

THE CATALYST

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“IGNITING THE MIND”

FREE

LEST WE NOT FORGET

By Nzingha Z. Crusoe

As we journey through this Black History Month, many of us may ask: what does it mean?

Black History Month is not a time slot for Africans of the Diaspora to be remembered, nor is it simply twenty-eight days of celebration. Black History Month is mainly a symbol: a symbol of remembrance, a symbol of reflection, a symbol of resilience.

It is naive to think of Black History Month as the only time people of African descent have to celebrate themselves. Yes, some schools designate this short month to pay homage to civil rights leaders, social activists, and athletes such as the Martin Luther Kings, the Malcolm X's and even the Jackie Robinson's.

These are all indeed role models and people who fueled the civil rights movement and have helped to shape the history of Africans here in America, but black history goes beyond the glorification of individuals who have helped pave the way for future generations. Black history should be about reviving the spirits of those such as Bayard Rustin and the Freedom Fighters, and even the students of the Student Nonviolent Coordinating Committee (SNCC) who fought for the advancement of humankind without the recognition. The spirits of those who went unrecognized, should remind us why we fight for the continuous advancement of African Americans today.

Persons such as the Rev. Dr. Martin Luther King Jr. ignited the flame for what the Civil Rights Movement came to represent. Now it is up to our generation to make sure the spirits and struggles of our ancestors are not forgotten. Although Barack Obama is the most powerful man in the world as the leader of our nation, we must never become complacent but



use his achievements as motivation to continue the movement. We must remember that we have placed him in office and continue to work hard to maintain this progress.

As students of Old Westbury, we can look to the students of SNCC which was one of the organizations of the Civil Rights Movement that emerged from a series of student meetings. SNCC grew into a large organization with many supporters in the North who helped raise funds to support SNCC's work in the South. Volunteers also worked with SNCC on projects in Mississippi, Alabama, Georgia, Arkansas, and Maryland. SNCC played a major role in the sit-ins and freedom rides and in the 1963 March on Washington. Just like the students of SNCC, we too can take the initiative to hold leadership roles even on campus.

Here at SUNY Old Westbury, student organizations such as the High Profile Entrepreneur Organization, have organized programs such as "By Any Means Necessary" where speeches given by influential leaders are analyzed by members of the student body. Student organizations are essential to the maintenance of the Civil Rights Movement and for the progress of African Americans.

It is important for us as students to

always be engaged in stimulating conversations about politics and to know current events and history affect us. If you're looking to get involved on campus this Black History Month, the Black History Month Committee has organized Christopher Calloway Brooks presents "Callaway Reflections" (from 1-2:40 p.m. in the Recital Hall) and Harlem Swing with the Cab Calloway Orchestra (6:30-10:00pm in the Multipurpose Room B & C). Both events are on Thursday, February 28th.

The spirits of those who fought for a cause should inspire us to educate ourselves beyond the curriculum of school, to hold political office, to volunteer at your local recreational centers, to vote, and to never underestimate the power of a people united. We can be a part of our Student Government Association, we can lead our Black Student Union, or attend programs with the African Student Association or even the Caribbean Student Association. No matter what you do, it's our obligation



to set the standard for generations to come and to maintain the success of our ancestors.

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FROM THE EXECUTIVE EDITOR

Welcome Back Old Westbury!

We all should be settled into the spring 2013 semester however I would still like to offer an official welcome back from *The Catalyst*. We promise to continue giving you news, reviews, and interesting stories.

I would like to announce that we have a new managing editor, Traci Newman, and a new office manager, Zee Crusoe. They are not new to our staff but I am excited to be working with them in their new positions this semester!

While I am happy that there are new additions to the staff, by the end of the semester we are going to have to part ways with one of our longtime staff members and business manager: Alhia Harris.

There are openings on *The Catalyst* staff for online editor(s) and a copy editor. If you are interested and available, feel free to contact me at owcatalystwriters@gmail.com. To clubs, organizations, and student leaders, we would like to highlight the success that you have brought to this campus so if you would like a spotlight article, please let the staff members and writers know.

Happy Black History Month and Happy Spring Semester!

Karyn Dyer

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Executive Editor

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SUNY Old Westbury Spanish Club

Vocabulary

Xenóforo = xenophobe

Definition (Definición)
noun

1. Fear or hatred of strangers or foreigners or of anything foreign or strange.
2. Miedo, odio a los extranjeros o extranjeras o de cualquier cosa extranjero o extraño. Racista antisemita.

Synonyms (Sinónimos)

1. Racist, anti-semitic, anti immigrant
2. Racista, antisemita, anti inmigrantes

Sentence (Oración)

1. Due to World War I and an increase in immigration at the end of the nineteenth century brought about xenophobia towards foreign language.
2. Debido a la Primera Guerra Mundial y a un aumento de la inmigración al final del siglo XIX, esto provocó la xenofobia contra la lengua extranjera o la idea del bilingüismo.

THE NEW MEDIA EXPO

By Christine Sheh

The New Media Expo is the largest new media conference and trade show of the media industry dedicated to podcasting, blogging, web TV, and social media to help provide an educational experience for working professionals in any industry. Throughout this three-day conference, the podcasting, blogging, web TV, and social media tracks bring educational experiences that focus on creating successful online content, and how to bring well written content to the next level and how to have video content that engages an audience worldwide.

The podcasting track of this media industry-wide conference focuses on how a working professional can produce online content that is engaging to any audience. Furthermore, it gives the audience the opportunity to engage in a variety of ways including social media, blogging, and online website feedback.

The blogging track brings together the ability to create well-written content and to allow one's writing reach a global audience. The main aspect any working professional will learn here is: What makes a successful blog, and how they can bring attention to the various aspects of a blog besides the writing itself.

The web TV track provides the opportunity for a working professional to learn how to create a successful web series. It's a track that focuses on how one can create a community of fans that enjoy it and share their own experiences while creating it. The main focus of this track is to bring together content and how to reach a

global audience, which make a web series worth watching.

The social media track focuses on how the working professional can make and use social media as part of their business; whether it's in marketing, public relations, or information technology. In this track, the focus is about building a community of people for whatever aspect of business they are in and how the working professional can expand opportunities for networking to help make a particular company successful locally and around the world.

Even though this is a conference and trade show and is designed for the working professional, I encourage you to take the time to explore all that this conference and trade show has to offer.

The link to this event is: <http://nmxlive.com/2013-1v/>. Since this is an event that is meant to be attended by a working professional, all the panels and educational content from the expo will be made available online to students through iTunes (it comes pre-installed with every Mac or it can be installed on a PC. Just go to the podcasting section of iTunes (all of it is free) or content can be found on a speaker's website (just click on the link for the expo and you'll find the speakers for the expo). For the podcasting track only: students can visit <https://twitter.com/robcesternino> for updates on the when panels will be available to students or visit http://twitter.com/allison_boyer for all other content from the expo to be made available online

OLD WESTBURY ALUMNUS WINS AWARD

Joshua Samuels, a resident of Floral Park, New York, and a recent graduate of SUNY College at Old Westbury, was recognized for his scientific research recently at the Annual Biomedical Research Conference for Minority Students (ABRCMS) in San Jose, California.

Having graduated in May 2012 with a degree in Biological Sciences, Samuels earned a presentation award in the Neuroscience category at ABRCMS for his project, titled "Increased Number of Synapses Modifies Drosophila Courtship Behavior." The presentation reflected research he conducted both at Old Westbury and at the Cajal Institute of the Spanish Scientific Research Council in Madrid. Samuels' research in Madrid was made possible through his participation in the Old Westbury Neuroscience International Program funded by the

NIH-National Institute for Minorities and Health Disparities.

ABRCMS is a national conference designed to encourage under-represented minority undergraduate and graduate students to pursue advanced training in the biomedical and behavioral sciences and provide faculty mentors and advisors with resources for facilitating students' success.

During the four-day conference over 1,704 students participated in poster and oral presentations in ten scientific disciplines in the biomedical and behavioral sciences. All undergraduate student presentations were judged and those receiving the highest scores in each scientific discipline were given awards during the closing banquet.

Service and Commitment of CALL Program Honored by Area Business Organization



Office of First Year Experience Director Laura Anker (left) accepts the Community Service Award from Advancement for Commerce, Industry and Technology of Long Island President Fred Johs.

The SUNY College at Old Westbury Community Action, Learning and Leadership Program and its leader, Dr. Laura Anker, director of the College's Office of First Year Experience, were honored recently with the 2012 Community Service Award by Advancement for Commerce, Industry and Technology of Long Island.

Through its nationally recognized Community Action, Learning and Leadership (CALL) program, Old Westbury shares its resources to support the pro-

grammatic efforts of non-profit organizations and to address issues of shared concern within various communities. The college, as a whole, is using its influential role as a regional employer and developer to contribute directly and tangibly to community revitalization efforts.

Founded in 2006, CALL seeks to affect change both in the local community and within the College's students themselves. Critical to this effort is the student community engagement component. Implemented by CALL and the Col-

lege's Office of First Year Experience, the College requires all first year students to participate in course-embedded community-based learning in which students engage in community service in areas related to their course of study.

For its efforts, CALL and SUNY College at Old Westbury have been named to the U.S. President's Higher Education Community Service Honor Roll for five consecutive years.

Advancement for Commerce, Industry and Technology is a business net-

working organization that since 1963 has sought to develop relationships among companies across Long Island. Begun as a local group of professionals seeking to create a forum of information exchange, ACIT today serves a membership of hundreds of businesses across all spectrums of industry, asset size, and business life-cycle.

An Interview with Dinorah Martinez

By Evelyn Ortiz

Sometimes we are so involved and busy that we don't get a chance to get to know our SUNY Old Westbury staff members. Dinorah Martinez is the secretary of the Faculty Senate. She is also an artist who produces artwork in acrylic, watercolor, and oil. Dinorah Irene Martinez continues to create artwork in her Long Island studio. She became the artist that she is today because of the steady support and faith that she had surrounding her. She intensively practices her art, sketching constantly whether it is waiting for a bus or at the dentist. She enjoys working at Old Westbury and paints for self-fulfillment. Her artwork is featured in our library thanks to the Hispanic/Latino Cultural Center.

Question: Who or what inspired you to become an artist?

I had no other option but to learn the arts. My mother was an artist. She was constantly busy so she gave us colored pencils, sketch pads, pencils – we were dispositioned to paint. My mother watched us closely and watched us develop. (*Una necesita a sus padres para ponerte en camino.*) My mom entered me into the San Alejandro Visual Arts Academy in Havana at just the tender age of 13. I was the youngest one but everyone supported me and had a lot of faith in my success. I studied with the best art instructors available at that time in my native country, Cuba, where they trained me in a broad spectrum of visual art techniques, such as sculpture, mosaics, lithography, gravure, oils, and watercolors.

What made you emigrate from Cuba to the U.S.?

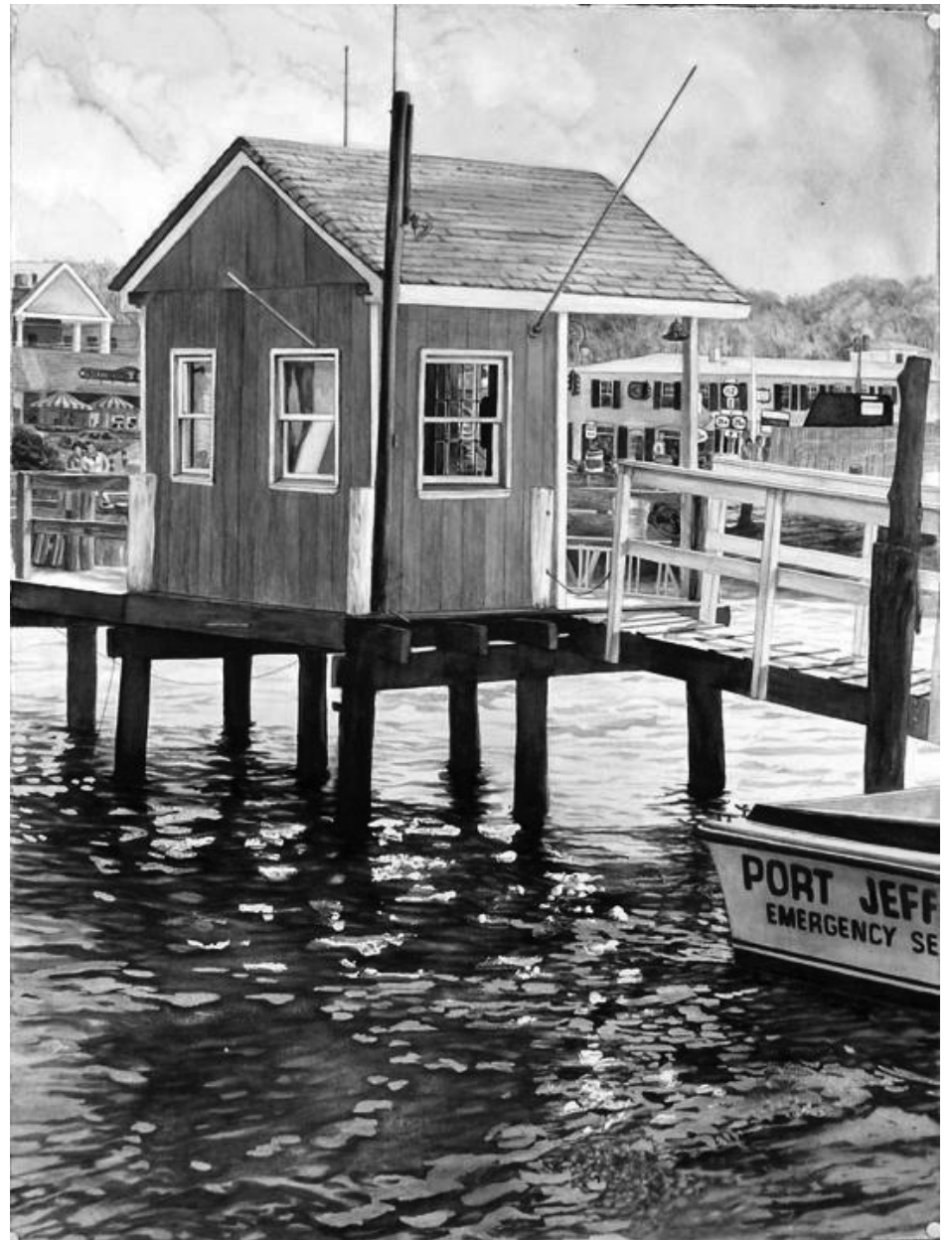
Every Cuban has a desire to leave. In order to be a painter I had to leave, I had no authority to officially declare myself as a painter. All my art materials I had to acquire



secretly. I was not allowed to have paint supplies. My only authority was to be a seamstress. There was no opportunity, it was a different world, and it's hard to understand if you don't live through it. It was hard for me to even graduate high school. Exhibitions, etc. are only available here in the United States, I can paint on my spare time freely. The only advantage I gained from Cuba was my training, my training in the arts to become the painter that I am. (*Pero mi juventud fue puro lágrimas, una de tras al otro pero yo insistí a continuar*)

What is your favorite visual art technique?

Paint, oil, acrylic and watercolors. Oil is the easiest for me to use. If I like to challenge myself I would paint landscapes using water color. I think it's good to explore all



the possibilities and explore ones limits. So I went to go find myself and develop skills beyond my instruction of the classroom.

How long does it take you to creating a painting?

It depends on what I want to create. I was created a billboard in just two hours. If the elements, focus, balance, materials are available then it is possible to finish a complicated painting. Whether my project is simple or complicated I sometimes take a break and then come back to it to see what else I can add.

Does your art represent themes, thoughts or feelings?

Fundamentally any emotion that is good, anything positive. (*Paisajes, el ser humano saltana y bebes porque representan el futuro esperanza.*) I try to express happiness, joy or restfulness when I paint. I want to bring warm feelings to the viewer when they look at my paintings.

How would you describe your art?

"Unfinished" – I am never satisfied with my art and I am my worst critic. I always think of ways of how my art could be better. I work on many paintings at the same time, so I am never finished; I just start a new project. I always go back to retouch, add and finish...but I am never finished.

How do you want people to evaluate or interpret your art?

I want people to get the message of harmony, *grata sensaciones*. I am humbled and grateful when people can evaluate my art and are satisfied. It really makes me content when my art allows them to reminisce in bliss.

BHM 2012 Committee presents:

★ BLACK HISTORY ★ MONTH FEBRUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12 The NAACP was founded (1909)	13	14 Frederick Douglass' birthday (1818)	15	16
17	18 Presidents Day	19	20	21 Malcolm X was assassinated (1965)	22	23 W.E.B. Du Bois' birthday (1868)
24	25 The Great Wave: African influences on the Avant-Gardes Conference 3:00-4:30 pm MPR B (please RSVP to assas@oldwestbury.edu)	26	27	28 Christopher Calloway Brooks presents "Calloway Reflections" 1-2:40 pm Recital Hall Harlem Swing with the Cab Calloway Orchestra 6:30-10:00 pm MPR B & C	1	2

VISIT US ONLINE: BHM2013.BLOGSPOT.COM

BLACK HISTORY MONTH
2013

Harlem Swing

Cab Calloway Orchestra

February 28, 2013, 6:30 P.M.

SUNY College at Old Westbury
Multipurpose Room B & C
Student Union building



Music, Dance, Food,
Fashion Show,
Lindy Hop, Costume Prizes,
Photographs

Suggested donation: \$2.00

All proceeds go to charity

bhm2013.blogspot.com

Sponsored by: American Studies,
SGA, and Student Affairs.

THE COLLEGE AT
OLD WESTBURY
STATE UNIVERSITY OF NEW YORK
Calvin O. Butts, III, President

TV REVIEW

WALKING DEAD “FEVER”

By Traci Newman

It's finally February and everyone is about to get what they have been wishing for since Christmas. *The Walking Dead* returns after its way too long mid-season break! According to the AMC network's blog, *The Walking Dead* brought in over 15 million viewers for its mid-season finale. With 15 million viewers you're pretty much guaranteed that almost everyone in your classes is a fan of the show...or they're seriously missing out!

The Walking Dead has significantly picked up in ratings and speed of the show since changing directors. Originally the show was led by Frank Darabont, (*The Shawshank Redemption* and *The Green Mile*) and while still captivating, it moved at a much slower pace. The show is now directed by Glen Mazzara, originally from Queens.

According to AMC, Mazzara was originally brought on as a freelance writer in 2010 for *The Walking Dead* and now he's running the show.

If you're an avid fan of *The Walking Dead* you can see the change of tone and speed in season three compared to season two. Season three has moved



much faster, showing the group moving in and taking over the prison with amazing formation and fighting skills. We also get to meet The Governor and see how he

runs his “peaceful” town of Woodbury. The fan favorite, Michonne comes into play, with her samurai swords and pet zombies.

This season has also been extremely gory, more so than previous seasons. In the beginning we watched Rick literally chop off Hershel's leg with an ax. Maggie has to perform an impromptu C-section on Lori in a boiler room, while zombies are running around killing the other group members. We also experienced the emotionally charged scene of Lori saying goodbye to her son Carl, which resulted in Carl having to step up and kill his own mother to prevent her from becoming a zombie.

Season three will start right back up with more emotional family drama and lives at stake with Darryl and Merle Dixon, two brothers having to fight each other to the death, ordered by the manipulative Governor. We are going to see the war unfold between the prison and the town of Woodbury in the remaining eight episodes of the season. If you're a fan of *The Walking Dead*, you know from past seasons, eight episodes is more than enough time for major life changing events to happen to these characters.



Playing Cupid: Valentine's Day, Where to Go and What to Wear

By Meleika Amos

There's a feeling of romance in the air that lets you know that Valentine's Day is quickly approaching. It is not just a day for lovers; in fact no one should be alone on such an amorous day. It makes for a great excuse to go out and spend time with people you appreciate be it family, friends, or even co-workers. Such a romantically fueled holiday leaves many to wonder where should I go but more importantly what should I wear.

When you're out on the ice and you want to look great while also maintaining warmth try a casual yet cool ensemble. Knit sweaters are a winter go-to; they're warm, comfortable and can genuinely work with anything. Graphic pants make any outfit stand out; a black and white print gives you more freedom to pair colored pieces. Parka jackets were this fall/winters biggest comeback. Often fashioned with hoodies to protect the face from a combination of freezing tem-

peratures and wind it is functional yet fashionable!

Dinner is always a perfect excuse to get all dolled up. This Valentine's Day, don't be afraid to try something new, like cuisine you never would eat. A peplum dress is suitable for any occasion; it's flirty and elegant. What better way to pair a lovely little black peplum dress than with a rich, textured pair of velvet heels. A sophisticated little clutch with fierce silver accessories top it all off.

Why not get out and get on the dance floor this Valentine's Day. When you are out for a night of dancing instead of wearing a teeny-tiny dress that you have to constantly keep an eye on to prevent a peek-a-boo situation a jumpsuit would suit you well! It complements any shape and you can jazz up a short romper with decorative tights or do a dramatic full length with statement making booties. A chain head wrap will give the outfit a glamorous finish.



Image: Central Park Wollman Skating Rink. Apparel- From right, Clockwise: Casual Sweetheart Knitting Sweater\$24, available at - maxnina.com; FUR HOODED PARKA \$76, available at- ringsandtings.com; CAFE'NOIR Ankle boots\$49 available at - yoox.com; H&M Trousers \$24, available at - H&M Retail Stores andhm.com; Cuffed Acrylic PomPom Beanie \$15 available at - americanapparel.net



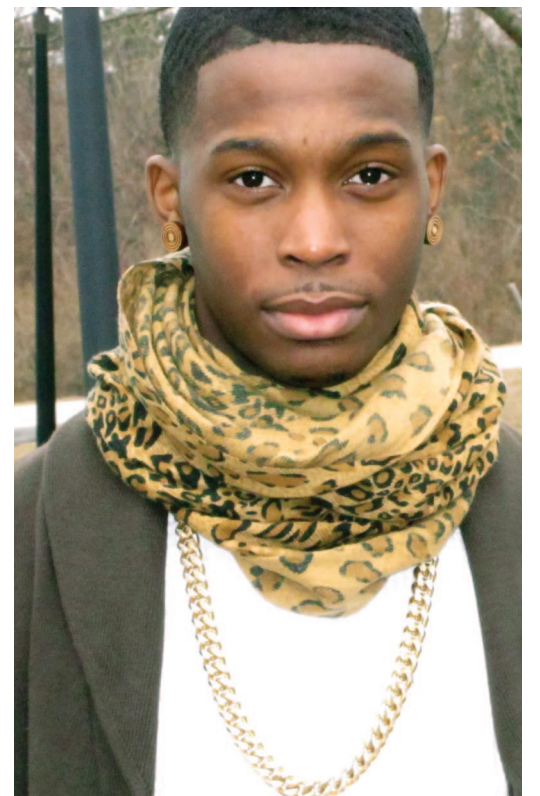
Image: Tao Restaurant NYC. Apparel - From right, Clockwise: **Defoliant Peplum Dress by Motel \$51, available at- topshop.com; Plain Polished Silver Ball Stud Earring\$7.92, available at- debenhams.com; Crafted Spike Chain Necklace \$16, available at- republic.co.uk; Giani Silver Plated Onyx Ring \$13, available at- thehut.com; Shoe Republic Sena in Wine \$50, available at- heels.com; Black Satin Bow Clutch \$16, available at-windsorstore.com



From right, Clockwise: CHAIN HEADPIECE- chain headdress head chain\$35, available at- etsy.com; CHAIN HEADPIECE- head chain headdress with black embellishment \$35, available at- etsy.com; Madam Rage Black Lace Sequin Jumpsuit\$7.92, available at- new-look.com; essie nail color polish, Bordeaux 0.46 fl.oz. \$8, available at- beauty.com; FOREVER 21 Faux Leather Stitched Booties\$40, available at forever21.com; Greta Black Suedette Gold Studded Wedge Shoe Boot\$40, available at- boohoo.com; ALDO Gallington clutch\$35, available at- aldoshoes.com; Gypsy Mock Heart Suspender\$14, available at- asos.com; Black Playsuit with High Waist\$29, available at- indressme.com

Old Westbury Style Page

Winter 2013 **Photography by Megan Kapler**



The Aftermath of the Chavez Inauguration

By Denise Rivera

Although President Hugo Chavez has won his fourth term in Venezuela, his prolonged absence has caused the public to question his health due to cancer treatments, his absence from the inauguration ceremony, and the breaking news regarding corruption and an assassination plot.

In a *New York Times* article, William Neuman notes that if Chavez is not sworn in, the Venezuela constitution states that a new election will occur in thirty days. On Feb. 3, the BBC stated that Venezuela officials said that Hugo Chavez's health was "improving." The BBC also evaluated the circumstances regarding Chavez's good recovery from his recent cancer surgery in Cuba. It is also observed that this is the only piece of information emphasized to the public. As a result of the surgery, Chavez did not attend the inauguration ceremony on Jan. 10.

Due to the speculation over the physical strength of the elusive Chavez, it has been evident that the views of the nation have been split apart. Vice-President Nicolás Maduro was named as the temporary leader. He has ensured the public that Chavez is following the constitutional rule, yet not everyone is supporting this.

Despite Chavez's absence, Chavistas (Chavez loyalists) celebrated his reelection, proclaiming their satisfaction as they crowded the streets. Many firmly believed that he is legally the Venezuelan leader. This festive moment did not last when an assassination attempt was uncovered and corruption charges have been presented. Recently, *The Washington Post* reported that Chavez' party (United Socialist Party of Venezuela) has been faced with great scrutiny by opposition leaders. As both sides accuse each other of corruption, the absence of Chavez appears to escalate this political instability.

The only way for the dissension



amongst the Venezuelan population and political arena to quiet down is if Chavez returns to be officially sworn in. However,

impatient politicians may be forcing another election. The possibility of the Venezuelan public voting against the

incumbent United Socialist Party of Venezuela is still possible.

Staying Fashionably Warm in the Brutal Cold

By Samara McCarthy and Maya Clarke

With temperatures dropping into the almost negatives, students all around campus are in a desperate attempt to avoid frost bite. For some that means hoodies and sweatpants; but others who like to stay on the contemporary side of fashion have their own unique ways to keep warm and keep trendy.

Leaving class one day we noticed a girl who looked cozy and chic; far from freezing and boring. She was decked out in an oversized scarf, Tory Burch Tote, vegan leather leggings with knee-high boots topped off in a French Connection pea coat. When asked "How do you still manage to dress so nice when it's freez-

ing? We try to do the same but sometimes in the morning we want to say f*ck it and wear sweats!" Asking to remain anonymous she replied saying, "I feel like that sometimes too!" and laughed but then noted, "When I look in magazines and on TV and see all the celebrities and how amazing they look I think to myself 'that's exactly how I want to look' and I strive for that."

But to every girl attempting to achieve fashion greatness, there are twice as many girls who significantly show that style is nothing of importance to them. "Honestly, when it comes to freezing my ass off I'd rather stay warm then look good. Clothes and stuff don't really

matter that much to me," a girl in one of our classes pointed out. "It's school you know, not a runway at fashion week" -- which is understandable.

With snow storms brewing and temperatures dropping who knows how this will change the mindset of the chic and the trendy. But that doesn't mean this doesn't account for men as well. There are many males on this campus who seem to have it when it comes to style as well, to us at least.

As we tend to be more knowledgeable about the female side of fashion, interviewing on the men's point of view on the subject was a little more tedious. Basically men's fashion consist of: a fresh

pair of shoes, loose fitted jeans, but not so much that you see things that could never be unseen... and some sort of a tee-shirt topped with a fitted hat. But it does vary depending on the person.

Evening wear at a party or a bar also consists of loose fitting jeans and some sort of button up shirt; possibly styled with a hat, and sneakers. But when winter comes around hoodies and sweatpants or jeans usually do the trick. According to one man "Guys aren't so like, crazy, when it comes to dressing up you know. Girls always got someone to impress whether it's a guy or each other! It's nuts! Guys just go with the flow you know?"

A Letter to My Father

Dear Daddy,

This letter is a reply to the letter you wrote me six years ago, a couple of months before you passed away. You explained that you loved my sisters and me, that you would not be able to be there when we needed you such as graduation and marriage and that you hope you would be a better father on the other side.

You are my hero, my role model and my protector. I can remember when you were not feeling well, you were still committed to supporting the family; you continued to work even though it pained you to do so. That year you continued to fight not just for yourself, but first for our family.

However on one fateful day, you were rushed to the emergency room and it was there that the doctor sadly told you had about two months left to live. Not paying attention to what the doctor told you, you sadly lived each day as if you did not have the cancer. Even on your death-bed, your tenacious spirit and body allowed yourself to keep on breathing until it was your "time to go." We watched your last breath on August 8, 2006 at 9:30 p.m.

Your funeral was so beautiful, I can remember like it was yesterday. All the children were dressed in white because Ms. Love, your mother told us to. It was in a big church and it was packed. I thought that everyone in the world was there supporting you as you had supported them. We had cried so much the night that you passed that I could not cry any more. However, I did cry one time, when Calvin, your sister's son explained that you were like a father to him and that he would miss you dearly. I think everyone cried after he said that because we could see the sadness in his face. Your funeral was a celebration because we celebrated the life you lived and the people you met along the way.

A couple of days before you passed away, we had a talk about how I should always be on my best behavior and that you said it was important for me to finish high school and go to college. I knew that you valued education highly, so I took my education very seriously even though you were not here. I graduated from high school with a B average with acceptances to different colleges in 2009. But since it was hard on mom, we decided to stay in New York; so I attended my first year of college at the State University of

New York College at Old Westbury as a Business Administration major. The school provided a lot of financial aid, so mom did not have to come up with money out of pocket, which was a burden off her shoulders.

I finished up my freshman year with a GPA of 3.12, making the dean's list my first semester and joining the swim team and the school's newspaper called *The Catalyst*. Sophomore year was the hardest because I did not do as well, and junior year I had to work to bring my GPA back up. During my junior year I was able to study abroad in Hong Kong! Who would have thought of that, Daddy. Finally, I made it to my senior year and again I made the Dean's list this past fall.

During the time you and I were able to share, you instilled an important jewel of knowledge for life. This was never to give up even if the odds of succeeding are extremely low. It has allowed me to bloom into the beautiful woman who I was born to be. This important jewel you left with me has not only helped me prepare for anything that comes my way, but to learn from the issues that I may face in life.

This jewel will help to leave your legacy untarnished for generations to come. I am so thankful and grateful for having you as my father in my life for the first 16 years. When I am having a bad day, I think about all the good times we had and always read the letter you wrote me before you passed away.

Do not get me wrong, you were a tough person; all my friends were scared of you but you had the utmost respect when you walked into a room. You helped me throughout my life from the time I was a baby till the day you went to heaven. Thank you, I miss you and I wish you were here, and I know that I am making you a proud Father on the other side. Mom by the way is doing the best that she can do to help raise Monet and me, and I commend her as well. She misses you and hopes you are happy somewhere in heaven.

Love a Million Times, Your Daughter,

Alhia Harris

My Experience as a Freshman Transfer

By Niomi Murphy

Here I am in the Student Union, experiencing that all too familiar feeling again. You know, the "kid who sits alone at the lunch table" feeling? If you're having a difficult time with that picture, just think back to the first day of your freshman year in high school. If you were like me, you didn't know anybody, knew nothing about how to get to what classes and where, and everyone seemed meaner or cooler or more likely to do well than you did. It was intimidating. Gives you the chills, right?

Now fast forward to your last day of senior year- where you probably talked to everyone or at least knew who they were. You were accomplished, happy, and well-adjusted. That happy senior was me, only six months ago. While most people head straight to college after high school, I was forced to take a totally different route. After jumping up and down at my acceptance letters from Penn State University, Long Island University, Iona College, and, of course, the fabulous SUNY College at Old Westbury, I had to make a decision. Doing that alone was hard enough. I initially chose Penn State and proceeded with their freshman program. After calcu-

lating all my expenses, however, my family and I began to realize I just couldn't swing it. Even with two off-campus jobs and help from my parents, I'd be in a ton of post-grad debt if I stayed, and I decided that didn't think the high cost of Penn was worth it. I had quickly gone from happy senior to stressed out, lonely freshman all over again.

Devastated, I re-evaluated my options. After visiting a few campuses (including Old West) I decided that the best and most affordable option was Old Westbury. I liked the dorms, the sports, the colors-I picked an interesting major and ran with it! And it brings me back to the Student Union, where I am right now. First year advising, first year testing, first year, first year. It's everywhere. I should feel totally welcome, but I don't. Why? Because I'm a freshman who started mid-semester. Nobody really gives too much thought to people who are in situations like mine: they're freshmen who transferred mid-year; 17, 18 and 19 year olds who had to enter the workforce early because of family or other personal reasons- but are now returning to college. We don't walk through the doors of our respective campuses as happy seniors. We walk in as disgruntled students,

stressed-out workers, or even parents.

Whatever the circumstances were that forced us to transfer or begin mid-semester during what should be the most fun, exciting year of college-nobody seems to care. There isn't a special orientation for us like there is for a regular freshman student. We don't get awesome "First Six Weeks" events and prizes. As a matter of fact, we pretty much get treated the same as transfers from community colleges, who have had college experience and are probably more prepared for the shift than we are. We are forced to bounce back and forth between all of our responsibilities and worries, while at the same time having to manage the typical stressors your average college freshman would encounter. It's a sort of mental song and dance we're asked to perform, only nobody's having fun.

In the Student Union, I eye some of my fellow mid-year freshman transfer song-and-dancers. They remind me of those scared, lonely freshmen I described earlier. Many have never been to a college campus before; most have no idea what to expect. Like me, they're wondering how to meet people and make friends without the aid of those first-year parties and events that Old West offers at the

beginning of the year. This is a huge problem! Although we make up a significant percentage of the student body, we are severely underrepresented in campus programs and with advising. I can only speak for myself here, but I think this is totally unfair and needs to change. Why not offer a special freshman transfers only event for those of us who missed out in the fall? Or offer a different version of the "First Six Weeks"? (Might I offer the clever title "First Six Months?"). In any case, whether you are a lost freshman transfer or a happy senior or somewhere in between, remember to take advantage of every resource you can find and make the most of what this campus has to offer. Although it may not seem like it at first, there are plenty of people here to help you.

For me, one really helpful person was Dr. Laura Anker of the First Year Experience and the Community Action, Learning and Leadership Program. Her patience, time, and refreshing kindness helped get me through my first day at Old West! Also, this last message goes out to my fellow mid-year transfer song-and-dancers: keep your minds and eyes open.

A Maddening World Of Ultra-Violence

By Joseph Randazzo

The identity of the girl will remain anonymous. For her own safety, she'll be referred to as Shannon. This is her story on the choices she made to escape a maddening world of ultra-violence. Her story isn't being told to make people change their position on a certain political agenda they may have. It's just to tell her story because there are many like it.

On the morning of her abortion, the doors of the clinic were surrounded by religious folk. The type of protestors who believed God was specifically punishing the seven billion people on our planet because of decisions made by people like Shannon. The four old droogs don't have time for discussions about climate change or mental illness. To them, abortions were a butterfly effect which made really big waves and put guns in to people's hands.

Their beliefs were as dated as the clothes they wore. The height of fashion for the old grumps was during a time when Charlie Chaplin movies were the new craze. They were the walking embodiment of George Carlin's opening line at the Beacon Theater, "Why is it that most of the people who are against abor-

tion are people you wouldn't want to have sex with in the first place?" ("Have sex with," in the last sentence replaced a more sinister version of the word sex. I wouldn't want anybody's heads to melt because they read swear words.)

Shannon and her mother walked past the old droogs and paid no mind to them. This abortion was the last chapter in her escape from a monster. The "monster" we'll speak of will be referred to as Alex. Originally Shannon and Alex wanted to keep the baby. Alex's decision making was as unpredictable as his fists though. He was El Presidente of this maddening world of ultra-violence in which Shannon held citizenship.

Alex once pounced on a person, leaving the man in a pool of his own red kroovy, for telling him to "keep it down" at a party. That was just one incident. Shannon wasn't the first girl he laid his hands on either. When an old flame found someone new, his first reaction was to attack. First he'd hit her square in the face and lay the brunt of his anger on the guy. It was an episode which was repeated over and over again for the new couple. Shannon got similar treatments from Alex. The last time Alex held Shannon in his arms, was the last time she thought she'd be alive. He clenched his

arms around her neck and she barely managed to get away.

His maddening world of ultra-violence has flown under the radar of the judicial system. Even a peeping tom incident he was allegedly caught in was thrown away by the courts. For every time Alex went away, he came back days later. After the attempted strangling, Shannon could only describe the police as unprofessional. "My boyfriend had scratches all over his face and the sergeant told me he didn't believe my story and that I didn't look beat up enough," she said "Eventually, they took my story and took him to jail but I felt betrayed by the police. I called them for help and they were blaming me for his getting physical with me."

Before Shannon scheduled the abortion, she envisioned giving a child citizenship to this maddening world of ultra-violence. "During our separation and before I scheduled the abortion, I started to think about how he would react to the baby crying and how he would react to anything negative." Shannon said. "He was a very violent person so he would be a violent father."

His presence was toxic. Anything positive in her life lost its luster. Music seemed dull and "fun" became foreign. Shannon saw abortion as a means of

escape. "It would have been selfish of me to bring an innocent child into a broken home with an emotionally unstable mother, a violent and unstable father, and no money or home to call his own."

The last thing Shannon heard before going under for the procedure was the Red Hot Chili Peppers. Their music gave her a brief moment of comfort after everything she'd seen. It wasn't a Disney type of happy ending but at least it was an ending. Without a baby between them, there wasn't a forced link between her and Alex.

Months after the operation she was able to continue on with her small business, get her associates degree, and continue her education. All things she couldn't have pursued with Alex in her life. "At first I felt like a murderer," she said. "But as time passes, you realize that you weren't a murderer. You were simply a mother looking out for the best of your child and you knew you could not give him everything they deserve and more. I still feel sad and guilty when I think about having the abortion, but it is a lot better than feeling that way when your child is struggling with his life, having two parents that fight, and seeing his father hit his mother and his mother continuing to stay."

Are You Boring? You Might Be Suffering From Information Overload Syndrome!

By Kate Landsdorf

Are you taking advantage of all technology has to offer to make choices?

You can exchange emails, shop at a store that's a couple of miles away, chat with an old classmate, find a dating prospect, play a game, browse interests, research for a paper, plan a vacation, and pick out a restaurant all in your pajamas before leaving the house today, if your search results can even find a reason for you to. How many hours have you lost mindlessly surfing the internet? Are you paying attention right now?

I mean this is already five lines in. Did you open a new tab already? According to wikipedia, information overload refers to the difficulty a person can have understanding an issue and making decisions that can be caused by the presence of too much information.

Yochai Benkler, author of The Wealth of Networks, discusses how social production transforms markets and freedom. He believes that cheap communication plus the internet equal a renewed power and voice to the people which weakens the power of mass media. Yochai's a smart man and all but this is sort of a blanket thought.

There is a darker, more complex side to the story.

How many friends would you say you've talked to in person or on the phone

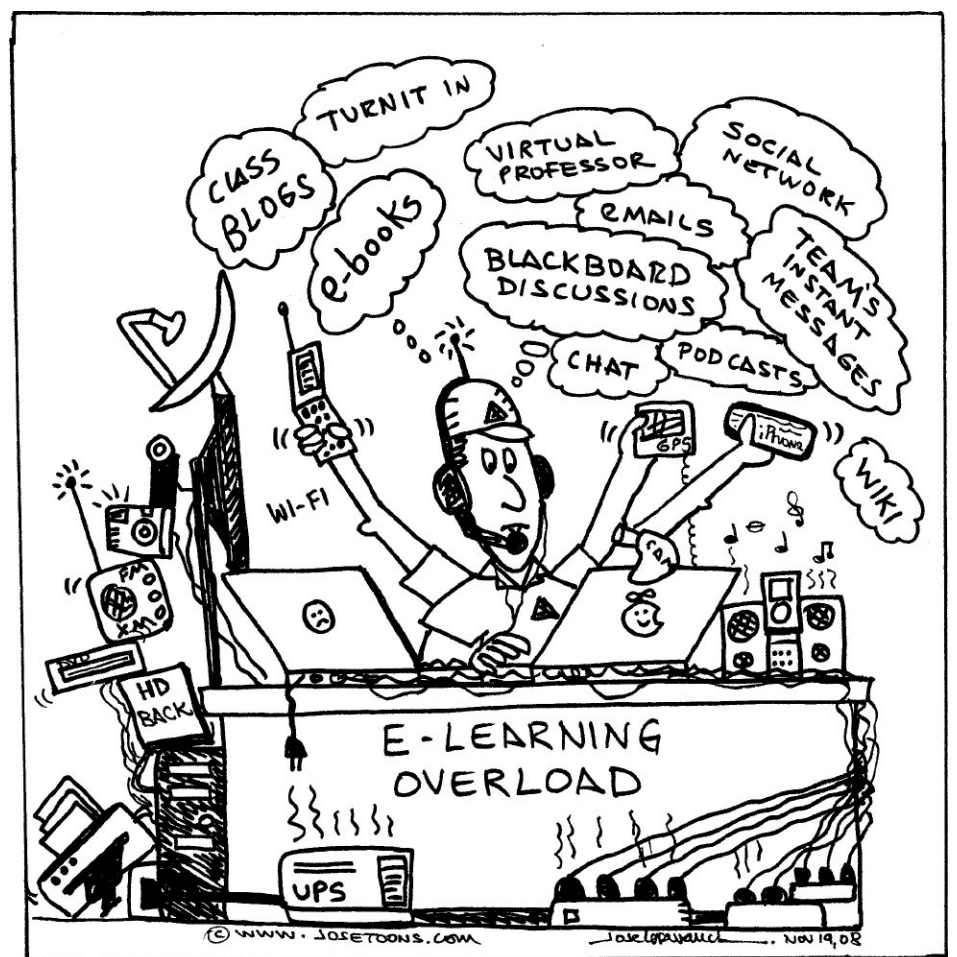
in the past 6 months? And how many friends do you have on Facebook? We have the option of being friends with an increasing number of people everyday, people we never have to emotionally invest or receive in. We can find user generated information on Wikipedia, start or join an interest group on Meetup, and find our soul mate through a quiz on a dating site. Has destiny and free will been enhanced by our wealth of networks; or is the "wealth" of networks kind of like the state of our economy?

Participating in the digital revolution has a rapidly growing number of options every single day. We are fortunate. So are you more productive and happy than you have been in the past? On youtube, Xerox pikes fun at this very issue.

When was the last time you lied on the grass, stared up at the sky and watched the clouds pass by? When's the last time you seized the day? Many people have their phones glued to them and rely on their computers to make (or not make) every decision (or movement) about their lives. Are we better off without the need for trial & error and deep thought or are we becoming boring, vicariously living through the computer screen? Are you smelling the roses or just googling them?

Hold on, I got a text...

I'm sorry, what were we talking about?



SGA's Leadership Seminars

By Joseph Randazzo

"Hitler is an example of a good leader." Those aren't my words but the words of guest speakers who come to our school and lecture the heads of every club on how to be an effective leader. Every semester SGA requires the president, vice president, and treasurer, of all clubs here on campus to sit in on these leadership seminars for eight hours. I've been to three, and every time Hitler was cited as an example of a great leader. All three times the people around me just sat in their seats, and all three times I felt like I was in a *Twilight Zone* episode.

I'm going to play history buff for the next paragraph or so and completely debunk the fact that Hitler was a good leader. (I can do this as I got a 97 on my regents.) Now according to these speakers, Hitler was a good leader because he led Germany out of a depression and put them back in the forefront as one of the main powers in Europe.

First off he didn't lead Germany out of debt. All Hitler did was ignore it. They finally paid off that debt in 2010. In terms of length, the Nazi reign was a little over a decade long. That's nothing compared to a list of other empires we've had. The Byzantine Empire lasted 1,123 years, the Holy Roman Empire was 844 years, and the Egyptians ran things for 500 years. Hitler was in power for just 12 years. That barely beats out Bruno Sammartino's combined first and second title reigns as champion of the professional wrestling world.

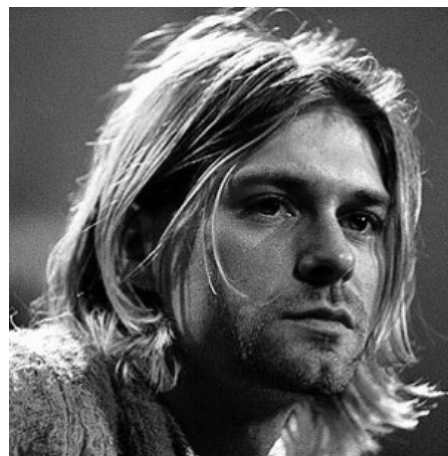
Here are some of Hitler's other

"accolades"; slaughtering Jews, Gypsies and anyone not Aryan, going against treaties, sending the world to war, and having his army march through the Soviet Union during winter. Since that's all cleared up, what constitutes a good leader to these speakers is a man who was a liar, a racist, didn't realize Russia was cold, wanted the world to look like Justin Bieber and Taylor Swift, and had a regime which barely lasted a decade. The only positive out of all of that would've been the Taylor Swift thing.

I have to question the leadership abilities of these speakers who cite one of the most disgusting people in our 10,000 year human history as a swell guy we can learn a thing or two from. I'm all for defending free speech. They should be able to say whatever they want to say -- even saying that Hitler was a good leader. If you have the right to say whatever you want then you also has the right to be called a baffoon.

The speaker this semester is a student at our school. He did the whole Hitler schpeel too, but that's not my only complaint. According to him, someone awkward who stares into space and looks like they have their head in the clouds is a sign of weak character and isn't the type of person you should hire. Some of the best bullsh*tters of our time had a confident voice. That Hitler guy was great on the mic. What he said wasn't so grand though.

I could be wrong but I'm just going to assume that the student speaker this semester deals more in middle management type leadership than in creativity.



I'm guessing this because he put a lot of emphasis on plastic macho crap like handshakes and eye contact. Middle management tends to concentrate on that type of stuff which doesn't really matter. Now just as I was the history buff earlier in the article, I'm now going to play the expert on creativity.

Michio Kaku is a theoretical physicist who developed "string theory" -the idea that everything in nature is held together by perfect symmetrical string- and he's an extremely awkward guy. He's legendary for staring out in to space or looking down and being in heavy thought while he walks.

I'm sure the guys at Apple who put together pieces of technology that almost everyone in America owns aren't examples of confident, social behavior. They don't need to be either. They're too busy doing something important like changing the world. Who cares if they don't know how to hold a conversation or bring a girl home from the club? All of that would get

in the way of doing real things like changing the world. I'd rather hire those guys and Michio Kaku than someone who can shake my hand tight. What does a handshake mean anyway? I don't want someone's germs all over me. Tell me what's so great about you. That's all that should matter in the hiring process.

Kurt Cobain of Nirvana is my favorite example of an awkward guy who's brilliant. He was an extremely shy person. In interviews he'd touch his face and look away from the interviewer whenever he tried to come up an answer. That's textbook "awkward guy."

Image was the last thing he was worried about. When MTV told him not to play "Rape Me," he started his set on national television by saying "Rape Me." On *Saturday Night Live* he dyed his hair with Kool-aid. He'd never get a job doing things like that. Kurt didn't care though. All he wanted to do was let his music speak for himself and it shows because all his records survived long after he passed away.

An example of a good leader isn't one who passes judgment on someone because of their outer appearance. To me that shows weak character way more than someone who isn't an expert on grabbing someone else's hand firmly. All that shows is you've completely based a whole person's life and achievements in one moment.

But hey, what do I know? I'm just some idiot with my head in the clouds all day.

Why You Should Cook on Campus

By Niomi Murphy

Cafeteria food. If those two words just sent shivers up your spine, keep reading. If they didn't, definitely keep reading. But first, re-evaluate your taste in food. As a New York City girl for most of my life, I have grown accustomed to many of the great restaurants, diners, and shops offered there. For people like me who are from the city (or even those of you who aren't) the selection of food available on campus is quite a change from what you may have had access to in your hometown. Maybe you're Italian, or Dominican, Jamaican, Indian, Albanian, or Puerto Rican. You miss the cultural dishes you grew up with. For guys I have this advice: cook for yourself! Many may think, "I can't cook." You are wrong. Anyone can cook! When I became a vegetarian three years ago, I had to learn to cook a lot of different dishes. My other alternative was to dine out all the time and that was way too expensive! I didn't think I knew how to cook (and apparently neither did most people I cooked for) so I

had to really step out of my comfort zone in order to learn to prepare meals for myself. It was so empowering, and I learned that I really can cook! If I can do it, so can you. Discover your hidden talent! Another common excuse people use to avoid cooking is the expense. Um, have you seen the cafeteria prices?! Before I became a full time resident at Old West I was a commuter, and I paid out of pocket for food at the coffee shop, Dunkin Donuts, and Nathan's. I will tell you from experience, it much less expensive to just cook! For those of you who are pressed for time, there are tons of meals that you can make in under 20 minutes, that's probably less time than you will spend waiting in line at the cafeteria! You can make a meal that will last you two days in under 30 minutes for \$10...or, you can waste your Den Points and then complain that they just "go too quickly" like everybody else on campus. One starter recipe I recommend is angel hair pasta with tomato and basil. It takes about 20 minutes to make and the ingredients are one shuttle bus ride away to the supermarket:

"Easy Peasy Pasta"

- 1 Package of Angel Hair pasta
- 1 Tomato
- 1 Sprig of basil
- 1 (small) container of olive oil
- Pinch of salt
- 1 Contained Shredded Parm
- 5 Cloves of garlic, chopped
- Pepper (optional)

- 1) Bring a medium sized pot of water to a boil. Add salt.
- 2) Chop tomato, garlic and basil. Place basil and tomato into a separate pile.
- 3) Pour the entire (about 5 oz) bottle of olive oil into a skillet. Once the oil begins to sizzle, add the chopped garlic and let cook for 5 minutes.
- 4) Add angel hair pasta to boiling water. Let cook for about 12 minutes and then strain.
- 5) Add tomato and basil to the pot of pasta, then mix with the olive oil and garlic mixture. Voila! You have a yummy, swift meal...and a couple of extra minutes to get to class with it!

FILM REVIEW

Identity Thief

By Joseph Mattos-Garcia

Let's see if *Identity Thief* will steal our laughter. Easygoing business man, Sandy Patterson (played by Jason Bateman) lives his life as an underappreciated financial consultant. After a supposed helpful phone call, his life is turned upside down along with his bank accounts. After stealing his identity, Diana (played by Melissa McCarthy) is found out by Sandy after he is constantly being accused for various crimes and unpaid bills. In order to get his life back to order and go on with his life along with his growing family, the whole trip becomes a wild adventure.

This movie was directed by Seth Gordon, who was the same man who directed another great movie which also starred Jason Bateman, *Horrible Bosses* (2011). He is a great director and has yet again directed a worthy comedy movie for everyone to enjoy (if you're old

enough to see an R-rated movie). Jason Bateman has done a great job in his role, the characters he plays have always hit their mark and beyond such as in *Horrible Bosses* and the hit comedy *The Change-Up* (directed by David Dobkin, 2011). As for Melissa McCarthy, she is quickly making a name for herself in a number of movies such as the recent release; *This is 40* (directed by Judd Apatow, 2012). With this line up of amazing actors and actresses, *Identity Thief* is definitely the movie to watch this weekend. *Identity Thief* earns 4 stars out of 5. With all the quips, excessive cursing and just plain funny jokes and stunts, who wouldn't want to have a good laugh? I know for sure I had one and I can't wait until you have yours. P.S. All of you T.I fans should go see this movie, just a heads up.



TV REVIEW

Scandal

By Karina Rodriguez

"D'jango Unchained" belle, Kerry Washington, stars as Olivia Pope in this seductive thriller about the slips and cover ups of Washington's most affluent elite. Pope heads a crisis management firm, Pope & Associates, with a team of lawyers, investigators, and a former C.I.A agent. Their jobs are to protect the public image of their clients, and to assure that their would-be scandals never see the light of day. Olivia's extremely loyal staff includes Harrison Wright (Columbus Short), a suave lawyer, Quinn Perkins (Katie Lowes), the newbie with a dark past, Huck (Guillermo Diaz), a former C.I.A agent turned hacker with a penchant for blood, and Abby Whelan (Darby Stanchfield), Pope's lead investigator.

Their client list includes a millionaire's son accused of rape, a secretly gay decorated war hero under investigation for murdering his girlfriend, and the grandest client of all- President Fitzgerald Grant III (Tony Goldwyn). He is known as "Fitz" by Olivia and he is her former boss who presents a conflict of interest for her and her practice.

"Scandal" flip-flops from present to past and back again to show how Pope joins the presidential race, and saves

Fitz's election. During the race, Olivia and a married Fitz begin – what could be described as the most scandalous plot of the show – a sexual tryst that lasts well into the White House where Olivia's guilt forces her resignation as the Communications Director. When Amanda Tanner (Liza Weil), a White House intern, threatens to speak to the press about her affair and alleged pregnancy with the president, Pope must once again do damage control to save his presidency. But where is his wife you ask? Why she's turning a blind eye to his entire infidelities – so long as she remains the First Lady.

One can certainly not deny the abundance of juicy drama meticulously raveled into each character. The most important being Fitz and Olivia's hidden romance – nostalgically akin to that of Bill Clinton and Monica Lewinsky – that if revealed, could prove catastrophic. As if this love triangle was not enough, the progression of each episode puts Fitz's POTUS in constant threat from every angle by lying, calculating manipulators. Boy is it tough to be the president of the free world – not to say that Fitz didn't bring this onto himself. But it really makes you wonder if Washington D.C. truly runs the way it's portrayed on the show. More than likely it's not but it surely sparks a revived interest in Politics. *Scandal* was created by Shonda Rhimes (*Grey's Anatomy*, *Private Practice*) and airs on ABC on Thursdays at 10 pm.

TV REVIEW

Deception

By Alhia Harris

How far would you go to reveal who killed your best friend?

Deception is a new show that airs on NBC. The show, which premiered on Monday, January 7, 2013, continues to appear every Monday on NBC at 10 p.m. The show is about the death of a wealthy woman named Vivian Bowers. Jonna Locasto who is played by Megan Good returns to New York when she finds out that her best friend has been killed. However, when she returns, she is now a cop working with the FBI as an undercover agent to see who might have killed her friend. The cause of Vivian's death was



drug overdose, but the FBI agent Will (played by Laz Alonso) believes without a doubt that the death was a homicide.

Joanna is an African-American woman whose mother once worked for the Bowers family as a maid. Jonna finds her way back to the house that she was raised in and becomes the assistant at the pharmaceutical company to the father

Edward Bower (played by Victor Garber). She gets close to the bother Julian (played by Wes Brown). Jonna has to find out which family member killed her best friend because to be honest it could be anyone. At the same time she is risking herself being exposed as an undercover cop.

Some critics think that the show

is a waste of time and that it reminds them of the show *Revenge*. According to *The Denver Post*, "Judging by the first two hours, *Deception* is not as seductive as *Revenge* and contains even more clunky acting and just as much melodramatic music."

So far I like this show. I like the fact that Megan Good is trying to do something different with her career because people are so used her being the sexy girl in the movie. I think the show has some suspense because in every episode Jonna gets closer to finding the killer of her best friend. Like any drama, the show has romance and some funny parts. People need to give the show a chance at least and be more open-minded. I would give the show three out of five stars. I cannot wait to find out who the killer is! Stay tuned!

Is the need to be the best indirectly killing baseball?

By Scott Clinco

On January 29th, a report surfaced from the *Miami New Times* that alleged that a couple major league baseball players had received performance enhancing drugs from doctor Anthony Bosch who works at a clinic in Miami that had been indicted for providing them.

Among those implicated were Yankees third baseman Alex Rodriguez. This isn't Rodriguez's first scandal with PED's. In 2009, after being implicated by *Sports Illustrated*, Rodriguez held a news conference at the Yankees spring training facility in Florida at which he admitted to using performance enhancing drugs from the years 2001-2003 while he was a member of the Texas Rangers.

Rodriguez wasn't the only player mentioned in the report. Nationals pitcher Gio Gonzalez headlined the list of people named in the report. Gonzalez finished third in the CY voting this year. Also named in the report was Texas Rangers outfielder Nelson Cruz. Additionally, former Yankee outfielder Melky Cabrera and catcher Yasmani Grandal were implicated in the report. Both of those players had positive tests for performance enhancing drugs at some point during the 2012 season giving the report a little bit of credibility.

If it feels like over the last five to seven years the topics of major league baseball and steroids and other performance enhancing drugs have gone hand at hand, it's because they have. When Jose Canseco first implicated guys such as Mark McGwire and himself, it opened a can of worms for baseball that has yet to be shut. Additionally, multiple congressional hearings have been held, and on top of that, two players, who without



Alex Rodriguez, Brian Cashman and Joe Girardi at the press conference in 2009 when Alex Rodriguez admitted to PED use from 2001-2003.

allegedly using performance enhancing drugs would've been enshrined in the Hall of Fame in Cooperstown, were put on trial for lying to the grand jury about their use of the substances.

Since that time though, major league baseball has been front and center in attempts to combat this issue. They have adopted the strictest test for performance enhancing drugs among the four major sports. On top of that, starting this season they will begin testing for HGH (Human Growth Hormone) for the first time. They are the first of the four major leagues to introduce a test for this substance.

Analysts seem to think that as long as using the drugs provides a potential payoff for the player; they will be tempted and sometimes use the substance probably thinking they can beat baseballs tests. Last year, major league baseball busted seven people for use of perfor-

mance enhancing drugs. Right now, the first penalty for players caught using a performance enhancing drug is a 50 game suspension. Some of those same analysts think a way to combat the issue would be to make the first punishment longer, possibly 100 games.

Steroids and other performance enhancing drugs are also beginning to impact that Baseball Hall of Fame in Cooperstown. Players from the steroid era in baseball who have been retired for a little while are now eligible for the Hall of Fame. This year's ballot, the most star studded in years was topped by Roger Clemens, Barry Bonds, and Mike Piazza. This year, was also the first time since 1996 that the BWAA didn't elect a single person to the Hall of Fame. The consensus seems to be that this happened for a multitude of reasons. The two biggest being that, a lot of writers who can vote

don't like to vote for guys on the first ballot, secondly the cloud of performance enhancing drugs among the candidates proved to be too much for any of them to get the votes.

Someone like former Mets catcher Mike Piazza unfortunately falls into this category. Piazza, who except for some rumblings has never been officially linked to any sort of performance enhancing drugs wasn't elected this year mostly because of guilt by association. It is widely believed that he will be elected within the next couple years however. Whereas, someone like Mark McGwire who has been on the ballot for a couple years now and has never gotten more than 20-25% of the vote will likely never get in. For those that aren't aware, 75% of the vote from the writers is what a player needs to get elected to the Hall of Fame.

The eligibility of players like Bonds and Clemens has drawn strong reactions from former players who are now Hall of Famers. In an interview in the beginning of January, former Yankee pitcher and Hall of Famer Goose Gossage had this to say to CBS sports, "If any of these guys [ped users] ever get in, I probably will never go back to the Hall of Fame." If Gossage feels like that, it's not a stretch to think some of his colleagues feel like that because they share the mindset of people who played in that era.

It will be nice when baseball fans can just worry about baseball again instead of having the constant suspicion of whether or not someone is using something. Baseball has done a pretty good job trying to combat the issue; they need to do a better job though because the fans deserve it.

FORMER PANTHER NAMED TO ROSTER OF MAJOR LEAGUE CLUB

The Chicago Cubs have selected the contract of former SUNY College at Old Westbury Panther Robert Whitenack and added him them to the 40-man roster as the organization prepares to open for spring training.

Whitenack returned

to the mound in 2012 after undergoing Tommy John ligament replacement surgery in the summer of 2011. The righthander began the 2011 season 7-0 with a 1.93 ERA (13 ER/60.2 IP) in 11 starts between Daytona and Tennessee, earning Southern League All-

Star honors, before being sidelined due to injury. Whitenack joined Daytona last May and went 1-6 with a 5.96 ERA (34 ER/51.1 IP) in 15 starts.

Originally selected by the Cubs in the eighth round of the 2009 Draft, Whitenack is 19-18 with a 4.13

ERA (142 ER/309.1 IP) in 69 appearances (65 starts) in four minor league seasons with the Cubs. He became the first baseball player drafted out of SUNY College at Old Westbury.

MEN'S BASKETBALL STELLAR SEASON



Photo by Old Westbury Sports Information / Hattie Rappaport

By Nate Derosena

The SUNY Old Westbury men's basketball team is having one of its best seasons in school history. With only two games remaining in the season, the team is at a conference best 21-3, being a perfect 8-0 at the Clark Athletic Center. The team is also a perfect 16-0 in conference play, and is currently on an 11-game win streak. It has two games remaining on the season. Its last

home game will be against Saint Joseph's College on February 12th, and then the team finishes the regular season against The Sage Colleges on February 16th.

While the team as a whole is flourishing this season, many individuals are having spectacular seasons as well. Guard Tyrik Tucker is the 23rd leading scorer in the nation, scoring 20.6 points per game. Guard Kerel Mitchell is the 36th leading scorer in the nation,

scoring 19.5 points per game. Coach Bernard Tomlin also earned his 300th career victory this season.

Scoring has been no issue for the team this season. The team is 5th in the nation in scoring offense, scoring 85.6 points per game. It has defeated most of its opponents by double digit margins. Its last victory saw the team defeating Maritime College by twenty points, 82-62. Kerel Mitchell & Darnell Chavis had a game high 19 points.

The team is having one of their best seasons in the history of the program. Their only losses this season have come to Cornell University (Division I), New York University, & Salisbury University. The team has not won the Skyline Conference title since the 2004 season, which was also the last time it made the NCAA tournament. The Skyline Conference tournament quarterfinals begin on Tuesday, February 19th.

BASKETBALL: SUCCESS EXPLAINED

By Rodney Lewis and Darwyn Lynch

When asked about the key components of his team's success, captain Kerel Mitchell explained how the Hurricane Sandy situation caused the team major setbacks and relocations for practices and games. In mid-October after the Hurricane, the Red Cross moved into the gym for shelter for those aiding victims of the storm.

This forced the basketball team

to practice at Hofstra University at nights, and canceled were all the home games during that time. Mitchell said, "Hurricane Sandy forced us to come together as a team and to really appreciate every single thing we have in life and to not take anything for granted. That's what motivated us to play our hearts out no matter what gym we were in." Mitchell believes that

the change in attitude had to start with him as the captain and a senior.

The motto that Kerel and the team lives by is "No struggle, no progress." Another leader on the team is a transfer, Tyrik Tucker. He is a junior who averages 23.4 points and 12.3 rebounds per game. These two dominant players have led the Panthers to an outstanding 18-3

record which makes them at the top of the standings in 1st place. As of the beginning of this semester, the home games have been packed and the stands are full of excitement. OW students are aware of the excitement as the team tries for the skyline conference championship and a bid to the national tournament.