

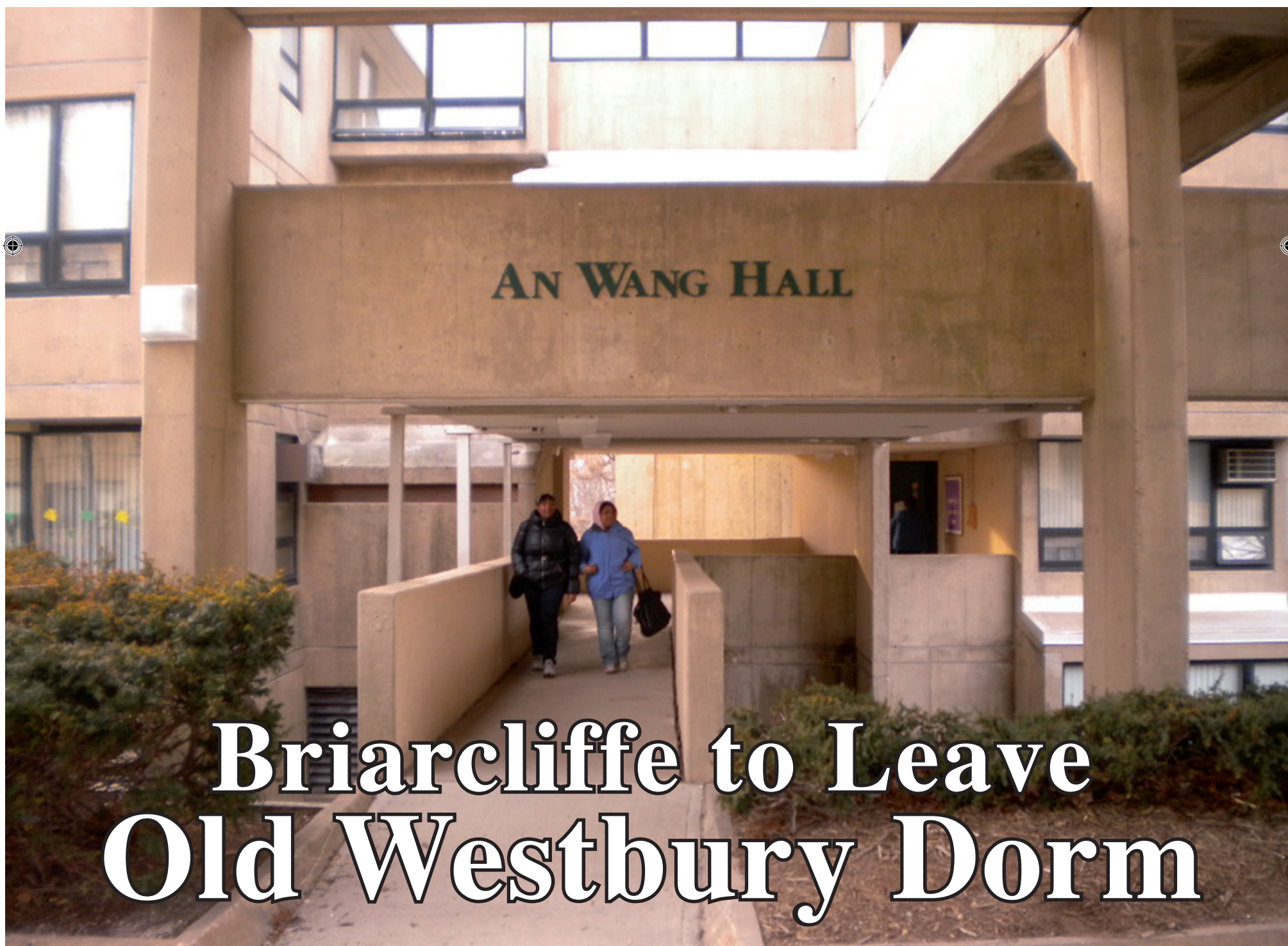


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“IGNITING THE MIND”

FREE THE STUDENT NEWSPAPER OF SUNY COLLEGE AT OLD WESTBURY March 2011 #520



Briarcliffe to Leave Old Westbury Dorm

OW Success Stories



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The Catalyst's Website

By Joe Wood,
website editor

We at the Catalyst want the Website to reflect the hard work we put into our paper. We also would like to give students, faculty, and anyone interested, an interactive, informative, one stop shop to get all the information needed. We have high hopes for the future of this Website and have been putting in time and effort to bring the best experience possible.

You can find the weather, surveys, campus news, opinion pieces, arts, entertainment, love, life, style, sports, and a calendar currently on the web site. Articles are published as a feed system, so as soon as we get them, they're on the site.

Some recent changes have included a calendar page, where anyone can see the activities from clubs and organizations, athletic events, holidays, the academic calendar, and the student news paper deadlines. All this information is clearly organized and simple to access. Go ahead and check it out for yourself; you will be impressed.

Some future changes to the website will include a meet the staff page, with pictures and a description of who we are and what we do. We also plan to have twitter updates on our site, where you can easily see the latest athletic scores, alerts, event reminders, and more. We also want to add student media to the site. We want students to be able to show off some of their creative work. You can submit drawings, pictures, poems, and anything else you can think of to the Catalyst.

I encourage anyone interested in contributing in any way to please contact us, stop by, shoot an email, or whatever it will take to make this Website shine. We are always looking for extra help, ideas, and any feedback you can give.

www.catalystatoldwestbury.com

Have an idea, comment, interest?

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Student Union, Top Floor



NEWS

Briarcliffe Students to Leave Old Westbury Dorm

By Jaime Hill-Anderson and Jazmine Ortiz

Imagine yourself a college student worried about credits, graduation dates and getting to class on time and then you find out you will no longer have a place to live next semester. This is the dilemma that the students who are registered at Briarcliffe College's Bethpage Campus are currently faced with. This will be their last semester on SUNY Old Westbury's premises.

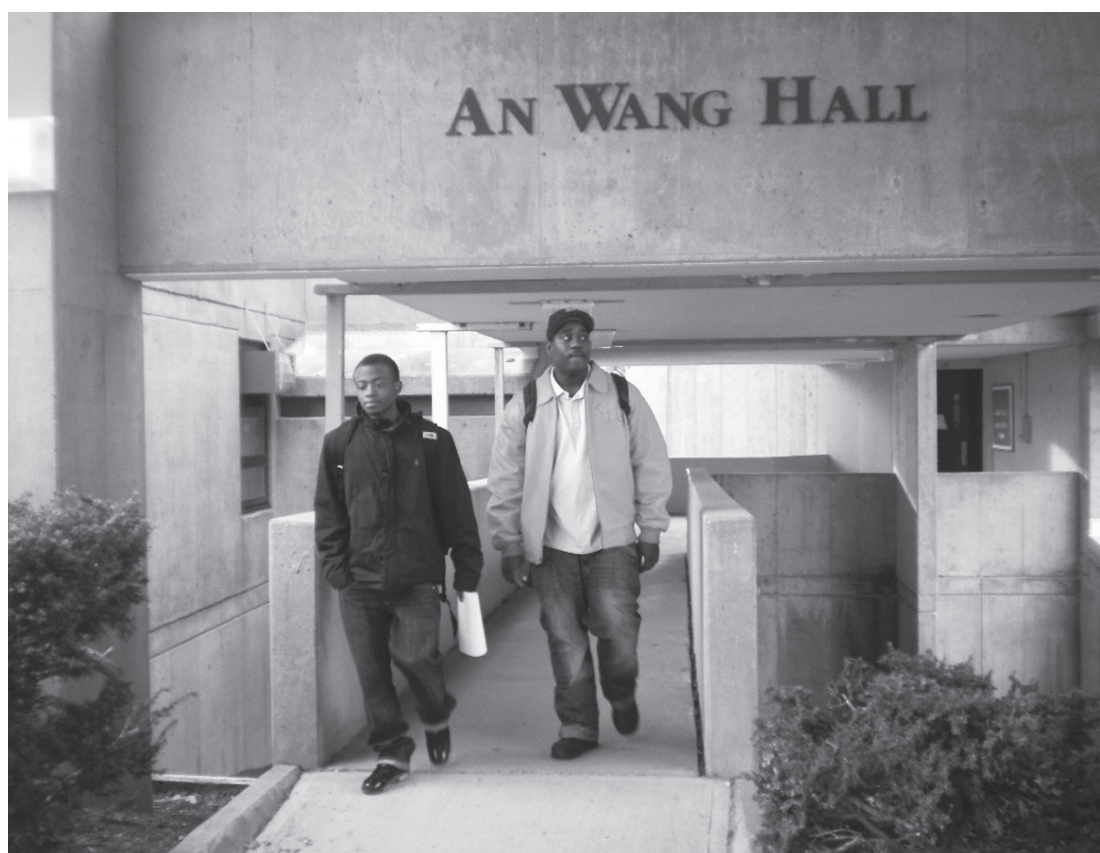
Last August before the students of this campus returned to their designated housing, An Wang Hall located on SUNY Old Westbury's campus, they received an official notification by letter letting them know that their housing would be eliminated and that their school would be reconfiguring itself gradually into an online school in five to six years.

Although the school has other locations which include locations in Patchogue, and Queens, the housing available there is off campus and is apartment style which is much more expensive. This has left the 50 or so students that dorm here at a loss of what to do with their future academic careers.

When asked about the current situation being faced, Joel Coker currently a junior majoring in Criminal Justice at Briarcliffe, stated "I find it very, very, very unfair!" Coker believes that the administration has not considered the great disadvantage that the students who attend the college will be placed in. Coker only has one year of course work left in order to achieve his degree. He attends Briarcliffe on an athletic scholarship from Trinidad. The soccer



The December fire in An Wang Hall. (Photo by Nerebez Payero.)



(Photo and cover photo by Alhia Harris.)

player believes that this will place a major dent in his academic progress.

A residential assistant for the school said the removal of the dorms would not affect her because she is graduating this semester. But she feels bad for the freshmen because they were under the impression when they first applied for the school that they would have a full college experience with housing. Octayvia Smalls, one of these freshmen said that he was told upon admission that the school would be eventually cut out their housing on the SUNY Old Westbury campus. (The school's website still claims that there is housing available on Old Westbury's campus.) However, he goes on to say, "I'm happy that if even for a little bit I was able to enjoy an affordable dorming experience."

So why is it Briarcliffe housing being eliminated on our campus? Drum roll... according to the Assistant Director of Admission at Briarcliffe College, "SUNY Old Westbury is filling up and they want their building back."

Briarcliffe's housing situation does not coincide with the fire that occurred in their dorms in mid-

December. The accident was purely coincidental and was the result of an electrical problem. Jordan Canty, who was the only person in the fifth floor suite at the time of the fire, was actually sleeping and woke up to university police banging on his door. Despite Canty's "near-death" experience, he likes the dorms and is disappointed that he cannot continue housing in An Wang.





NEWS

The Tunnel of Oppression Comes to Old Westbury

By Amber Hurt

This spring, Old Westbury's Resident Hall Association brings to us the Tunnel of Oppression, an interactive program that reveals the issues of oppression using all the senses. This program originally was developed in 1993 at Western Illinois University and has been replicated at numerous campuses worldwide. It is loosely based on the Museum of Tolerance in Los Angeles, CA. The tunnel of oppression represents the realities of oppression in education, health, government, gender, etc. in an experiential manner. Viewers go through a tour with actors, images, and videos that aim to educate and allow viewers to experience the feelings of discrimination or oppression. At the end of the tour you are able to express how you feel and talk about your new-found knowledge. The goal of this is to educate people on how to live peacefully and achieve this.

As people mature and explore the world, one can be put in situa-

tions they've never been put in before. With new experiences, discrimination can arise. Discrimination and oppression can't be fully understood until you go through it. The Resident Hall Association decided to conduct this program because they felt it was important for students to become more aware of how their actions or lack of action can impact many oppressive situations. Sadly, oppression occurs in our everyday lives, everywhere. Hopefully this program can be an eye-opener to the student body and we can all execute change in our lives. The program is scheduled for April 21st in the Amelie Wallace Gallery. RHA is still looking for volunteers who want to be actors/actresses, guides, set designers, and perform other behind the scenes jobs. Anyone interested in being part of the program can email the RHA at oldwestburyrha@gmail.com.



Will Suffolk Ban High Energy Drinks?

By Elizabeth Weigand

On March 8th at a public hearing at the County Center in Riverhead a discussion was held on whether or not a new law in Suffolk County should ban the sale of high energy drinks to minors. For over two hours, people for a ban of energy drinks and people opposed argued on the subject.

One point that kept being brought up was the fact that parents and teachers should be educating children more on healthy eating and healthy living. Some argued that convenience stores, the major sellers of drinks such as Four Loko, Red Bull, Rock Star, and Amp be in charge of telling kids they can't buy an energy drink. Adults at the meeting argued that while young kids may not know better and ask for these drinks because they're in colorful cans it is up to the parents opportunity to educate their kids on this subject.

Legislator DuWayne Gregory pointed out that "this bill would be there to help parents, when they are not around."

Another topic brought was the caffeine in these drinks. Those against the ban argued that instead of focusing on this one drink that contains caffeine we should be focusing on caffeine. A pharmacist who said she was there on behalf of herself and other mothers on Long Island believed we should be "focusing on caffeine. Many teens take over the counter caffeine pills. Why is there an age restriction on those? Anybody can walk in to a local drug store and buy a box of these pills." She also mentioned that in many cases you hear about someone being hospitalized because of the caffeine they had in too many energy drinks. But she noted that this is social acceptable way for people to say why they got sick and



not always the real reasons they got sick.

The pharmacist and others argued that when children order frappuccino's and other drinks from places like Starbucks, these drinks contain almost the same amount of caffeine as a cup of coffee. They argued if we are going to start asking for ID's for energy drinks, why not do it for these coffee drinks?

A Newsday article from February 14th it showed that amount of caffeine in a 12 to 16 ounce can of an energy drink, could range from 50-500 milligrams. In comparison, a 12 ounce can of cola, which contains 35 milligrams and a 6 ounce cup of coffee can have 80 to 150 milligrams. Many mainstream energy drinks that come in 16 ounce cans have 150 milligrams, which is equal to a large cup of coffee.

When students at Old Westbury were asked about the ban many said it wouldn't affect them because Old Westbury is located in Nassau County. Will, a junior at Old Westbury who asked his last name not be used said, "Even though an age restriction wouldn't affect me because I'm over nineteen, I don't think there should be a ban or restriction because if you use them in moderation I don't think anyone will feel or notice any ill affects, but if you start having them 3-4 times a day, I don't think that would be healthy."

While it unclear whether or not there will be law in Suffolk County that would ban the sale of energy drinks to minors, one thing is certain: if these drinks do get banned in Suffolk County, it would be the first of its kind in the nation and many local lawmakers believe other county's and states would follow.



FEATURES

OW Radio Internships Lead to Jobs *By Kathleen Diaz*

With the shift in today's economy, landing a career-based job right after graduation is a huge concern for many college students. However, for the fortunate ones who find work after graduating from Old Westbury, there seems to be a common factor that helped them attain this goal.

For Old Westbury alumni Ed Easton, Joslyn J. Jamieson, and Shaun Morash putting in long hours of work through on and off campus internships has put these ambitious gentlemen where they want to be. All three former students majored in media and communications and got their start at the college's very own radio station: Old Westbury Web Radio.

Ed Easton, 24 completed four different internships before graduating in May 2009. Some of his internship placements included XM Satellite Radio,



Joslyn Jamieson

1010 WINS Radio, and Sports Net New York Television. Through these different internships he expanded his experience within the field of media, and gained essential skills in everything from reporting to engineering and producing. "I learned to not be content with only pursuing one option in the field and to be diverse in my craft," he said. He currently works for CBS Radio as a writer/producer of several station websites. He writes for Fresh 102.7, WCBS-FM 101.1, CBS New York, 92.3 NOW, hosts his own radio show on 92.3 K-Rock HD2, and is the sports business writer for NV Magazine. For someone who graduated less than a year ago Ed is doing very well and urges Old Westbury students to remain motivated and humble. "It is very important to intern because of the wealth of knowledge that is gained shadowing professionals; it gives a more realistic view of the career that can't be absorbed from any textbook," he said.

Joslyn J. Jamieson 24, graduated from Old Westbury in the spring semester of 2010, with two internships under his belt. Joslyn also known as Josh, first interned at the school's radio station OWWR, where he began his own news radio show. For his second internship, Josh worked at WABC-TV as an assignment editor, which resulted in a job offer by the end of the semester. "I feel that internships are absolutely necessary for students to land jobs in their perspective careers," he said. From his last internship, he was hired as a production assistant for Eyewitness News Channel 7, and editor/writer at

the CBS broadcast center in NYC. As a production assistant for Eyewitness News, he is responsible for keeping track of news scripts and finding video clips in the WABC-TV archive for the upcoming news day. Under CBS Josh is also employed by a company named Network News Service, where he edits videos and writes scripts that are read by anchors all across the country. "The job market right now is vicious especially in the media field, companies just want to cut jobs so students must make themselves indispensable or as close to it as possible," he added.

Unlike the other, Shaun Morash 23, graduated from Old Westbury this past December. Upon graduating he managed to complete two different internships, both during the same semester. One

of the internships was on campus at OWWR and the other one was at WFAN Sports Radio 66, owned by CBS Radio. "My experience at OWWR helped propel my success in my experience at WFAN; and everything I learned at OWWR helped me succeed at WFAN," he said. After completing the internship and graduating, he was one of the only two interns who were asked to stay. He was hired as a tape and board opp for WFAN. This position requires him to watch sports and cut out audio to be used for sports updates on the radio. He is also responsible for controlling or engineering the radio shows live on the air, which was exactly what he trained for during the time he was interning. "I was told after I started interning at WFAN that they usually only hire their past interns, and I assume this is the case for many big time radio stations," he said.

From talking to all three alumni, it became obvious that their stories and ideas were all very similar to each other, which probably explains why they managed to all excel at such a tough time. These three former students helped to prove that working hard through internships is usually the best way to land a career-based job; but it also raised the question of whether or not this theory would apply to students outside of the field of media? It truly seems as if getting the internship experience is more crucial to media majors, but this idea can generally apply to all college students. Internships offer the real world experience that most undergraduate programs lack.

An Old Westbury Success Story Unlike Any Other

By Richard Pierre

"Eleven long years," stated Robert Lares, 62, of Island Park, when asked how his college experience was. Lares is a college graduate of SUNY Old Westbury and an employee as well as a participant at the United Cerebral Palsy of Nassau County (UCPN). His bachelor's degree is the culmination of a twenty-five-year-long journey when many doubts and obstacles were overcome, and many life lessons learned. "I was so proud of myself, what am I saying I still am!" exclaimed Lares when speaking about receiving his degree in sociology. "It was amazing to line up with the graduating class and receive my degree alongside my classmates."

This degree was not the end but a new beginning for Lares. His college career began in 1977 when a staff member at United Cerebral Palsy suggested he attend college courses to stimulate his mind.

Nassau Community College was the first obstacle that Lares tackled and he received his associate's degree in humanities and social sciences in 1988. From 1989 to 2002, Lares attended Old Westbury, determined to achieve his goal of graduating from a four-year college.

Allison Specht, an instructor at UCPN, has been alongside Lares for twenty-two years of his long journey. She aided him in transporting him from his program in Roosevelt to his educational institutions. She also provided much needed support in assignments and work in the classroom. Although she aided him, she never took from his learning experience by simply answering questions for him. She only helped with schoolwork by either translating Lares' sometimes difficult to understand speech, and by typing papers if he were too tired to do so. "At times things were extremely difficult, sometimes

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FEATURES

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grants were cut or we didn't have adequate accommodations,” Specht said. “But I appreciated the experience so much more after seeing the joy on Bob's face during graduation.”

Lares has been in a wheelchair since he was a child and does not have motion in his legs and has little motion in his arms due to his cerebral palsy. His spasticity has gotten worse and worse over the years

and his arms are now pressed tightly against his chest. He only has full motion of his right index finger, which he used to type his papers when he had enough energy to do so. His speech is sometimes hard to understand but he persevered for the long eleven years until he had reached his goal.

Students from Old Westbury Pioneer in a New and Exciting Internship

by Alumni Etan Wishnevski

On Saturday, February 19 2011, three Old Westbury students were exposed to the comic book world through marketing and branding. Under the wing of alumni Etan Wishnevski; students Katie Long, Chantrese Williams, and Samantha Williams ventured into New York City to The Hotel Pennsylvania. They worked to expose Hound Comics to the thousands of people attending Mike Carbo's New York Comic Book Marketplace. This is where the students pioneered the Hound Comics' internship program. “Internships can be boring, and the interns themselves don't always get that valuable hands-on experience”, Etan the Hound Comics Project Coordinator stated, “We teach our interns lifetime skills that they will be able to take with them throughout their lives, all while in a fun, professional family setting”.

The interns took on a number of responsibilities, from taking pictures and video, to garnering the attention of guests to come by the Hound Comics' booth. Chantrese Williams didn't know what to expect going into the event, “I was so surprised when we got there. It was like stepping into another world. It was a place I could appreciate because everyone there had such a strong passion for what they loved”.

The students that interned proved to be strong assets to the company. They provided photos, videos, and the invaluable ear-on-the-street for Hound Comics. They all received much praise from

CEO William “Brimstone” Kucmierowski. “They must be putting something in the water over at Old Westbury,” he said, “because the students who interned with us were top notch and exceeded all my expectations”. All three students are involved in different mediums of media: Katie, in Old Westbury Television (OWTV), and Samantha and Chantrese, in The Catalyst and Old Westbury's Web Radio (OWWR).

Hound Comics is a privately owned publishing company dedicated to providing entertainment, including several projects ranging from comic books to film. Owned and operated by what is known as the “Borderhounds Creative Team,” the company has spent years of hard work and determination, in order to create an innovative and unique universe for readers and viewers to enjoy. The internship program is aimed at teaching qualified interns valuable skills, such as marketing and branding, advertising know-how, and several different media components.

The students at Old Westbury have earned a place in the heart of Hound Comics. “I look forward to working with many of these students on a regular basis,” CEO Brimstone said, “and helping them achieve their lifelong goals.”

For more info on Hound Comics and internships, please visit <http://theborderhounds.com>.

Peace of Mind

By Barbara Dudley

Have you noticed the posters around campus advertising the formation of new groups? They seem to have a similar theme. Five new groups on campus were originated in the Counseling Center: The Dream Interpretation Group, Life-in-Transition, Mindfulness Meditation, Face 'to' Face, and a group for parents.

Counselor Trisha Billard said that Mindfulness Meditation will help students improve their clarity and thinking, attain greater self-esteem, manage everyday stress and increase their physical and emotional well-being. Mindfulness Meditation is held on Thursdays in the Counseling Center, during common hour.

Counselor Maxine Nwigwe explained that Life-in-Transition will help students who are facing new responsibilities, such as seniors who are applying for graduate school or freshman who are adjusting to their lives away from home. When Life-in-Transition collects more members it will be held on Wednesdays during common hour.

Counselor Oren Shefet is organizing the other three groups: Face 'to' Face, The Dream Interpretation Group, and the parenting group. All three of these groups need more participants in order to kick-off.

Counselor Shefet stated, “Relationships are where we get the most joy in life and also where we get the most pain.” The Face 'to' Face is a group in which students have the opportunity to learn about relationships from each other.

Dr. Shefet said, “It's my belief that peers are the best to help each other.” This parallels the idea of determining the meaning behind dreams in groups, a process invented by Swedish psychologist Montague Ullman. That's the plan for the Dream Interpretation Group. Students will explore the meaning of their dreams with their peers.

The parenting group is for students who are parents too. It will help students learn how to juggle being a parent, student, and employee at the same time.

Dr. Shefet explained that all of the services at the Counseling Center are entirely confidential. You can visit the Counseling Center one time or as many times as you like. In order to join one of these groups, call or stop by the Counseling Center or leave an email, as listed on the posters around campus.



FEATURES

Always An Angel

By Raven Marcel

Her laugh was contagious, her smile, uplifting, her struggle, heart-breaking, and her strength, inspiring. These are just a few of many words to describe an amazing young girl named Ashley Graziano. Ashley Marie Graziano was born on April 7th, 1985, to parents Kristen and Phillip. Ashley was a normal baby with no apparent problems, but at the tender age of two, the Grazianos experienced a life-changing situation.

When she was two-years-old, Ashley was diagnosed with a disorder called Neurofibromatosis (NF). Neurofibromatosis is a lifelong genetic disorder that causes the growth of tumors in the nervous system. The disorder can cause the tumors to grow on nerves, which can cause deformities and abnormalities. This disorder can be detected at birth only if the abnormalities are present. If not, a child can live until the age of ten, and not be diagnosed. After Ashley was diagnosed with NF, the doctor told her parents that she would not live past the age of five. The Graziano's life changed. Their youngest daughter had inherited a rare disorder that would cut her life short and that could potentially become cancerous at any time.

Ashley's tumor was located on her right buttocks and a little while after she was diagnosed, she underwent surgery to remove the tumor. Surgery is a traumatic event for adults to endure, and one can only imagine what Ashley, a two-year-old, was experiencing. The tumor was removed, but the NF was still there, permanently. Her parents, in fear that another tumor or this disorder itself would take their little girl's life, would "spoil" her at every birthday. They wanted to make sure that Ashley had the best life they could give her and they spent as much time as possible with her if they were going to lose her. But five came and went, as well as six, seven, eight, and so on. She beat the odds the doctor had set for her. No tumors, no cancer, just the "dent in her butt" (the place the tumor was removed), as she referred to it. Ashley's parents ended up divorcing and her mom later got remarried. But Ashley never complained, about anything.

I met Ashley when she was thirteen. She became my sister Taylor's best friend. This is when I first remember Ashley telling me her story. Ashley and Taylor were only a year behind me in school, so when they started high school at Mepham in Bellmore, we all started to spend more time together and became inseparable. We had sleepovers on school nights, parties, vacations, random road trips, you name it, and we did it. Manicures and pedicures were a bi-weekly occurrence for all of us. Ashley was so full of life and completely fearless, nothing scared her. She literally loved life. No one could have ever guessed that she had this incurable disorder. She was so funny and lighthearted and very "ditzzy." She would make me laugh so hard sometimes that my stomach would hurt. She always had a smile on her face which made everyone else smile. At the end of 2003, Ashley's family moved out to Lake Grove in Suffolk County.

She wanted to finish high school with her friends, so she moved into my house to start and finish her senior year at Mepham. Let me tell you, three teenage girls sharing one bedroom, not so pretty! She became my third sister, and my mother's fourth daughter. Of course there were plenty of fights, over clothing, the flat iron, television shows, and the normal stuff. But we always got over them, nothing a little joke or a butchered insult couldn't cure. Even Ashley's sister, Erika stayed over for days at a time. Erika and I were in college and had an easier, "better" schedule than Ashley and Taylor, so we would wait for them to get home from school to start our day. That would all change in less than a year.

In June of 2004, Ashley and Taylor graduated high school. So in July, as a surprise, Erika and I decided to take them into the city to

meet Ashlee Simpson at a Virgin Megastore. Everyone was excited. We got on the train and started heading into Penn Station. On the train, Ashley told us that she wasn't feeling well. Ashley being Ashley just brushed it off and told us not to worry about it. We reached the St. Alban's stop and she started to cry because she was in pain. We told her we would turn around and go home, but she told us no.

She always cared more about others than she did herself. Ashley told us to go into the city and that she would get off at the next stop, so she called her stepfather, Michael to come pick her up. She got off at the Jamaica Station and waited for Michael to get her. She smiled through her tears and waved to us from the platform as the train pulled away. Taylor, Erika and I got to Virgin Megastore, but we felt so guilty, so we decided to go back to Penn Station and go home. It was a good thing we did.

Michael answered Ashley's cell phone when we called. She was in the hospital. No one knew what was wrong. The doctor's were still looking for answers. As soon as we got home, we jumped in our cars and drove to Winthrop Hospital. They wouldn't let us see her, but she came to the window in her hospital gown, waving and smiling like everything was just fine. We left feeling confident that it was nothing serious. We were wrong. About two days had passed and we hadn't heard anything from Ashley or Erika about what the doctor's found.

That afternoon, Ashley called and told Taylor and me that she was coming over. She came over and just smiled at the both of us and said, "I have cancer." I remember my stomach sinking, just as it is now as I'm writing this. Taylor and I started to cry, we were scared and extremely confused as to why she wasn't upset at all about this terrible news. Her response was, "I can't change it so I'm going to learn how to deal with it my way." In that moment, she became the strongest person I have ever met. She was diagnosed with a malignant peripheral nerve sheath tumor (MPNST). MPNST is the malignant counterpart to benign soft tissue tumors in neurofibromatosis. Ashley was ready to take on another battle for her life.

In August of that year, Ashley became a patient at Sloan-Kettering Cancer Center in New York City. We would visit ever chance we got. We spent Halloween, the day before Thanksgiving and Christmas Eve there with her. She was one of the oldest patients there and she made a ton of friends, all different ages. Everyone loved her. Ashley needed frequent blood and platelet transfusions and surgeries as well as chemotherapy and radiation treatments. Taylor and I are both O+ blood type, the universal donor, so we would donate whenever we could. The surgeons removed over twenty-five pounds of cancerous tumors from Ashley's body. If there was anyone who was going to stand up to cancer, it was she.

The New Year came and went. Things were looking up for Ashley. The cancer was controlled for the most part, and she was discharged from Sloan-Kettering. She was flooded with affection when she arrived home. Everyone was there, her entire family, my family, and tons of friends. She was hairless and wore a wig, but never once was she without a smile on her face. She may not have beat the cancer, but she was putting up a damn good fight.

That April was Ashley's nineteenth birthday. Taylor and I decided to take her and Erika to see Steel Magnolias on Broadway as a birthday gift. Steel Magnolias was Ashley's favorite movie, so we thought she would love it. The four of us drove into the city that April afternoon and I'll never forget it. Ashley with her wavy styled wig on in the front seat, Erika driving and Taylor and I in the back, belting out to Backstreet Boys. It is one of the best memories I have with Ashley

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FEATURES

“continues from page 7”

because we laughed and had so much fun on the forty-five minute car ride. We got to the theatre and went in to get our seats.

I remember, I sat on the end, Taylor next to me, Ashley next to her, and then Erika on the inside. The play was good, different from the movie because there were no male actors shown, they were only heard. I remember so vividly the scene in the play where Shelby (in the movie, Julia Roberts' character) dies. Ashley looked over at me with tears in her eyes laughing. Through my tears, I started laughing back and handed out the tissues we had brought with us just in case this would happen. After the show let out, Ashley said, “Ray, I knew it was okay for me to cry, if you were crying!” We had a lot of fun that day.

Things seemed to be getting better for Ashley. She was going to start college in the fall. She always wanted to work in fashion as a buyer, so she was going to enroll in FIT. She was starting to get everything going, but then things took a turn for the worst. The cancer had spread too much. It was all over her body. She wasn't going to win the fight.

In July of 2005, things really started to go bad. She was very weak, but still managed to stay positive about everything. She was receiving care at home. She knew she was going to die, but she wasn't afraid. Before she passed, she asked her mom if she was afraid to die, and her mother told her that she didn't know because she never really thought of it. Ashley's response, “I know I'm going to die, and I'm not afraid. I know there are people in Heaven waiting for me who will take care of me.” After that conversation, things went progressively down hill. She was now on life support.

I was at work on Saturday, July 23rd, 2005 and the phone call came from my mom. “They're going to take her off of life support,” she told me. I rushed out to Lake Grove. I remember getting there and everyone making phone calls letting people know what was going on. It was heart-wrenching. She was in a coma-like state. For three

nights we stayed there waiting for the worst to happen. That Monday night, the 25th, Ashley opened her eyes and spoke to all of us. She told us she was okay and that all she wanted was a cigarette, we all started laughing. We carried her outside in a chair and she sat there for about an hour. People were flooding in and out of the house, everyone was saying their goodbyes. We had her laughing and she had us laughing, it was surreal that this moment was happening. The next evening, Ashley passed.

July 26th, 2005, a beautiful Tuesday during the summer, Ashley said her last goodbyes and passed peacefully in her guest room with her parents, Kristen, Philip, Michael and her siblings by her side. We were still there, all of us out by the pool just waiting for the inevitable to come. It came like a blow to the heart. Her mom dropped down to her knees, there was not a dry eye. All everyone did was hug each other. This amazing young woman who was so kindhearted, and funny, and so brave, had left us. She was gone.

We sat there wishing we were wrong, wishing there was something we could do to bring her back. All of a sudden, we all just burst out into laughter and we knew that was Ashley telling us to stop crying. So instead of mourning her life, we decided to celebrate it. That night, we all shared our memories of Ashley, and that was just the way she would have wanted it.

Not a day goes by that I don't think about Ashley. I pray to her every night and have conversations with her in my car. I know she's there, and I know she's watching over every single one of us. She's my guardian angel: “Always an angel, now she has wings.”

Notes

1. <http://www.ninds.nih.gov/disorders/neurofibromatosis/neurofibromatosis.htm>.
2. The Mission for The Ashley Graziano Foundation For Well Being, Inc. <http://ashleygraziano.com/allaboutashley.html>.

Sigma Gamma Rho Sorority Incorporated *By Saachi Creque*

“Last created, Best Designed” is the saying that this organization, founded in 1922, stands by. Founded at Butler University located in Indianapolis, Indiana, seven women created a sorority that 87 years later still stands strong. With over 85,000 members in different regions, and ladies ranging in all different races; the members of Sigma Gamma Rho Sorority Incorporated all equally stand by their national motto “Greater Service, Greater Progress.” In 2002, the ladies of Sigma Gamma Rho prevailed on the campus of SUNY Old Westbury. Unfortunately they all graduated leaving no members behind to maintain the chapter. It eventually died out. Fortunately, in the spring of 2009 ten women became very interested in what the organization had to offer and sought membership- this became the reactivation of the Kappa Xi undergraduate chapter. Since then, four new members were inducted in the Fall of 2010 and the chapter has made phenomenal progress.

Sigma Gamma Rho sorority incorporated, is one amongst nine fraternities and sororities known as “The Divine Nine” which are the nine historically black organizations that make up the National Pan-Hellenic Council-- this council includes Alpha Phi Alpha Fraternity Incorporated, Kappa Alpha Psi Fraternity Incorporated, Omega Psi Phi Fraternity Incorporated, Phi Beta Sigma Fraternity Incorporated, Iota Phi Theta Fraternity Incorporated, Alpha Kappa Alpha Sorority Incorporated, Delta Sigma Theta Sorority Incorporated, Zeta Phi Beta Sorority Incorporated, and Sigma Gamma Rho Sorority Incorporated.

All of which (except Iota Phi Theta) are located on Old Westbury's campus.

Since the reactivation of the chapter in 2009 the women have made a huge impact on the campus. Following through with many of their national projects, such as Project Reassurance which provides health education and support for teen mothers- the members (of the organization) take trips to shelters and assist the mothers in whatever tasks they need. Another national project they implement is Operation Big Book Bag which provides children who are less fortunate with school supplies: Pencils, notebooks, dictionaries, etc. Aside from national programs, other activities include community services such as feeding the homeless, and participating in walks (AIDS walk, March of Dimes), and programs on campus as well.

When one of the members was asked, what made her choose this sorority as opposed to the others, member Jazmin Hill responded, “The fact that we were founded during the time of the woman's suffrage movement, and that we were the only organization that was not founded at an historically black college which made the struggle a bit harder, and as far as the chapter at Old Westbury, I saw a true sisterhood bond that I had to become a part of.”

For more information on upcoming events of the Kappa Xi undergraduate chapter of Sigma Gamma Rho Sorority Incorporated feel free to email them to sgrhokappaxi@gmail.com



FEATURES

Paying for a Higher Learning

By Bernadette Rushing

"I always knew I would go to college. It never dawned on me that it would cost so much until I actually got there," stated Keisha Hall, a current student at SUNY Old Westbury. Most professions at least require an associate's degree, and even with that degree many job candidates are chosen from those who have a bachelors, masters, or Ph.D. It has become a world of survival of the smartest and those who have a higher degree are at the top of the totem pole. College is such a great resource to success but, without financial aid, grants or scholarships, taking out loans is the only option left.

According to the Reverend Jesse Jackson, thirty years ago, Pell Grants covered 77% of the cost of student tuition. Today, that percentage has decreased to 33%. This is because the state has been cutting funding to schools, leaving the responsibility of paying for school up to the student with borrowing as the only option.

Keisha Hall, a senior at SUNY Old Westbury, is someone who is dealing with the hardship of finding money for school. Her dream school was Long Island University (a private school) and although she attended for a year, and had a partial scholarship, it was just too expensive to stay. Hall was forced to leave to attend SUNY Old Westbury.

She said: "LIU is a great school, and if it wasn't for the expensive tuition I would still be there now. When I attended, the price of tuition was around 18,000 per semester. My scholarship was six thousand per semester; this didn't really seem like much when I looked at the bill."

State funded schools like Old Westbury aren't nearly as costly. With little financial aid, Hall has to take out her own loans for school and should be able to pay back loan companies six months after graduation. According to the Rainbow Push Coalition, an organization working to help reduce the rate of student loans, it takes a student up to a year to find work prior to graduation. This leaves the students who have loans no choice but to default on them.

Hall said: "I am in debt of about thirty-five thousand dollars, which is just an estimate. I still have to finish up my senior year, and get into grad school. I don't know what I'm going to do about the bills when they come rolling in, hopefully I will have a great paying job to assist me."

The stress of paying for college weighs on the chests of many students. After college, one in five students defaults on a loan because they don't have sufficient income. When this occurs, students are reported to the credit bureau and are forced to pay back more than the original loan because of added interest.

Laura Lunkenheimer, the founder and

president of Peaceful Schools, an organization that helps students with their social skills in Syracuse, NY, described her current struggle to pay back school loans: "Here I am now, out of college for at least twenty years, and I am still getting loan bills in the mail. It's easier for me now because I have a great career but, fresh out of college was a nightmare. I remember having to decide on if I would pay my rent, or my loan; in fear of having bad credit. It was horrible. Even today, I struggle because I have car payments, mortgage, and expenses for the company."

College graduates are a necessity for the work force, and the need for them will only increase in the upcoming years. Organizations such as the Rainbow Push Coalition are fighting for the rights of college students with hopes to eliminate interests on loans and in the future, eliminate expensive tuition completely.

"I'm nervous about what lies ahead when I finish school, Hall says. "I'm sure I'll be living at home for a long time until I save whatever bit of money that does not go to pay bills."



of the New York State University College at Old Westbury

Invites you to a live Concert by the New Ensemble of Segovia, Spain



Conducted by
Flores Chaviano

With

Elena de Santos: Piano
José María García: Clarinet
Eugenio Uñón: Percussion
Ana Isabel Gómez: Flute
Francisco Cabanillas: Saxophone

Entrance is free

RSVP at madurkaz@oldwestbury.edu

Wednesday, April 6, 2011 5:00 pm

Maguire Theater,

Campus Center, SUNY College at Old Westbury

In 1992, Flores Chaviano organized and created the Segovia Festival of Contemporary Music, as well as the premiere of the New Ensemble of Segovia. The director's purpose was to offer the city the opportunity to participate in music of the 21st Century but to give musicians in Segovia, as well as colleagues throughout Spain, the opportunity to actively participate in the diffusion of music of our times.

Director Flores Chaviano is an internationally known guitarist, composer and conductor. Born in Cuba he earned the award for best guitarist from the UNEAC (Union for Cuban Writers and Artist). Studied composition with José Ardévol, Catalan composer living in Cuba; and with Sergio Barroso, at the Instituto Superior de Arte (ISA) in Havana. Resides in Madrid since 1981 and is a Distinguished Professor at the Real Conservatorio Superior de Música in Madrid, Spain. Chaviano has worked with a variety of international orchestras such as Orquesta Sinfónica de Matanzas, Cuba; Orquesta Sinfónica Nacional de México; Academia de Gdansk-Polonia-Orquesta, Poland; Sinfónica del Principado de Asturias (OSPA), Orquesta Sinfónica de Granada, Orquesta clásica de Madrid, Orquesta de Cámara del Nalón Asturias, Spain; Filarmónica de Montevideo, Uruguay; Orquesta Sinfónica Simón Bolívar de Caracas, Venezuela; Orquesta Sinfónica del Salvador; Mutare Ensemble of Frankfurt; Quintet de la Komische Opera in Berlin, Germany. Has lectured and taught at the Florida International University; the Cátedra "Andrés Segovia" from the Conservatory in Pekín; the University of Puerto Rico, and many others.

Westbury is located immediately north of the Long Island Expressway (Route 495, exit 41N) in the village of Old Westbury, N.Y., approximately 16 miles east of the New York City line. The main entrance to the college is located on the west side of Rte. 107 approximately one mile north of Jericho Turnpike. From the Long Island Expressway (Route 495), east or west: Travel to exit 41 north, Route 106/107. Proceed north for 1½ miles to the campus entrance. From the Northern State Parkway, east or west: Travel to exit 35 North, Route 106/107. Proceed north for 1½ miles to the campus entrance. Once in Campus follow the green signs to Campus Center, approximately the 3rd left. After parking enter the building through the first bridge (on your left) as you face the building.

Program Organized by Marianela Santurio and Zenaida Madurka



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Women & DOCUMENTARY MEDIA

SHERRY BOLOGNA BAKER will talk about her new project, *Recovery in Me*, about one woman's struggle with chronic pain due to severe scoliosis and lupus. Sherry is the TV Studio Equipment Manager and Media Technologist for SUNY College at Old Westbury, and has produced videos for corporations and Not-for-Profits.



Five Media Professors talk about their recent work

CARA CADDOO will show clips from *Resolved*, a documentary that follows six high school debate teams as they vie for the national championship in Houston, Texas. Cara's films have screened in venues such as the Tribeca Film Festival, The Museum of the World Ocean in Russia, and the Pusan International Film Festival—the largest festival in Asia.



LAURA CHIPLEY has worked extensively in independent media and arts education and her installations, sculptures and documentaries have been exhibited in galleries and festivals across the United States. Laura's current project, *Deep Black Sea*, is a series of experimental documentary videos that chronicle the aftermath of oil spills.



An event for Women's History Month Sponsored by the Department of American Studies & Media



SARAH FRIEDLAND is currently working on a documentary film and installation called *the Rink*, about Branch Brook Park Roller Rink in Newark, NJ. Sarah's work has screened at many festivals, and she was named one of the "10 independent filmmakers to look out for" by the Independent Magazine in 2009.



SAMARA SMITH will discuss her work *Anyplace, Brooklyn*, an audio walking tour about public space and development, featured at the 2007 Conflux Festival. Samara has over 13 years of documentary film experience with credits on many award-winning films, including Rick Burns' PBS series *New York: A Documentary Film* and Judith Helfand's HBO documentary *Blue Vinyl*.



RECITAL HALL, Monday, March 28, 1 pm

ARTS & ENTERTAINMENT

Double OC

Jazmine Ortiz

America's Best Dance Crew? Maybe not, but Double OC has caught the dancing bug and in the words of the team's treasurer, Vanessa James, it's "trying to spread dance all over this place!" Double OC, the newly established campus dance team/community service club was introduced to SUNY Old Westbury on September 8th 2010. The team consists of fifteen "Out of Control" dancers that are diverse in everything from their ethnicities to their style of dance (and yes, booty shaking is indeed one of these styles). "We have people dancing ballet, we have jazz dancers, we have hip hop dancers, and we have sexy dancers. We have everything dancers", says Estefania Jimenez, secretary of the team. Double OC is not to be confused with Old Westbury's long standing dance team All the Right Moves; confusion will only result in a riot from both ends. Double OC differs because it's a club that exists in two entities. There's the dance component, Out Of Control, and then there's the community service outreach branch, Owning Our Community, combined they form the acronym OOC and create a dynamic like no other.



You can find Double OC on any given weekday night practicing, sometimes for hours on end, in the laundry room located in the Academic Village. Dusty floors, students in the midst of doing their laundry and for some that cold long walk back to the new side are just some of the major inconveniences of this practice space, but they have a lot of heart. James passionately expresses, "At the time we do not have a practice space, but we really want to dance. We are dancers, so we make it possible to dance anywhere." Just think of them as the little engine that could, if you will. Jaimie Hill-Anderson explains how the team came about, "Some of us did dance on the other team, but found that it didn't comply with our needs. We wanted something that would be a higher skill level, teach us, and help us grow. We also wanted a team that would bond as well so by adding a community service component, you have a team that gets to interact together other than just in dance practice."

So what has this team been up to? You might recall them dancing as Barbies in tutu's during last fall's Midnight Madness. As their debut performance they made quite a statement and like the little engine they are, actually made all the tutus by hand under the direction of You

Tube! Because they were a new club, SGA hadn't cut them a budget yet so they worked with what they had. It took days to make the tutus but it paid off. "It was the first time everybody saw us perform together and we killed it", said team member Siara Arnette. They've come a long way; today they have a budget and even have official OOC gear which they proudly wear around campus. Some of the team's other performances include NYPIRG's eco-friendly fashion show and the talent show last fall. As far as Double OC's community service work, they've tabled for HIV and the March of Dimes (also participating in the walk), but they went above and beyond this summer linking up with the Brownville Recreational Center in Brooklyn, NY. There they practiced with a young inner city dance team and taught them some moves of their own. The team is looking forward to doing more community work and will be holding a community service interest meeting on March 17th at common hour for anyone who would like to get involved. You do not have to dance to join OOC's community service junction, so it's really for everyone.

The team is making moves fast! They've been avidly preparing for Stony Brook's Set It Off competition on March 17th. Tickets to the event are \$6 and they are in the works of having a bus to take members of the Old Westbury community to the competition. LaQuan Miles, the teams P.R. Manager, goes into detail about Double OC week which is the first week in May, "There's going to be a lot of programs; a lot of stuff with dance and culture. Not only dance, but there will even be poetry and art. There's even a program because it's the week before finals that gives everybody a chance to relax and take a couple of hours away from the stress to get massages, facials, and nails done." Coming soon Double OC will also be collaborating with Step Tunes for an anticipated performance as well.

When Ayana Gotay was asked what her favorite part about being a member of Double OC was she responded, "I love the unity and that we all mesh well together. Simply put, I just love the team." After a practice as they come together- sweaty faces, laughing, feeling like they've accomplished something, they shout their infamous chant "You down with OOC?! Yea, you know me!" and it leads one to believe... maybe America's Best Dance Crew isn't so farfetched.

Old Westbury Concerts Organization

By Sean Fischer

On Thursday, February 17th, the Old Westbury Concerts Organization held its inaugural meeting. Over the course of an hour, the administrative staff of the organization explained the group's ambitious agenda.

"We are an organization with a focus on producing professional performances. The types of performances include major musical artists as well as major comedians and other well known entertainment acts," reads an official email sent by organization's president, Frank Milito, outlining the group's mission statement. The primary long term goal of this organization is to bring musical performances to the campus. There are plans for these shows to be financed by a combination of school funding and corporate sponsorships. The main issue that was stressed was the amount of manpower and cooperation needed from the students to put on one of these performances. To illustrate how labor intensive the process of production would be, the staff showed a time-lapsed video of a stage being built and perhaps even more daunting, a sample hospitality rider for a band.

Producing a concert of the magnitude this organization aspires to reach is an arduous task in itself, but what makes the Old Westbury Concerts Organization's goals feasible is the level of professionalism within the organization's administration. Organization Treasurer, Steven Fletcher who is also overseeing security at these events, has experience in a security position in the Turning Stone Resort in Central New York. This is matched by the president Frank Milito's extensive experience as a sound and stage manager for various local bands and larger groups such as Gym Class Heroes.

Aside from OWCO's administration's qualifications, the organization is still looking for volunteers from the student body, who are willing to take up managerial responsibilities. The organization emphasizes the opportunity for real world experience for college student's résumés as an incentive to join. The group makes sure to mention that despite the fact that "this will be a lot of work...we also
"continues on page 13"

ARTS & ENTERTAINMENT

Restaurant Review

Good Eats- Chipotle

By *Alhia Harris*

Old Westbury students often eat at fast food places. Whether it be at the den, McDonald's or Wendy's, we love fast food. However, a popular trend on the campus is going out to eat at Chipotle. Chipotle is a fast food Mexican restaurant. We all know about Taco Bell and how it's good for its tacos and burritos but it doesn't compare to Chipotle.

Chipotle is way better. Once you try it, you're going to keep coming back for more! The food is very good and its price range is perfect for a college student's budget.

If it's your first time going to Chipotle, don't worry, you will be just fine. You have five options to choose from. You can pick a burrito, which includes white rice, a choice of black beans or pinto beans, and a choice of a meat and toppings; all wrapped up in a tortilla. Another option is a fajita burrito, which includes all the same things as a burrito, but it comes with onions and peppers instead of beans. You also could decide to get a burrito bowl, which includes the same things in a burrito, but is served in a bowl. In addition, you can get tacos. They come served in a soft shell, with a choice of meat and toppings. Chipotle's salads, the last option, are composed of romaine lettuce, beans, a choice of meat, salsa, and salad dressing. The different meats that are avail-



able are chicken (very popular), steak, pork (carnitas) and spicy beef (barbacoa). There are also different toppings. You can add lettuce, shredded cheese, corn, guacamole and sour cream to any dish. Also, you can add different sauces to your meal. Chipotle has a medium hot sauce, a mild sauce, and a tomatillo- red chili sauce. The medium hot sauce and the tomatillo- red chili sauce will sneak up on you when you are eating. Your nose will run; so, make sure you have a lot of paper towels.

When you've finished ordering, you have the option of eating inside the restaurant or take your food to-go. Most people sit inside the restaurant, when they have time, because the restaurant has a comfortable

setting. It has a fair amount of space. When it's nice outside, some Chipotle restaurants have tables where you can sit outside and enjoy the weather.

The attitude of the people serving you is quite welcoming. Whatever you need, they'll assist you right away. I would recommend this fast food restaurant to anyone who wants to be satisfied with what they eat. It's very affordable, at only \$6.75 for a meal. But you'll have to pay more for drinks, whether it is a bottled drink or a fountain drink.

Coyote Jack's To be Replaced?

By *Stepanie Lagis*

Students at Old Westbury have a difference of opinion about the Build Your Own Burger (BYOB) joint that may take the place of Coyote Jack's Grill. Some seem to think that a healthier, vegan or vegetarian choice would be a better alternative for the campus. For example, a senior at Old Westbury, who preferred that his name not be used, said, "I think that if they're gonna spend money to put something new in, it should be something that's healthy, I mean a burger place? What is that gonna do for me when I'm on a diet?"

Earlier this semester on February 10th Old Westbury decided to do a taste test in the Student Union during common hour. The taste test included mini-burgers as well as fresh and funky toppings that will be featured on the menu. Surveyors asked the students who sampled the burgers to fill out a survey asking if they enjoyed the burgers or not. I myself tried a mini-burger and thought it was all right-- it wasn't amazing and it wasn't bad. Some highlighted toppings sampled were chipotle mayo, pineapple, honey barbeque sauce and the usual tomatoes, onions,

lettuce and, of course the pickles.

Hofstra features Build Your Own Burger on its campus. When Hofstra students were asked how they felt about Build Your Own Burger their responses were similar to students at O. Adam Brabs, a student at Hofstra, stated, "It takes a long time, I don't know, I mean I'm not complaining about the burgers but I don't have a lot of time to spend waiting for my food to be made." But he went on to say that he likes the selection of food in general. Jeffrey Rosen, a Hofstra sophomore, said: "Its O.K. I mean I can't get it all the time because that stuff will kill you. I work out a lot, and this is not exactly the type of food one eats when they want to lose weight."

The consensus on the Hofstra campus is that the burgers are good, but that the time of preparation is a problem and the healthiness of the burgers is also an issue.

Will we get rid of Coyote Jack's Grill? Will we get a new burger joint? Or will Old Westbury listen to its students and provide a healthier choice?

"continues from page 12"

look to have fun in the process." Participation from the student body in necessary for this organization to succeed whether it be in the form of participation or even voicing one's opinion as to what kind of entertainment they want to see on campus. The group stresses that the entertainment does not have to be limited to musical performances

As of now, the organization has received funding from the college; and, is attempting to gain more public notice on campus by various

means. Between the lofty long term goals of the OWCO, the experienced administration, and hopefully, a willing student body, this organization is a viable means of alleviating a problem of this college, namely, a lacking campus life. Aside from the objective of producing performances on campus, Milito said one of the ultimate goals of OWCO is to "bring campus life to this university."



MIDDLE STATES IS COMING!

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 col-

lege 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 cul-

tivates 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.





Love, Life, and Styles

Dear Dr. Deb,

Why don't people get tested for STDs and HIV/AIDS? Are people too scared to get tested?

Thank you,
A Concerned Citizen

Dear A Concerned Citizen,

I think there are a few common reasons why people do not get tested for sexually transmitted diseases and HIV/AIDS.

- People assume that they are not at-risk. They assume that they are not the type of person to contract a sexually transmitted disease and HIV/AIDS.
- If they are in a relationship, they often feel uncomfortable asking if and when their partner has been tested for sexually transmitted diseases. They also feel uncomfortable asking their partner to get tested, especially prior to sexual activity.
- Many people avoid getting tested because they would rather not know whether they have a sexually transmitted disease or HIV/AIDS. They assume that what they do not know will not hurt them.
- One of the biggest reasons people do not get tested is because of the stigma attached to walking into a clinic or health center to get tested. They are afraid that others will judge them and think that, because they are getting tested, they must have engaged in risky sexual behavior.

It is understandable that people are scared to get tested. However, I think it is even scarier not to get tested considering that

- about one in four college students have a sexually transmitted disease (www.nursing schools.net) and
- about one in five people in the United States do not know that they are infected with HIV or AIDS (www.womenshealth.gov).

So which is scarier, not getting tested or not knowing that you have a sexually transmitted disease or HIV/AIDS?

Dear Dr. Deb,

My roommate is constantly getting visited by the same guy. He is annoying and he is always there. What do I do?

Best,
Bothered

Dear Bothered,

Your roommate has the right to have guests in your room. I also think that you are entitled to not like everyone guest that your roommate invites to your room but I do not think your roommate's friend should be excluded from visiting just because you think he is annoying. I do not think you would want your roommate to judge who can and cannot have visit based on her assessment of your friends' personality and likeability. However, the fact that he is in your room so much seems problematic. My suggestion is for you and your roommate to designate specific times of the day when visitors are allowed. This should minimize the time that you have to share space with your roommate's annoying friend. You also can choose to not to be in the room when he visits and avoid him altogether.



Dear Dr. Deb

At what age do you think it is appropriate to start having sex?

Sincerely,
Curiously Contemplating

Dear Curiously Contemplating,

The decision about whether to start having sex should not be taken lightly. Before having sex, both partners need to be at least the legal age to consent to have sex to avoid criminal charges. In most Western states, the legal age of consent typically falls somewhere between 14 and 16. Other important factors to consider each time before having sex is whether you are mentally, emotionally and physically ready to have sex. Only you know whether you are truly ready to take on the responsibility that comes with having sex. No one can determine this for you. The responsibility of having sex includes ensuring that you will be practicing safe sex by using a latex condom to reduce the risk of pregnancy and contracting a sexually transmitted disease of HIV/AIDS. It also means being prepared to get tested for sexually transmitted diseases and HIV/AIDS on a regular basis.

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 OWWR or seen on Awareness Avenue on OWTV. If you have any questions or issues for Dr. Deb, please send them to awarenessavenue@gmail.com.





Calendar

March

| Sunday | Monday | Tuesday |
|---|--|---|
| <p>13</p> | <p>14</p> <p>Midterms • Mar 14 – 19 2011</p> | <p>15</p> <p>Vagina Monologues Interest • Meeting; 12-1pm and 7-9pm • Tuesday, Mar 15, 2011 Poetry Center</p> <p>WHAT'S WRONG WITH "WAITING FOR SUPER-MAN" • Tue, March 15, 1:00pm – 2:30pm • Student Union Multipurpose Rooms A and B</p> |
| <p>20</p> <p>Spring Recess • Mar 20 – 27 2011</p> <p>Baseball at Mount Saint Mary (DH) • Sun, March 20, 12:00pm – 12:30pm</p> | <p>21</p> | <p>22</p> <p>Baseball at Kean University • Tue, March 22, 3pm – 4pm</p> |
| <p>27</p> <p>Baseball vs St. Joseph's College-Brooklyn (DH) • Sun, March 27, 12pm – 1pm</p> <p>Softball vs The Sage Colleges (DH) • Sun, March 27, 12:00pm – 12:30pm</p> | <p>28</p> <p>The Civility Show • Mar 28 – Apr 21, 2011 • Amelie A. Wallace Gallery</p> | <p>29</p> <p>Phenomenal Women in Collaboration with RA Janice • Tue, March 29, 9pm – 11pm • Building 3, 1st floor lounge</p> |
| | | |





2011

Wednesday Thursday Friday Saturday

| | 16 | 17 | 18 | 19 |
|--|--|---|---|---|
| | | St. Patrick's Day • Thursday, Mar 17, 2011 | Baseball vs SUNYIT • Fri, March 18, 5pm – 6pm | Softball vs Baruch College (DH) • Sat, March 19, 12pm – 1pm Spades Competition and Game Night • Sat, March 12, 7pm – 8pm • Hall 2, 1st Floor Lounge |
| | 23 Minority and Women Owned Business Enterprise (M/WBE) Regional Conference • Wed, March 23, 8:30am – 3:00pm • Various Locations on Campus | 24 | 25 Baseball vs Yeshiva University (DH) • Fri, March 25, 10am – 11am | 26 Baseball vs Farmingdale State College (DH) • Sat, March 26, 12pm – 1pm Baseball vs Albertus Magnus • Sat, March 19, 4:00pm – 4:30pm |
| | 30 Baseball at Vassar College • Wed, March 30, 4pm – 5pm Softball at United States Merchant Marine Academy • Wed, March 30, 4pm – 5pm | 31 Softball vs Rutgers-Newark (DH) • Thu, March 31, 4pm – 5pm | April 01 April Fool's Day • Friday, Apr 1, 2011 | April 02 Baseball at St. Joseph's College-L.I. (DH) • Sat, April 2, 12pm – 1pm Softball vs St. Joseph's College-L.I. (DH) • Sat, April 2, 12pm – 1pm |

Source: Catalystatoldwestbury.com/calendar
 To add an event to the calendar send e-mail to:
owcatalystwriters@gmail.com



SPORTS

NBA Playoff Predictions

By Akeem Hill

With the regular season still under way, from now until April 13th, we are seeing and expecting to see greatness happen. During this season thus far there have been trade moves that have had fans in an uproar like the decision LeBron James made to go to Miami instead of New York. With that choice, came a lot of expectations for James, Dwayne Wade and Chris Bosh also known as The Big 3 in the East.

Now with New York's new line up of a mighty trio Amar'e Stoudemire, Chauncey Billups and newest addition to the team Carmelo Anthony the eastern conference should be something to make history with viewers. The trade with Anthony replaced the fans' pride in the Knicks but the team still has time to gel, time for each player to recognize one another and come together to pull their own weight. One team that remains a very formidable opponent is Boston but let's not forget how relevant they have been these past few years, triumphing in the eastern conference and not letting the Lakers get away with the trophy so easily. With Boston, Miami, Chicago, Orlando, Atlanta, New York, Philly and Indiana in the top 8 the eastern conference is

bound to be something else this year.

The west's top teams are San Antonio, Dallas, LAL, OK, Denver, Portland, New Orleans and Memphis. With the Spurs on top in the west and having the best record, I think they will be a tough team to knock out once the conference starts. This might be Tim Duncan's last or 2nd to last season and when it comes down to that, the pressure is on to the point where they are going to want to pull through with no small mistakes at all. LAL is also a team that, need be said, are the champs and have the most to defend being the champions. With Kobe on focus every playoff tournament and learning new things about each team with every win or lose, he becomes a difficult player to keep a lid on.

Many epic games will come out of the 2010-11 NBA season. If these teams want it as bad as they say then fighting tooth and nail is exactly what they will have to do. I can see Boston and LAL in the finals pushing each other's limits as well as San Antonio and Boston as well as Miami vs. the Spurs or Lakers.

WOMEN'S HOOPS CONCLUDE HISTORIC SEASON WITH ECAC SEMIFINAL LOSS TO ST. JOHN FISHER

Old Westbury topped 70-59 on home court to wrap up 20-win season

OLD WESTBURY, NY – The SUNY College at Old Westbury women's basketball season came to an end in early March when they fell 70-59 to the St. John Fisher Cardinals in the semifinal round of the ECAC Metro Region Championship Tournament at the Clark Athletic Center. OW finishes the season at 20-8, a career-mark for eighth-year head coach Michael Krasnoff. No. 8 St. John Fisher will now take on the third-seeded Lehman Lehman Lighting tomorrow at 2 p.m. in the Bronx, New York.

Old Westbury scored five of the opening seven points to jump out to an early 5-2 lead at 18:21 showing on the first-half clock. St. John Fisher responded with an 11-3 run from 18:17 to 14:21 to take a 13-8 advantage. Old Westbury outscored the Cardinals 23-11 over the next nine minutes to take its largest lead of the half at 31-24. St. John Fisher tied the game at 35 with 51 seconds remaining and Old Westbury closed out the half on a 4-0 and took a 39-35 lead into the locker room at the break.

Old Westbury extended its lead to five (42-37) with 18:16 remaining in the second-half. The final 20-minutes featured six ties and 11 lead changes. St. John Fisher grabbed the lead for good at 7:33 when Stephanie Sweeney found Jessica Krzemien camping out in three-point land

to give the Cardinals a 55-54 advantage. St. John Fisher closed out the game on an 11-0 run over the final 4:25.

DeAndra Scott led the way with 15 points, nine rebounds (six offensive) and two steals. Kim Weathers, the Skyline Conference rookie of the year, finished with 13 points on just 4-of-17 shooting from the field and 1-of-9 from beyond the arc to go along with seven rebounds, three assists, two blocked shots and one steal. Abigail Williams added nine boards while Ruth Vargas chipped in with six and two swats.

Colleen Maloney's 25 points led three other Cardinals in double-figures. Meghan Soja registered a double-double, combining 12 points and 13 rebounds. Camaryn Buckner contributed 13 points and Stephanie Sweeney went for 11 and seven assists.

St. John Fisher outshot Old Westbury, 39.7 percent (23-58) to 29.2 percent (19-65), due in part to a 6-of-35 second-half shooting display for OW. OW hit 19-of-30 from the free-throw line while St. John Fisher sank 16-of-18. From beyond the arc, St. John Fisher knocked down 8-of-19 and Old Westbury managed to land just 2-of-19. OW won the boards battle, 42-37, including 22-7 off the offensive glass, resulting in just 14 points. Old Westbury forced the Cardinals into 20 turnovers while OW's 17 turnovers were converted into 17 points.



Photo by Old Westbury Sports Information

SPORTS

2011 PANTHER BASEBALL SEASON PREVIEW

Stephan's club looking to build on success

OLD WESTBURY, NY – The SUNY College at Old Westbury baseball program enters the 2011 season looking to continue the string of success the Panthers have enjoyed in recent years. Enter in first year head coach Rod Stephan along with 24 newcomers to the 2011 squad.

The Panthers are coming off a 22-22 showing in 2010, a season in which they advanced to the ECAC Metro Region Championship Tournament. OW reached the Skyline Conference Championship round and finished the season with a 10-6 conference mark.

Returning for his fifth season as hitting and outfield coach is Chris Smith. Last season, Smith's offense led the conference in hits (487) and doubles (89) while ranking second in batting average (.327), runs scored (329), RBI (277), walks (165), sacrifice flies (27), stolen bases (101) and total bases (643). Joining the staff for the 2011 season is Ike Goldstein, who will serve as infield and catching coach. His experience, as well as the addition recruiting coordinator Mike Atan has helped nurture a talented group of athletes, giving reason for optimism heading into the season in Old Westbury.

Stephan's ballclub lost five position starters from last season's squad, including three All-Skyline performers, and five pitchers that accumulated 15 wins is also gone. But the Panthers return Skyline Player of the Year in first baseman Josef Schaetzle and several key components of its pitching staff from a year ago, highlighted by southpaw Marvin Rosario, who was the third consecutive OW hurler to claim Conference Pitcher of the Year honors.

The Panthers will be led by Josef Schaetzle, Melvin Simmons, Marvin Rosario, Steve Henriquez and Anthony Orsano as the 2011 captains. Old Westbury returns 14 letterwinners from last year's squad. Among the 24 Panther newcomers are several prep stars and a solid group of recruits from the junior college ranks that should bolster OW's lineup and pitching staff.

Josef Schaetzle carries a big left bat that will anchor the Panther lineup. Schaetzle finished his junior year batting .391 (4th in Skyline) with 61 hits (1st in Skyline), 39 RBI (2nd in Skyline), 14 doubles (3rd in Skyline) totaling 82 bases (2nd in Skyline). Adding instant offense and great fielding to the mix is All-Skyline shortstop Melvin Simmons. Simmons ranked among the conference leader in runs scored (45), hits (56), total bases (71), walks (22), at-bats (163) and total plate appearances (195).

The Panthers are confident that they have developed the depth and talent to improve the rotation for 2011, headlined by the return of

lefty Marvin Rosario, transfers Corey Murphy, Chris Sanabria, Ryan Bresnahan and James Roubal and Tyler Levine are expected to form the core of the staff. Jorge Hiraldo returns as the senior stopper and will anchor the bullpen.

In 2009, Old Westbury pitching led the conference in ERA (5.12), opposing batting averaging (.264), innings pitched (360.0), strikeouts looking (127), runners picked off (12) and were second in wins (22) and strikeouts (285).

Coach Stephan expects 17 pitchers to see time on the mound for the Panthers in the early going as the team more carefully defines roles for the hurlers and identifies a focused group who can carry them through conference play.

STEPHAN ON TEAM IDENTITY

"Team that will force other teams to make plays and beat us, we won't beat ourselves. We're going to be very good defensively, be on base and force issues. On the mound, we're going to throw strikes – put the ball in play and let our outstanding defensive team make plays".

STEPHAN ON STRENGTH OF 2011 PANTHERS

"Team has always had strong pitching. We now have several versatile position players (Anthony Orsano, Chris DeGennaro, Blake Barbeito and Anthony Fernandez) that can play several positions that will give us the ability to make moves".

Five NCAA Tournament teams from 2010 highlight Old Westbury's 2011 baseball schedule

OW opens the 2011 season against No. 25 Plattsburgh State on March 4 in Yaphank, New York at Baseball Heaven, and the Panthers follow with Ithaca (Mar. 5) and No. 24 Eastern Connecticut (Mar. 6) in Yaphank. Old Westbury travels to No. 3 Kean (Mar. 22), Oneonta State (Apr. 8) and hosts No. 21 Keystone (May 4).

Old Westbury opens conference play on the road at Mount Saint Mary (Mar. 20). In Skyline Conference action, Stephan's club will play host to Yeshiva (Mar. 25), Farmingdale State (Mar. 26), NYU-Poly (Apr. 4), Maritime (Apr. 10), Mount Saint Vincent (Apr. 14) and Purchase (Apr. 16).

In all, 23 of the Panthers' 40 games will be played on the friendly confines of the Jackie Robinson Athletic Complex-Baseball Field.

The Skyline Conference Championship will be held at Farmingdale State's Rams Field (April 27, 29, 30 and May 1), while the NCAA Regionals get underway on May 18. The College World Series begins play on May 27 in Appleton, Wisconsin.





CATALYST

SPORTS

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Panther Baseball Season Preview



Photo by Old Westbury Sports Information

Coach Rod Stephan

NCAA SWIMMING SEND OFF PEP RALLY FOR MICHAEL GAVRILCHIN SET FOR MAR. 17

Fans are encouraged to come out to the Clark Athletic Center on Thursday (Mar. 17) during common hour; T-shirts will be given out to first 100 fans

OLD WESTBURY, NY -- SUNY College at Old Westbury sophomore swimmer Michael Gavrilchin will be headed for the program's first ever NCAA Division III Men's Swimming Championship appearance March 23-26. Any fans wishing to send Gavrilchin off in Old Westbury style are encouraged to arrive at the Clark Athletic Center with their Panther Pride at Noon on Thursday, March 17.



Gavrilchin qualified in the 50 Freestyle (Mar. 23), 100 Butterfly (Mar. 24) and 100 Backstroke (Mar. 25) events at the Allan Jones Aquatic Cen-

ter on the campus of the University of Tennessee in Knoxville, Tennessee hosted by Beloit College and The College of Wooster. He is seeded sixth in both the 100 Butterfly and 100 Backstroke, with times of 49.32 and 50.04, respectively. He also qualified in the 50 Freestyle with a time of 21.40.

He recently was crowned the ECAC 100 Butterfly Champion and finished placed second 100 Backstroke. The

Skyline Conference also named him Rookie of the Year after setting five records at the Conference Championships.

