Woodland dorms four lounges into rooms to place students because of dorm irregularities. The students were placed in the lounges, males on the second floor and females on the third, because the heat was shut off in the Academic Village dorms, which is where all the students regularly live. Although it was only for three weeks, students did not expect to be placed in the lounges.

The heat was shut off in the Academic Village not only to save money but to save energy and contribute to going green. This could have been told to the students before they had decided to stay on campus for the winter mini-session. If they had the choice, some would not have stayed, but the students weren't given proper time to make that decision I believe before paying their money.

The office of resident life did expect the number of students taking winter courses to be high, but did not expect the numbers of students who wanted to dorm. It would have been wrong to place students into their rooms in the Academic Village with no heat. Complaints about that would have been even greater and not just from students either, but from parents as well. (Financial aid does not pay for housing during winter or summer sessions.) There were no major complaints from students during the temporary situation, but hopefully if it happens again residential life will know how to go about.



Last Laugh

by Barbara Dudley

“Last Laugh,” a new student stand-up comedy competition is being launched on Old Westbury Television (OWTV) this semester. All faculty and students can participate with hopes of getting the last laugh. According to “Last Laugh” coordinators, participants will first go through an audition process, and then the voting will begin, similar to American Idol. The “Last Laugh” coordinators encourage all comedians to audition.

Melissa Marinovich, “Last Laugh” Executive Director, told the Catalyst that some of the prizes include an opportunity to perform at the 6th Annual Long Island Comedy Festival, and a copy of the winner’s very own stand-up presentation on DVD. OWWR Radio Station Manager, Professor Joseph Manfredi said, “It’s an exciting opportunity for students to show off their comedic skills, and a chance to perform at a real comedy club.” If you’re not funny, you can just watch. “Last Laugh” will air on Channel 3, Facebook and YouTube.

Waiting at the Bursar's

by Brianne Barry

It is a situation almost every Old Westbury student has found himself or herself in at one time or another. Standing in the same place for what seems to be an eternity, painfully close to the person in front of you, who lucky for you, has apparently forgotten to shower that morning. Finally, after an hour of torture, you finally reach the reward you have been waiting for: handing over your life savings in the form of cash, check, money order, or credit card. The bursar leaves many Old Westbury students with not much more than a headache and an empty pocket. This semester alone the bursar was bombarded with hour long lines, stretching out the doors of the administrative office with students both surprised and frustrated. Each student had their own personal dilemma from parking permits to payment plans, fixing holds, or trying to re-establish good financial standings. The one factor that unified all those braving the line was their unhappiness with the bursar.

This year it appears that more than ever, student’s have had issues regarding notifications and overall poor communication with the bursar. Students such as senior Nicole Lana was only notified that her classes had been dropped when she was unable to print out her spring term schedule. As a result, her twenty credit course load had dwindled down to a measly four credits. Even after getting re-instatement permission, Nicole was only able to obtain sixteen of her original twenty-credits. This resulted in her having to push back her expected graduation date until the following fall semester. When asked her opinion on Bursar efficiency, Nicole’s response mirrored that of many students at Old Westbury: “I think the bursar is getting worse... It really shows you that the school’s number one priority is money.”

Bursar manager Susan Anderson and Associate Vice President of Business Affairs Deirdre Dowd disagree, claiming that the bursar has seen an overall improvement in length of lines and overall services especially since the transition from paper bills to on-line payments three years ago. They claim that a large portion of problems stem from a lack of student awareness. “We are not ogres,” pleaded Dowd, reiterating that the bursar does not enjoy seeing students struggle with financial issues.

They admit that the system at times is not perfect and that an increase of communication between the administration and the student body would decrease the amount of class cancellations. They added that students have to pay attention to their Old Westbury portal accounts, which is the only line of direct communication between students and the bursar. In addition to canceling classes, student’s are also left wondering why the brand new front desk of the bursar’s office has five customer service windows but with only a maximum of three staff members seeing students. According to the bursar, the reason for this is the need to keep people on staff in the back to answer phones and emails. Credit cards create problems for students as well. The bursar accepts Visa, Mastercard, Discover/Novus. In addition if you are using a parent’s credit card, you must have a letter of permission with your parent’s signature. It is information like this that will save both students and the bursar time and frustration.

The main issue appears to be a lack of communication between the bursar and the student body. No student wants to have his/her classes canceled, nor does the bursar want to drop students’ classes. It is this communication that both parties admit needs to be improved.

ARTS & ENTERTAINMENT

Here and There Exhibition

by Grant Zepernick

HERE & THERE

Katia Kameli, Esra Ersen,
and Maya Schweizer

Curated by Catherine Bernard and Mary Cremin

February 10 – March 17, 2011

Opening Reception:

Thursday, February 10, 2011, 4 – 7 pm

Artist's & Curator's Talk:

Thursday, March 3, 2011, 5 – 7 pm

Amelie A. Wallace Gallery

Director: Hyewon Yi

Location:

Campus Center, Main Level
SUNY College at Old Westbury
Route 107, Old Westbury, NY
516.876.3056/2709

New Gallery Hours:

Monday – Friday, 12:00 – 5:00 pm
and by appointment



Katia Kameli, *Dissolution*, 2009, video, 3:50 min. Sound designer: Benoit Fort.



Maya Schweizer, still from *La Corsa del Venditore (The Run of the Vendor)*, 2008, video, 7:50 min.



Esra Ersen, still from *"The Trip to Bosphorus"* (28:00 min) of *Passengers*, 2009, 2-channel video installation, Sound developed by Veli Koc, Istanbul and Tanas, Berlin.

Wallace Gallery Photos

Here and There is a new exhibition currently being shown at the Amelie A. Wallace Gallery. It is made up of three different works that share a similar theme: the problems of acclimating to a new life as an immigrant. One piece is called "La Corsa del Venditore" (The Run of the Seller.) The artist is Maya Schweizer. This black and white video with displayed dialogue tells the story of African immigrants who become street vendors in Italy. The video never shows these street vendors, instead it shows three Italian females ranging in

TV Review *Skins*

On January 17th a new teen drama called *Skins* debuted on MTV. Over 3.3 million people tuned in to watch. *Skins* is an adaptation of a British teen drama called *Skins*. Their version of *Skins* has been on TV in the UK since January 2007 and is currently in its fifth season. Each episode of *Skins* is named after one of the characters and tells the story of that character. While all the cast are in these episodes it mainly focuses on the character it's named after.

Many of the characters names in the American version have been changed except for Tony, Michelle, and Chris. All of the other characters have had their names changed to more American names. For example Sid has been renamed Stanley, Effy renamed Eura, Cassie renamed Cadie, Jal renamed Daisy, Anwar renamed Abbud and the biggest change, Maxxie renamed Tea.

Currently our America version of *Skins* has received a lot of criticism and controversy over the subject matter many people say is too racy because of its depiction of teens having casual sex and drug use. Advertisers like General Motor's, Mars Candy, Taco Bell, H&R



Skins Television Cast

age from a child to a woman in her middle age. The eldest of the group is talking on her cell phone.

The dialogue frames that appear move the story along. Quotes tell the story of these street vendors who constantly get chased by the police. Along with the visual aspect of this piece there is also sound accompaniment. At first, it builds slowly, mostly with crowd noise in the distance. Then at some point police sirens start to sound and you know this is the sound that these vendors hate to hear because this means they have to stop peddling. Another piece is "Dissolution" by Katia Kameli. This piece affected me the most in terms of creating an atmosphere I could feel. The work is basic enough: a ferry crossing the Mediterranean Sea while rumbling noise is played. The idea of this piece is to show Algerians traveling to France. There is smoke from a chimney that distorts the visual and this loud rumbling noise can make one feel a bit uncomfortable.

The third piece is Esra Ersen's "The Trip to Bosphorus." This piece documented a bus ride from a small district in Istanbul where a lot of Turkish immigrants live to the Bosphorus Sea. Ersen hired the bus to take people to the sea, a place they had never seen before. There are two videos running simultaneously. One video shows the sights of the district, featuring wall murals that are beautiful portraits of this sea. The second video is the bus ride to the sea. It shows people of different genders and ages excitedly on the bus. Each passing minute they get more curious about what they will see.

When they get to the Bosphorus Sea, it seems as though they are disappointed. What they thought was crystal blue waters was a deep gray. What they thought was a sea with hardworking fishermen lowering nets was actually freight ships carrying heavy cargo. It was easy to feel sympathy for these people who believed in such a beautiful thing, only to see it as a polluted body of water. The Bosphorus Sea was supposed to represent the potential and hope of a new life where in actuality its purpose is strictly industrial.

The three pieces did a great job in working together to show a similar theme. If you open yourself up to it, *Here and There* can give you perspective on what it's really like to be an outsider.

by Elizabeth Weigand

Block, Foot Locker, Kraft, L'Oréal, Schick, Proactiv, and Subway have pulled their ads. A TV activist group called the Parents Television Counsel has even gone as far as to send a letter to the Department of Justice asking it to charge *Skins* with child pornography.

Many viewers who have seen both versions of *Skins* don't understand the controversy over it. The first Episode of *Skins* titled "Tony" had the same plot and was scene for scene the same as when it aired in the UK, the only difference was that the American version was toned down and was tamer than

the UK version. The UK version showed full frontally nudity, and in almost every episode you see a naked female.

With rumors of cancellation due to the dropping number of viewers each week, we'll see if MTV's approach for commercials works and if more people watch. From what this reviewer can tell future episodes looks in many ways resemble the UK versions but will of course be tamer for us Americans.

Besides the nudity you almost always see some smoking.

Skins Article Continued on Pg. 13

ARTS & ENTERTAINMENT

Skins Article continued from Pg. 12

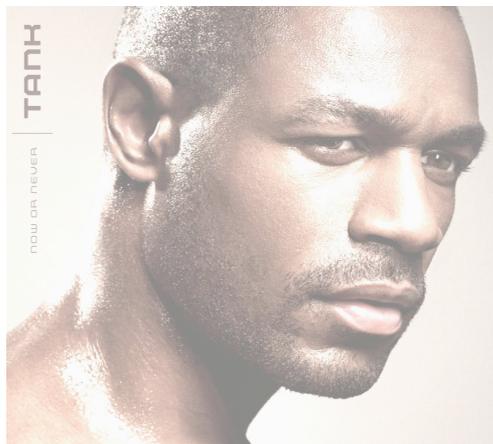
In the American version if a character was smoking, people would say that the show promotes smoking. Another big difference came in the January 24th episode titled "Tea" which only brought in 1.58 viewers. Tea is a lesbian cheerleader in the American version and in UK version Maxxie is a gay dancer. Many believe the reason they changed her character from a male to a female is because in the UK version Tony performs oral sex on Maxxie while in the American version Tea simply has sex with Tony which is more accepting for TV audiences in America.

The episode that aired on January 31st is the reason why activists want charges of child pornography against MTV and its producers. Like the first episode of *Skins*, this episode was just like that in the UK but toned down more. Yes it showed underage kids partying, and in the start of the show Chris had a boner from taking to many Viagra's, but it didn't show Michelle fully nude as it did in the UK. It also didn't show Chris naked, while in the UK you never see him fully naked but you do see full body shots of him covering himself so not to see his privates.

In the American version you see one butt shot of him running down the road naked but any other time you see him it close up from his chest up leading you to believe he was naked. Activist groups wanted charges of child pornography brought against MTV because the actor who plays Chris is only seventeen. While the number of viewers is dropping each week, MTV is blaming the low viewer ship on *Skins* not having a strong show to as a lead in. As for advertisers, MTV isn't worried. MTV said it might have to reconfigure the length and content of the commercial breaks. With rumors of cancellation due to the dropping number of viewers each week, we'll see if MTV's approach for commercials works and if more people watch. From what this reviewer can tell future episodes looks in many ways resemble the UK versions but will of course be tamer for us Americans.

Tank's "Now or Never"

by Anastasia Abraham



Tank's "Now or Never" Album Cover

In mid-December 2010, R&B artist Tank released an album entitled "Now or Never," that any lover R&B would enjoy. Tank, born Durrell Babbs, is not only a singer but also a songwriter and producer, and because of that he has created a musical piece of art. Tank is currently an artist at Atlantic Records, the album debuted at number thirty-five on the U.S. Billboard 200 chart, his first week sales were recorded at 44,000 copies. Not the greatest achievement, but in this day and age of ipods and downloading music for free online it's notable. The album *Now or Never's* singles include: "Sex Music" (which is the second track on the album); "Emergency" (fifth track); and "Celebration" (third track which features popular rap artist Drake). The first single "Sex Music" is the perfect explanation of what this entire album is. "Baby making music" is a phrase people like to use, it's music one can listen to while with someone you love or lust. Some of the lyrics are, "We get, get it on, all night long, to this sex music." The song is a little more upbeat compared to the other songs on the album but does not stray too far from R&B and Soul.

"Emergency," however, has a slower tempo, and his voice accompanied by the piano is truly beautiful. Tank has a soulful quality in his voice that can't be found in many other artists in entertainment currently. The last single on the album "Celebration" is another slow tempo song. In this song he also describes intimacy, comparing it to a celebration. Tank states "It's like the Fourth of July, girl between your thighs, it's like fireworks..." The featured artist Drake on his verse raps one particular line that is often posted and Facebook "walls" and "tweeted" on Twitter. Drake states, "They say real girls aren't perfect, Perfect girls ain't real. Aside from the singles, Tank remade a song called "I Can't Make You Love Me" it was first a single by popular country artist Bonnie Raitt in 1991, then another version was released by George Michael in 1997. Out of these three versions Tank's is the most soulful of course. Tank's *Now or Never*, also comes in a deluxe edition, which includes an acoustic version of "I Can't Make You Love Me," just his voice and the piano, magnificent.

Although Tank did not make a big selling with his album *Now or Never*, he is known and remembered for writing many songs for other artists that became hits. Some of the artist he has written songs for include: Aaliyah, Missy Elliot, Kelly Rowland, Keri Hilson... The list goes on. Tank can be put in the same category as Jamie Foxx and Chris Brown (both had songs written by Tank). Foxx and Brown both recently released albums and they have strayed far from R&B, their albums are more like pop albums. For any lover of R&B and soul music, Tank's newest album comes highly recommended.

"Pink Friday"

by Sarah Y. Celestin

The highly anticipated debut album, "Pink Friday," by Nicki Minaj is here and I'm really disappointed. I'm personally not a hardcore rap fan. However, I will listen to the occasionally mainstream songs but I'm totally out of the loop when artists like Big Sean are mentioned. So how did I find myself at Target on November 23 buying Ms. Minaj's first album, well the answer is simple. Limewire was shut down and I heard Hot 97's Angie Martinez's interview with Nicki Minaj, the week before. During the interview, Minaj addressed various topics other than her album like her non-romantic relationship with Drake, her sexuality and the rivalry between her and Lil Kim. That interview was really informative and intimate from genuine moments between Minaj and her fans to the breakdown of her album.

Nicki Minaj's "Pink Friday" Album Cover



Anyways, I was hoping songs like "Monster," "Shakin' It for Daddy," and "Bottoms Up" would be on "Pink Friday," but they were not. I know her appearances on those songs were just features, but those are the songs that got me and a lot of her non-Barbie fans interested in her. Overall I would rate *Pink Friday*, a six out of ten because I really feel there was that "Nicki Minaj" zeal missing. I like her weird quirks and multiple personas. I suppose I was expecting a female version of Eminem, I guess. However, I was pleased with that featured artists selection. I love the variation of the songs from "Roman's Revenge" featuring Eminem to "Last Chance" featuring Natasha Bedingfield. My favorite songs on this album are "Fly," featuring Rihanna, "Moment 4 Life," featuring Drake and "Last Chance." The first time I heard the album I ran through the whole thing and on the second and third runs I was skipping mainly one song, "Did It On'em," which has a great beat, but isn't really for me. Will I be playing this album in my car frequently, probably not. Do I regret purchasing *Pink Friday*, a bit, but I know Nicki Minaj will release another album that tops this one.

LOVE, LIFE & STYLES

Spring Fashion Trends

by Pamela Somuah



Bright colors for spring "color blocking" on Runways

Spring is almost here and its time to pull out those bold prints, floral tops and cropped shirts for the ladies and tailored suit like blazers for the guys. For years, skinny, tight fitted jeans have taken over, however, this spring the wide leg jean for males and females are making a comeback. From wide-leg trousers to classic cropped halter tops, the '70s look is making it's way back in a big way. Designers such as Derek Lam presented bell bottom jeans in his spring/summer 2011 collection as well as international clothing store TopShop in their Unique Spring/summer 2011 collection. Styles ranged from denim bell bottomed jeans, tailored bell bottomed pants, to floral bell bottomed slacks. Bright colors dominated some of the runways this past season as well.

Bright, bold colors will always be a

trend for the spring. Blooming flowers equals bold colors. The palette for the season was intense. Colors ranging from bright yellows, dazzling blues, soft pinks, and shining oranges hit the run ways. A large majority of designers paired multiple colors together giving away a bold effect. The term "pajama dressing" that has been used by magazines such as, Harper's Bazaar and Elle captures the laid back, comfortable soft colors of the everyday sleep wear. So just before you walk out with your pajamas, make sure they are not in fact pajama pants but light weight, loose fitted pants and light tops in neutral to cool color palettes.

In 2010, lace for the females was the go to trend when it came to tops, and as spring comes along the trend is following us into the new season. This spring be on the look out for



Bell Bottom jean trends

lace skirts and dresses. Last year it was all about the lace shirts, lace sleeves, or back lace, now its about taking the lace to bottom half of your body.

For the guys, it's all about clean cut and tailored. The suave sophisticated look will always be in style,



however, this spring, its all about stepping out of the box and on to new patterns. Save the standard black, browns, grays and blues for the office. On a night out mix it up with a stubble plaid patterned tux jacket to add some texture to your ensemble. Smooth colors like camel brown and will give your blazer a suave touch. Other trends that will be big for spring is the biker jacket, the light weight turtle necks, and the plaid patterned ties. Looking for a quick touch a style? just throw on a vest a plaid pattern shirt and call it a day. It's all about the watch for some guys. This season look out for military based watches and black on black watches they are simple but stylish.

For both genders it all about being clean cut and stylish. With all the changing, continuing trends and developing styles of the seasons, all that matters is ones personal style. Being comfortable in your own skin is the best style out there. In the words of Yves Saint Laurent, "Fashion fades, but style is eternal."

For both genders it all about being clean cut and stylish. With all the changing, continuing trends and developing styles of the seasons, all that matters is ones personal style. Being comfortable in your own skin is the best style out there. In the words of Yves Saint Laurent, "Fashion fades, but style is eternal."

Fascinated by Love

by Jasmine Washington

As long as I can remember I've always been fascinated by love. Watching Disney movies as a young girl had me excited to find my Prince Charming regardless of the number of frogs I'd have to encounter first. The idea of having someone to be there for you and accept you despite your faults, flaws, and endless imperfections amazed me. Being able to disagree and fight one minute and look into your loves eyes and forget all the issues that exist between you the next minute inspired me. All the endless R&B love songs I've listened to over the last 21 years helped reinforce my infatuation with love. I was 14 years old when I had my first experience with love and 7 years later I must say it has not disappointed me at all. I won't say that it has been as easy as the movies make it seem but it has been an extremely insightful yet challenging experience.



My knight in shining armor entered my life when we were in the 7th grade. Upon our introduction we clicked and began talking and hanging out together. I'd never met a more honest and caring person. Endless phone conversations and late night talks are some of the first memories I have of our friendship. Throughout middle school, I had plenty of "crushes" and I could come to him for his advice about all of them. When we entered the 9th grade, we noticed a mutual attraction between the two of us and like magic my fairytale love story began. Over the next 5 years our love story continued with many trials and tribulations but never enough to disrupt the peace between us for more than a day or two. During our junior year in college, we decided to end our relationship in order to experience life without each other. Although our romantic relationship has come to an end, I know in my heart that the love I share with him is one that will forever be unmatched. He has been there for me through some of the most trying times in my life and has never judged me. Through family disputes, tragic losses, and new relationships, he's been by my side with an open ear and two shoulders for me to lean on. Never turning his back on me when I'm in need of someone, he's grown to become my closest and most reliable friend.

Some people go throughout their lives not knowing what it feels like to love someone and have someone love them back. Luckily I was able to find the love that I always knew existed on my first try. I am eternally grateful to the young man who showed me what it is like to truly be loved.

LOVE, LIFE & STYLES

ASK DR. DEB

Dear Dr. Deb,

Do you feel that if you have sex with someone that you are automatically considered in a relationship with that person?

Take care,
Anxiously Hopeful

Dear Anxiously Hopeful,

I do not think that the act of sex automatically elevates a person's status to a relationship, committed or otherwise. The act of sex can hold different meanings to different people depending upon a multitude of factors such as their morals or values, their motivation for having sex, the situation, and/or the person with whom they are having sex, to name just a few. It can be very difficult to determine the status of a relationship after having sex, especially if there is no relationship to begin with.

To avoid confusion, discuss the status of the relationship with your partner before having sex. Be honest with yourself and your partner about your motivation for wanting to have sex and your expectations of your partner. Make sure that you are clear about why your partner wants to have sex with you and his or her expectations of you. This conversation should clarify the status of your relationship and may change your mind about having sex with that person. However, without communication and a foundation for a relationship, sex alone will rarely lead to a healthy relationship.

Dear Dr. Deb,

I've been involved with someone from the beginning of the school year. At first it was fun and it's grown into something serious which we both enjoy. The only thing is that this campus doesn't allow "cuffing." He has a new life and I'm new. We have tried to stop caring and ignore these feelings but we can't help it. What should I do? Should I tell him we should pursue the relationship or just be friends? What should we do?

Sincerely,
Confused

Dear Confused,

It is sad to hear that the pursuit of a committed relationship is not considered acceptable by Old Westbury standards. This suggests that the majority of the student body do not have an opportunity to experience and learn about intimacy, relationships and love. Having a committed relationship can help you explore what you want and expect in a relationship. Though the culture of today's youth is about "meeting in the sheets before you greet" rather than seeking a long-term committed relationship, clearly you cannot decide whether you should follow your feelings or follow the crowd.

If you both have feelings for one another, then it sounds like the only obstacle in the way of building a relationship is your temptation to succumb to peer pressure. Instead, why not flip the script and follow your heart. If your peers do not support your relationship, then your peers value conformity over character. I understand that going against the grain is difficult but ask yourself whether you and your relationship is worth it.

Dear Dr. Deb,

I am a very trustworthy person and I trust others just the same, which can be bad because it is sometimes with people I barely know. How can I keep my "distance" but not make the other person or people feel like I am unfriendly?

Best,
Truly Trustworthy

Dear Truly Trustworthy,

I think that being trustworthy is not a bad quality but it is important to figure out who you can trust so you do not get hurt. This is not always easy to do because there may be people who are "wolves in sheep's clothing". You can be cautious yet friendly without being distant or cold. To do so, my suggestion is to be conscious and careful about what you say to others.

Do not reveal a lot of personal information. Instead, keep the conversation light and more focused on the other person. This will help you protect yourself while learning about the other person. This will help you to determine whether they are truly trustworthy and worthy of your trust.

Dr. Deb is an educational psychologist who received her doctorate from UCLA. She can be heard live on Awareness Avenue every Thursday from 3 to 5pm on OWR or seen on Awareness Avenue on OWT. If you have any questions or issues for Dr. Deb, please send them to awarenessavenue@gmail.com.

Budget Issues?

"I'm broke." It is a phrase commonly found among students, and it's no wonder: the cost of college rises even in recessions and students often have to dish out money quicker than they can earn it. So what can students do when they find themselves surrounded by bills they can't pay off? Here are some simple steps you can apply right away:

- Track your purchases. I mean everything. Even that coffee you had in the morning, and even that brownie you had after lunch. Often, you will find those "little" things add up to be larger than you expect.
- Create a monthly budget based off your salary. You'll quickly remember rent, groceries and car payments, but don't forget things like entertainment (movies and dinners), maintenance (haircuts and manicures) and unexpected expenses (like car repairs or a doctor's bill).
- Try to budget for savings too. As a student, you likely won't be able to start saving for retirement, but you should try to put aside a

sum each month towards savings. It's not only good practice, but you never know when you might need to pull from an emergency fund.

- Compare your proposed budget with your actual spending and share the comparison with a trusted friend or relative who understands finances. They might be able to point out some practical changes you can make.
- What can you cut out? Often students burn themselves out by working too many hours to pay for their dream car or expensive clothes they don't need. Consider getting a cheaper car so you can keep expenses low and focus on school. If you can live with your parents, take advantage of that. If you can rent a room instead of an apartment, do so and simply store your extra belongings elsewhere. Once you are out of school and working full-time, then you can reward yourself with a bigger place, nicer car, more clothes, etc. But for now, wait. Concentrate on school.

by Sharon Weston

Budget Issues Article continued On Pg. 16

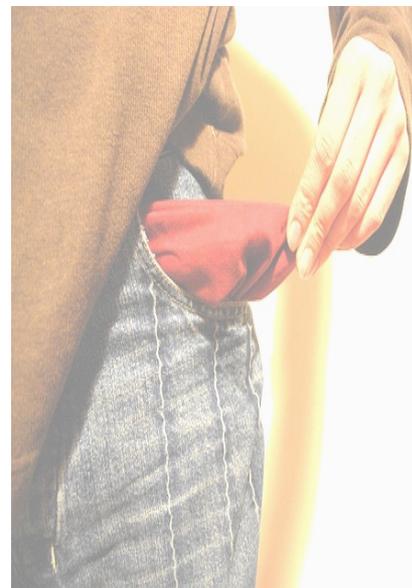
BUSINESS

Budget Issues? Article Continued From Pg. 14

- The small things matter. If you have to have coffee, make it at home. Watch a movie at home (you can even get a free one from your library!) instead of in a theater. Learn to cook healthy food instead of eating out. (Cheaper cuts of meat taste just fine after simmering in a crock pot.) Go through your wardrobe before you shop, and "hunt" just for what you need. And start with discount places like TJ Maxx, Marshalls, Filene's Basement or Century 21. But be careful not to go to the store without a price limit or goal in mind. Even better: leave the credit cards behind.
- Try cash only. This is an accountant tip. Instead of using credit cards, "pay yourself" each week the amount you are allowed to spend. When you run out of cash, you can't buy anything else. Be careful though; don't forget about gas and groceries!
- Is your job working for you? Sometimes students find themselves in low-paying jobs when they have technical skills that could work for them. Are you good with computer, numbers, or writing? Why not skip the local grocery store and target a bank, mortgage company or office where you will be learning valuable skills on top of better pay? But make sure your resume and cover letter are updated. You should make practice of doing something each day to get yourself one step closer to your career or a better job; following up with contacts, improving your resume, or posting your skills online.
- Pay off debt. Ok, so this might not happen tomorrow. But start with

the card or loan with the highest interest rate. Pay off what you can as soon as you can, but continue to pay minimum payments on the other cards. And whatever you do, don't rack up other unnecessary charges. The idea is to get the balances lower, not keep them even or see them rise.

And lastly, educate yourself. Read tips on managing your finances and use them. Learning to save can be just important (or more important) than how much you earn. Rich Dad, Poor Dad is a great book that tells of two fathers and how one lived in the "rat race" while the other learned to save and work smartly, thereby becoming rich. Alwaysfrugal.com has some tips, including buying cheaper groceries and not shopping when you are hungry. Howstuffworks.com has an article "10 Tips for Staying on Budget" which includes cutting out bad habits like cigarettes and alcohol. In any case, keep at it and budgeting will soon become second nature to you. And your wallet will thank you for it.



Being Broke

Hidden Costs: What You Are Paying

by Sharon Weston



Spending \$ You might be paying \$228 each year to the Metropolitan Transportation Authority (MTA), whether you use public transportation or not. At least, that is what the average person in the New York region is paying, for a total of \$2.9 billion. MTA fees are found in your vehicle registration, utility bills and at the gas pump, where you pay the MTA over 16 cents for each gallon you buy. There is also a payroll tax that provides the MTA with \$1.34 billion each year. Governor Andrew Cuomo comments, "It is a very onerous tax. It's not just in this area, people are complaining about it on Long Island, the en-

tire metropolitan region."

The MTA has also raised its tolls five times in the last seven years, sometimes as much as 17%. But even as fares rise, service cuts abound. New York bus routes have been cut and private companies have tried to step in, but the economics are difficult. Some routes have been heavily subsidized and would cost riders \$19 per ride, much higher than the \$5.50 they are used to paying. Nassau County Comptroller George Maragos is looking into options to save Long Island Bus, saying, "Most LI Bus system riders cannot afford to lose this trusted form of transportation."

However, even as the MTA cut nearly 700 jobs in 2009, it continued to give wage increases, raising the payroll by another \$70 million. "The increase . . . was mainly a result of built-in wage raises provided under multi-year labor contracts previously agreed upon through collective bargaining," spokesman Aaron Donovan explained. "We held costs down as much as we could by decreasing the number of positions and freezing pay for management."

Assemblyman Dean Murray comments that the MTA's issue lies "on the expenditure side, not the revenue side of their balance sheet" and says, "Residents and commuters who rely on the MTA every day for transportation are fed up with the MTA's blatant mismanagement and waste." However, the MTA says it is working to correct the issues and posted a report on January 28, 2011 called "Making Every Dollar Count." In the report, chairman & CEO Jay H. Walker states the company is reducing operating expenses through "the most aggressive cost-cutting in the history of the MTA."

"We identified more than \$525 million in recurring savings," Walker announces, "by consolidating back office functions into a new Business Service Center, reducing our administrative payrolls, cutting unnecessary overtime, and even convincing our suppliers to renegotiate contracts." He also promises that the MTA will be improving their service to customers. The full report is posted on the MTA's website at www.mta.info, along with a contact page for customers wishing to comment.

MIDDLE STATES

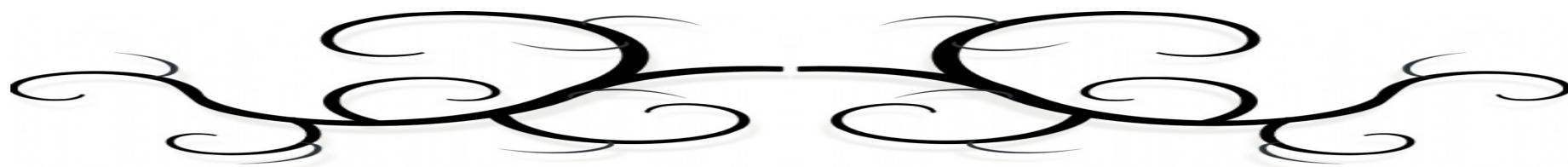
From March 27 through March 30, 2011, a team of visiting evaluators from the Middle States Commission on Higher Education will be circulating on the campus as part of the process of having our accreditation reaffirmed. During that period any of them could engage anyone on campus in discussion. To assist you if that should occur, below are some points of information that might be of use:

What is Middle States? - Colleges are accredited by accrediting agencies, in Old Westbury's case Middle States. Every 10 years we must have our accreditation reaffirmed. This entails the preparation of a Self-Study Report by the college community and a visit to the campus by a Middle States team of evaluators to ascertain whether we comply with their 14 accreditation standards.

What does accreditation mean? - Accreditation is a peer review process used by higher educational institutions to strengthen and sustain the quality and integrity of higher education by ascertaining whether an institution meets certain specified criteria. A college must be accredited to be eligible to receive Federal financial aid on behalf of its students.

Our self-study process - For the past 2 years 7 workgroups consisting of approximately 120 faculty, staff, administrators, and students have been gathering information for the preparation of our Self-Study Report. They reviewed documents, conducted surveys, and interviewed people as they investigated whether Old Westbury complied with the accreditation standards. You may have been asked to take a survey, participate in an interview, or serve as a workgroup member as part of this process.

Old Westbury's Mission - From April 2009 through February 2010 a college-wide Strategic Planning process involving faculty, staff, administration, students, alumni and members of the College Council and the College Foundation Board of Trustees occurred. This process produced a revised college Mission Statement and a Vision Statement, both available on the college's website at www.oldwestbury.edu/about/mission.cfm.



COLLEGE MISSION

SUNY College at Old Westbury is a dynamic and diverse public liberal arts college that fosters academic excellence through close interaction among students, faculty and staff. Old Westbury weaves the values of integrity, community engagement, and global citizenship into the fabric of its academic programs and campus life. In an environment that cultivates critical thinking, empathy, creativity and intercultural understanding, we endeavor to stimulate a passion for learning and a commitment to building a more just and sustainable world. The College is a community of students, teachers, staff, and alumni bound together in mutual support, respect, and dedication to the Mission.



SPORTS

Kim Weathers Honored For The 6th Time As Skyline Women's Hoops Rookie of the Week

Kim Weathers

VENTNOR, NJ) – The SUNY College at Old Westbury freshman guard Kim Weathers has been named the Skyline Conference Women's Basketball Rookie of the Week (the first week in February) for the sixth time this season.

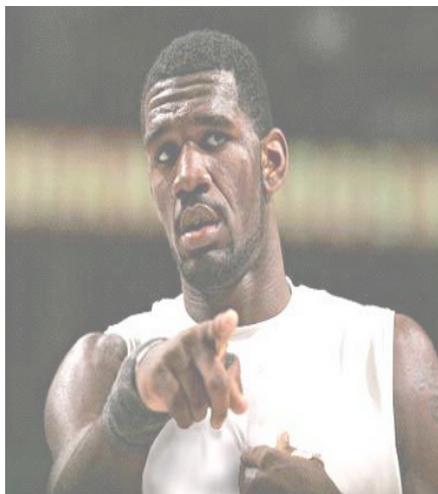
Old Westbury won a pair of key conference games due in part to Weathers, who averaged 20.5 points and 7.0 steals per game. She went for 18 points on 8-of-13 shooting from the field to go along with a career-high nine steals in OW's 84-22 victory over Yeshiva. She followed with 23 points and five steal effort in a 70-67 overtime road win at Sage on Feb. 5.

On the season, Weathers is averaging a conference leading 21.2 points per game as a freshman and ranks among the conference leaders in steals (3.69 – 2nd in Skyline), three-point field goals per game (1.94 – 5th in Skyline), assists (3.94 – 6th in Skyline), field goal percentage (43 percent – 8th in Skyline) and three-point percentage (30.1 percent – 10th in Skyline). She has scored in double-figures in all 18 games played to open her career.



The Jump

The talent in the NBA has sky rocketed to new heights, with young players using athleticism, speed and strength to succeed in the NBA. Players who are the same age as the readers of this newspaper are going to the all star game. This is the dream that young kids have going into the NBA, but does that mean that they will be successful? The college admission prerequisites require entering the NBA, a player has to complete one year of college. High School players were eligible to enter the NBA before 2006. Superstars such as LeBron James, Kobe Bryant, Dwight Howard, Kevin Garnett & Tracy Mcgrady are the few of many who were drafted out of High School and succeeded in the NBA winning accolades and MVP awards. These superstars have brought the NBA to new fame but there are other High School players who have entered the league and did not become successful at all, to think if they went to college, there NBA careers would have been more successful. High School player Kwame Brown, who was Michael Jordan's first pick in the NBA draft was a complete bust and is considered the worst first round draft pick in history.



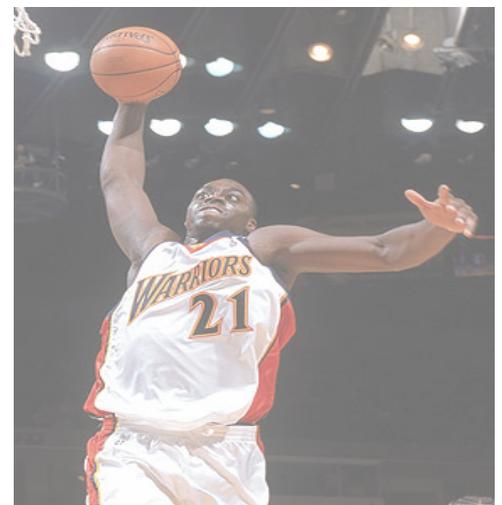
Greg Oden

This also applies for players who only attend college for one year and then entering into the league, how would their career turn out? If Greg Oden stayed an extra year in college, his skills would have been more define and would have been in more shape. There are ex-

ceptions like Sebastian Telfair who went straight to the NBA because of his family's living situation, so he took the NBA contract to better his family's lives.

There are freshman draftees like Chris Taft who was the freshman of the year in his conference and as I write this, I can tell the reader is confused on who this player is. Chris Taft was a 2nd round draft pick to the Golden State Warriors with potential, but with no playing time and no guidance, he was released from the Warriors and resorted to becoming a free agent. Not all players are the same; some are ready for the NBA while others need more training. In a different situation, Monta Ellis came into the league and received a low salary contract and was underpaid in his second contract. If Ellis went to college and shown his talent on the national stage, he would have been a lottery pick.

The NBA possesses the best basketball players in the world, but teams could be more equal if these players would have made different decisions whether to go professional quicker than they should. The NBA should either increase the college rule or do not complain when a college athlete leave after their first year of college to enter the league. The NBA is a privilege not a right, so those who deserve it, stay in the NBA for a long successful career.



Chris Taft

Student Athletes Take Part In National Girls & Women In Sports Day Presentation

OLD WESTBURY, NY (www.oldwestburypanthers.com) – The SUNY College at Old Westbury Department of Athletics hosted a special event to celebrate "National Girls and Women in Sports Day." Michele Kort, the award-winning sports journalist and Senior Editor at Ms. Magazine delivered a presentation titled, "Play Ball: How Title IX Changed the Game for Women Who Love Sports."

Kort recounted the before-and-after history of the federal law known as Title IX: How it enabled girls and young women the opportunity to compete in sports at school and how it changed the culture of Intercollegiate Athletics. The presentation was held today during common hour on campus in the Student Union Multi-Purpose Room. Old Westbury's Senior Woman Administrator Dr. Gilda Zwerman was the MC for the event that was well attended by a high percentage of Old Westbury female student-athletes.



Michelle Kort

The Superbowl Legacy

by Charles Buko

Aaron Rodgers has stepped out of Brett Favre's proverbial shadow once and for all. Rodgers passed for 304 yards, 3 touchdowns and no interceptions in the 31-25 Packer victory and was named Superbowl MVP.

Green Bay jumped out to a 14-0 lead in the first quarter. Pittsburgh scored a field goal before Green Bay's next TD and found themselves trailing 21-3. At the end of the first half Green Bay led 21-10 but Pittsburgh would fight back. After Pittsburgh scored a touchdown to open the third quarter they trailed by just four points with Green Bay ahead 21-17.

The fourth quarter saw another Green Bay touchdown but Pittsburgh answered back with one of their own. After adding a two point conversion they trailed by just three points, but Green Bay responded with a field goal to take a six point lead. Pittsburgh quarterback Ben Rothlisberger found himself with a chance to lead the Steelers to victory in possession of the ball with just two minutes left. How-



Aaron Rodgers

ever; the drive stalled and Steeler's running back Rashad Mendenhall committed a crucial fumble which Green Bay recovered, sealing a Packer victory. Green Bay had not been to the Superbowl since 1997 when they won with (then quarterback) Brett Favre. Much controversy surrounded Favre's messy exit from Green Bay in 2007. Initially Favre's legacy seemed to cloud the transition to Rodgers as some felt Favre was still good enough to be still playing.

All that is forgotten now. Rodgers has created his own legacy and the Packers are champions again. Green Bay closed the season with six consecutive victories, five of which came away from their home stadium. The Packers also overcame in game injuries to key wide receiver Donald Driver and all pro defensive back Charles Woodson. Charles Woodson joins Tony Dorsett and Reggie Bush as only the third player ever to who have won a Heisman trophy, a collegiate National Championship and a Super Bowl ring.

Seven Panthers Honored During Senior Day Ceremony

OLD WESTBURY, NY—The SUNY College at Old Westbury men's basketball team defeated the visiting Maritime Privateers 79-47, on Senior Day at the Clark Athletic Center to sweep the season series. Old Westbury improved to 11-13 overall and a 10-9 tally in conference action while Maritime fell to 8-16 and 6-13, respectively. Prior to tip off, seniors Lester Prosper, Rudy Lys, Frantz Granjean, Tymel Ambrose, Andre Martin, Frederick Hampton and Christopher Todd were honored for their dedication to Old Westbury Panther Athletics.

Old Westbury fell into an early hole as Maritime raced out to a 6-0 lead. The Panthers responded with an 8-2 offensive spurt from 18:31 to 15:07 pull within two points, 10-8. Scott Arias banked in a layup at 7:25 to give OW its first lead of the game followed by an Andre Martin jumper to stretch the lead to 21-18. Maritime countered with a 9-2 run from 6:17 to 4:39 to go up 27-23. OW closed out the half on a 7-0 run to take a 30-27 lead into the locker room at halftime. After intermission, Old Westbury roared out to a 47-30 lead on a 17-3 run with 14:34 remaining on the second half clock. Moments later, Scott Arias dropped in a layup for a 21 point lead (53-32). Old Westbury built its lead up to 32 to close out the game on a 26-13 run over the final 11:04.

Lester Prosper fell two swats shy of his second career-triple double and finished with eight blocked shots and used 28 points and 18 rebounds (seven offensive) to register his 17th double-double of the season. Jamal Little followed with 16 points, five rebounds, four assists and two steals while Scott Arias tallied 13 points and four assists. Tymel Ambrose chipped in with six rebounds and four assists and Andre Martin added eight points and seven rebounds. Paul Suarino led Maritime with 13 points including 4-of-4 from triple territory. Mike McSloy contributed 11 points and four assists in defeat. Old Westbury won the boards battle, 48-32, including 18-13 off the offensive glass, resulting in 19 second chance points. In dominating effort, Old Westbury scored 46 points in the paint and got 35 points from the bench. Old Westbury shot 46.5 percent (33-71) from the field compared to Maritime's 26.2 percent (17-65). Maritime connected at a rate of 50 percent (8-16) from three-point land while Old Westbury hit 25 percent (4-16). OW held the advantage at the stripe, hitting 9-of-13 (69.2%) to Maritime's 5-of-9 (55.6%).



2010-11 Men's Basketball Seniors (R-L) - Bernard Tomlin, Frederick Hampton, Christopher Todd, Tymel Ambrose, Frantz Granjean, Rudy Lys, Lester Prosper, Andre Martin, Neale Johnon

Melo Drama: Knicks Continue Pursuit of Anthony

by Charles Buko



ESPN's Ric Bucher has reported the New York Knicks and Denver Nuggets are actively discussing a three-team trade that would make Carmelo Anthony a Knick. The proposal would send Knicks Eddy Curry and Anthony Randolph to Minnesota. Minnesota in turn would send a first-round pick and Corey Brewer to the Nuggets. Finally the Nuggets would also receive Wilson Chandler from New York.

The Denver Nuggets have yet to approve the trade. There is speculation that players may be added to complete the deal, perhaps by the end of the week. Knicks President Donnie Walsh is rumored to be pleased with the progress of the Knicks roster as it currently stands. That said, reports are that Knicks owner James Dolan has been "pressing" him to make a deal for Anthony now.

CATALYST

SPORTS

SUNY OLD WESTBURY CATALYST

FEBRUARY 2011

ISS. 519

LESTER PROSPER TABBED ON SKYLINE MEN'S BASKETBALL WEEKLY HONOR ROLL SENIOR EARNED 16TH CAREER WEEKLY HONOR ROLL SPOT



VENTNOR, NJ – The SUNY College at Old Westbury senior center Lester Prosper was named to the Skyline Conference Men's Basketball Weekly Honor Roll, the conference announced Monday. Prosper averaged 23.6 points and 9.6 rebounds in a 1-2 week for the Panthers.

Prosper scored 17 points to go with nine rebounds and two blocked shots in a tough road loss on Tuesday at Farmingdale State. He bounced back with 15 points and eight rebounds in a triumphant win over NYU-Poly at home on Thursday. Prosper closed out the week with a career-high 39 point performance on 17-of-24 shooting from field in a 92-89 road loss at Purchase. He added 12 rebound and two blocked shots in 32 minutes of court time to notch his 15th double-double of the season.

On the season, Prosper is averaging a conference leading 19.8 points, 12.4 rebounds and 3.67 blocked shots. He is shooting at a rate of 51.4 percent from the floor and leads the Skyline at the line, connecting at 84.5 percent.