

THE CATALYST

www.catalystatoldwestbury.com

"IGNITING THE MIND"

FREE

HURRICANE SANDY AND THE AMERICAN RED CROSS AT OW

By Kenneth Teape



American Red Cross

The last two and a half weeks have been a trying time for many people in the tri-state area, with the devastation of Hurricane Sandy leaving hundreds of thousands of people without power and safe places to live. The destruction that occurred is still being cleaned up and whatever progress was made in the cleanup process went for naught because a nor'easter hit the same areas a week later than the hurricane did.

With this, the Clark Center at SUNY Old Westbury was turned into a Red Cross shelter when the hurricane hit. They provided cots, limited electricity in the way of a generator and rationed meals (granola bars, shakes, juices, bottled water, sandwiches) to displaced families. It was a somber scene for anyone that got to see it.

The living conditions were not ideal though, as there was only enough generator power for some lights and electricity in the gymnasium; everywhere else was pitch black in the Clark Center and making it unable to navigate without a flashlight, and a challenge for anyone to get to the restroom or shower area.

As of Wednesday October 31st, the Red Cross had left the premises, leaving behind a surplus of food and all of the cots they had provided. All of the food was to be sent to the garbage, as everything including the water bottles were

labeled with papers saying expiring November 1st, 2012.

A campus employee who chooses to remain anonymous said that no Clark Center employees were there during Hurricane Week to lockdown the Clark Center once the Red Cross left, leaving the building open to anyone just walking around campus.

After moving out October 31st, the Red Cross returned later that weekend with temperatures dropping and for people being without heat; news of the nor'easter coming our way was also a driving force in the Red Cross coming back and re-opening the shelter.

When asked, a student athlete here on campus said, "The swimming and basketball seasons are both canceled for three weeks since the Red Cross is back in the Clark Center."

With the shelter occupying the Clark Center, students of SUNY Old Westbury are not allowed to enter the building. All of the facilities inside the building are closed until the Red Cross moves all of their supplies off the premises. The only campus personnel allowed in the building are people associated with University Police.

The Red Cross employees (volunteers) are allowed to eat in Campus Center's Dining Hall via Chartwells.



Belle Harbor, Queens

HURRICANE BATTERS OLD WESTBURY CAMPUS

By Karyn Dyer



The storm pummeled Long Island.

On November 29th, the largest Atlantic tropical system on record made landfall, leaving in its wake a battered campus with uprooted trees and no power.

In 2011, Hurricane Irene hit SUNY Old Westbury before classes began and it affected the school's opening schedule. However Hurricane Sandy will not have the same effect on the academic calendar. But the Office of Academic Affairs has stated the make-up class days which were set for December 11th and December 12th are now regular class days.

Michael Kinane, the assistant to the president for advancement, has explained what happened as a result of Sandy:

How long was the campus without power?

The Campus lost power from the Long Island Power Authority on Monday, October 29 at approximately 4 p.m. At that point the College switched to its emergency power supply. On Tuesday, October 30, two large trailer generators arrived on campus with staff from the College's Heat Plant completing the installation of the first on October 31, which enabled the College to begin powering up campus buildings. On Thursday, the installation of the second trailer generator was completed, enabling the College to power all of the campus' academic and student service functions. Then, on the morning of Monday, November 5,

LIPA power was restored to the campus.

How did the power outage affect the buildings?

When operating on emergency power, the campus' buildings had limited lighting and electricity service. The most effected buildings were the Natural Science Building and the Clark Athletic Center, whose shared emergency generator was damaged. The Maintenance and Facilities Department supplied several smaller generators to enable both buildings to have some electric power. In addition, the G-Section of the Campus Center was powered via generator in efforts to maintain the integrity of the College's information technology infrastructure.

How was the power outage dealt with the American Red Cross staying on campus? What does this mean for the Clark Center and it being closed?

The College has a long-standing agreement with the Red Cross to serve when the local community experiences times in need. While the Red Cross is on campus, they experienced the same issues with electricity as the remainder of the College -- so they benefited from generators to provide emergency power until LIPA restored power to the college. The closure of the Clark Athletic Center was put in effect to enable the Red Cross to use the facility as they provide a safe, secure location for those who need it in the aftermath of Sandy.

(Cont. on page 3.)

LETTER FROM THE EDITOR

To Our Readers,

We would like to extend our condolences to all those who were affected by Hurricane Sandy and winter storm Athena. This issue is smaller than our usual issue due to the storms. Our focus is on Hurricane Sandy. We want the university community to have as much information about the last few weeks as possible. We hope that by now everyone has recovered or will soon recover.

Until next month,
Karyn Dyer
Executive Editor

Executive Editor

Karyn Dyer

Managing Editor

Ryan Zukowski

Copy Editor

Bethany Rodriguez

Business Manager

Alhia Harris

Office Manager

Hope Trama

Layout Designer

Joseph Wood

Online Editors

Traci Newman

Christine Sheh

Contributors

Kenneth Teape

Joe Garcia

Faculty Advisor

John S. Friedman

TABLE OF CONTENTS

Campus News:

Pages 1,3-7

HURRICANE SANDY AND THE AMERICAN RED CROSS ON CAMPUS

HURRICANE SANDY BATTERS OLD WESTBURY CAMPUS

WORKSHOP TO HELP STUDENTS FINE-TUNE RESUME

HURRICANE SANDY

THE HURRICANE: STUDENTS' EXPERIENCES

THE UNIVERSITY POLICE AT SUNY OW

SENIOR SPOTLIGHT: MEET ELIZABETH HAN

BASILIO SERRANO'S *Juan Tizol: His Caravan through American Life and Culture*

OLD WESTBURY RESEARCHER EARNS GRANT TO STUDY TOOL TO DIAGNOSE, TREAT PROSTRATE CANCER

Arts and Review:

Page 9

FILM REVIEW: *PARANORMAL ACTIVITY 4*

FILM REVIEW: *TAKEN 2*

Opinion:

Pages 10 -14

IT'S A KINKY CURLY WORLD

THE QUEEN OF THE COCAINE COWBOYS

BEING A TWIN

BODY ISSUES AND THE MEDIA

THE ROLE MOVIES PLAY IN SOCIETY

PRESIDENTIAL ELECTIONS 2012: WHO WON?

Sports:

Pages 15 - 16

THREE PANTHERS NAMED TO ALL-SKYLINE CONFERENCE WOMEN'S SOCCER TEAM

TANA WEEKES NAMED ALL-SKYLINE CONFERENCE MEN'S SOCCER SECOND-TEAM

TROUBLESOME WOES FOR MEN'S SOCCER

Hurricane Sandy Batters Long Island

Cont. from Page 1

While the American Red Cross is in the Clark Center, the Clark Center will be closed. There will not be access to fitness rooms, weight rooms, pool or the gym. Practice and any meets or games for the swim and men's and women's basketball teams are being relocated to other gyms and pools.

How was the food set up?

In the days after Sandy, food service remained available for all students who chose to stay on campus. Emergency generators enabled the College to run refrigerators and freezers while cooking was conducted on grills powered by natural gas. Because the emergency generator could not also power lighting, food was served in the Campus Center Atrium to offer the most lighting during dining hours. All retail food outlets (Panther's Den, Dunkin Donuts, Atrium Cafe) were closed.

How many residents were still on campus?

On Tuesday, October 30, more than 400 students remained on campus. Once students learned on Wednesday, October



Hurricane Sandy Damage

nydailynews.com



Hurricane Sandy Damage

nydailynews.com



Hurricane Sandy Damage

nydailynews.com

WORKSHOP TO HELP STUDENTS FINE-TUNE RESUMES

By Michael Bruschini

For recent college graduates, there's a nice work out there - if you can get it. One in two graduates with Bachelors' degrees under 25-years-old were unemployed or underemployed in 2011, according to recent government statistics. The numbers are said to reflect an experienced, highly competitive labor market which it can be hard to enter.

Employers look for related experience, education, and talents that job-seekers bring. However, an application often doesn't make it to the interview without a strong resume. That is what the History & Philosophy Club and the Career Center seek to assist SUNY Old Westbury students with during a resume workshop being held November 13 during the common hour at a location to be determined.

"The resume is very significant because it is a piece of documentation that represents you," said Marleene Bhan, counselor at the school's career center. "It is a basic marketing tool that should include volunteer and work experience - it's 'you' on paper."

The workshop will be unique in that while the career center is always open, the career-building social event will be held outside of the center and will try to attract students who normally might not visit, said senior Laura Lemus, president of the History & Philosophy Club. The event is also being organized by the club's vice president, Christopher Quijano, and their advisor, Professor Xavier Marechaux.

"I think it's an important skill that we as a student body need to develop," says Lemus. "We need to be confident when applying for the jobs we want - and the resume can be the difference between getting the job or not."

Lemus is a History & Philosophy major, planning to enter law school after graduating from the college. She acknowledges a tough job market, and has changed plans to advocacy law after experience interning at the United Nations in New York City and a growing passion to work in philanthropy. "There's still a lot of work to be done," she says.

A strong resume is crucial to getting to work. Lemus invites members of the college community to attend the workshop.

"Students will be helped by somebody from the career center who will come in and share tips and will leave with, hopefully, a better resume and knowing what needs to be worked on," she said.

31, that classes were cancelled for the remainder of the week, all but about 100 residents went home.

Which buildings got back power first?

Once the Campus started receiving full LIPA power, all buildings where brought back to normal power service between 6:00 and 8:00 a.m., on Monday, November 5.

How was transportation working on campus?

The College stopped service late on the evening of October 28, 2012 and restarted operating using the weekend schedule on Thursday, November 1. On November 5, service resumed on the normal transportation schedule.

Do you believe that the Old Westbury community was well informed of the Hurricane Sandy updates?

Communications during events like these are always a challenge, with widespread loss of power and the weaknesses that can occur in mobile networks as result of power loss and damage. The College sought to communicate with its constituents as frequently as possible via the campus email system and the College website. This communication was supported through the use of social media as well, particularly Facebook. Of course, part of our challenge is ensuring students monitor their campus email accounts, as that is the chief means of communication available to us. In terms of the content of our communications, the College purposely did not provide a running status of what was occurring on campus, instead focusing our attention simply on letting people know whether they needed to attend or not so they could best make plans for themselves in what was a chaotic situation locally. Given the circumstances, I believe the College did well in keeping people informed.

HELPING OUT

By Traci Newman

On October 29th 2012, Hurricane Sandy made its way into the tri-state area causing devastation everywhere it went. All of Long Island has been deeply affected by the aftermath of Sandy, especially people who live close to the water.

The actual hurricane wasn't the cause of all the flooding; it was the storm surge from the ocean that has ruined so many homes and businesses.

Many residents are still left homeless due to the extreme flooding in their neighborhoods. There is shelters set up throughout Long Island taking in refugees from the storm. The Red Cross set up six shelters in Nassau County one of them includes SUNY Old Westbury. The shelter is in the Clark Athletic Center and will stay open until further notice.

The Long Island Power Authority (LIPA), reported over 250,000 power outages, not including Fire Island, Long Beach, Rockaway Peninsula and Atlantic Beach because those areas were so severely impacted they are unable to accept electric service. LIPA has been working day and night to restore power to Long Island as fast as possible.

They have over 14,000 employees working and more reinforcements coming in from other states to help. Much of Long Island has been restored to full power, but many are currently without power.

On November 7th, Long Island was also hit with a nor'easter called Athena. Many areas had over six inches of snow and 35 m.p.h hourwinds.

This storm couldn't have come at a worse time for Long Islanders. Many are left homeless and still cleaning up from Hurricane Sandy. Temperatures went down into the 30's and so many are at home without any heat.

These storms have caused massive devastation to Long Island and will take months and months to rebuild. With winter soon approaching residents hope that they can work together to help one another.

There are many ways to help: volunteering at local shelters, donating items (jackets, blankets, non-perishable foods, etc), taking in friends and family who lost their homes, donating money to organizations like the Red Cross or helping neighbors clean up their yards from the storm.

THE HURRICANE: STUDENTS' EXPERIENCES

By Hope Trama

When Hurricane Sandy hit, we all heard how devastating it was going to be but none of us expected a catastrophic disaster. All of us have been affected by Hurricane Sandy. It's over two weeks after Sandy hit and there are still thousands of people on Long Island without power, hot water, and even heat. Trees collapsed and were blown in streets and on homes. Everywhere we turned there were not just little trees scattered, but large trees ripped straight from the roots. There were huge gas shortages on Long Island.

As if this wasn't enough to keep us busy we were then hit with a Nor'easter on November 7th only ten days after Sandy wrecked havoc on all of New York City, New Jersey, and Long Island. None of us were even slightly recovered from Sandy. The affects of the second storm caused even more power outages. People were without heat, hot meals, and access to hot water during this snow storm. Some fellow SUNY Old Westbury students were still without power and especially heat during the second storm.

Emily Lasprogato, an English major in her senior year and a resident of Deer Park New York, said "We could

see our breath in our house that's how cold it is and it's pretty brutal." She added that her family was trying to stay warm by lighting candles and using ster-nos to cook their food and heat water.

Bryan Berougo, a mathematics major in his senior year and a resident of Islan-dia, New York, he also has been without power for twelve days. When I asked how he and his family were staying warm during these past few days he replied "The whole family had to put all our beds in the living room since it's the only warm place in the house because it's by our fireplace."

People also had an abundance of property damage and flooding due to the storm. Michael Hall, a psychology major in his senior year and a resident of Bay shore, New York, said, "What happened was that my car was in my parking lot and I was staying at a friend's, so I left my car home with my dad and he told me that he took a nap and when he woke up around eight the water was already up to the window by then it was already too late to move it."

Jessica Reed, a commuter student majoring in sociology, who lives in Central Islip recalled: "My power went out for 24 hours. Tuesday around 8 p.m. power went back on. I was happy that power went on but it ruined my experience of watching the constellations and seeing

the beautiful moon shining so brightly. It gave me a sense of peace and calmness in my heart. When the lights came back on it ruined the whole effect for me. The weekend was long and boring without homework and talking to my classmates made it a little grim. I am glad I am safe. To those who were affected badly my advice is to keep strong and no matter what happens remember God has a plan for you in the long run."

Some students have been left homeless while others had serious damage leaving uninhabitable conditions. Tom Benedetto, a media and communications major in his senior year and a resident of Wantagh, New York, said, "Power was out for about eleven days all together and I had a leak in my roof that stopped after about thirteen days." On the 28th the night the storm started picking up, a tree had already hit his roof right above his room and at some point sewage had backed up into his basement. "We put pots where the leak was to catch all the water and my dad and I got right down there and cleaned out all the sewage." He also was very appreciative that he didn't lose a lot more in the storm like others. "I'm in a tough spot, but things could have been a lot worse, we're just lucky everyone is safe just a couple blocks down from me people lost their homes and everything they own."



<http://www.rantfinance.com>

If you would like to get involved in the relief effort for Hurricane Sandy, these websites can help you get started:

American Red Cross

http://www.nyredcross.org/?nd=news_room_detail&news_id=607&jid=63321

Americares

https://secure.americares.org/site/Donation2?df_id=11784&11784.donation=form1&gclid=CL7-oKyBwLMCFU-d4Aod9yIAHQ

Hope for New York

<http://hfny.org/hurricane/>

THE UNIVERSITY POLICE AT SUNY OW



Chief Michael Yanniello at the new police building

By Ryan Zukowski

Moving into a new headquarters, arranging the logistics of the ubiquitous construction projects, starting new methods of policing to face new challenges, and confronting bizarre incidents that have been reported to the public through their crime alerts have kept the University Police very busy this semester. For the most part, the University Police operate on the edge of the student body's perception, only making contact only when called on or as needed.

Like all other twenty-seven SUNY colleges, Old Westbury has a police department sanctioned by New York State. "We are fortunate to have our own police department here, but for most private colleges, they don't. They have private security that depends on the response from the surrounding departments to get to the college," explains Police Chief Michael Yanniello.

Most private universities hire private security firms to provide police services on their campuses. While private security firms provide guards with basic security guard training, they do not have peace officer training or the status of a police officer like the University Police. The University Police has jurisdiction both on and off campus and answer directly to President Butts and the state's justice department.

The construction equipment that was parked in the Campus Center parking lot led to many students to complain about parking situation. The University Police were at the forefront of resolving that problem by relocating the equipment to other locations around the campus.

"The parking issue has been resolved to some degree when we cleared out the construction equipment from the Campus Center lot," said Yanniello. "We really don't have anybody crying the blues anymore because I patrol the

campus [during] prime time [for classes] and we have between sixty and seventy spots open."

While parking has been the most visible contact students have had with the University Police, a common incident is criminal trespass. Chief Yanniello spelled it out as: "Criminal Trespass means that you are in a place that you are not authorized to be. By virtue of attempted burglary of a place or just in a res hall where you have no authority to be there after hours, some of the Criminal Trespass arrests are the result of students being expelled or suspended from the school and with that comes a PNG (Persona Non-Grada) order which means you're not allowed on school until your status has been resolved. They will show up and many times we will give them the benefit of the doubt the first time but after that, they'll get arrested."

"A lot of it is centered around the female population of the campus. Guys are coming in to see girls, either that they dated here or that they want to date. Sometimes it's guys that are coming here to just hang out and sometimes it's people that are coming here to commit crimes," says Thomas Lawson, an investigator for the University Police.

The police begin to monitor the gate at 9:30 p.m. One must have a specific purpose to gain access to the campus. "We have a policy that commuter students have access until 1 o'clock during the week and until 2 on Saturday and Sunday mornings," states Chief Yanniello. "Even if a commuter student is here at 4 or 5 o'clock in the morning, they are trespassing. That doesn't mean that they are going to be arrested but they will be issued a student misconduct. They will be arrested if they cause any collateral issues."

A student misconduct is a write-up for an infraction or a crime committed. Write-ups can be for violations ranging from minor room damage and trespassing to violation of the campus no alcohol

policy. According to the College Annual Security and Fire Report, last year eighty Liquor Law Disciplinary referrals were handed out.

Last year, there were two arrests for possession of a controlled substance. There were also seventeen reported violations involving drugs and fifty-eight disciplinary referrals for drug-related offenses.

There was only one incident reported of a non-forcible sexual assault last year and only one reported last year with the last reported forcible sexual assault being in 2010. There have also been three reported aggravated assaults this year and last, with only two reported in 2010.

According to the college's Department of Research and Assessment, there are 4,217 undergraduate students and 205 graduate students enrolled at Old Westbury. Considering the reported crimes, write-ups and arrests for violations of the law and rules of the college, the campus is a relatively safe place.

Part of the University Police's job is to follow-up on everything. When asked about the reportage of crime, Yanniello stated, "When a crime is identified to the police department, even if we don't respond, even if it's unsubstantiated; we are obligated to include that in the Campus Safety Report.

"If someone tells someone else at SUNY Old Westbury that they were assaulted and do not want to contact police, the police department is obligated to send out memorandums to all other entities of the college to gather information on a crime."

Two incidents have garnered the attention of the student body this semester. On September 20, the University Police issued a crime alert in response to an incident that occurred at 10:40 that morning. A female student was walking through the Campus Center parking lot when her way was blocked by a white male, approximately forty-years-old, driving a blue sedan. The man repeatedly ordered the young woman to enter his

vehicle, she verbally resisted until another male student came to her aid. The driver later fled and the incident was reported to police.

"[We] spent time in the lot looking for the car, we thought we had a lead on somebody that may have fit the description but that wasn't the case. There's really nothing that happens here that we don't follow-up on. The community may not know that and we're not about to expose what we do because that would not be fair to the people that we're trying to protect," Yanniello said.

A big challenge for the University Police this semester has been the old Academic Village. Only one wing is still open and its large size and secluded location draw illegal parties and trespassers. "We've even had a group from Farmingdale practicing their step-dancing in our lower AV area," said Yanniello. "That building is a concern of ours and we should either put it back in service or knock it down, and knocking it down seems to be where we are going."

The New Academic Building has led to the evolution of policing methods with more foot patrols and presence around the more population-dense areas of the Campus Center and the New Academic building.

He added, "We have gone to a brand new records management system. It is a system that is very similar to our neighboring police departments, it's called IMPACT. What it does is computerizes our incident response and our statistical processing to give the Department of Criminal Justice Services."

Chief Yanniello is happy with the progress the college and the police force have made in recent years. "We have had less alcohol calls this year. I'm talking about the intoxicated calls; the need for an ambulance. We've had less this year than we've had in the past. To me, that is a monumental plus."

SENIOR SPOTLIGHT: MEET ELIZABETH HAN

By Amber Hurt



Elizabeth Han

What are you involved in on campus?

I am the president of Asian Club for two years now and currently the Student Club Leader of the Year. I'm also part of the Senior Committee, Team Captain and Committee member for Relay of Life.

What is your major? What are your plans for after graduation?

I am a psychology major, hoping to become a child psychologist one day.

How long have you attended Old Westbury?

I attended OW since freshman year and was involved on campus since spring 2010.

What's your favorite memory of Old Westbury?

I have a lot of memories of OW, such as meeting new friends who now are like family to me, or the day I was part of Asian Club in my freshman year. But the most favorite memory would be when Asian Club was voted Student Club of year in 2010-2011 and also in 2011-2012 and I was voted Student Club leader of the Year 2011-2012. It took a lot of effort and team work to gain those titles. Before the titles, the Asian Club was a small club and was often confused with the Multicultural Society. Now the Asian Club is one of the biggest clubs on campus and most students look forward to our programs/events.

Do you know a senior you think that deserves a spotlight?
E-mail owseniors2013@gmail.com with the name of the senior.

BASILIO SERRANO'S *Juan Tizol: His Caravan through American Life and Culture*

By Evelyn Ortiz

On October 16th, Dr. Basilio Serrano, professor in the School of Education, gave a talk on his new book *Juan Tizol: His Caravan through American Life and Culture*. It was presented in his Puerto Rican and Hispanic Children class however, it was open to all.

He gave a brief introduction of the book: the background information, the content, its purpose and its intended audience. The book is an interdisciplinary history of an (im)migrant who comes to the US not knowing English and is unfamiliar with American culture. The book would help prepare teachers to successfully work with immigrant children. Broad areas of history, sociology, anthropology, geography, music and biography are all

explored in the text. Those who are interested in the issues raised by the author will enjoy it because it has definitely challenged the expected traditional biography.

Tizol was a native Puerto Rican who made contributions through his talents as a trombonist, composer, and musician of jazz. In 1936 Juan Tizol composed a song called "Caravan" which "put him on the map." Dr. Serrano described his music as something that seems to take you somewhere far away, away from the United States and possibly to the Orient.

To this day "Caravan" is still being used; its melody can be heard in movies like *Ocean's 11*, *Ocean's 13* and *Alice* by Woody Allen.

Caravan was also used in the movie *Chocolate* when the main character Johnny Depp played the number with his guitar.

JUAN TIZOL

HIS CARAVAN THROUGH AMERICAN LIFE AND CULTURE



BASILIO SERRANO

OLD WESTBURY RESEARCHER EARNS GRANT TO STUDY TOOL TO DIAGNOSE, TREAT PROSTATE CANCER



Manya Dhar Mascareno

Manya Dhar Mascareno, an assistant professor in the Biological Sciences Department at SUNY College at Old Westbury, recently earned a grant of more than \$360,000 over three years from the National Cancer Institute at the National Institutes of Health for her research into signals and potential treatments for prostate cancer.

Through this research, Dr. Mascareno will seek to reveal the molecular components involved in the cross-talk among different players during prostate cancer, such as the Hexim-1, Cdk9, the androgen receptor, and the TGF- signaling pathway. By taking them together, she hopes to contribute to narrowing the gaps that exist between diagnosis and treatment of prostate cancer by identifying Hexim-1 as a key modulator at different stages of prostate cancer, and support her belief that Hexim-1 inhibition is a strong candidate mechanism for developing new therapy and diagnostic tools.

“Prostate cancer is the second leading cause of non-cutaneous cancer death

in American men. According to American Cancer society about quarter million new cases are expected to be diagnosed this year,” said Dr Mascareno. “This work will not only contribute to a better understanding of progression of prostate cancer but also provide the basis for the establishment of Hexim-1 as a new diagnostic tool as well as a new pharmacological target for the treatment of this cancer.”

Dr. Mascareno’s latest work builds upon her previous research, done in collaboration with SUNY Downstate Medical Center, that found that Hexim-1 is absent in normal prostate but highly expressed in prostate cancer tissue.

A resident of East Northport, New York, Dr. Mascareno earned her Ph.D. from SUNY Health Science Center at Brooklyn and her M.S. and B.S. from the University of Jammu, India. She was a research fellow at the Memorial Sloan-Kettering Cancer Center for more than five years.

Advertisement

RISE AND SHINE

Adelphi University graduate students are engaged and challenged, and our scheduling is structured to support your professional life outside of the community. As of Fall 2011, 89 percent of Adelphi students who earned a master’s degree were employed within a year.

Our graduate programs include:

- Business
- Creative arts
- Education
- Healthcare
- Psychology
- Science
- Social work

For a complete list of our upcoming graduate admissions events, visit events.adelphi.edu.

ADELPHI UNIVERSITY



ADELPHI.EDU/GRADUATE

Advertisement

College Students

20% OFF

All full-price
EMS® brand items

15% OFF

All full-price
national brand items

Must show valid college ID.
Exclusions may apply; visit store for details.

 Eastern Mountain Sports CARLE PLACE



It all starts here.

EASTERN MOUNTAIN SPORTS®

Carle Place 204-206 Glen Cove Rd.

ems.com

FILM REVIEW: *PARANORMAL ACTIVITY 4*

By Joseph Garcia

Let's see what scares *Paranormal Activity 4* has in store for us this time around. Back in 2009, *Paranormal Activity*, directed by Oren Peli, was

released with the intent to revive horror movies to their former glory using "lost" footage style filming....unfortunately it wasn't scary at all. Knowing this and in hopes of doing a better job the next time around, *Paranormal Activity 2*, directed

by Tod Williams, was released in 2010. This movie was the legitimate sequel and was better than the first movie in my opinion. *Paranormal 2* was actually a decent film and had some good story plots and as always in horror movies that come out now, some comedic elements too (although there aren't supposed to be any).

To no one's surprise, in 2011 *Paranormal Activity 3* was released. This movie was meant just to explain how it all began when the main characters from the first two movies, Katie and her sister Kristi. As children Katie and Kristi had experienced demonic activity and eighteen years later, we have the events that take place in *Paranormal 1* and *2* respectively. A short re-cap: *Paranormal 1* is about Katie and her boyfriend, Micha being haunted by a demon. After investigating for a few weeks, the demon gains control of Katie and has her kill Micha and she then disappears. Now in *Paranormal 2*, the story takes place a few months before *Paranormal 1* and also a few hours after the ending of *1*, Kristi and her family are being haunted by the same demon that was/is haunting Katie, after weeks of filming the strange occurrences the demon kills the family pet, has Katie come into the home to kill the family and

kidnap Kristi's son, they both disappear after that night.

Now *Paranormal Activity 4*, directed by Ariel Schulman, takes place six years after the first movie supposedly took place. The story revolves around this family of four. After the odd happenings at the house of this little boy named Robbie, the family takes him in for a few days. This sets off a series of creepy and seemingly "paranormal activity" styles of disturbances such as doors opening, things being moved around, etc... As for the story, this story is slightly better than the others because it deals with a new family and not the same one from different time periods. As for the movie as a whole, it lacked that fear factor, was more comedy than horror, lacked original "hauntings" and had a horrible ending.

Paranormal Activity 4 is one of those movies that you wonder why they are still being filmed. Since I have seen all 4 movies, I can honestly say this is one of the worst horror movie series I have ever seen. For its lack of scary scenes, horrible ending and falsely bearing the title of "horror movie," I give *Paranormal Activity 4* a generous 2 out of 5. Let's see if they can make the next one worthy of being called a horror movie; that is, if they make another one.



FILM REVIEW: *TAKEN 2*

By Joseph Garcia

Let's see if *Taken 2* can live up to the hype. Five years ago, *Taken*, directed by Pierre Morel, was released and became an instant hit. The original story was about ex-military operative, Bryan Mills (Liam Neeson) searching all over Europe to find his daughter, Kim (Maggie Grace) who was kidnapped by human traffickers. Every scene had amazing action, suspense and not to mention a great story behind it. *Taken 2*, directed by Olivier Megaton, picks up where the first movie left off. Bryan is living life, trying to help his ex-wife, Lenore (Famke Janssen) deal with her divorce from her current husband and Kim is trying to live a normal life after the incident in Europe.

While in Istanbul for work, Bryan is surprised by Kim and Lenore at the hotel at which he is staying. Bryan spends the day with Lenore to catch up but he notices right away that they are being followed. The men following them are other members of the Albanian mafia Bryan had killed when he was trying to save Kim in Europe. After being "Taken," Bryan and Lenore are held captive and Bryan has Kim help him escape.

After Bryan escapes, he returns with Kim to retrieve Lenore but she has been moved to another place and has to go look for her with Kim's help. Kim is left in a safe place while Bryan searches for

Lenore. He finds where she is being held and has to kill a number of Albanian mafia members. He finds Lenore but is left with the father of one of the men who had kidnapped Kim. He gives him an ultimatum and then has to deal with the choice the old man makes.

This movie was great, the story was solid and the action was just what we expect from the first movie. While the movie did have a few moments that threw me off and had me confused by the action, it was only one or two scenes. The awkward moment was between Kim's character and what Bryan says towards the end of the movie. Many action movie lovers will enjoy this movie and of course fans of the original *Taken* will definitely love this movie. Despite the one or two awkward scenes, the movie was well done. Personally, I believe that *Taken* should have been left as it was, but for a sequel, it was very enjoyable. If there is ever a *Taken 3*, it would have to be a carefully planned and epic combination of the first two movies just to add *Taken* to the "Epic Trilogy" genre.

I give *Taken 2* a solid 3 ½ out of 5. Let's see if Liam Neeson can keep up his great work as a bad-ass Ex-agent, Greek god, Batman's master and Wolf fighter. Until next time everyone, make sure to like my Facebook page: Joe Garcia Movie Reviews.



A POSITIVE DRUG STORY?

By Joe Randazzo

The comedian Bill Hicks preached the gospel of Psychedelia. One bit of his which really stuck with me. "You never see positive drug stories on the news." Hicks said on his special, *Revelations*, "which is weird since most of the experiences I've had on drugs were real f-----g positive."

After looking through the *Catalyst* website, I noticed there was one story on drugs. Just as Hicks said about mainstream media, the same was true about our school newspaper. Drugs didn't come off looking well. The article I'm referring to is, "Just Say No," by Valentine C. Francois. In it, Valentine wrote about her only experience with an unknown drug handed to her at a party by someone she referred to as the "Marijuana pusher friend."

She blacked out after a few hits and the next morning her girlfriend filled in the blanks. Valentine didn't party with Zack Galafanakis. There were no shotgun weddings, face tattoos or run-ins with Mike Tyson in Vegas either.

Valentine couldn't have just smoked Marijuana as she alluded to. If you take enough hits of weed you'll probably end up falling asleep. It definitely wouldn't give you the energy to hop around and want to all of a sudden "proposition men." Valentine said the incident was a bad experience. The idea of whether it was a bad night is up for interpretation. After reading, "Just Say No," I knew I had to write a positive drug story as Hicks wanted. Granted it will only be published in our small school newspaper but every movement starts with baby steps. And like every great story, this one is about a girl.

I spent all of 2006 through 2009 with two girls. When one relationship ended, I jumped in to another really fast. I realized I needed to stay away from commitments for

a while after the second one ended begrudgingly. There's a real freedom in not having a girlfriend when you're young. You can date someone and they're never around long enough to complain about to your friends. There's also no pressure to have your phone by your side all day. It's amazing to be without it for a few hours.

It was finally time to throw away all my freedom when I met a girl I thought was going to be someone special. It was great in the beginning. She was there for me if I bombed on stage at some open-mic in the back of a Chinese restaurant. It was the kind of puppy love I hated seeing in movies. This story wasn't *The Notebook* though. The little red-head who looked cute in sun dresses quickly went from lovey-dovey to "I don't want a boyfriend" when I started getting used to having her around. I saw those sun dresses less and less by the end of summer 2012.

I laughed at Joseph Gordon-Levitt in *500 Days of Summer* and then I became him. A lot of days were spent moping. I never told anyone about it and I certainly wasn't telling her how I was feeling. Even if I wanted to I couldn't because I deleted her number. I didn't want to find out the hard way that when I really start feeling lonely, I become



Comedian Bill Hicks on stage

the guy who leaves whiney voicemails to an ex-girlfriend about missing her.

It seemed like a more viable option to project all rejection inward. I have a friend who's been in love with the same girl for a year and whenever we're around him, he talks about how bad he wants to be with her. Granted the little red headed girl let me touch her. I didn't want people to think I was turning in to him by talking about feelings. For three years I dated different women and not one of them made me feel disconnected from everything until the red head injected herself in my life. I wanted to be angry at her but I couldn't. These things just happen. Everything changed though when I met an

old friend named Mary Jane.

On the way home from school one night I stopped by my friend's studio where their band jammed. The first thing I noticed when I walked in was a huge bong. At that point I hadn't smoked a hit of weed in close to a year. It's only polite to take what's offered to you as a guest so I took a mighty rip. Within minutes I was calm.

After that night whenever I thought of little red, I smoked and continued on with my day. Advil isn't nearly as effective with headaches as smoking was to help me get over the "zombified" hump I was in. All the DARE officers in elementary school warned me about the terrible things marijuana do to people. I guess they were wrong because it made me feel human again. After smoking I felt all the angst eroding.

In the October 2012 issue of the *Catalyst* I wrote an article about the brain responding to love the same way it would if a person suffered from OCD because I was going through exactly that. The scientific reason behind infatuation is the brain not producing enough serotonin and what serotonin does is balance your mood. Marijuana -- the magical plant that it is -- starts a chemical reaction inside you that tells your brain to start blasting away with the happy chemical.

After weeks of being depressed, it helped get me to where I was before being sidetracked. I haven't smoked since then. Over the years I learned how great moderation is. Why burn out such an essential tool? Who knows when I'll need it again? Since recovering from my dilemma where I acted like a tweeting high school girl, things are back to normal for me. I've written *Catalyst* articles, brought back my filthy sense of humor, bugged some cheerleaders (Hey, you should text me. Yes, I just used the school newspaper for my own personal gain. Sue me), I dated, and passed math tests without the thought of someone ruining my day. What made it tough was she being a good person. If she did something terrible to me I would've had an easier time getting over that situation. Her being well rounded really threw me for a tizzy. I have to thank my old friend Mary-Jane for getting me through it all.



Comedian Bill Hicks on stage

thephenix.com

IT'S A KINKY CURLY WORLD

By Zee Crusoe

Over the last couple of years, black women have been transitioning from their chemically processed hair to their natural curls and coils. Just recently being a natural girl has become “cool” again, some may even say it’s a movement of pride as women showcase their beautifully untamed mane. This drastic change by black women everywhere may be looked as radical but at the same token it has also become a fashion statement. It also confirms black women are comfortable with themselves without all the extra enhancements.

Not only has being natural become a way of self-expression, but it’s now



becoming a big business. Many hair product manufacturers are starting to take note of this market of women who have kinky/curly hair and want to use all natural products. Manufacturers such as Pantene first introduced their line “Relaxed and Natural” to cater to black women who have either curly or chemically processed hair; but still recognizing there is a market of black women that needed to be reached.

In Garnier Fructis commercials there is always the featured ethnically ambiguous woman with unmanageable frizzy hair, letting viewers with her “hair type” know their brand now caters to them as well.

Tresemme, another well-known brand has introduced their “Curl Hydration” line for women with curly or wavy hair. This Curl Hydration line in particular line does very well in the natural girl world. Many black women love the Curl Hydration Conditioner because it gives their hair a large amount of slip. Slip is a word used in the natural girl world to define how easily it is to comb through your hair. So in other words, a product that gives you a good amount of slip is a great product.

Now that wearing your natural hair has become mainstream, natural women

THE QUEEN OF THE COCAINE COWBOYS

By Joe Randazzo

To Henry Hill being a gangster was better than being the president of the United States. In the 60’s and 70’s, he was the superstar. So much so, Ray Liotta played him in a movie. Hill may be the household name after *Goodfellas* but around the same time that he was pushing drugs and making Billy Bats regret that he ever told Tommy to go home and get his shine box, there was a Columbian Cartel that made him look like a petty thief. Griselda Blanco didn’t give herself enough credit when she called herself the “baddest bitch to ever walk this earth.”

Griselda and Henry were born months apart from each other in 1943 and both started their life of crime early. Unlike Henry Hill, who dreamt of being a gangster as a kid, she had no choice. It was either be a criminal or another Columbian body on the side of the road.

Griselda committed her first murder at the age of eleven when she kidnapped a wealthy boy who lived in the hills of Columbia. The plan was to mooch a few bucks from the family to have a little spending money. The family never paid up so she shot him between the eyes when the boy no longer was of any use to her.

At fourteen, she left her home and her abusive mother to be a prostitute. For six years, a teenage Griselda Blanco lived on her own, selling her young body off to the highest bidder of the night. She eventually stopped after meeting her first husband whom she had three kids with. Griselda’s cocaine empire came into fruition when he died and she met her second husband, Alberto Gravo.

The lovely couple set up shop in New York City and business was booming in 1972. Within months they were millionaires. It reached a point where Griselda and Alberto were the only distributors in the city. At their peak, they made \$10 million a week. Eventually the feds caught on and she moved the business down to Miami. It was there that Griselda turned her millions to billions and she was given the nickname, “godmother.” Miami became possessed when Griselda’s coke hit the streets. It was so bad police urged citizens to buy guns because there wasn’t enough manpower to protect citizens from the violence.

Griselda’s love of taking life rivaled that of money and power. Her murder count was said to be up to 250 people. She

murdered rivals, anybody with a late payment or someone she simply didn’t feel like paying back. Griselda’s bloodlust ran so deep, she even went as far as to slit men’s throats after sleeping with them. After the death of her first husband, and murdering Alberto in a shootout, another of Griselda’s nicknames became the “Black Widow.”

When a small time car thief Rivi Ayala botched one of her hits by mistake, the “godmother” of Miami’s “Cocaine Cowboys” quickly requested his audience. Her request was simple. Either Rivi deliver the men whose hit he botched, or he joins them in the grave. When Rivi delivered, she made him head of her security. She ended up chain sawing the two guys and leaving them in a box on the side of the road.

She was even responsible for the death of a three-year-old in her rampage. It was a kill which was low even for Columbian Cartel standards. She didn’t care though. Murdering a child was a part of business.

Griselda Blanco was finally arrested and sent to prison in 1984 after moving her business to California. One of the men inside her inner circle, Max Mermelstein ratted out. Years earlier, Rivi warned Griselda that Max was weak. Had she listened, Griselda Blanco would have ruthlessly run the streets for a little longer. Not even prison could hinder the savvy business woman though.

Charles Cosby was a small time drug dealer in Oakland, California who turned his petty cash in to millions after seeing Griselda Blanco’s arrest on the news. The smitten Charles Cosby sent a letter to Griselda. She too was smitten with Charles’ letter. In it he called her the “greatest queen to sit on the throne.” The two fell in love after meeting and she left Charles to run her empire on the outside. Those few thousand dollars he made on his own looked like pennies compared to the type of money he made as a part of the “Godmother’s” empire. After 45 days Griselda made him a millionaire and his yearly income became \$9 million.

Griselda’s crew wasn’t happy she was sleeping with a black man. They were even more furious that he was in charge. When her son Oswaldo was murdered, it became even harder for Charles to run the business because Griselda was distraught. Her main focus was no longer the drugs and Charles’ shipments were always late. This cost him a lot of money but he had no choice other than to suck it up.

Because of her status in jail was of a violent criminal, Griselda wasn’t able to attend her own son’s funeral. Instead she sent a letter to be read by the priest. “To the cowards who killed my son” she wrote, “The ground will shake between your feet.” A week later the mutilated bodies of her son’s killers were found.

Charles Cosby knew it was time to part ways from the “Godmother” when she attempted to have him assassinated after finding out he was sleeping with another woman. She was even angrier that it had been with a white woman. Charles did get away though and he was the only person to survive the “Black Widow’s” scorn. It was around this time when her empire started to crumble. Charles wasn’t there to run it and her long-time associate, Rivi, became one of the main witnesses testifying against her in a trial that would send her to the electric chair. The trial against Griselda completely fell apart when Rivi was caught having sex with the prosecutor’s secretary. This breach shut down the case and Griselda Blanco was released from prison in 2009.

Just as Griselda Blanco and Henry Hill were born months from each other, so too did they die only a few short months apart. On September 3, 2012, Griselda Blanco was gunned down in the South American city of Medellin. It was a long time coming for the “godmother.” Griselda Blanco never had a superstar cast tell her story but she at least led a life where she can comfortably call herself the “baddest bitch to ever walk this earth.”



everywhere are stopping one another and engaging in helpful and encouraging conversations. The first question we usually ask one another is “How long have you been natural?” This gives an indication of how long you have been growing your hair without any chemicals that enhance or change the texture of the hair such as perms or texturizers. The next question is usually what products are you using?

I find these discussions with curly hair women like myself to be extremely helpful. These are going to be the best product reviews you’re going to find. Most women

are eager to share what products they have been using and how often they wash or “co-wash.” Co-washing is another term used in the “natural girl world.” It refers to washing your hair with conditioner.

Curly hair girls try to refrain from washing with shampoo because the sulfates in shampoo strip the hair of its natural oils which can be drying and ultimately damaging. Co-washing is something you can do as much as you want, but washing with shampoo is something natural women do maybe once a month to give the hair a good cleanse.

Most women are usually eager to help a sister out and let the next girl know their styling techniques and regiments. Being a kinky curly girl has become a sisterhood of its own. I find it connects me to women I may have never thought I had anything in common with.

Most of the women I have spoken have been generally excited to talk hair and share tips and secrets. Hair is now one of those things connects all of us curly haired girls so help a sister out and share your hair tips. It will only result in a beautiful world.

BEING A TWIN

By Alhia Harris

Being a twin has its ups and downs sometimes, but I wouldn't trade it for anything in the world. I am Alhia Harris and my identical twin's name is Monet Harris (and yes our names do not rhyme). We are 21--- years-old and were born on July 5th 1991 at 9:01 a.m. (Monet) and at 9:02 a.m. (Alhia). We are one minute apart, making my twin sister Monet older, even though I still believe that I am the oldest.

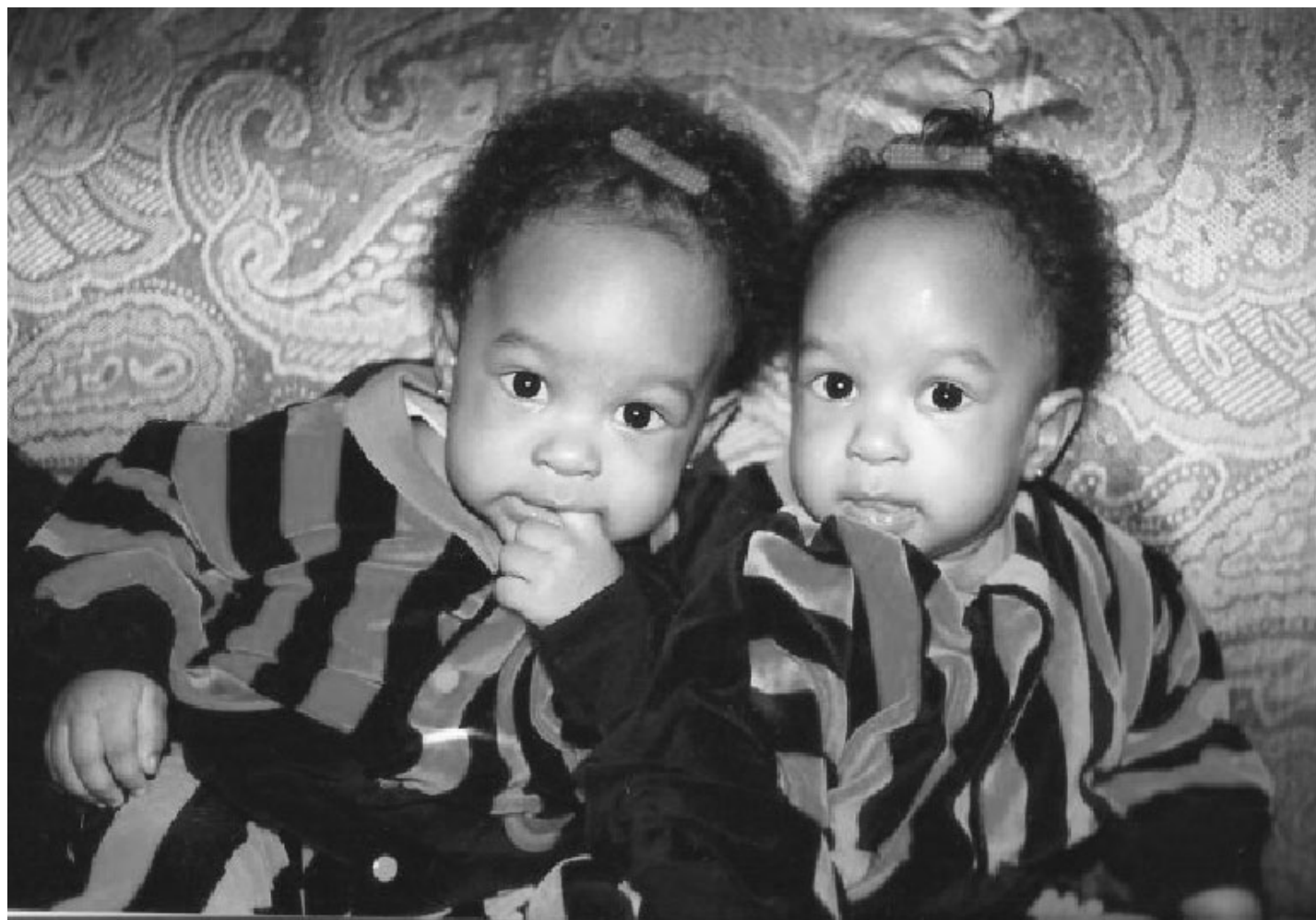
Growing up along with my sister, we often got this: "Wait, are you twins?" and we response together "YES!" Shortly after we would walk away saying "You cannot tell!"

Growing up along with my sister, we were always known as just being "the twins." Hardly anyone knew our names but they always knew that one was bigger than the other.

"Who is the evil twin?" and "Can you feel each other's pain and thoughts?" are the two most questions that we get asked often. My sister thinks that I am the evil twin while I think otherwise. There is a story that my family tells me that when



Alhia: Left side Blue shirt, Monet: Right side White shirt



Monet: Left, Alhia: Right

we were toddlers and had to undergo surgery, when my sister went first, I started to cry and then when I went after, she started to cry. Somehow we were crying because we were in pain. Even today sometimes, we can be thinking about the same thing; for example a popular song.

The common speculations are just because we look alike, my sister and I must have the same personality, like the same people, and have the same interests. However, this is not true. We were so used to dressing alike and doing the same things when we were young that we weren't our own persons. It was not until high school that we broke out of that.

When it came to high school, we applied to different schools so that we could meet different people and do things

on our own. I felt this was good because we had the chance to experience what it would be like not have your twin next to you all the time. People started to see us as Alhia and Monet not just "twins."

Elizabeth Fishel once said: "A sister is both your mirror - and your opposite." Sometimes we look exactly alike and then sometimes we do not. If people know us for a long time, they are able to tell us apart. People sometimes do get us confused and will call us each other names.

It doesn't bother us because we are so used to it. My twin sister Monet is the complete opposite of me. While I enjoy watching romantic and comedy movies, she enjoys watching scary movies. We have different taste in music because she likes hip-hop music, while I like R&B

music. She tends to be a shy person, while I'm more outgoing. However, two things that we have in common that will never change are our love for ketchup and Kung-Fu Movies. People find this weird about us but we love ketchup on everything from rice to vegetables to meat. We love Kung-Fu movies so much that we have a large collection of DVDs at our house.

I am very fortunate to have my twin sister. It makes me feel special. Even though we fight and argue, I love her with all my heart because she is my best friend and I know that she will always have my back. My parents were blessed to have beautiful twin daughters who is each unique in her own way.

BODY ISSUES AND THE MEDIA

By Hope Trama

Many of us have some type of body issue or flaw we see in ourselves. Society and the media play a large factor on how we view ourselves. All we hear and see is the media criticizing movie stars who gain weight while praise is heaped on size zero super models in magazines. We see what society views as acceptable and internalize that information.

We're never happy with ourselves. We're too fat, too skinny, not pretty enough, too pretty. When is it going to be enough? When are we going to be completely comfortable in our own skin? We have to find ways to filter out the media images and live our lives without basing our level of beauty on photo shopped

images and size zero models who have made such an impact on a lot of our lives today.

I've had body images issues most of my life. After I had my two boys I gained a lot of weight. I went up to a size 18. I weighed 231lbs. I was unhappy and I knew I needed to do something about my weight. I lost eighty pounds on weight watchers. I did it for my health and of course to look and feel better.

I've always had a certain idea of what's beautiful in my head. I grew up reading magazines with Christy Turlington and Cindy Crawford. I saw these women at a young age and I wanted to look just like them. Being a size 18 and weighing 231 pounds wasn't my or anyone else's idea of beautiful. But who says that being heavier makes you ugly? It's the media and society and what they

view as acceptable for the moment that plays a big part in how we feel about ourselves. If every magazine, television show, and movie had plus sized models instead of the skinny waif models, society would change its views on what it perceives as beautiful.

To this day I still measure my food, count calories, and workout whenever possible. I try to live a healthier lifestyle for my children as well as myself. But when does the obsession with weight end? When does it actually start becoming a problem especially with young women? Something that may have started off innocently as a diet and a workout regimen can easily lead to eating disorders if you're not careful. Eating disorders are a huge problem and can have serious health consequences. According to The National Eating Disorder Associa-

tion, "In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia, or bulimia, millions more are struggling with binge eating disorder."

Let's start embracing our inner and outer beauty. We're all different in our own ways. Look within yourself to find your own uniqueness. Learn to love and respect yourself first before anyone no matter what size you are. Please don't let it get to the point that you're eating habits are detrimental to your soul or your life. For anyone who may need help with eating disorders here is the helpline number 1 800-931-2237 and the NEDA website www.nationaleatingdisorders.org

THE ROLE MOVIES PLAY IN SOCIETY

By Ryan Zukowski

Humans love to tell stories. We have been doing it since before written language and we will continue to do it until we are almost extinct. When that day does come, all that will be left of our race will be our stories, surviving in the form of the satellite, *Voyager's* golden record designed by astronomer, Carl Sagan or some other form. Stories endure.

Discovered this past June, the first stories of which we have knowledge were scribed approximately 40,800 years ago on cave walls in Castillo, Spain. The paintings are so old, scientists debate whether modern homo-sapiens or Neanderthals painted them. The paintings show paint blown over handprints, a red sphere and what appears to be a bison. It sends a message; "This is who we are, the sun gives us life, we were here to hunt bison." We have been telling stories for a long time.

Later cave paintings are more explicit in their story-telling. Cave paintings from the Stone Age depict hunters with spears chasing mammoths off of cliffs to their deaths. The story those paintings relay is a revelation of the method used by early man to acquire food.

Story telling evolved much more as man began to settle into cities. *The Epic of Gilgamesh* is dated to the 18th century B.C.E. and tells the story of a heroic demigod, the King of Babylon who accomplishes great feats, journeys and slay giants and monsters.

The Greeks and the Jews would later perfect the archetype of storytelling through the Torah and the collection of the Greek Myths. One would be hard-pressed to find a work of literature or a

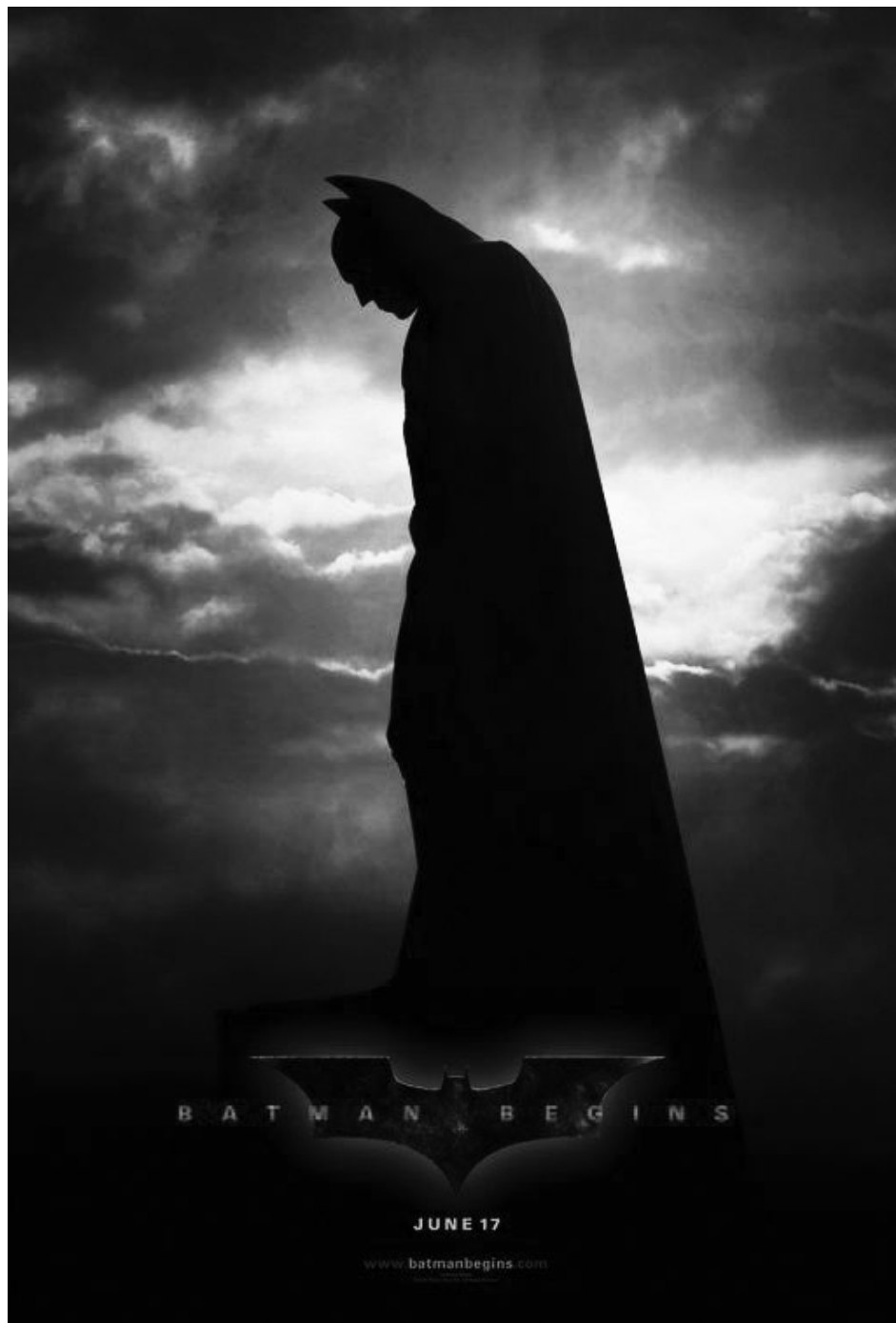
movie that does not share a similar format, allusion or a story in whole to a Greek myth or of a story found in the Torah.

The movie *Inception*, which was nominated for best original screenplay shared many similarities with the story of Heracles. In the myth, Heracles is driven temporarily insane by the Goddess Hera and kills his wife and children. To redeem himself, Heracles undergoes twelve seemingly impossible labors in which he uses his wits and strength to overcome. Heracles uses magic lion-hide armor and help from the gods. All the while, he is driven by the guilt of his murder of Megara and in the end is poisoned and whisked away to atop Mount Olympus where he became a god.

In *Inception*, the main character, Cobb must complete a Herculean task of putting an idea into Robert Fischer's head to break-up and sell his newly inherited business to a competitor, Saito. In exchange for the task, Saito will make a phone call to a member of the US government to let Cobb back into the country. Cobb cannot get back into the country because he is wanted for murdering his wife. Cobb's wife, Mol killed herself but Cobb felt responsible. Cobb's task is completed in the fantastical world of dreams using tools and the help of his team whose tools were only limited by their imagination. The movie ends with Cobb coming home to his children after a successful completion of his labor. The movie ends ambiguously as to whether he is still in the fantastical dream world or in real life. Much like there are elements of truth to Greek myths but have become so blurred and obscured by fantasy and imagination, just like Cobb's world in the end of the movie.

Movies are a mechanism for telling stories. Heroes in these stories tell us how to act and teach us life-lessons. Movies simplify life for us and explain concepts like the tragic villain and the flawed hero. After seeing a good movie, we are left profoundly influenced. After seeing *The Dark Knight Rises*, some people were asking themselves in situations, "What would Batman do?"

Heroes act as teachers to us, to the Greeks Heracles was the greatest hero to mankind. He had bad things happen to him over which he had no control and he atoned for them anyway. Ingenuity, strength and prowess were important to the Greeks and Heracles personified those qualities and showed those who heard his story how they could be used for the greater good.



Today, heroes like Batman personify values and strengths that we as a society hold in high regards. Batman is a man driven by guilt and anger to do something good. Batman imposes a strict form of discipline and self-denial on himself to make him stronger. He fears no man or organization and uses the dark forces of fear and violence against those who use those tools against the innocent. He is the epitome of morality to such an extent that he is the only man who can be trusted with the power he has garnered for himself because he alone will use it for absolute good all the time (using cell phones to create a 3D spy grid of the city). Batman never intentionally kills anyone. This creates obstacles for himself that he must overcome. Sometimes he does, and sometimes the same villains just keep coming back and haunting him.

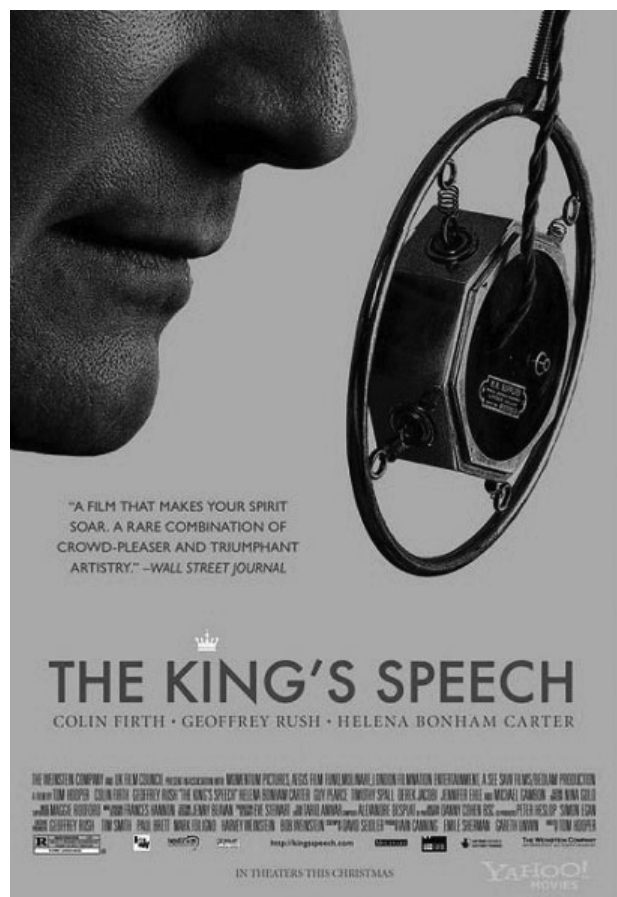
Movies are still using the same formula as they have been since the Torah and *Gilgamesh* *The King's Speech*, the story of a reluctant leader who comes into his own to lead his people through a time of tribulation to an eventual promise land, runs parallel to the story of Moses. Batman, his motivation, his guilt, his strength and his ingenuity runs parallel to

Heracles. The stories have not changed, only the names have.

Movies have a responsibility to hold a mirror up to society and show us what we should be and show us symbolic obstacles that force us to reach into ourselves to find our inner Heracles and overcome them.

Movies should leave you questioning what you would do in a situation similar to the one in which you saw the character. Heroes should be role models but they must also be fallible so we can identify with them. We should question the hero's actions and think critically about the plot, the story and even the villain. Was the villain a bad person or a victim? Was the hero fighting for truth and justice or were they a bully? Do the flaws in the hero's actions negate the good that he does? What does this story tell us about ourselves, our lives and our society?

From the first cave paintings to the newest blockbuster, movies have been sending us messages. We, as an audience must suspend our disbelief just long enough to think critically about these messages and analyze and judge them.



PRESIDENTIAL ELECTIONS 2012: WHO WON?

By Ryan Zukowski

The election is over, what have you won? The cult of personality that has become presidential politics has reorganized the priorities of this country. Elections now are decided on semantics, how photogenic a candidate is and with which candidate would people want to have a beer. Foreign policy, fiscal policy, civil rights policies have been replaced by internet memes, T-shirts and appearances on late night comedy shows. Monetary policy, something that is controlled by a private for-profit corporation that has the misleading name of the Federal Reserve (it is neither federal nor a reserve), is not mentioned at all during debates.

Monetary policy, which controls the value of the dollar and sends messages to the market to be bullish or bearish and is robbing the poor and middle classes of their savings, is not the only thing about which American voters are painfully unaware. A citizen journalist named Luke Rudkowski (no relation) did a clever man on the street interview in New York City, where he interviewed Obama supporters and posed questions to them about Obama's policies on his secret kill list that includes Americans, drone bombing countries with whom we are not at war, expanding George Bush's USA PATRIOT ACT, and the National Defense Authorization Act of 2012, which allows the government to indefinitely detain and torture American citizens without so much as probable cause.

The catch however, was that Rudkowski, on a blog by Phil Ebersole, couched those actions taken by President Obama as the policies of Mitt Romney. One woman called Romney a psychopath for supporting such things but when Rudkowski came clean and told her that those are all things that Obama has already done, she said, "He's Obama... He's..." and then asked for a minute to think over the revelations. Most people did not change their decision for who they were going to vote after they were told this. Only one man said that he would rethink his vote. One woman, who claimed to be a pacifist, said that she didn't care; she was a liberal so she was going to vote for Obama anyway, despite the fact that he has engaged in illegal wars and authorized the killing of US Citizens without due process. If Obama was a Republican, he would be hated and reviled in New York for his views and stances, but since he has a D next to his name, he is no longer a "psychopath" but the savior for New Yorkers and Democrats everywhere.

Rudkowski was not the only one to expose this Red vs. Blue mentality. In 2008 and 2012, Howard Stern went around New York City and asked people



why they were voting for Obama.

They would ask if it was because of Obama's positions on being Pro-life, his choice of African-American Paul Ryan as his running-mate, eventually finding Osama or if McCain had a shot of beating Obama in 2012. No one caught on, they all took it seriously.

For those of us who are paying attention, how bad has it really gotten? Can we imagine John F. Kennedy or Dwight Eisenhower doing the things that Romney and Obama have done over the course of this election? Both Eisenhower and Kennedy served in World War II, Eisenhower leading the largest invasion in the history of mankind to stop Hitler and Kennedy saved his fellow sailors' lives by swimming miles to safety, dragging them by a strap held with his teeth. Can we see Obama or Romney do something like that?

Eisenhower once said, "I hate war as only a soldier who has lived it can, only as one who has seen its brutality, its futility, its stupidity."

Obama held a press conference to say that Osama bin Laden had been killed. Reporters took shots of the president after the speech as he reenacted his strut to the microphone and the first few moments for the cameras. Later, CIA Director Leon Panetta told the London Telegraph that there was a 25 minute blackout of the feed from the SEAL's camera during the famous raid. This leads me to believe that the situation room photo of the top officials of the administration watching the video of the raid was staged. They were posing for public relations.

Romney bragged during the campaign that he would bomb Iran if he felt

they were a threat, while Obama is only in favor of carrying out covert destabilization campaigns throughout the region. The two candidates had the same views on all of the issues, separated only by degrees of severity and horribleness. I don't believe that Romney or Obama have ever fired a gun in their life, yet they are willing to send the youth of America, especially the poor into harm's way to secure corporations' interests around the world. From this empire, the people benefit nothing.

For an administration that promised to be the most transparent, the Obama administration has increased the national security state more than any other president, including Bush, 43. Obama classified 77 million pages of documents in 2010, up from Bush's previous record of 23.4 million in 2008.

To this, Kennedy has to say in his famous speech in 1961,

The very word 'secrecy' is repugnant in a free and open society; and we are as a people inherently and historically opposed to secret societies, to secret oaths and secret proceedings. We decided long ago that the dangers of excessive and unwarranted concealment of pertinent facts far outweighed the dangers which are cited to justify it. Even today, there is little value in opposing the threat of a closed society by imitating its arbitrary restrictions.

Today, Congress speaks at a 10th grade level and acts like they are in 1st. Our elections are about style over substance and party affiliation means more than principles. The lack of principles benefits America's political class significantly, because with the exception of a very few, principles do not exist.

During the second debate, Mitt Romney claimed that he reached out to women's advocacy groups to hire women for his gubernatorial administration and received, "binders full of women." Arguments raged over the semantic faux pas, where he meant that he received binders full of resumes belonging to qualified candidates that happened to be women. The problem I have with this is that the problem was not how he said it; it was the fact that he was lying outright. The women's advocacy group put pressure on the boys' club that was Governor Romney's administration.

The last six years remind me of Mike Judge's movie, Idiocracy, where in 500 years society has degenerated and everyone is an idiot. In the movie, President Camacho, played by Terry Crews, is an ex-porn star and pro wrestler who cares more about his image on television than he does about running the country.

I would prefer President Camacho over Romney or Obama. At least the man knew how to fire a gun and would come and beat you to a pulp personally instead of hunkering down in a bunker and sending drones to kill you and your entire family from the other side of the world... and he was damn entertaining too.

Of his job as the president, Eisenhower said, "Any man who wants to be president is either an egomaniac or crazy." Romney and Obama are a little bit of both.

I pose the question again, what have you won? I contend that while we have a Republican or Democrat in office, we all lose. Change comes from people doing things with and for people, not from elections and certainly not from politicians.

THREE PANTHERS NAMED TO ALL-SKYLINE CONFERENCE WOMEN'S SOCCER TEAM

JoAnna Kettell highlights Old Westbury with her third-straight All-Conference selection

Courtesy of Old Westbury Sports Information (written by Harris Rappel)



NEW YORK, NY (www.OLDWESTBURYPANTHERS.com) –The SUNY College at Old Westbury junior forward JoAnna Kettell earned first-team honors to highlight the Panthers' three selections to the 2012 All-Skyline Conference Women's Soccer Team, announced Thursday afternoon by league officials.

Joining Kettell for the Panthers on the All-Skyline Conference Team are second team selections in sophomore forward Stephanie Maybie and senior defender Allison Pirone.

Kettell, a native of Hauppauge, New York, started in all 21 matches to earn her third-straight all-conference honors. She anchored the OW offense with career-highs in points (33), goals (12) and a program record nine assists. Kettell netted game-winners against Staten Island and NYU-Poly in addition to multi-goal games against York, NYU-Poly and Maritime. Kettell led the confer-

ence in assists and assists per game (0.48) while ranking among the conference leaders in points (3rd, 34), goals (5th, 12), goals per game (6th, 0.57), points per game (6th, 1.62), shots (3rd, 74) and shots per game (3rd, 3.52).

Maybie, hailing from Massapequa, New York, broke a single-season program record for goals (19) and points (42), passing Old Westbury's all-time goal and point leader Cassandra Esposito (2008-11) on October 27 against Sage. She also set a career-high with four assists, including two against York. Maybie rattled the back of the net for game-winners against Rutgers-Newark, York, Maritime, John Jay and Sage. She produced hat-tricks against NYU-Poly and Maritime to go along with multi-goal games against Rutgers-Newark, Sage, John Jay and Sage again in the Skyline Conference quarterfinals. Maybie ranks among the conference leaders in goals (2nd, 19), goals per

game (2nd, 0.95), points (2nd, 42), points per game (2nd, 2.10), shots (2nd, 85), shots per game (2nd, 4.25), game-winning goals (T-2nd, 5) and assists (T-9th, 4).

A native of Mount Sinai, New York, Pirone started in all 21 matches, anchoring an OW defensive unit that posted six shutouts and a 2.47 goals against average. She tallied her lone assist of the season against Staten Island, her fourth career helper. Pirone ended her collegiate career with her second consecutive all-conference honors.

The Old Westbury women's soccer team completed the 2012 season with an overall record of 10-11 including a 5-3 mark in league play. Seeded fourth in the Skyline Conference Championship Tournament, the Panthers topped Sage 3-1 in the quarterfinals to advance to the conference semifinals, dropping a 2-0 decision to top-seeded Mount Saint Mary.

TANA WEEKES NAMED ALL- SKYLINE CON- FERENCE MEN'S SOCCER SEC- OND-TEAM

Sophomore sensation garners second-consecutive All-Skyline Conference honors

Courtesy of Old Westbury Sports Information (written by Harris Rappel)

NEW YORK, NY (www.OLDWESTBURYPANTHERS.com) –The SUNY College at Old Westbury sophomore forward Tana Weekes was named All-Skyline Conference Men's Soccer Second-Team, announced Wednesday by league officials. Weekes earned Rookie of the Year and First-Team honors as a freshman.

Weekes, a native of Baldwin, New York, led the team for the second-consecutive season in goals (7) and points (15), both of which were career-highs. Weekes ranked tied for eighth in the Skyline Conference with seven goals scored.

He added his-second career game-winner on September 24 to lead Old Westbury past Staten Island, 1-0. Against Baruch on September 17, he recorded his lone assist of the season to go along with scoring a goal for a season-high three points.



TROUBLESOME WOES FOR MEN'S SOCCER



By Nathaniel Derosena

The Old Westbury men's soccer team faced hard times this season, finishing the season with five wins and fourteen losses, losing the first eight games of the season. The team only defeated four opponents in the conference (Farmingdale State, Mount Saint Vincent, Purchase & Yeshiva), while losing to five other conference opponents (Mount Saint Mary, The Sage Colleges, NYU-Poly, Maritime College, & St. Joseph's College). The team finished the season seventh out of ten in the Skyline Conference, and had the third worst overall percentage in the conference (0.263).

Men's soccer at Old Westbury has not seen such poor play since the 2005 season, where the team finished 5-11 overall and 1-7 in conference

action. It also has not seen a Skyline Conference Championship since the 2007 season. The team had hoped to reach the promise land again and capture another conference title, but the road there proved to be a tough and vigorous one for the men's soccer team.

The current head coach of the team is Jamie San Filippo. The 2011 season marked his first season as the head coach of the Old Westbury men's soccer program. Although he led the team to the Skyline conference tournament in his first year, the team only finished 6-12-1 overall, and 5-3-1 in conference play. The team also saw an early exit out of the conference tournament, losing 1-7 to the Sage Colleges in the first round. Now in his second season as head coach, Filippo attempted to once again lead Old West-

bury soccer to the conference tournament, but a poor start for the team made that difficult.

The team also has dealt with new changes. Although seven players from the 2011 squad returned this year, there was an addition of many new players, as well as the loss of key players. German Parodis, 2011 all-Skyline Conference award winner who led the team in scoring last season, is one of the key players who is no longer with the team this season. With the loss of such talent and the new additions to the team, it seems as though they are still working on their chemistry.

Old Westbury men's soccer finished the season with a 6-3 win over Yeshiva; however its record made the team ineligible for the Skyline conference tournament. This is the first time the team

has missed the tournament since the 2006 season. Despite not making the tournament this year, there is much promise for the future of the men's soccer program here at Old Westbury. Sophomore Tana Weekes led the team in goals (7) and points (15), and tied for game-winning goals (1) with four other players.

Freshman goalkeeper Peter Sicardi had a 2.30 goals against average, while Junior goalkeeper Marcelo Guardado led the team in wins (3) and saves (71), while Guardado and Sicardi both had two shutouts on the season. With such talent already on the team, and new prospects waiting to join next season, the future seems to be bright for the Old Westbury men's soccer team.