

# THE CATALYST

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"IGNITING THE MIND"

FREE

## REMEMBERING HER NAME: WOMEN'S HISTORY MONTH



By Nzingha Z. Crusoe

The struggles of women are often swept under the rug because women are viewed as second-class citizens. Simply because of gender, women are seen as vulnerable, not capable of earning the same wages and jobs as men, and weak. These issues mark the struggles of the 21<sup>st</sup> century woman.

On March 3, 1913, 8,000 women marched in Washington, a day before the inauguration of President Woodrow Wilson, calling for the right to vote. The Woman Suffrage March was organized by the National American Woman Suffrage Association (NAWSA). Many organizations joined

NAWSA, including the founders of Delta Sigma Theta Sorority Incorporated, a sorority comprised of African American undergraduate students.

One hundred years later, in celebration of Women's History Month, the Pi Sigma Chapter of Delta Sigma Theta at SUNY Old Westbury honored its founders and celebrated women's rights by remembering the earlier march, walking on March 1st from Walt Whitman Hall to the Campus Center.

OW also boasts a new Women's Center, located in the Student Union. This student-run facility is committed to ending domestic violence and dating violence, sexual assault, and stalking through education and awareness. (Cont. on page 2.)

## NEW SUNY CONSTRUCTION FROZEN

By Nzingha Z. Crusoe

SUNY construction projects that have not yet begun will be frozen, OW President Calvin O. Butts III announced at a recent meeting of the faculty. At Old Westbury all construction projects that are already in progress will be finished, but other planned projects such as the demolition of the Academic Village will be put on hold.

The library which is one of the most visible construction projects on campus has enough funds to go through with phase one and two of construction but phase three will not be completed until funds are available. Stephen Kirkpatrick, the library director, told the *Catalyst* that the main floor of the library will be completed by the end of 2014 or possibly sooner. On the main floor, there will be power track math, the writing center, math learning center, and a new library-computing center. The reference librarians will still be located on the main floor but will be in new offices.

There is going to be a new elevator and staircase at the front of the building. Because of the funding freeze, the section of the third floor that faces the gymnasium will not be completed. But the part that will be completed will include a fifty seat flexible room that can be used as a classroom but may also be used as a conference room with all the bells and whistles for audio-visual use. There will also be a forty-seat lab for library instruction. Also, on the third floor there will be two quiet rooms.

"The concept is, instead of having the floor wide open the way it is now, it's going to be broken up," Kirkpatrick said. "We want it to be possible for people to work in groups and talk and not bother other people. So the library is being designed with a lot of closed space for dif-

ferent sized groups; we will not be getting all of the quiet rooms we hope for but we will get only two of them in this first part of the construction."

On the third floor, there was originally supposed to be a media lab intended to service the visual arts students outside of the classroom but as of now, how the space will be used is not certain. Currently, there are MAC's on the lower level to service those visual arts students.

On the lower level, the Curriculum Materials Center, CMC, will stay as it is. Downstairs, where the audio-visual department used to be, the section is being ripped out. The concrete floor has already been dug up and a new heavy duty one will be put in that can support compact shelving. Since people are starting to use electronic books more than regular books, "we are cleaning and sorting through the books we have to put them on compact shelves to free up the beautiful space for human beings to use and actually enjoy," Kirkpatrick added. "So were not getting rid of books, we will still have books, we are just putting them out of the way. In the end, we will have some new oak regular shelving downstairs; but that will also have to wait until the later money."

As for the construction that was supposed to be completed on the rest of campus, there will be new windows in the Campus Center. In addition, the Health Center will be moving from the old side to the I Wing of the Campus Center and the Health Center we will be adding gynecological services.

Among other projects the two bridges should have been completed already but construction on this project will go into 2014.

Finishing touches are now being put on the Clark Center and plans call for the statue of a huge panther to be placed at the entrance.

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## PreMedLife: A New Student Club

By Karyn Haynes

You do not have to be a Pre-Med, Science, or a Public Health major to be a member of the PreMedLife club. As a digital magazine, we write general articles concerning college life and issues that all students can relate to. Time management and stress are things that we all experience. We also write articles concerning

public health, science, and medicine.

We hope to serve as an additional source which relays events occurring within the campus community. We will also write suggestion tips on obtaining admission to graduate school. We are a campus edition of the national publication *PreMedLife* which boasts 35,000 unique readers of its bimonthly magazine.

Last semester, we had the honor of hosting a St. George's University School of

Medicine Admissions Information Session on campus. This semester, however, in addition to the promoting the PreMedLife and our motto "we're changing the conversation about health care through our writing," we also want to promote living the college life. We want to promote health and wellness through various awareness tables and stress management events.

PreMedLife has so many plans to promote great events on campus but we need

your help. We are in need of diverse new members from various disciplines to join our club. We are in need of writers, photographers, and artists. Help us promote PreMedLife as well as the college life. Meetings are biweekly on Mondays during common hour. Feel free to email us at [owpremedlife@gmail.com](mailto:owpremedlife@gmail.com) or "like" us on Facebook at [www.facebook.com/owpremedlife](http://www.facebook.com/owpremedlife) to hear about our awesome events planned for this semester.

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But most importantly the Women's Center focuses on women's empowerment. This spring it will host an event entitled "Take Back the Night" where women will rally together to show that they no longer have to be afraid, ashamed, and silent.

Although women have come a long way, they face a different challenge today. Women are the victims of domestic violence whether physical, verbal, or emotional, and women have become the target of rape, abuse, and sexual harassment in the work place. Unfortunately, the Women's Rights Movement of this century is one of silence. Out of fear women are protecting themselves by

saying nothing.

In the United States, Women's History Month traces its beginnings back to the first International Women's Day in 1911. Today, March 8th is considered International Women's Day.

Women's grievances have changed but have not been eliminated. The Women's Rights Movement fought to solve many of the injustices against women.

Granting women the right to vote was the biggest grievance women living in the 1800's and early 1900's. In May 1889, Susan B. Anthony and Elizabeth Cady Stanton formed the National Woman Suffrage Association.

(In 1893, Colorado became the first

## New Long Island Underground Railroad Sites Revealed in Prof's Latest Book

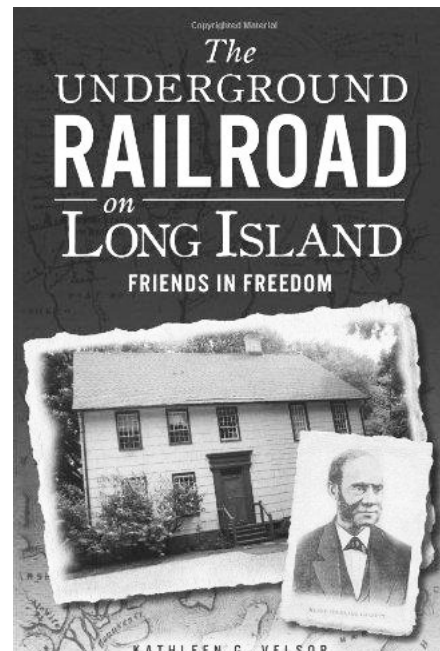
The historic people, places and events that marked the significant role of the Long Island region in the demise of slavery in the United States is the subject of *The Underground Railroad on Long Island: Friends in Freedom*, the latest work by Kathleen Velsor, an associate professor in the School of Education at Old Westbury.

Published by the History Press, *The Underground Railroad on Long Island* provides updated findings from Velsor's ongoing efforts to document the roles of Long Islanders, those famous and not, in this historic slavery-to-freedom movement. Additional findings reported in the book include history related to other structures that still stand today, including the Jackson Malcolm House in Jericho and an ice house of the Post family farm in Westbury.

The Jackson Malcolm House, currently owned by Nassau County and referred to as the Malcolm House, was used as a school for escaping slaves where the fugitives were taught to speak, dress and act like those who were free. Velsor found the role of the Post family ice house as a hiding place on the Underground Railroad through recorded cor-

respondence between members of the Post family members living at the time on Long Island and in Rochester.

The book also includes new photographs and maps of Wantagh, Old Westbury and Jericho that illustrate local houses that were part of the Underground Railroad that remain standing today.



state to adopt an amendment granting women the right to vote. Utah and Idaho followed suit in 1896 and other states before New York in 1917.) On August 26, 1920, the 19th Amendment to the Constitution, granting women the right to vote, was signed into law. Although women were granted the right the vote, this right did not include all women. Only white women were granted the right. In 1896, the National Association of Colored Women was formed, bringing together more than 100 black women's clubs and leaders in the black women's club movement to push for the right for black women to be able to vote.

But the struggle for the vote did not end with the ratification of the 19th amendment. Jim Crow's racial segregation was enforced by extreme violence which curtailed black women's suffrage. African-American women dealt not only with the sexism but also the racism of white suffragists. It must be understood, women of all ethnicities participated in the Women's Suffrage Movement, but the African American Women's Suffrage Movement was a completely different battle as Jim Crow was still preventing black men the right to vote. Many African Americans in the south were unable to vote until the Civil Rights Act of 1964.

Women have indeed come a long way since the struggles of the last two centuries. Women can vote, women can go to school and obtain as many degrees and titles as they wish, women can be CEO's and CFO's, women can be the breadwinner of their families, women can be doctors, lawyers, and even run for president of the United States. There have been many powerful women who have capitalized from the Women's Rights Movement and have excelled to heights unbelievable; one of these women being Hilary Rodham Clinton, the only woman to be a U.S. Senator, First Lady, and Secretary of State.

# A Journey Through My Roots

By Nzingha Z. Crusoe

As an African American woman, there are trillions of ways I can style my hair. I can perm it, I can weave it, dye it, braid it, twist it, shave it all off, or rock a version of a high top fade and still be fashionable, the list is endless. For many women like myself, this is a great thing, but there are also some very harsh critics that find the transitions of African American hair quite frightening.

Deep down inside, I want to claim my hair does not define me, but to society I know this is not true. Society feels as though they can tell exactly who you are by looking at your hairstyle. If you are an African American woman who chooses to wear her hair in an afro or in its natural state, one may label you as *afro-centric* even though this may not be the case. An African American woman who opts to wear her hair permed is considered more polished or modern. And the African American woman who chooses to wear her hair in extensions or weaves may be called fake.

My hair journey, similar to many African American women, is a unique one. I have worn my hair probably in every style imaginable. Through many years of many hairstyles I have learned a great deal about hair care, I have even learned how hair can affect one's self esteem.

My hair journey like all of ours, starts

“...I got fed up with having to rely on weaves and I shaved it all off.”

with my hair in its natural state. I can remember pictures when I was young with pig tails with colorful barretts but I mostly wore my hair in some sort of style with braids. When I was six years old, my mom took me to the Dominican shop across the street from my grandmother's house to get a perm. It's no surprise my hair began to fall out as six years old is way too young for anyone to chemically alter their hair.

Growing my hair back was not as

much of a challenge as trying to repair damaged hair can be. I wore my hair in cornrows with beads on the ends. I enjoyed this phase of my hair journey because I often got compared to the William's sisters and who wouldn't want to be compared to tennis royalty?

In fifth grade, at the age of ten, I permed my hair again, this time I opted for a no lye child relaxer. The results were much better this time as I knew how to better take care of my hair. I kept my hair permed for eight years after this; wearing a combination of braids, cornrows, weaves, wash and sets, I even opted to cut my hair similar to Rihanna during this time.

In 2009, right before my freshman year of college, I decided to dye my hair a certain shade of brownish orange. Unfortunately, this color change came two weeks before I was scheduled for my next touch up (or perm). My hair broke off once again. I couldn't possibly enter college with damaged hair, so I was forced to begin cutting off the processed ends and wearing full head weaves because in my eyes my own hair was not good enough to be seen in public.

At the beginning of 2010, I got fed up with having to rely on weaves and I shaved it all off. This was a drastic change, not just because I had hair my whole life and now I didn't, but I now had to accept me for me. I could no longer hide behind the persona of my different hairstyles, there was just me.

I enjoyed this feeling of just me. No one could judge me based on how I decided to wear my hair. Of course there were many questions from men in particular wanting to know why I would do



such a thing because in their eyes women were supposed to have hair. I also received many compliments. I not only got compliments for looking good with a caesar cut, but I got compliments on my confidence. Being bald has taught me my hair does not define me, that I was beautiful without the mask of a long flowing weave or chemically straightened hair.

After a year of wearing the caesar cut, I decided to grow my hair out naturally, no chemicals. Within two years I had a full head of healthy growing hair. As a “natural woman”, I am very proud. I am proud because I can wear my hair just the

way it grows out of my head and still look and feel beautiful.

Today, I am a “natural woman” who embraces all the ways I am privileged to wear my hair. I wear my hair in its natural state, I wear my hair in “poetic justice” braids, I will even wear weaves, but none of this defines me. All of the ways I choose to wear my hair is a form of self-expression that is simply a part of me. Each and every woman is way more complex than just the strands on her head; take a look into her roots and there you will find her story.



## Remembering The Notorious B.I.G.

By Omar Linton

"It was all a dream!" Christopher Wallace aka The Notorious B.I.G. exclaimed on his debut single "Juicy" in 1994. But for many Biggie fans, friends and family...it was all a nightmare in 1997.

March 9, 2013 marks the 16<sup>th</sup> death anniversary of the Notorious B.I.G., or Biggie Smalls as many called him. Smalls was gunned down at the age of 24 on March 9, 1997, hours after he had presented R&B songstress Toni Braxton an award at the 11<sup>th</sup> annual Soul Train Awards and just minutes after partying with label mates, friends and other stars at Vibe magazine's after party. Smalls was at the height of his short-lived career and was in Los Angeles promoting his

second album, 1997's "Life After Death..." which was due to be released 16 days after his demise on March 23<sup>rd</sup>.

Born in Brooklyn, Bedford-Stuyvesant was Biggie Smalls stomping grounds. It was where he honed his rhyming skills and also where he hustled and got into his early troubles with the law that would ultimately lead him to former A&R rep Sean Combs, who then started Bad Boys Records. At the time of Biggie's death, East Coast rappers and West Coast rappers were feuding heavily for the position of being the #1 powerhouse when it came to the rap genre of music. The most notable feud or "beef" was between East Coast's young witty wordsmith, Biggie Smalls and West Coast's rapper/actor, Tupac Shakur. Once best friends, the two artists arguably two of the greatest rap-

pers of all time seen the evil of the music game turn them to enemies. Shakur was gunned down at the age of 25 in a drive-by shooting in Las Vegas, Nevada just six months prior to Smalls' death. Smalls who was married to R&B label mate, Faith Evans with whom he had a son, Christopher "CJ." Wallace was also involved in a sexual affair with label mate and fellow Bed-Stuy alum, Lil' Kim. Controversy and legal troubles followed the talented Brooklyn MC but it didn't take away his charm and charisma that made him a fan favorite. Standing 6'3 and well over 300 lbs, there was nothing "small" about Biggie. His deep voice, his uncanny ability to tell a story and his delivery for a big man and of course his infamous "uhh" made any song with Smalls an instant classic. From "Juicy" to "Hypnotize" to

"Loving You Tonight" to "Sky's The Limit", Biggie was amazing at telling stories. Even though the Notorious B.I.G had only one album before his death and one posthumous album, he's still regarded as one of the Greatest of All Time where rap music is concerned. There will never be another Biggie Smalls, just like there would never be another Michael Jordan, Michael Jackson or Mike Tyson. Great talent can never be duplicated and Biggie obviously knew that he was great when he stated on the Victory track "Real sick, brawl nights, I perform like Mike/Anyone -- Tyson, Jordan, Jackson."

CONTINUE TO SLEEP IN PEACE, B.I.G. (MAY 21, 1972 – MARCH 9, 1997)

## Women's History Month: Student Spotlight Interview

By Alhia Harris

Silkisha Sneed a current student at Old Westbury. Twenty-four- years-old from the Bronx, she is a senior, and her major is psychology. People may know her on campus as Kisha. On campus she help empowers women by participating in Women United and at the Women's Center.

### What type of community service do you do in your spare time?

In my spare time, I intern at Planned Parenthood and at Campus C.A.R.E.S.S which stands for Campus Concerned with Awareness Relating Education and Sex to Students. When I am interning at Campus C.A.R.E.S.S., I mentor freshmen by helping them create programs on campus around sexual education. At Planned Parenthood, I fight for women's reproductive rights and justice.

### Why is it so important to have clubs such as Women United and facilities such as the Women's Center on campus?

It is important to have Women United on campus because it empowers women and bring forth a lot of social problems that deals with women on and off campus. The Women's Center provides a safe space as well a great resource that provides information, hotlines and condoms.

### What do you want to do when you graduate from OW? Why?

My long-term goal in life is to open a non-profit organization that is geared toward teenagers. I think that adolescents need a lot of motivating, guidance and help. I want to be the one that provides the support system they need as teenagers.

### Why is it important for women to get tested regularly?

It is important for women to get tested regularly because a lot of women are at a health risk (sexual/nonsexual) that they do not know they have. In addition, there are a lot of Sexually Transmitted Diseases that people do not know, so it is imperative that women get tested.

### Why is it important for young girls to have positive mentors/ role models?

Young girls face a lot of difficulties and challenges just because they are women. There are a lot of people trying to take away women's rights, so it is important for women to have mentors/role models that can help them through the challenges they may face.

### What is feminism? Do you think we need it?

Feminism has been a never ending movement to get all women the equality that they deserve. I think that we need feminism more than we have because women's rights are human rights.



Silkisha Sneed



## Cataclysm In The Air

By **Alissandra Tutino**

Three and a half years ago, I stood on the streets of San Francisco asking people to “step into my office” to talk about climate change. I got a lot of proverbial doors slammed in my face. Before the hurricanes, the droughts, the wild fires, the blizzards, and the mass melting of arctic ice, the general public was not interested in climate change.

I spent a semester outside college living in San Francisco and studying with Greenpeace. When people generally think of Greenpeace they imagine the show *Whale Wars* and crazy hippies. Greenpeace is actually the largest non-violent environmental activist group in the world. I spent the first few weeks at Greenpeace learning about every cause

they stood for. I took countless notes and we did tons of projects to show the importance of each issue.

We took two vans down the coast of California to Los Angeles to discuss climate change with students. Unfortunately, many seemed uninterested and didn't see how climate change or “global warming” affected them.

Two years later, tropical storm Irene hit New York, a historic storm that marked the first time Albany ever issued a tropical storm warning. An alarmingly dry winter followed.

Two and a half years later, parts of America and Australia (among others) saw massive wildfires spreading out of control. Three years later, the ice around the arctic reached an all time low; many scientists said it had basically disappeared. This past summer, the droughts

have affected crops for the coming year. Then came Hurricane Sandy and much of Long Island and New Jersey will never be the same.

In 2013, 90% of scientists believe that humans are affecting the climate and that temperatures are rising. Four out of five Americans believe humans are a cause of climate change and that it needs to be addressed quickly. These statistics are staggering when you realize that a mere three years ago the public was vastly uninformed or just thought tree huggers had made it up.

The Keystone XL pipeline and Fracking the Marcellus Shale are leading us into a scary future. According to Bill McKibben, a journalist and environmentalist who has written extensively on global warming, if the temperature of Earth raises 2 degrees Celsius there will be a

massive change in the climate. It has already risen 0.8 degrees and we have seen drastic changes.

The more informed everyone is on climate change and its direct correlation to the fossil fuel industry the better. Personally, I want my children to know what it's like to be able to breathe outside without gas masks.

Anthropologist Margaret Mead best described the most important concept I learned from Greenpeace: “Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”

I am committed to making the Earth a safe and clean place. Fossil fuel companies may have the money but they cannot buy our voices.

## Goodbye Ms. Caddoo

By **Lusely Martinez**

*At press time, it was learned that Cara Caddoo has accepted a teaching position in the Midwest and will not be returning to Old Westbury in the fall.*

*The Editors*

She was sitting in the middle of Indie Food and Wine, wearing a slouchy grey sweatshirt drinking coffee from a large round coffee mug. She wasn't wearing one of her usual sharp and professional outfits paired with a practical heel. Somehow she looked entirely in her element, looking over paperwork, completely comfortable at this café in Lincoln Center. In that moment she looked exactly like you might imagine a young professor would on her day off. In this moment, it was easy to understand why Cara Caddoo is one of the most well-liked professors within the American Studies Department. Her relaxed demeanor makes her readily approachable and her lively honesty makes her easy to talk to.

If you've taken a single class with Caddoo, you do know that she is always available for questions regarding her field of study, but it might surprise you to know she used to hate history. Sometimes to students it seems irrelevant, like a whole bunch of boring facts being thrown your way. However, after realizing that all major social issues and inequality had roots in the past, Cara Caddoo became interested. In fact she has a B.A. in East Asian Studies, an M.A. in African American Studies, an M.F.A. in digital media, and a Ph.D. in American History. “I love being in school. I love learning and teaching,” she humbly admits. She plans to continue her education too. What's next on her list? Learning Spanish “But who, knows?”

At the age of 34, she vacillates “between feeling like kid and middle aged.” But of course, she agrees that “ideas of age are very genderized.” However, it's hard to ever think of Cara Caddoo as middle-aged, with her youthful enthusiasm in the classroom and out, it's easy to confuse her for a student. In fact, this actually happened in 2010 when she joined her pupils on a trip to a Yale conference, when one of the historians asked the group where the professor was.

Although a total history buff, Caddoo is no stranger to travel. She shared with me that straight out of high school she backpacked through Europe with one of her closest friends and caught the traveling bug. Since then she's been to Thailand, China, India, Japan, the Philippines and most of Europe. This year her fingers are crossed for Turkey. Adopted as a toddler, by a banker and nurse in Minnesota, she has also returned to her native Korea to meet her biological father and sisters whom she stays in regular contact with. Her favorite part of travelling? Immersing into the culture; so she aims to stay with friends or family wherever she goes. She shared the “amazing experiences” she had during a trip in her twenties where she worked at a friend's father's hotel. Although it was hard work, she called it an incredible experience that was very rewarding.

Currently at SUNY College at Old Westbury she teaches various American Studies and/or Media courses. “I feel lucky” she said, “that I get to teach something I care about.” She also is the faculty advisor for the American Studies club. However, that didn't stop her from also putting together the second annual Harlem Swing, her own undertaking during Black History Month on campus. Previously she taught at Hunter College



**Caddoo (top right) and the author (bottom left) with American Studies students at the 2010 Yale Conference.**

and the College at Staten Island, but by far, she agrees that Old Westbury is the best. “The students here are terrific and the faculty has such amazing instructors. That is the exceptional thing about Old Westbury: the teachers also love what they do.” It must be true, since she regularly takes time out of her schedule to meet with students and help them in their academic pursuits. She also creates catchy raps to make learning history fun and actively makes the classroom environment exciting.

After four years as an adjunct before landing a full-time position at the College at Old Westbury, Caddoo remains passionate about her job. “I believe in what I do” she said, “I believe in my students.” It is this particular mindset that inspires her students to also give their best. This is exactly what brought her here to this café in the Elinor Bunin Munroe film center on this particular Wednesday afternoon.

Professor Caddoo agreed to meet with me over lunch to discuss graduate school. And now that my basil pesto chicken sandwich is finished, and her utensils lie dormant on her plate, I have a newfound appreciation for my former instructor.

I feel more inspired than ever to pursue my Ph.D. in Communications. I also have the urge to hop on a plane to Europe. But most of all, I don't want to graduate yet; I want to enroll for another course with her. However, if there's anything I learned after lunch, it's that staying in one place won't help me move forward. I'll just take Caddoo's advice to “embrace your inner geek” and I'll keep on learning. Maybe someday I'll have accumulated a bunch of degrees and I'll be teaching college classes, loving what I do. If and when I do, I'll e-mail Professor Caddoo and thank her for encouraging me to do so.



## A Girl Named Molly

By Joseph Randazzo

There's a girl out there named Molly who'll show you unconditional love and asks for nothing in return. Not a call the next day or a text goodnight. She's a modern muse. Paul McCartney had Linda, Eric Clapton had George Harrison's wife, and now every rapper, whose name rhymes with boss or starts with a Wiz, Lil, Big, or Young, has spoken of their love affair with Molly. Her love has no boundaries. She'll love men. She'll love women too. Still, for as great as Molly is, she's misunderstood.

It's America. A land where legal substances turn you in to the walking dead and the banned ones make you love in a way the sober mind has no other way of reaching. MDMA -- or Molly as she's referred to as in most songs on Funk Master Flex's playlist -- is one of these banned substances. It's sometimes confused with Ecstasy but there is a difference. Ecstasy comes in a pill form and has MDMA in it but there's other stuff mixed inside it like cocaine, heroin, and whatever else the chemist felt like throwing in that day. MDMA alone though comes in a powdery form and once ingested, you'll start feeling a level of happiness you never thought possible.

Iain McGregor, a professor at the University of Sydney in Australia, and his colleagues did a study on the effects of MDMA on lab rats. After being administered MDMA, the rats bodies produced Oxytocin at an accelerated rate. It's hard to speak for rats when but humans have a more effective way of communicating. (At least some of us do.) The reason for the uncontrollable happiness is because of the Oxytocin. Oxytocin is the chemical

inside us responsible for falling in love and the bond a mother has for their child.

When you're around a person you care for on Molly, you appreciate them completely. All ego is dissolved and you don't care if you sound like an idiot or come off as weak. If the person you're with is talking to you affectionately, their voice sounds different than when they're saying something normal. You hear affectionate words in a gentle tone but you can actually feel it hitting you in these powerful vibrations.

When someone you don't know rubs up against you on Molly, it feels good. When you care for the person on the other hand, you never want them to let go. You kind of just want them latched on to you forever. This is the feeling Nicholas Sparks tried to capture in the Notebook, or whatever other movie based off his books where the girl unrealistically turns down Channing Tatum like he's some friend zoned bum who's followed her around since High School.

When something on the streets is giving powerful reactions like this, science is never too far behind. Dr. Michael Mithoefer did a study on MDMA treating Post Traumatic Stress disorder. The good doctor cordially introduced 19 patients suffering from PTSD to Molly. Mithoefer would sit the patients down for eight hours and have them talk about those traumatic moments in their life. It seemed Molly's affection allowed them to finally speak freely about horrific incidents in their lives which originally triggered the stress. Of those 19 people, 14 said it improved their lives more than three years later.

CNN ran a story on Mithoefer's treatment and centered it on one of his

patients. A woman named Rachel Hope. Hope says anything from a familiar smell or something that reminded her of the trauma would give her intense visuals of being raped as a child. She tried every form of treatment and the only one that worked for her was taking MDMA with Mithoefer. Finally being able to speak about her trauma and attacking the problem head on made great strides on improving her life. She was able to finally function in society and even raise a child. Something she would never have been able to do before Mithoefer's MDMA treatment. While it was only a small study, this can open the door for this kind of treatment on a larger scale.

Whenever there's a radical new treatment, the anti-drug skeptics are always going to be there to point out the negatives. If you ingest too much MDMA it can lead to your body overheating, which causes hyperthermia. (A little water will fix that right up.) While this is true, you shouldn't take too much of anything. Too many cheeseburgers will make you fat and a lot of legal prescription pain killers will kill more than the pain.

If one wanted to go down the legal route when treating their panic disorder there's always Xanax. All you have to worry about is an increase in impulsive behavior, change in libido, depression, thoughts of suicide, drowsiness, losing the ability to create new memories, and withdrawals. Molly makes you fall in love though and that's considered the radical treatment.

Julie Holland, an associate professor at NYU's School of Medicine, is an advocate of MDMA. In front of the United States sentencing commission in 2001, she plead her case on MDMA being safe by the amount of patients brought in to

New York's Bellevue Hospital. "If Bellevue isn't seeing MDMA casualties, it's because they aren't out there." Her studies showed that from 1993 to 1999, only 139 cases in Bellevue Hospital were because of Ecstasy, the MDMA alternative with cocaine, heroin, and whatever else is mixed inside it. 73% were mild cases with little toxicity, 22% were because of an increased heart rate, and 12% were due to vomiting.

A recent study on MDMA casualties was done by the British Columbia Coroners Services. According to their data only four casualties were because of MDMA. They investigate more deaths in an hour than the amount of MDMA cases which came in. It also didn't say how they died. It could have easily been the rare case where the person didn't drink enough water.

The word "drug" is looked at ignorantly in our society. There are a lot of people who consider marijuana, crack, and MDMA to be a part of the same family and it's so far from true. That would be like aliens doing a study on mammal behavior but only using dogs. Their studies would be inconclusive if they just assumed dogs and humans acted alike because they were mammals. The same goes with drugs.

Each "drug" should be viewed and studied separately. Crack turns you in to a zombie while marijuana and MDMA have proven therapeutic uses. It's funny how America went along with Richard Nixon's war on drugs yet don't believe in anything else he said. Being for the "war on drugs" is a way of justifying your laziness. All it takes is a little research on Google to find the truth.

## Life, Liberty and the Pursuit of A JOB

By Sukhmani Jesuja

Unemployment is down but for millions, finding a job is still nearly impossible.

The famous phrase in the United States Declaration of Independence refers to the pursuit of happiness but how can you pursue happiness when you're in debt from your student loans and can't find a job after four struggling years of college?

"Realistically I am worried. I am worried to graduate and find myself still working as a waitress," expressed Estefania Rojas, a junior at SUNY College at Old Westbury.

The vice president of the SUNY Old Westbury Politics, Economic and Law (PEL) Club, Rojas shares her concerns that "I don't want just a job, I want a good job. A Bachelor's degree in [Politics, Economics, Law] is too vague and it is least likely for me to get a job." Rojas has

decided to pursue her dream as a lawyer by going to grad school like many other students and believes "if I excel through law school I will get job."

A study from the Bureau of Labor Statistics shows from the years 2008 to 2018 it is estimated 18% of more jobs will require a master's degree. The SUNY Old Westbury Student Affairs department includes career development services for students interested in graduate schools, internships or seeking a job. The coordinator of the Career Services, Marleene Bhan encourages students to visit the center from day one upon beginning college at Old Westbury.

The career center located in the Student Union Building, room 303 also posts jobs and has a campus email, a weekly digest described by Bhan, informing students of upcoming jobs, and career fairs as well as events. "We are not a job agency," she says, "we prepare our students to be marketable." The career services prepare by critiquing cover letters,

resumes and specific websites for each major.

"We want freshmen, transfers and all students to start building their marketability for senior year through campus involvement, community service, student clubs and internships because that is what builds a resume," Bhan advises.

Chad Kirschbaum, the Sports Director of Old Westbury Web Radio (OWWR) says, "It is not difficult getting a resume in, it's getting a positive response that is." Kirschbaum, a senior, says he's never interned off campus but that has given him the opportunity to experience in production and on the microphone at the school radio station whereas that wouldn't be possible to do so in the real world. For a foot in the door he has applied for an internship at WBAB, a radio station based in Long Island.

According to the recent Graduating Student Survey administered to 2011-12 graduates, Director of Institutional Research and Assessment at SUNY Old

Westbury Sandy Kaufmann says, "21% have a job related to their major; 17% have a job not related to their major and 8% have the same job they had while attending Old Westbury and related to their major."

While some students plan to intern after graduation, many are already ahead of the game in securing a job for the future. David White, an editor, director and reporter for the Old Westbury Television (OWTV) is continuing a second internship in his junior year. At PBS he assists in general production and says it's "a hands-on experience that I can add to my resume and it opens a lot of doors for big companies who look for practical knowledge." White is pursuing media production and wishes to work in television one day. "I've learned a whole lot of skills that you don't learn in college," he says optimistically. "I'm not worried about finding a job once I'm out of here."



## We're Ready for the Check

By Traci Newman

It's a beautiful and warm spring evening at Yankee Stadium. We are sitting at the bar enjoying the last of our drinks at NYY Steak. It's the steak house located inside Yankee Stadium, the service is great and the food is fantastic. We had delicious skirt steaks, filets and this really amazing lobster mac n' cheese! I absolutely recommend going there if you are going to a Yankee game, with the understanding that this restaurant is really expensive. The steaks are in the \$40 and up range and the drinks cost around \$10-\$15 each.

I had never been to NYY Steak before, but a guy that I had just started seeing invited me to go. My friends and I refer to him as, "Purple Shirt," because he insisted on wearing purple around me because he knew it was my favorite color. I'm not kidding. He actually said, "Did you notice? I'm wearing purple, because you like purple." I should have ended it there, but he was really nice, sweet and good looking, so I decided to give him another try. Purple Shirt and I both work for the same restaurant group. Essentially we have the same job. We are both servers, and make around the same money, give or take a few dollars.

He called me and said he had gotten tickets to a Yankee game and that we could go to dinner before. I agreed to go and he said, "Great. We will go to this really nice steak house inside Yankee stadium. I've been there before and the food is awesome."

Purple Shirt and I arrived at NYY Steak and I was really taken aback by how great the place was. It's decorated with Yankee Memorabilia, in a classy way, not in an "Applebees" kind of way. We sat at the bar and Purple Shirt said to order whatever I wanted. The prices were insane, but he insisted. I ordered the skirt steak, because I love it and it was a cheaper option. Purple Shirt ordered the more expensive filet. We got a few appetizers as well, and then he ordered shots of café patron.

We asked for the check and the bartender placed it in front of us. Purple Shirt grabbed it and I asked him how much it was. He said, "It's \$286.00." I almost spit my drink out. I couldn't believe that for 2 people it was that much money. As always I took my wallet out, and I was expecting him to tell me to stop and put my money back, but he didn't. He invited me to the game and dinner so in my head I expected him to pay for that and I would offer to pay for the beer and parking. But instead I handed him all the cash I had on me, and he took it. I was so shocked I couldn't speak. I excused myself to the bathroom because I knew there was no way I could hide the anger on my face.

Maybe it was the tequila in my system that added to my emotions, but I was heated. I had never been so mad at a date before, and now I had to go sit through the entire Yankee game with him. We went to our seats and then he said, "I will go grab us beer."

I said, "That would be great. Thanks." But really I was thinking, "I just dropped \$150 on dinner and have zero cash left so of course you're going to buy the beer." Fifteen

minutes into the game, I excused myself again to the bathroom. I couldn't get over the fact that he invited me to dinner and then made me pay for it. I went to the bathroom and called my best friend to ask her for advice, and if I was being too difficult and should calm down. Her response was, "Well...you're clearly pissed enough to hide out in a public bathroom and call me during your date. It's always great when a guy takes you to a nice expensive restaurant, but it's tacky when he takes you there and makes you pay for it."

I never told Purple Shirt that I was so upset about the fact that he made me pay because I thought it was rude to tell him and I thought I would come off as a bitch.

I feel torn on the subject about who pays for dates. Personally, I feel that women should be equal to men and that we can do anything they can do. As a young woman who will be graduating with my college degree soon, I think it's sickening that women still make less than men, even when they hold the same job positions. According to Catalyst.org, women ages 25-34 only make 90.8% of what men do. It's 2013, why is this still happening?

On the other hand, I still have old fashioned views when it comes to dating. I still want the guy to call and ask me out and yes, pay for the date as well. I've been in relationships where we would take turns paying for things and that's completely fine. There have been times where I surprised my boyfriends with tickets to a show or concert and would never expect him to pay for any of it because I invited him out. Personally, I think that when a guy asks me out and it's one of our first dates, he should pay for it.

My Purple Shirt situation was a little difficult for me. I kept going back and forth trying to rationalize my feelings but I could see his point too. We are both servers and make around the same money and have a lot of expenses. Knowing how much money we make, is it really fair for me to expect him to pay all the time? But then I thought about it more, he had been to NYY Steak before and knew the prices. He had to have known it was going to be an expensive meal. I feel that if he had planned to split the check with me, I should have had a say in where we ate. If I knew I was paying for my dinner, I would have never gone to that restaurant. As good as it was, I would have suggested a pub outside of Yankee stadium and settled for bar food.

My point is, if you invite a girl out on a date she will probably offer to pay (if she doesn't offer, you should never ask her out again) but she doesn't think you're actually going to let her. If you want to go Dutch on the bill, that's your right but you should probably pick an affordable restaurant in that case and you shouldn't expect a second date with her.

I went out with Purple Shirt a few times after that because I just couldn't tell if I was wrong to think that way about who pays. But I can't help it. As equal as I want to be to men, when it comes to dating, I still want to feel like the man can take care of me. Currently Purple Shirt and I are no longer on speaking terms.

## The Real Rick Ross Isn't A Rapper

By Joe Randazzo

Freeway Ricky Ross' life is way more interesting than Scarface. From the mid-80's until his arrest in 1996, he moved his product from Oakland to the East Coast. If you did a Google search of Rick Ross though, you won't get the story of a reformed drug dealer who unknowingly was a part of government corruption. Instead you'll find an ignorant overweight rapper who stole everything about him right down to the way he grows his beard.

The real Ricky Ross had hopes of being a professional tennis player. When his dream of leaving the neighborhood didn't pan out, Freeway Ricky turned to the streets. Part time jobs didn't pay enough and getting in to college wasn't an option because he couldn't read. Instead he turned to something more lucrative: the crack game. He went from a small time street dealer to the real life Wilson Fisk. At his height, the Kingpin of crack, Freeway Ricky Ross made three million dollars a day.

It all came to an end in 1996 when he was caught in a DEA sting operation. Ross and his connect, Danilo Bandon, were caught attempting to buy 100 kg of cocaine. With a lifetime of prison ahead of him, Freeway Rick taught himself how to read. This turned out to be his get-out-of-jail-free card. Investigative journalist Gary Webb wrote a series of articles in the *San Jose Sun* which linked the CIA to the crack epidemic in the United States. He compiled these articles in the book *Dark Alliance*. After reading *Dark Alliance*, Ross found out that his drug connect, Danilo Bandon, was an operative for the CIA.

Freeway Ricky Ross was arrested for selling drugs by the same organization that brought them in to the country.

This scandal was known as the "Iran-Contra affair." It was during a time when our humble country wanted to liberate the world of communism. In 1986 it came out that our government sold arms to Iran in return for seven hostages. The money made from the weapons sold went to anti-communist rebels in Nicaragua called the Contras. Gary Webb's book, whose claims were backed by documents released by the Freedom of Information Act, showed the CIA knowingly allowed Contras to bring cocaine in to the country to fund their war against the communist Sandinista government.

Congresswoman Maxine Waters, wrote the forward to Webb's *Dark Alliance*. "The time I spent investigating the allegations of *Dark Alliance* series led me to the undeniable conclusion that the CIA, DEA, DIA, and FBI, knew about drug trafficking in South Central Los Angeles," Waters says. "They were either part of the trafficking or turned a blind eye to it, in an effort to fund the Contra war." In the foreword, Waters spoke about questioning Contra leaders, Adolfo Calero and Eden Pastora, in a senate investigative hearing. Under oath Calero admitted he had a relationship with the CIA.

Freeway Rick brought the evidence from Gary Webb's book to an appeals court and was released from prison in 2009. The world he was released in to in the 2000's was different than the one he left in 1996. In this world there are iPods, iPads, WiFi, flesh lights, and even a guy pretending to be he.

The rapper Rick Ross aka William Roberts would like you to believe he was a big time drug dealer at one point. He's done a good job of

tricking people in to thinking that too. Hip-Hop artists are known for sampling but Roberts takes it to another level. In 2010 Freeway Ricky sued the rapper for likeness. During the hearings, the fake Rick Ross denied that he took the name "Rick Ross" from the reformed drug dealer.

TheSmokingGun.com reported the Roberts' cartoon testimony. According to Roberts, he said he received the nickname "Rick Ross" from his high school teammates. He thought they were saying "Rick Ross" but what they were really saying was "big boss." He coincidentally started calling himself "Rick Ross" around the same time Freeway Rick was all over the news for his drug arrest.

Just like his beard, Rick Ross' hit song "Every day I Hustle," is a Freeway Ricky Ross original too. He said it in a 1996 interview and the quote was featured in CSPAN, Time Magazine, "Dark Alliance," congressional hearings, newspapers, and every media outlet that covered his arrest.

50 Cent is one of Freeway Ricky's supporters against the fake Rick Ross. 50 did an investigation of his own for his website ThisIs50.com. It turns out William Roberts was a correctional officer before he was a gangster rapper. 50 put all of Roberts' school transcripts, his acceptance letter in to the Miami corrections program, and even pictures of Roberts' CO graduation on his site. William Roberts lied about his identity and even lied about being a gangster rapper. Being a corrections officer makes you quite the opposite of a gangster. In response to 50's postings, Roberts' called him "gay." The man with another man's tattoo on his knuckles is ironically putting someone else's sexuality in to question.

I have such little trust in our government it wouldn't surprise me if the rapper Rick Ross was actually a plant in a political conspiracy which does two things. The first would be to water down rap. The world of hip-hop is one that follows trends. When rappers start talking about popping molly's, everyone pops molly's. Rick Ross' lyrics are so ignorant; naturally his popularity would inspire aspiring rappers to be just as ignorant.

Rap used to have a message that rebelled against the establishment. When someone as ignorant as William Roberts becomes as popular as he is, then naturally his emulated ignorance waters down its rebellious nature. Why call out the LAPD when you can just sit in the club with a bottle full of bub?

Another reason I wouldn't be surprised if Rick Ross is just some government plant is because his existence dilutes the world's number one search engine, Google. The real Ricky Ross knows some important information which makes our government look terrible. If you can't hide information because of the internet, then the next best thing is to confuse people by using a man who speaks the language of ignorance and has a stomach that's only rivaled by the earth's circumference.

I imagine a room filled with CEOs who really run this country came up with this conspiracy and thought it would be funny to ruin rap by using someone who used to be a part of the law. If this is the case then Drake, Lil Wayne, Two Chains, and Nicki Minaj, must be top CIA officials in something called operation YOLO. Of course this is probably crazy talk. Why would the government go to great lengths to cover its tracks?



## Droning On and On

By Joseph Randazzo

After watching the Presidential debates, I don't see much of a difference between politics and professional wrestling. The typical wrestler will yell out the name of the town he's in for a cheap pop to win the crowd over. That's what happened in the debates. Obama and Romney would make a few points and then yell "...because it's for America!"

Replace the wrestler with a politician, the referee with a moderator, the championship belt with the title of Presidency, and you have yourself a good ol' fashioned American debate. At least you know they're playing characters in wrestling though.

You know who the bad guy is when billionaire WWE owner Vince McMahon tells Trish Stratus, a female wrestler, to strip down in the middle of the ring while he yells "GET ON YOUR HANDS AND KNEES AND BARK LIKE A DOG"! It's hard to tell if a politician is the bad guy because they all make themselves come off as the Rock.

I know it's sacrilegious at SUNY Old Westbury to question the Obama administration but they're a collective group of people who haven't exactly lived up to the People's Champion status we were promised. In human history, the words "truth" and "government" aren't exactly words that fit well together and it's sad that our President isn't the exception.

Weeks after our President was reelected, a Justice Department memo leaked to NBC showed this administration's plan to kill American citizens abroad without due process by use of unmanned aircrafts called drones. These drones have been used to hunt down

"terrorists" put on kill lists by our government. One of the biggest advocates for the drone program is the new CIA director endorsed by President Obama, John Brennan. Brennan was an early supporter of the drone program during the Bush administration. He calls them a "last resort."

Here are some statistics on these "last resort" weapons from the Bureau of Investigative Journalism. There were 52 reported drone strikes under the Bush Administration. President Obama has him beat with 312. Since 2004, drones have killed more than 3000 people. The number of civilians killed in these drone strikes is between 473 and 893. The country obsessed with "protecting the children" has killed 176 overseas by means of Drone. When they say "protect the children" they must mean just ours. Children on the other side of the world have no business being protected by them.

A 2011 article from Bloomberg News reported that the CIA said civilians killed in drone strikes has fallen drastically. Can we even trust their word though? In Michael Isikoff's February 4th article for nbcnews.com which leaked that Justice Department memo, he writes, "It was provided (the Justice Dept memo) to members of the Senate Intelligence and Judiciary committees in June by administration officials on the condition that it be kept confidential and not discussed publicly."

Former White House Press Secretary Robert Gibbs said on MSNBC's show "Up," "When I went through the process of becoming Press Secretary one of the first things they told me was "You're not even to acknowledge the drone program." This drone program is something

they've been trying to keep secret for some time now. President Obama promised more transparency yet his administration has done the opposite.

Drones may not affect us now but they will in the future. The 112th congress passed the "FAA Modernization and Reform act of 2012." This bill will allow more than 30,000 drones in American skies by 2020. They have already been slowly introduced. A New York Times article in July reported 18 police departments, universities, and government agencies have been cleared to use drones.

This dilemma of how we should deal with the "bad guys" is the question Anthony Burgess and Stanley Kubrick asked in *A Clockwork Orange*. Alex was a 15 year criminal who was a fan of rape and murder. His young brain wasn't hardwired to play Pokemon. Vicious crimes were how he had his fun.

After Alex was arrested, the state tested a radical new treatment on him which warped his cognitive functions. He'd become sick whenever he felt the urge to do something sexual or violent. There was no court order to decide whether Alex should receive this treatment. They did it anyway. When Burgess first wrote *Clockwork Orange*, he posed the same argument we're having today. Alex was a criminal but when is it okay to take to do something drastic that goes against the judiciary system?

Anwar al-Aulaqi was one of the men on the drone "kill list." Al-Aulaqi was a radical Muslim tied to the underwear bomber in Detroit and the Fort Hood Shooter because he wrote blogs in favor of what they did. The United States considered Al-Aulaqi a high ranking terrorist. GQ magazine went as far as calling Al-

Aulaqi the next Osama Bin Laden.

If Bin Laden was Tupac and Biggie, then the "terrorist" with a Pokemon sounding name was the Drake of the terror game. Al-Aulaqi looked like a terrorist, talked like one, hung out with them, but real terrorists laughed at him. Bin Laden dismissed Al-Aulaqi because he had no battlefield experience. To Bin Laden, Al-Aulaqi was just a blogger who was all talk.

When it came out that Al-Aulaqi was on the kill list, his father filed suit against the United States. He wanted a trial for his son but eventually the suit was dismissed by the judge. Al-Aulaqi was later killed by a drone strike on September 30, 2011, for being a suspected terrorist. Just like Alex in *Clockwork Orange*, Al-Aulaqi was by no means a treat. He was a citizen though who was killed for being labeled a terrorist even though he didn't commit any violent crimes himself.

Let's say there was clear evidence that Al-Aulaqi planned terrorist attacks. Was it okay to kill him? Even Charles Manson wasn't put to death and just like Al-Aulaqi, he didn't kill anybody. He just planned the attacks.

I don't think the future will be completely dystopian like Burgess' world in *Clockwork Orange*. It has potential to be that though if we don't speak up. Is there any way to clearly define what a terrorist is? All the government does is label a person a terrorist and then throw some missiles at him. When the internet controlling bill SOPA came out, there was a public outcry and it fell through. The second that goofy drone stuff starts happening in the United States, I hope there's just as much of a public outcry like there was for SOPA.

## New York Knicks Grade Report

By Omar Linton

Now the best players of the National Basketball Association are on a race to secure and lock in their team's seeding for a playoff berth.

The New York Knicks haven't had the same luck and look they had in the beginning of the season. The excitement is gone. The defensive efforts and stops are gone. The raining three pointers are gone.

Mike Woodson's Knicks, who capped off the season with an impressive starting record including having a 2-1 record against LeBron James and the Miami Heat, have one game left between the two rivalries this season. The Knicks now have a 37-22 record, which is good in a weak Eastern conference for their #2 seed in comparison to the West, they would've been fighting for the #6 seed.

Although the Knicks are second in the East, they're only one game above a dangerous and talented Indiana Pacers team led by All-Star Paul George with a little over 20 games left to play. They've

lost Rasheed Wallace to a foot injury. Marcus Camby has only played in 16 games this season due to his age and injuries.

They've traded Ronnie Brewer who turned out to be a bust rather than the promising addition of a defensive player their team desperately need. They did however signed former Clippers, Kenyon Martin to his second 10-day contract and most likely will have him signed for the remainder of the season and playoffs. The former Marquette sharpshooter, Steve Novak who was shooting a NBA best 47% from the three point line hasn't seen his range as of late. Just seems like everything is going wrong for the Knickerbockers. The Knicks and their fans are all hoping that \$100 million dollar man Amar'e Stoudemire will return back to his explosive scoring ways as he was with the Phoenix Suns and when he first signed with the team back in 2010. If that's possible Stoudemire can help Anthony and Chandler to be the Big 3 for New York. Superstar forward Carmelo Anthony and defensive player of the year, center Tyson



Chandler are still doing what they're known to do. And JR Smith who's been hot as of late coming off the bench is neck to neck with Jamal Crawford of the LA Clippers this season for the 6th Man award.

The Knicks however will need to get their mediocre defense and rebounding

turned around immediately to give New York that chance to compete for the Larry O'Brien trophy in June. Something they haven't been close to seeing since a 4-1 lost in the 1999 NBA Finals against the San Antonio Spurs.

Grade for the New York Knicks: C+



REVIEW

## Oz: The Great and Powerful

By Joseph Garcia

Is *OZ: The Great & Powerful* truly as powerful as we think it is?

As we have all seen during our childhood, *The Wizard of Oz*, is a classic movie about love, courage, and knowing that there is no place like home. In this prequel to that wonderful childhood memory, we learn how it all began as the title mentions. Oscar "OZ" Diggs (played by James Franco) is a simple circus magician and after a small altercation he is transported into the land of OZ. He meets the lovely witch Theodora (played by Mila Kunis) as well as the other witches, Glinda (played by Michelle Williams) and Evvora (played by Rachel Weisz). OZ is sent on a grueling and dangerous journey to save the land of OZ and become their king.

The story line is truly wonderful. The way that this film was directed and written (directed by Sam Raimi and written by David Lindsay-Abaire, Mitchell

Kapner) just had me wanted more. The story unfolded and flowed in a perfect fluid motion. This film had its share of comedy as well so don't think that it's all seriousness and pretty colors. Not only is the story phenomenal, the visual effects are the best I've seen by far. The colors, the way everything moves fluidly, you can't tell what is real and what is computer generated. The emerald city has a beautiful green glow; the yellow brick road is wonderfully colored. Don't get me started on the crystal flowers.

This film is overall one of the best movies to be released this year by far. Story, visuals and the fact that it brings us all a great feeling of nostalgia, *OZ: The Great & Powerful* is a must see for everyone who has seen the original movie. It's also a great date movie in case you didn't know what movie to watch. Without giving away too much of the movie in this review as I believe that everyone should go see it for themselves, I award this movie a perfect 5 stars out of 5.

REVIEW

## Brought Into Being: Performativity and Formative Performance

Amelie A. Wallace Gallery  
Campus Center  
February 11<sup>th</sup> - March 20<sup>th</sup>

By Joshua Bolden

"I can never come up with anything that doesn't have the potential to be considered art work. As long as you have consensus and social agreement, it's an art work." Those were the words of Visual Arts Professor Robert Gero at the Brought into Being exhibition that he curated. After giving a lengthy presentation to give the audience some background on what they would be seeing and on art in general, Gero then showed off some of the works. Many students in attendance were baffled at some of the things that were considered art. "Art has nothing to do with how something looks," Gero stressed.

A professor and a student were even sitting right next to one of the sculptures by Cuban born artist, Jorge Pardo and not even knowing it. This display lightened the dull mood as a few chuckles were heard coming from the small crowd as Gero pointed out that the student and professor were "sitting on one of the art works."

There were a bevy of works shown that belonged to a variety of artists such as Marcel Duchamp, John Bock, Daniel

Bozhkov, My Barbarian, Claire Fontaine, Mary Ellen Carroll, Marie Karlberg, Michael Smith Rirkrit Tiravanija and Allora & Calzadilla. Gero enthusiastically presented the pieces to students, many of whom had no art background, and some in the audience didn't seem too moved by what they were seeing, a few seemed intrigued, partially because of the informed presentation that Gero gave.

The video displays were the most interesting, which included German artist John Bock's video display along with a piece by an artists named My Barbarian which showed actors in masks reenacting the Greek myth of Cassandra.

When asked how he got started with art, Gero stated, "I was always making art as a kid secretly, so I always liked making stuff. My parents never understood and I was always making hidden work. After I finished my MFA, I decided to get my masters in philosophy and decided to formalize it and after I came out of that dark cave this is what happened."

The exhibition showed that what might not look like art to casual onlookers might be considered a masterpiece to others. One example is a band aid stuck across a crack in the wall—a work by the French surrealist Marcel Duchamp.

The exhibition requires one to step back from traditional forms of art and make an effort to appreciate visual art in a new and different context.

REVIEW

## The Underrated Genre: Neo-Soul

By Alhia Harris

All people do today is listen to Hip-Hop/R&B and I am tired of it. Mainstream Hip-Hop and R&B is all you hear. All I see and hear are Beyoncé, Lil Wayne and Nicki Minaj.

Whatever happened to music that made you feel good when you listened? I am talking about that music that makes you want to listen to the whole album again and again. You cannot do that with main-

stream hip-hop/ R&B music because there are only catchy songs on an album that you may like. Whatever happened to Erykah Badu, Anthony Hamilton, Jill Scott, Maxwell, Chrisette Michele, Leela James, and Raheem DeVaughn just to name a few? Have we become so in tune with all the Hip-Hop/ R&B artists that we have forgotten what really soulful music is?

A genre that people have forgotten about is Neo-Soul. Neo-Soul music is modern-day soul music. The term Neo-soul was founded by Kedar Massenburg of Motown Records in the late-1990s. Kedar wanted to market a new style of music that developed from soul and contemporary R&B. Neo-soul is different from contemporary R&B because its more soulful and it has deeper messages that people can relate to. However, many neo-soul artists have yet to cross over to mainstream music because it's not popular. The music's sound focuses on artistic expression.

My top favorite neo-soul artist is Chrisette Michele. Born and raised in



New York, she is a Grammy Award winner for her song "Be OK" in 2009. She has been featured on some songs with Jay-Z and Nas. Her debut album in 2007 was called I Am. Her next album called Epiphany was released in 2009. That album debuted at number one on the Billboard 200 selling 83,000 copies in its opening week. Her recent album to date is called Let Freedom Reign which came out in 2010. The first time I fell in love with her and her music was the summer 2011, when she had a free concert in Battery Park. I was going through a bad breakup and I thought that what she was singing was exactly what I needed to hear to get over my ex-boyfriend. Ever since then when I am going through something I listen to her. When Chrisette Michele she sings her heart out. I love her voice because it sounds different. It doesn't remind me of Beyoncé, but it reminds me of jazz singers such as Sarah Vaughan and Billie Holiday. Let us not forget what real music is and listen to Neo-Soul!!







***Women's History Month 2013***

***Informational Displays***

**March 4 – March 22, 2013**



***New Academic Building (NAB)***

***1<sup>st</sup> Floor -- Main Entrance Milling Area***

***Display Schedule***

**Week 1: March 4-8**

**“A Who's Who in U.S. Women's History”**

**Spring 2013 History of Women in U.S. Class (Prof. Quirke)**

***International Women's Day***

**Women in the Arts**

***Quotable Notables / Currently of Interest***

**Week 2: March 11-15**

**Inventors**

***Women in Sports***

**Women in the Arts**

***Quotable Notables / Currently of Interest***

**Week 3: March 18 -- 22**

**Nobel Prize Winners**

***Women in U.S. Government***

**Women in the Arts**

***Quotable Notables / Currently of Interest***





## Counseling and Therapy

Hofstra University's graduate programs in Human Services (master's and advanced certificates) are designed for professionals to gain knowledge, skills, and experience necessary to become counselors and therapists practicing in an increasingly diverse society.

The **M.A. in Creative Arts Therapy** prepares students for New York state Creative Arts Therapy licensure, incorporates counseling strategies in core courses and selected electives including expressive therapies and disciplines such as gerontology and special education.

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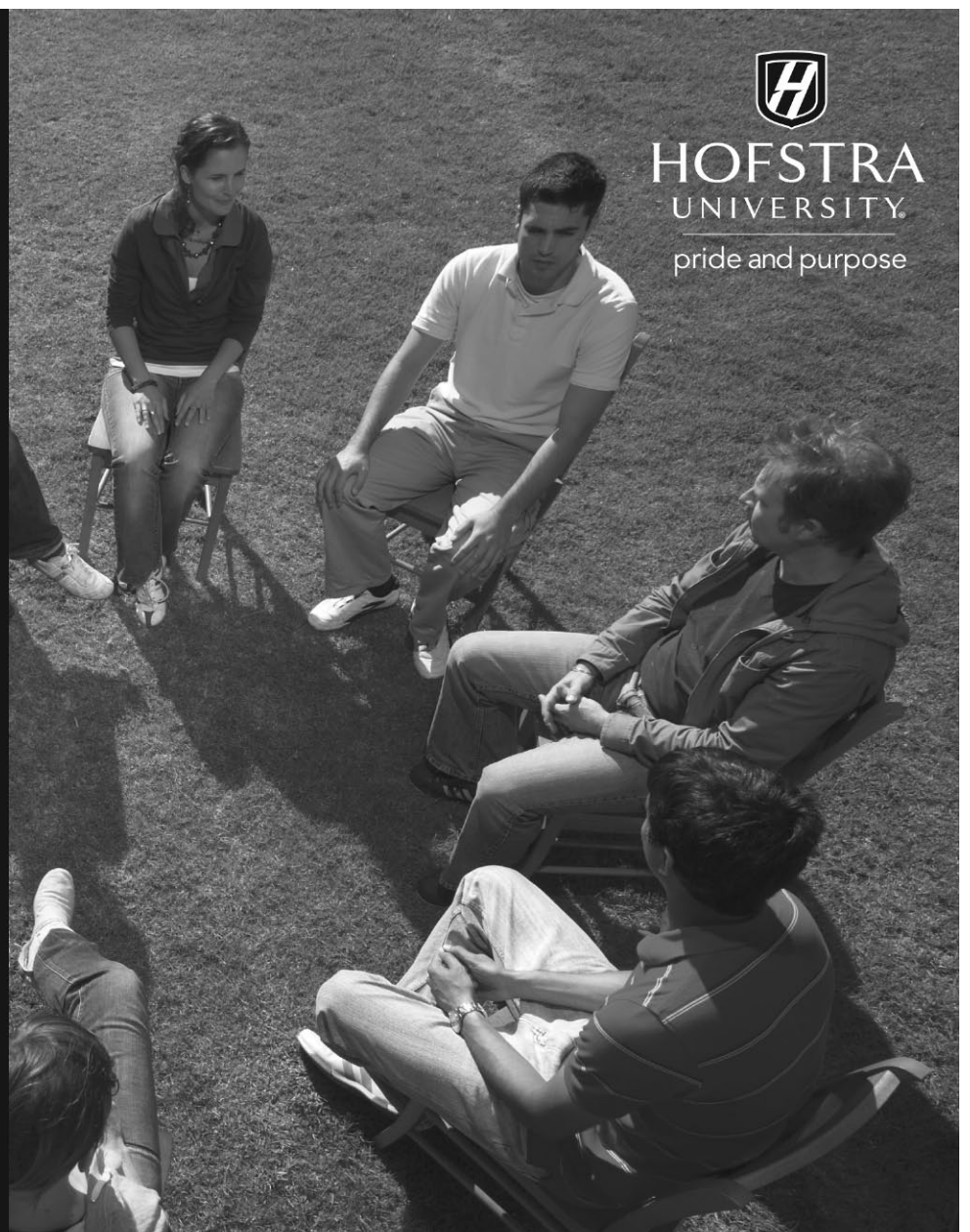
## Master of Science in Education in Rehabilitation Counseling

## Master of Science in Education in Rehabilitation Counseling in Mental Health

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For more information, contact:  
Jamie Mitus  
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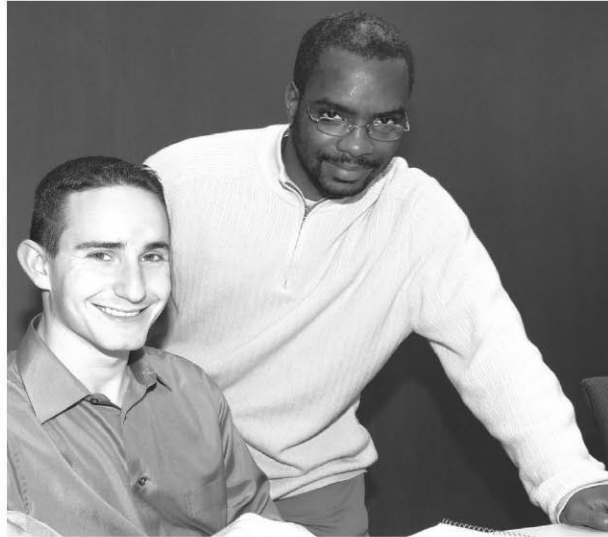


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THE COLLEGE AT  
**OLD WESTBURY**  
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Calvin O. Butts, III, President



Dear Dr. Deb,

I really like this guy who is my friend. Even though I think he has a girlfriend, I think at times he likes me too but I'm not sure. What should I do?

Thank you,  
Perpetually Perplexed

Dear Perpetually Perplexed,

The guy that you like clearly is not being clear or fair to you. If he has a girlfriend but is giving you the impression that he likes you, then he is not being a good person let alone a good friend. Even if he does not have a girlfriend, he is not being honest with you about how he feels since he is not being consistent with how he treats you. Perhaps he is perplexed about his own feelings towards you, especially if he does have a girlfriend. However, the fact that you do not know whether he has a girlfriend and the fact that he has not made this clear suggests that your friendship is murky and less-than-honest to begin with. You have a few choices with how to proceed: 1) You can continue your friendship while torturing yourself with your unrequited feelings; 2) You can tell him that you are confused about your relationship and ask him whether he has a girlfriend; or 3) You can let go of this unfair friendship and let go of him. I recommend being brave and following the second choice but the choice is yours. I just hope that you do not continue with the first choice because you deserve better.

Dear Dr. Deb,

I really messed up my first semester. I did not get a 2.0 grade-point average so I am commuting to campus. What should I do?

Sincerely,  
Really Regretful

Dear Really Regretful,

Unfortunately your situation is not entirely uncommon amongst college students, particularly freshmen. According to U.S. News and World Report, alarmingly, one in every three first-year students does not make it to their sophomore year. Factors that may contribute to poor academic performance include dealing with illness, death, relationship problems, roommate conflict, homesickness, depression, lack of self-confidence, addiction, financial burden and academic struggles. However, one of the biggest contributing factors to poor academic performance seems to be a lack of time management. Sometimes students who have more time on their hands surprisingly have more problems with managing their time and subsequently with academic performance. An important component of time management is setting a schedule in which the first priority is going to class, being engaged in class, studying and keeping up and doing well on coursework. Secondary priorities can include being involved on campus and participating in student activities. Other priorities can include socializing and making time for friends.

With a competitive job market due to an economic downturn and high unemployment rates, college grades do matter. With a grade point average of below a 2.0, the challenge becomes emerging out of this academic hole to a brighter prospect. There is hope. Here are some steps to help you to a better academic path:

- 1) It is important to take responsibility for your academic performance and assess what went wrong. You need to be honest with yourself about the amount of time and focus that you put into each and every academic task. You also need to consider what factors got in your way of your academic performance.
- 2) You need to determine the impact that your current grade point average will have on your short-term (i.e., campus activities) and long-term goals (i.e., applying to law, graduate, medical school). Once you determine the impact, then you can focus on how to minimize the impact.
- 3) It is important to take advantage of on-campus resources and ask for help. Talking with an academic or departmental advisor about the impact of your grade point average on your goals can help you develop a plan to minimizing the impact. Also, by setting up meetings with your professors, this can help you understand the course material and assignments better and improve your class performance. There are also some important resources on campus such as the Writing Center, the Student Counseling Center and the Student Health Center.
- 4) Set up a realistic plan to improve your academic performance and individual grades. This is a crucial step that requires constant attention, reassessment and revision throughout each semester. To help you start this process, I recommend working with a professor, advisor and/or astute peer. It is difficult to develop new habits, or even to figure out how to develop new habits, without the help and support of others.
- 5) Continue to stay on top of your coursework and studies. If you plan to forge a path to a brighter academic future, then you will need to continue to put in the hard work and effort to do so. This requires reassessing and readjusting your plan along with holding yourself accountable for your academic performance.

Dear Dr. Deb,

My roommate and I constantly fight. How do I tell her that I don't want to be her roommate anymore?

Best,  
Discontented Dormer

Dear Discontented Dormer,

It is important for your living space to be safe and comfortable. To create this space, however, takes time, energy and the commitment of both parties living together. If you and your roommate really have tried to work out your differences through communication, compassion and consideration of one another but nothing, not even mediation, has worked, then it may be time for a roommate change next semester. Besides, if you and your roommate have been fighting all of the time, then I cannot imagine that your roommate is going to want to live with you again either. I suggest that you gently tell your roommate that you care about her and, in order to salvage your friendship, you think it would be best if you both find a different living situation next semester.





# OLD WESTBURY BASKETBALL EARNS MULTIPLE SKYLINE CONFERENCE AWARDS



Tyrik Tucker



Head coach Bernard Tomlin

By Nathaniel Derosena

After a historic regular season, the men's basketball team continued their onslaught off the court. Guard Tyrik Tucker was named Skyline Conference men's basketball player of the year, and head coach Bernard Tomlin was named coach of the year. The women's basketball team followed suit, with forward DeAndra Scott being named Skyline Conference women's basketball player of the year, and Head coach Michael Krasnoff and assistant coach Lynda Day being named coaching staff of the year.

Tucker was among top ten in the conference in many categories. His defensive prowess ranked him first in steals. He was also second in scoring, fifth in rebounding, fifth in blocked shots, and second in minutes played. Tucker also averaged 20.6 points per game, ranking him 28th in the nation, & also averaged 3.1 steals per game, ranking him 8<sup>th</sup> in the nation. The Brooklyn native also led all Panthers with eight double-doubles and had eleven games with twenty or more points.

Scott had one of her best seasons this year, and is the first Lady Pan-

ther to take home the player of the year award since Pam Robinson did it during the 2007-2008 season. She dominated during the regular season, leading the conference in scoring (18.1 points per game), rebounding (10.1 rebounds per game) & field goal percentage (45.3 percent). Scott was also nationally ranked in double-doubles (22<sup>nd</sup>) and rebounds per game (46<sup>th</sup>).

Both Coach Tomlin and Coach Krasnoff had excellent seasons this year. This is Coach Tomlin's third time winning the award, and Coach Krasnoff's second time being awarded with a Skyline

Conference individual award. Tomlin earned his 300<sup>th</sup> career win this season, and Krasnoff is one win away from his 150<sup>th</sup> career victory. Coach Tomlin also led the Panthers to their second regular season Skyline Conference Championship in four years.

Other Panthers garnered accolades as well. Kerel Mitchell earned All-Skyline Conference First-Team honors for the first time in his career. Mitchell led the nation in three point field goals made per game (3.82). Rashawn McCarthy earned conference second-team honors.

## NCAA Basketball Tournament

By Kenneth Teape

When March comes around, people start getting in the baseball mood as spring training is in full swing and opening day is right around the corner; but before baseball gets going there is one thing that captivates all viewers and that is the NCAA Basketball Tournament.

The NCAA tournament is something that even non-sport fans take part in, as everyone wants to fill out a bracket and compete against friends and family for prizes or just even bragging rights until the tournament comes around again next year. This year's tournament should be one of the better ones in recent memory as no one is really sure what the top team is.

It has been a crazy season in college basketball this year as the top ranked team lost for an unprecedented six weeks in a row from the 10<sup>th</sup>-16<sup>th</sup> weeks of the season. With that there has also been a high number of teams reaching the pin-

nacle as being the number one ranked team in the nation, with five.

The latest team to reach the top has done so for the first time in the program's history, Gonzaga University finds itself atop the rankings currently; it may be more of a negative right now than a positive with how the other top teams have fared this season though. Gonzaga is the third team from outside of the big six conferences to sit atop the rankings in the last 10 years, as St. Joseph's College did it in 2003-2004 and Memphis University did it in 2007-2008.

This week the conference tournaments will be held as teams will play for one of the 68 spots in the big dance, with winners of the conference tournaments earning automatic bids. The conference tournaments are always filled with excitement as for many teams this is the only way they can make it to the tournament as their regular season resumes are not

worthy of an at-large bid.

The path to the championship is as open as it has ever been in college basketball as there is no consensus as to who the best teams are; if you ask a group of people their answers will undoubtedly be different and most times will even struggle to give only one team. Some of those teams include the other teams who have been ranked number one this year in Indiana, Duke, Louisville and Michigan.

With so much parity in the NCAA this season it is hard to pick where teams will be seeded, let alone which ones are legiti-



mate contenders to win the championship. The only definite right now is that it will be an action packed three weekends that will once again captivate an audience not usually reserved for watching sports.



# MEN'S BASKETBALL TAKES ECAC METRO REGION CHAMPIONSHIP TO CAP HISTORIC SEASON



By Nathaniel Derosena

For the first time since 1987, the Old Westbury Men's Basketball team captured the ECAC Metro Region Championship. After an unfortunate loss to Farmingdale State in the Skyline Conference tournament, Old Westbury was selected as the number two seed in the ECAC tournament. Their first opponent was the Baruch Bearcats, the number seven seed.

Old Westbury started off its title run strong, defeating the Bearcats 88-72. The team had shot fifty-five percent from the field (33-60), and 84.2 percent from the free-throw line (16-19). Kerel Mitchell had led all scorers with twenty points, and also had a career best six steals. Darnell Chavis added eighteen points, and Tyrik Tucker followed with fifteen points.

Rashawn McCarthy added eleven points, six rebounds and tied a career high with six assists. The Panthers' next challenge was the New Jersey City Gothic Knights.

The Panthers continued their excellent ball playing, defeating New Jersey City 66-52. This win lifted the Panthers to 24-4, giving them the best record in school history, besting the 23-5 record previously set by the 1985-86 team. Rashawn McCarthy scored a game high sixteen points, with fourteen of those points coming in the second half. Darnell Chavis had nine points, seven rebounds and two steals from off the bench. The team continued its hot shooting, shooting 52.3 percent from the field (23-44), including shooting a stellar 61.9 percent in the second half (13-21). This victory propelled the Pan-

thers' to the championship round, where they faced the number one seeded Richard Stockton Ospreys.

Both the Panthers and the Ospreys played a hard fought game, but Old Westbury held on to a victorious in a 74-73 win over Richard Stockton. The Panthers came out the gates roaring, going on a 7-0 run to start the game, with Rashawn McCarthy scoring the first five points of the game. The Ospreys did not go quietly, however. Josh Blamon led Richard Stockton in a 14-6 run, which gave them the lead at the 8:29 mark of the game. This lead would be short lived, though, as Old Westbury took the lead in the beginning of the second half, 37-36. They led for the remainder of the game, and eventually went on to become the ECAC Metro region champions.

The Old Westbury Men's basketball program had one of its best years in program history. They went 21-3 in the regular season, had a top five nationally ranked offense during the regular season, and saw the team set its best record in school history at 25-4, as well as capture their first ECAC championship in twenty-six years. Many on the team had individual feats as well. Tyrik Tucker and Kerel Mitchell were two of the top forty leading scorers in the nation, with Tucker winning the Skyline Conference player of the year award. Darnell Chavis took home the ECAC tournament's Most Outstanding Player award. The Panthers will now enjoy the off-season on a good note as the 2013 ECAC Metro Region champions, and can regroup for next season.