

THE CATALYST

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“IGNITING THE MIND”

FREE

ML Langlie Leaves SUNY Old Westbury



By Marilynn Bonilla

Dr. ML Langlie ended her position at SUNY Old Westbury as Vice President for Student Affairs on March 14th.

After a meeting with the administration, Langlie said that her departure was by mutual agreement. She believed it is best for her and the school. “Part of my job is to move around,” said Langlie, “This is the seventh college I have worked in, and therefore, it is very normal after a period of time to look for new challenges.”

Langlie said that she wants to see a new person take the position of Vice President for Student Affairs.

She feels that she has accomplished what she wanted to do at SUNY Old Westbury. “My goal was to get students a lot more involved. Now, about 2000 students are involved in campus life.”

(Cont. on page 3.)

**GRADUATION
Q&A
PAGE 2**

FIRE IN WOODLANDS RESIDENCE HALLS

By Traci Newman

On Monday morning, March 24th at approximately 1:50 a.m. a fire was reported in Woodlands Hall 3 in dorm room 310 on SUNY Old Westbury’s campus. At the time of the fire there were 85 students in the building who were all evacuated and no injuries were reported.

University Police responded first to help evacuate the building and then the Westbury Fire Department quickly put out the fire. According to school officials all emergency protocols were followed and executed properly. Mike Kinane, Assistant to the President for Advancement, said, “The evacuation went off without a hitch. It was a little chilly but everyone was cooperative.” Students were relocated for the night until it was safe to go back into their dorm.

Fortunately only two dorm rooms were affected, one where the fire originated and another because of water damage. According to Usama Shaikh, Director of Residential Life, “Aside from 5 students, all students were able to return to their rooms by 8 p.m. on Monday, March 24th. The students whose rooms were not available have been reassigned rooms elsewhere on campus.”

(Cont. on page 3.)



Responding to a fire in a nearby community.

Wayne Edwards Becomes Interim Vice President For Student Affairs

By Marilynn Bonilla

Dr. Wayne Edwards is returning to SUNY Old Westbury six years after leaving. In the fall of 1998, Edwards began in the faculty of the American Studies/Media and Communications Department. After four and a half years, he became the Dean of Students of the school. Dr. Edwards spent a total of nine years in the school before his departure. After Edwards left, he became the Dean of Students at the John Jay College of Criminal Justice and is now the Interim Vice President for Student Affairs at Old Westbury.

“For any institution to succeed, it is

vital to have collaborative efforts,” he said. Edwards has an initial goal to build and strengthen any “bridges” of the college community. Having different areas or departments on campus move into the same direction is what he believes is best in the interest of the student body. Since it has been a while since he has been at SUNY Old Westbury, he is trying to get to know the school. He has spent time in the cafeteria with students and attended meetings with faculty, University Police, and other various constituents of the campus in efforts of constructing a cohesive plan to improve the school.

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SGA Corner: Graduation Facts, Questions, and Answers On Behalf of the Commencement Celebration Committee:

When may I apply for graduation?

Fall 2013 applications were due on October 1, 2013.

Spring 2014 applications were accepted through February 10th to March 14th. The application procedures will be sent to students' Old Westbury portal accounts in February 2014.

Who may participate in the commencement ceremony?

In addition to fall 2013 graduates, spring 2014 and summer 2014 graduation candidates whose graduation applications are accepted by the Degree Audit Manager may purchase a cap and gown through the college bookstore. Purchase of the cap and gown confirms participation in the May 2014 commencement ceremony.

When may I pick up commencement tickets?

Commencement tickets will be available for pick up on April 9 (11:00 a.m. - 5:00 p.m.) and April 10 (10:00 a.m. - 7:00 p.m.), 2014 during the "Commencement Celebration" where students whose graduation applications have been accepted may pick up their caps and gowns in the Student Union. As decided by student vote, the gowns for 2014 are black.

What is the cost of cap and black gown?

Bachelors: Cap, gown and tassel \$37
 Masters: Cap, Gown, tassel and hood \$70

Can I get more than four tickets?

Space and safety concerns preclude the distribution of additional tickets. The increased number of graduation candidates has led the college to move from one ceremony to two ceremonies, thus ensuring the largest number of tickets per graduate based on space and safety concerns.

Do children require tickets?

With the exception of infants, all guests require a ticket. Please be aware that due to space constraints, strollers are not permitted.

If I missed the first graduation portrait sitting, when will I be able to have the photo taken?

Graduation portraits will be taken at the Commencement Celebration on April 9 and 10. Please bring a \$5 (cash) for the sitting fee. You must make an appointment at thorntonstudio.com. The school code is 07109

Where will the ceremonies be held?

The ceremonies are scheduled to take place on Meadow Terrace with the Clark Center as the inclement weather venue.

When will the ceremony be held?

To accommodate all students who are expected to graduate as part of the Class of 2014 and to safely and comfortably accommodate their family, friends and guests, SUNY College at Old Westbury's Commencement 2014 will include two ceremonies on Sunday, May 18.

The morning ceremony will begin at 9 a.m.

(guests will be admitted at 8 a.m.) and will only include degree candidates graduating from academic programs that are delivered primarily via departments within the School of Arts and Sciences:

Graduate:

Mental Health Counseling, M.S.

Undergraduate:

American Studies, B.A., Biochemistry, B.S., Biological Sciences, B.A. and B.S., Chemistry, B.A. and B.S., Comparative Humanities, B.A., Computer and Information Science, B.S., Criminology, B.S., English, B.A., Health & Society, B.S., History, B.A., Industrial and Labor Relations, B.A. and B.S., Management Information Systems, B.S., Mathematics, B.S., Media & Communications, B.A., Philosophy & Religion, B.A., Politics, Economics and Law, B.A., Psychology, B.A. and B.S., Sociology, B.A. and B.S., Spanish Language, Hispanic Literature, and Culture, B.A., Visual Arts, B.A. and B.F.A., Visual Arts: Electronic Media, B.S.

The afternoon ceremony will begin at 3 p.m. (guests will be admitted at 2 p.m.) and will only include degree candidates graduating from academic programs that are delivered primarily via departments within the School of Business and School of Education:

Graduate:

Accounting, M.S., Adolescence Education, M.A.T. (all disciplines), Adolescence Education, M.S. (all disciplines), Taxation, M.S.

Combined Undergraduate/Graduate:

Accounting/Accounting (B.S./M.S.), Accounting/Taxation (B.S./M.S.)

Undergraduate:

Accounting, B.S., Adolescence Education, B.A. or B.S. (all disciplines), Business Administration, B.S., Business and Management, B.P.S., Childhood Education, B.S., Childhood Education: Bilingual, B.S., Finance, B.S., Marketing, B.S., Middle Childhood Education, B.S. (all disciplines), Special Education Childhood, B.S., Special Education with Bilingual Extension, B.S.

Each graduation candidate will receive four (4) tickets for guests to attend Commencement 2014.

Questions regarding Commencement 2014 should be directed to commencement@oldwestbury.edu

Save the Date!

The Commencement Celebration
 Wednesday, April 9, 2014 & Thursday, April 10, 2014, Student Union, TV-Lounge

At the Commencement Celebration, you will get the opportunity to meet with:

- Alumni Affairs
- Career Planning & Development
- Center for Student Leadership & Involvement
- Institutional Research
- Registrar
- Bookstore and more!

You can also order your CAPS and GOWNS, and Class Rings at the event! This will be your opportunity to pick up your Commencement tickets.

Cont. from Page 1

ML Langlie Leaves SUNY Old Westbury

Currently, she is not sure where she will go next, but she is excited to find a new school where she will obtain a position of Vice President for Student affairs, and face new challenges.

"The reason why it was done so soon is because someone is already available to take the position," she said. Langlie believes that it will be a smoother transition the sooner she leaves.

Langlie has been Vice President for Student Affairs of SUNY Old Westbury since September 2008, but has been in her profession for 36 years. Before SUNY Old Westbury, Langlie has worked in New York University, Massachusetts Institute of Technology, Northeastern University, and other schools.

Langlie has set up various events, such as the Martin Luther King, Jr. Day of Service, Panther Pride Homecoming, and much more. Student Affairs had five departments before she had the position as Vice President; Residential Life, Student Health Service, Center for Counseling & Psychological Wellness, Student Conduct, and Center for Student Leadership & Involvement. Now, she leaves with

Student Affairs having nine departments. The four new ones that were added are; Career Planning and Development, Commuter Programs and Services, the New Student Orientation Program, and Athletics. Even though she is leaving, Langlie is sure that the directors of the departments will do very well. "The directors are competent, skillful, have strong leadership, and are professional," she said.

Since she has been here, Langlie believes that students' voices have been strengthened. With organizations such as the Residential Hall Association, Hall Government, and Student Government Association, Langlie said that the school has definitely improved when it comes to the student's voices being heard.

Langlie has not only helped the school as a community but has helped students on a personal level. Langlie was Karyn Dwyer's mentor for the NASPA Undergraduate Fellows Program. Dwyer says, "I am really going to miss her and I am incredibly thankful of the service that she has given to the students and the entire Old Westbury community. I appreciate everything she has done for me and I believe that she has had such an influence on my undergraduate career and my future career goals as a student affairs

professional."

Senior Alexander Lendor connected with Langlie as well during the American Heart Association walk. "I loved speaking to her. She had a lot of insight on what I had to say and great advice." Alexander said that she has done a lot for the students in the many events he took part of.

President of Student Government Association Nick Savva was upset about her departure. "Langlie gave the students a voice," said Savva. "Whoever takes her position hopefully puts the students first."

Langlie has enjoyed the time she spent working at SUNY Old Westbury. "I love the diversity on campus. The school has a little bit of everyone in here and most schools don't have that." She said she loves what she does for a living, and her work is valuable. "Stressfulness comes with the territory of the job, but I enjoy resolving difference of opinions; it's a Vice President's job," she said.

Langlie stated that she will miss the students in the school, "I have printed 100 personal business cards for anyone to ask questions or even request job references to contact with me at any time after I leave"

Cont. from Page 1

Wayne Edwards Becomes Interim Vice President For Student Affairs

He plans to influence students to graduate as individuals able to look back at their college careers and see how much they have grown as a person, rather than just simply graduating with a diploma.

The school has made changes since he left. "During the two weeks that I have been here, I have noticed a renewed energy amongst the students, faculty, and staff," he said. He also praises the New Academic Building that was not yet constructed when he was in the school. He is also excited about the two commencement ceremonies that will occur. (Previously, there was only one.) Edwards stated that the two graduation ceremonies demonstrate how much the school has grown since he left. Dr. Edwards is excited to start his journey with his new position at Old Westbury and hopes to continue for many years to come. He is thrilled to be reunited with Old Westbury. "It feels like a homecoming," he said.

RECOGNITION FOR MARCIA ANN GILLESPIE

By Cassandra Oliver

On February 17, News 12 Long Island recognized SUNY Old Westbury's own Professor Marcia Ann Gillespie for her trailblazing in journalism as an African-American woman. The special news report on Gillespie, who teaches in the American Studies/Media and Communications Department, was broadcast during a salute to Black History Month. Before becoming an educator, Professor Gillespie opened doors for African-American women by becoming the editor-in-chief of *Essence* Magazine from 1971-1980 at the mere age of 26, as well as *Ms.* magazine from 1993-2001 making her the first African American woman to achieve that position at a mainstream publication in the United States.

Her accomplishments stemmed beyond the scope of journalism and into national and international women's movements, as well as issues of racial and gender justice. Gillespie was named the President of Liberty Media for Women in 1996.

Marcia Ann Gillespie has also received awards for her writing from professional and civic organization including the Matrix Award from New York Women in Communication, the Mary MacLeod Bethune award from the National Coun-

cil of Negro Women. Awarded a Doctor of Letters by her alma mater, Lake Forest College, she is also a recipient of the Missouri Honor Medal for Distinguished Service in Journalism, from the University of Missouri School of Journalism. Gillespie was also named "One of the Fifty Faces for America's Future" by *Time* magazine. She is also the author of *Maya Angelou: A Glorious Celebration*.



Cont. from Page 1

Fire In Woodlands Residence Halls

The official cause of the fire is to be determined by the Fire Inspector (who hasn't made his final decision yet). However, sources are saying the fire was started by an illegal space heater in the room. Although school officials aren't confirming the actual cause of the fire, it is clear that whatever started the fire is not permitted in the student dorms because the unidentified students of Room 310 are currently suspended. There will be a disciplinary hearing with Old Westbury's Conduct Board, which is made up of students, faculty, and staff. Speaking of the students in whose room the fire started, Dr. Wayne Edwards, Interim Vice-President for Student Affairs said, "They broke the rules and we were fortunate that it was just room damage. When rules are broken there are consequences."

With rumors circulating that a space heater was the cause of the fire, people are beginning to question the competence of the resident assistants who complete student room checks for prohibited items. Shaikh said, "I truly believe that our RA's have one of the toughest jobs to do on our campus and I believe that we have great RA's here at our college. In the case of Health and Safety inspections, RA's inspect all rooms for items that are not allowed in the residence halls and are

in plain sight."

He added, "They are not allowed to go through student belongings. Therefore, if students keep prohibited items out of plain sight, the RA's cannot be expected to have those items removed. I would also like to state that it is not only the RA's responsibility to enforce policy but that of all students. We cannot expect a handful of student-staff members to be responsible for making sure that our policies and procedures are upheld. It is also the responsibility of all responsible resident students."

If a space heater was needed due to a lack of heat in the building, Edwards said, "I have not heard a general concern about heat in the building. If there is a problem, I would ask the students to voice an opinion and talk to the proper departments to resolve it."

As of Monday evening March 24th all alarms were reset and students were back in Woodlands Hall Building 3 (except for five who were relocated due to room damage). Kinane said, "We are happy no one was injured, that is the most important thing. But it is a cautionary note to be careful with what you use and how you use it. There are guidelines to what students can bring and what they can't, and we ask them to follow it."

Media & Communications Prof Earns Place in Journalism Hall of Fame

Karl Grossman, professor of journalism in the American Studies/Media & Communications Department at SUNY College at Old Westbury, has been named a member of the inaugural class of inductees to the new Long Island Journalism Hall of Fame.

The Long Island Journalism Hall of Fame, founded to recognize trailblazing journalists of the past and present, is being created by the Press Club of Long Island, the local chapter of the Society of Professional Journalists. The inaugural induction will take place at the PCLI Media Awards dinner, June 5, at the Woodbury Country Club, to help commemorate PCLI's 40th anniversary.

"Delving into the nooks and crannies of American life, politics, and relationships and calling for accountability at every level of our society has been the passionate pursuit of Karl Grossman through his more than four decades of investigative work," said College President Calvin O. Butts, III. "He has paired his pursuit with a level of excellence in the classroom that prepares young journalists not only to report on the news of today but to seek the impacts such news will have on our tomorrows. He is especially deserving of this honor."

As an inductee, Grossman joins a list of 23 honorees that includes Walt Whitman, one of America's greatest poets and founder of *The Long-Islander*, a community newspaper that continues to operate today. The criteria for those being inducted requires that members be someone

who has made a significant contribution to Long Island journalism, or be a Long Islander who has made contributions to journalism beyond Long Island. As a past winner of PCLI's Outstanding Long Island Journalist Award, Grossman earned automatic induction.

Grossman has taught investigative reporting at Old Westbury for nearly 35 years. In addition to his recognitions from the Press Club of Long Island, Grossman has received the Generoso Pope Foundation Award for Investigative Journalism, the George Polk Award from Long Island University, The John Peter Zenger Award from the New York State Bar Association, and The James Aronson Award for Social Justice Journalism. He has long specialized in reporting on issues related to the environment and nuclear technology. Along with hundreds of articles and commentaries and regular features for sites such as Huffington Post, he has authored such books as "Cover up: What You Are Not Supposed to Know about Nuclear



Power," "Power Crazy," and "The Wrong Stuff: The Space Program's Nuclear Threat to Our Planet."

He has also written and narrated television documentaries, which include the award-winning "Three Mile Island Revisited," "The Push to Revive Nuclear Power," and "Nukes in Space." Grossman also hosts the nationally broadcast TV program "Enviro Close-Up."

Common Hour, The Common Issue

By Malcom Bowser

All of SUNY Old Westbury is buzzing and in a state of unrest because of the possibility that Common Hour may be taken from our schedules. Along with common hour being a thing of the past, the college may switch the credit system from four credits a class to three credits a class, mirroring most of the other SUNY institutions. In February, a town hall meeting was held in the Student Union building. The student body came out in great numbers, every seat was filled and other people stood on the sides and rear of the room because they wanted a voice in a major decision that the school will have to make.

Upon entering the room every person was given two sheets of paper, one white sheet that had all SUNY schools listed on a table with information about their credit systems, required credits to live on campus and if the institutions had common hour or not. This was to see how SUNY Old Westbury compared to other schools. The second paper was a blue sheet that listed 14 questions to ask ourselves that basically outlined many of the issues people have about the school, such as "How do you use the 'Common Hour?'" and "Is there a culture of learning and scholarship at Old Westbury?" With an array of questions and issues to be addressed many honed in on one main topic, Common hour.

When the audience was given the opportunity to ask the panel questions the majority only stuck to comments about common hour. At one point there was a line of 15 people and one by one they all gave their opinions about why they felt common hour should be left alone.

Many of the best points were made by people who are very active in student activities, like clubs, because without common hour clubs would not be able to have meetings because it is difficult to work on people's different schedules. Others who had great input on the common hour issue were commuter students. Without common hour many commuters would not have time to take in all the college has to offer. Many of them have stacked schedules that have them in classes from morning to night and with no break they would only be able to appreciate the inside of a classroom.

It was clear that the administration did not feel that a whole hour taken out of a school day is needed and used properly. It was also clear that it believes that SUNY Old Westbury does not match up (educationally at least) with other state schools. This was made evident by some of the questions on the blue sheet, including: "Are you being sufficiently challenged by the level of classwork demanded in Major classes, General Education classes, elective classes?"

BREAKING NEWS

The results of the elections have been reviewed and verified and are as follows:

The 2014-2015 Academic Year SGA Junior Class Pres., Antionette Metoyer

President, Earl Thomason Senators
School of Arts & Sciences, Destini
Vice President of Programming and Campus Initiatives, Jamesey Noel Hornbuckle, Okenya Williams, Evelyn Ortiz

Vice President of Programming and Operations, Keri Springett School of Business, Miriama Konteh
Residential Life, Danielle Page

Vice President of Clubs and Organizations, Marissa Disla Student Court
Chief Justice, Jahlana Robinson

Vice President of Public Relations, Meriyel David Court Justice, Yanet Damiron

Homage to Women's Voices Everywhere

By Tova Harris

In this era of Tina Fey's, Mindy Kaling's, and Amy Poehler's, of Beyoncé's daring us to embrace the notion that it is indeed women who truly "run the world;" in a decade where pro-women Dove Commercials tell us (behind the musical backdrop of Ingrid Michaelson-esque melodies), "You are more beautiful than you think," it is often easy to forget how far we truly have come in our struggle for equality, or at minimum *visibility* as a recognized and noteworthy player within the 21st century American landscape. Our fight for visibility has so much history – from the voices of first-wave of feminists who fought for the rights of women to vote and who first put us on the map. Next were second-wave feminists who fought for legislative ownership over our own bodies, while simultaneously arguing that women's places were no longer just at home, but alongside our male counterparts in the world of education, jobs, finance, and every other previously male-dominated milieu. With such a powerful legacy of strong, independent, women, it is important to both remember and recognize our mother's and grandmother's battle cries- to recall their fervent pleas to the world, now *our* world that "one can be an activist with one's voice, money, vote, creativity, privilege, or the fearlessness that comes from having nothing left to lose".

In understanding the importance of women's history month, it is first important to understand what it means to be a woman in the 21st century. As a member of our generation we can learn in the same educational programs as men (though socioeconomic factors have increasingly made the educational gap one of race and class in addition to gender). However, true to form, women

have still, once we were given the chance, grown leaps and bounds in the job world in education alone. According to the U.S. Census Bureau, "In every year since 1985, women have outnumbered men in graduating from college, with women dramatically expanding their advantage over men in receiving college diplomas to the 25% advantage they achieved in 2009." Women are now, more than ever, going into the fields of both science and mathematics, "In 2005, women (U.S. citizens and students with visas) earned more than half (68%) of all doctorates in psychology, almost half (45 %) in social sciences, and about one-third (34 %) in earth, atmospheric, and oceanic sciences," census figures reveal.

We are becoming (thanks to the work of those before us) anything and everything that we want to be- from lawyers, doctors, scientists, and politicians, to construction workers, police officers, army lieutenants, wood-carvers (yes- this is a thing), DJ's, CEO's, comedians, and movie directors; the world (at least if we decide it to be) is ours for the grabbing, and many of us are indeed grabbing tightly to the promise of becoming invincible, unstoppable, and most significantly, equal.

Our decades of self-empowerment have affected the musical industry in a myriad of ways as well. Beginning in the late 1990's with the infamous Lauryn Hill's "Doo Wop (That Thing)," in which her lyrics asked us to reexamine sexuality, society's racist standards of beauty and so much more, "You know I only say it 'cause I'm truly genuine- don't be a hard rock when you truly are a gem" (and we find ourselves still struggling to find definition in this era of redefinition). In Lauryn Hill's, as well as many other 90's females artists (Missy Elliot, Lil' Kim), we

began to hear women's voices in the world of hip-hop. So ardently was this reign of female visionaries continued through a line of Black, White, Latina, Asian, Muslim (and so many more) women – names like Nicki Minaj, M.I.A., Angel Haze, Iggy Azalea, and Azealia Banks- brilliant rappers who also just happened to be women (and displaying through their powerful lyrics that we too can use the inherent poetry of the spoken word from within this particular musical genre).

It is an exciting time to be a woman in this world- though the world that I've referenced is unfortunately only that of American society- there is still much to be done on a global level to bring these notions –many needed through legal means- to other parts of our world. However, more importantly we must recognize that we must continue our plight towards equality – I personally do not feel comfortable when quintessential government programs like Planned Parenthood are being cut funding due to our government using religious-based policies to defend the eradication of programs. Programs (such as Planned Parenthood), whose most commonly used feature is providing women's health services to every demographic in this country.

My request to you therefore is simple- SUNY Old Westbury women (and men who love their girlfriends, mothers, grandmothers, daughter-in-laws, sisters, and friends), pick *one* issue- just *one* issue, that makes you feel discontent or uncomfortable for just a moment (or one that simply tugs at you're heart), and follow it- in the news, on Facebook, Twitter, Tumblr, Instagram; through word of mouth, amongst friends, amongst enemies, in streets, at bars (though not if you're under 21!), in Starbucks, or in

public restrooms (*hey, you never know*). Continue the dialogue everywhere you go! And through continuing the conversation perhaps you'll find more information, future friendships, and most importantly other people, who, just like yourself, feel that something needs to be done- and that positive forms of change are imminent. Come to the SUNY Old Westbury Women's Center, located in the Student Union 301k (Mon-Thur 10-6pm), which offers, besides delicious cookies and tea/coffee, an open and safe space for conversations just like these. Our most recent multimedia project, (headed by the brilliant and amazing intern Susan Ramirez) was "Faces of Feminism." The project's initial goal was to present thought-provoking quotes by men and women like President Obama, Tupak Shakur, Oprah Winfrey, Maya Angelou, and many more. But then the idea for getting you're thoughts, SUNY Old Westbury-ers came about. The Women's Center interns began walking around campus, asking students and faculty alike to finish the sentence, "I support Feminism because..." And you did! You wrote down comments about reproductive rights, about being angry, about not feeling equal, about how you still fear walking alone at night. As you spoke up, we posted you're photos on the SUNY Old Westbury Women's website (www.owwomenscener.org) and on our facebook page- both excited and astounded at the outcry of those whose voices wanted to be heard. You wrote and you wrote and you wrote, and through this project you told us exactly how you felt- and we heard you! Now let's keep hearing you!

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has." -Margaret Mead

Blurred Lines: Separation Between Church and Cheerios

By Laura DeMarzo

In certain states, that extra order of bacon may not be the only reason you feel scrutinized when sitting down for breakfast. The lines between church and state are yet again blending as the push for individual states rights are gaining momentum. The initiatives to protect religious freedom would uphold such standings as restaurant owners being able to deny service to homosexual customers, protecting people against certain litigation, and freeing citizens from outlined restriction -- all where religious reasons are given.

Although the controversial Arizona bill was vetoed on February 26th, at press time several states had their own versions on the legislative floor schedule.

Around the country the supposed "Freedom of Religion" movement is gaining momentum quickly. For every bill that is vetoed, another version of it seems to be in the works, picking up where its predecessor failed. States such as Idaho (with bills HB426 and HB427), Missouri (with SB916), and Oregon, South Dakota, and Kansas are weighing the possibilities of extending what religious freedom

entails. Religious conservatives are already out in droves defending the push, urging the public that these acts protect all citizens. Attorney for Alliance Defending Freedom's Kellie Fiedorek reaffirmed this idea to Fox News, stating: "This bill has nothing to do with discrimination. It's protecting basic freedoms that belong to everyone." She explained that it would protect a gay photographer's decision not to work for Westboro Baptist Church, or Muslims who don't want to sell "pork sandwiches on a Saturday."

Unfortunately for those in favor of the Freedom of Religion movement, those simple comparisons cannot be made to fit human behavior. The ceasing sale of a menu item is not the same as being refused service because of whom you to choose to love. A photographer can put down a camera when he does not like the vision through the lens easier than a person can separate from what they were born as. Seasoned LGBT Activist and SUNY Old Westbury Business Librarian Curt Friehs suggested that the veil of religious freedom covers an ulterior agenda: "The Push behind this Freedom of Religion movement seems to be a

reaction to the recent successes in the LGBT community for marriage equality." Friehs went on to echo the concerns of many other community members noting that the continuation toward this type of legislature could very well prove dangerous. In a moment of levity, he hypothetically pondered whether or not opposite sex chaperons would need to accompany large same sex groups if they were to attempt a ladies/guys night out in the areas where these divisive bills would pass. And how would one regulate the homosexuals from the heterosexuals? Would there be special seating for Bisexuals? Transexuals? Those who merely experimented in college? These reasonable questions attach a preposterous appearance to these bills but when focused on, the reality of what some lawmakers are pushing is quickly sobering.

However, one aspect that many of the movement's opponents will concede as a grey area is the question of free speech. For example if a caterer denying servicing a reception for a homosexual couple is deemed a civil rights violation, would a tattoo artist denying the inking of wedding bands on said homosexual

couple be different? The tattoo artist's work is protected under the first amendment, where the caterer's work is not. This sort of balancing act produces a tight rope many that lawmakers are finding difficult to walk.

As often as the battle between church and state rages on--whether it be regarding prayer in school, the presence of God on currency or His omission during the Pledge of Allegiance-- one thing is clear: Religion shouldn't interfere regarding civil rights issues. Basic human rights have to trump religious freedom when religious freedom is urging segregation. We all know the cliché that America is a melting pot and upon living here we figuratively sign up to jump into the mix. At some point if one's religion is that restrictive, the burden should fall upon the individual, as long as their practices aren't being physically halted.

The undeniably un-American tone of this movement may currently seem worlds away from those of us in the progressive democratic state of New York but much injustice began with intelligent people simply turning a blind eye.

The Interfaith Space

By Meriyel David

On Tuesday February 18th, Academic Affairs held a town hall meeting regarding the potential change on common hour, the academics credit system, and schedules. Many students spoke up about their concerns they had with different parts of the campus such as the cafeteria food, keeping common hours, student life, and other concerns. As a student I felt a strong need to advocate for the students of the interfaith groups who are in complicated situations sharing a small room with two large faith communities in conflict with times.

At the end of the meeting I met with Dr. Calvin Butts III and Dr. Patrick O'Sullivan to discuss more of the issues and schedule a meeting. Dr. Butts said, "I will try to work it out." His words will always stick to me because I know he cares and will try to do his best to help his students. In the following week Dr. O'Sullivan, Saif, the president of the Muslim Student Association; and I met to resolve the issues with the room. Saif said, "Yes, the room is too small, we need bigger room dividers, and curtains" to which I agreed. Dr. O'Sullivan agreed to find a bigger room and supply materials.

Nick Savva, the president of SGA, said, "Where the room is located it is a hard place for people to find it, and it is not the same as it used to be." Students make college what they want it to be and listening to students will make a huge change. As a student I was heard!

Thank you Dr. O'Sullivan and Dr. Butts for your support.

New York State Minimum Wage

By Evelyn Ortiz

Did you know that by December 31, 2015 the minimum wage will be raised to \$9.00 per hour? Currently however, minimum wage is \$8.00 an hour as of December 31, 2013 and will change to \$8.75 on 12/31/14. For many college students this is extra money in their pockets to splurge, hold them over to their next paycheck, and pay for gas money, food or bills.

I asked and posed this question to some students and many of them had the same sentiments and favored the increase of the minimum wage. When asked: What are your thoughts on minimum wage being changed to \$8.00 which will be changing to \$9.00 by 2015? Amanda Rubina responded: "I think it is impossible to be a self-sufficient person when you make \$9.00. If all those conservative republicans, who are mostly business owners, want to reduce food stamp and Medicaid usage they should raise wages to a living standard especially on Long Island!"

Keith Johnson responded: "The minimum wage is grossly mismatched to the cost of living in the country. Minimum wage should at least be \$10.00 ... Long Island is too expensive." In the past 30 years Congress passed legislation to change minimum wage only three times and according to a 2010 poll 67% of Americans would favor minimum wage to gradually be increased to \$10.00 per hour.

Evelyn Ramos says that people are not able to live well on minimum wage however, some people can possibly survive on it. "I used to live paycheck to paycheck and without my husband's

pay I would not be able to afford what I have today. You need two people in the household to work to live well; he needs me to work also so that we can save money."

Denzel McGue believes that raising minimum wage will be good for the obvious reason of earning more money and says that people in retail possibly will not mind working in retail as much anymore. "I used to work in Macy's and I remember people complaining about how much they get paid and they barely cared about the company. Working with minimum wage though shows me that we have to start somewhere and it somewhat saves some companies and the economy because let's say that the minimum wage was \$15, some companies would not be able to survive."

Dahlia Guerra believes that minimum wage should be only for those who are 18 years old and younger: those 18 and over should get \$12. "No one can live off minimum wage independently." This is quite an interesting perspective. There are 31 states who have \$7.25 as their minimum wage, some are adjusting this number and the remaining states already have above \$7.25. Rhode Island and Massachusetts has a minimum wage of \$8.00, Vermont's minimum wage is \$8.73 and Washington has a minimum wage of \$9.32 just to name a few.

The cost of living does not seem to balance with minimum wage. Before taxes a person working minimum wage based on 40 hours per week before taxes and exemptions would only be making \$13,920 a year which would approximately be \$290 a week and \$1,160 a month. With these wages without the support of others it would significantly

difficult to survive. Let me set up a scenario with these wages, so Bob: rents a room for \$400 utilities included since he cannot afford anything else, spends \$200 in gas a month, drives a car that is paid off and only has liability coverage for \$130 a month, receives \$189 a month in SNAP (Supplemental Nutrition Assistance Program) which leaves approximately \$430 remaining. However, technically he would have a negative balance once taxes are taken into account. Which leaves no money to save and no money to buy all other items such as deodorant, soap, toilet paper, pay for a haircut, fix his car or maintain it and does not even have money for leisure. Not only is this person eligible for Medicaid thankfully, but Bob is also eligible for the Home Energy Assistance Program based on the Suffolk County Social Services guidelines. I never really took a moment to ponder this whole minimum wage issue however, how is one supposed to be self-sufficient on \$7.25? An ideal hourly wage of \$12 per hour with the same expenses substituting renting a room for a studio of \$750 utilities includes leaves us with a remaining \$640 before taxes.

Now actually thinking about Bob's situation I think that most people will have to live with their parents and or someone to assist them until they get two jobs, get an education or land a full time job that pays at least \$12 an hour. Education seems to be imperative in order to live comfortably or at least to make a decent living. Education is just one factor, finding a job within your studied career is a whole other article and issue!

One Standard Fits All?

By Evelyn Ortiz

The Common Core has been promoted by the Obama administration and supported by education leaders since 2010, and 45 states and the District of Columbia have adopted the Common Core Standards. However, New York and most liberal states now want to resist these implemented standards since people believe it should be changed and re-evaluated. These standards are making children fear the thought of school, no state has gone far enough to withdraw the standards, however, and Governor Andrew M. Cuomo has become a critic and has appointed a panel to recommend changes since the execution of standards are "flawed."

In Albany, leaders of both houses of the legislature requested that teacher evaluations, student admissions and or

promotions not be reflected upon the Common Core test scores. This is vital to any teachers in the field or aspiring teachers especially in special education and Bilingual/ESL programs. There are many students who are forced upon these mandated exams and standards when they are not academically prepared or equipped to even pass the exams. The state Board of Regents, which oversees education policies, has voted to delay "the date by which all high school graduates must pass Common Core-aligned Regents exams" by five years.

The new Common Core exams are expected to be released in 2015 however; students were to be tested on the new standards last year. As the tests changed, the scores plummeted: Less than a third of the state's students passed. Teachers have not been fully trained to teach the new curriculums and nor have they

received new teaching materials or textbooks to accommodate the new Common Core. The Common Core was part of the "Race to the Top grant competition" by the Obama administration; this was an option though not a federal mandate.

The 2001 No Child Left Behind law lowered the bar on what students should be learning in classrooms so the Common Core was developed in order to set a standard of goals that students need to master. Students should be able to analyze text, tackle math problems, show evidence for their solutions, become critical thinkers and be able to articulate what they think. One of the main criticisms is that in New York the Common Core is too demanding in the younger grades. While some districts saw positive changes in children's performance in which they produced more quality work while other school districts saw students who were already having difficulty become more challenged and frustrated.

According to the website "US News & World Report," there are myths in reference to the Common Core. It is believed

that the Common Core is a federally mandated curriculum however; many states adopted the program due to the federal grant incentive which committed the states to education reform and innovation. Teachers are allowed to choose the resources for their lesson, the school districts design the curricula and the teachers may create the methods for instruction. Old standardized tests will be replaced with the Common Core aligned exams in 2015.

One of the other myths is that the Common Core is a "one size fits all" however, teachers have the responsibility and flexibility to tailor to the students' abilities who are well above or below the learning goals. While some favor the Common Core others want to reject it because some feel that it is either too challenging or not challenging enough. The Common Core is being implemented in order to equalize school situations and allow students to have a smooth transition when moving across state lines.

Beauty InsideOut

By Destini Hornbuckle

"Makeup doesn't hide natural beauty it just changes it," said SUNY Old Westbury Senior Natalie Otero. It has become a common belief that using makeup creates a mask for natural beauty. Still there are many ladies who feel it enhances beauty and take pride in lining their lips and shading in their brows. But what really makes it wrong? While natural beauty is a wonderful thing and should be embraced, who's to say that the lady who chooses to add foundation and mascara is wrong or insecure?

On the campus of SUNY College at Old Westbury students have different outlooks on whether women wearing makeup is acceptable or not. While most students found it to be just fine as long as it's not overdone when asked if he likes a lady in makeup, junior student Eduardo Alvarez said, "No, I just don't see the point". Another male student, Jakim Beaufort, a sophomore, had a similar view point stating that he feels "You're not you when you put all of that stuff on your face, be yourself don't try to hide behind anything you're you and you're you for a reason."

Though there are some students who are anti-makeup there are still women who wake up earlier in the morning to put on their face and men who appreciate it. "I love a girl in makeup!" exclaimed junior Terry Vogt. He was one of the few men to say that he found nothing wrong with a girl who likes to take her time and perfect her eyes, he actually finds it to be attractive. "I agree with wearing makeup," says Otero, who has no problem with sitting in the mirror and perfecting her eyeliner but also has a natural confidence that she is not trying to shield.

Like most other things, as long as it's used in moderation makeup can be a wonderful thing. Of course there will always be those who love it to an extreme and others who hate it all together but that is inevitable. Makeup can enhance your natural beauty if you allow it to but if you go too far it can definitely become a mask. Women embrace your inner beauty but if you want to add a bright lip to bring it out, do not be ashamed.

Why Join the Honors College?

By Christian Jimenez

Since my induction into the Honors College, my experience at SUNY College at Old Westbury has drastically changed. In the spring 2014 semester, I had the unique privilege of joining a special group of highly motivated and academically talented students on our campus. Honors College students whom I have met thus far embody a unique sense of determination and are extremely passionate about their educational success. I feel very proud and honored to be amongst students who express great zeal and enthusiasm for learning and growing through education. The Honors College at SUNY Old Westbury has not only helped me grow as a student, but also as a person. This experience is a great opportunity for students at Old Westbury to advance their education; I hope this article will inspire all Old Westbury students to pursue membership into the Honors College.

The Honors College offers many opportunities to its student members so that they can excel beyond the traditional college experience. Members are provided with many scholarship, study abroad, and internship opportunities. They participate in numerous activities including, the Honors College Journal, Literary-Art Magazine, Art Gallery, and Writers forums. In addition, members partake in their own social and cultural events, where they have the opportunity to receive Creativity and Leadership points. To earn Creativity and Leadership points, members attend events, such as cultural pride workshops, e-council meetings; invited guests lecture series, internship meetings, and recreational activities, such as Broadway shows, museum visits, and picnics. Some student members have even gone on to national and local conferences. This April, three juniors, Deodate Davis, Ozgur Zaim, Ediz Ozelkan, and sophomore, Fareeda Roushdy of the Honors College will have the special privilege to present their research work at the Northeast Region Honors Council Conference held in Niagara Falls, NY. The Honors College not only provides stu-

dents with opportunities for academic success, but also with numerous privileges.

Members enjoy a unique set of privileges. Some of these privileges include a \$750 annual book scholarship for the on-campus bookstore, with \$375 dollars for each spring and fall academic semesters. Members also have a private study, called the Honors College Study Center located on the first floor of the New Academic Building. The study is equipped with state-of-the-art computers, and a large library of history, art, science, business, encyclopedia, and law books that can be borrowed. In addition, student members have the privilege of early advisement and class registration. Although members enjoy these privileges, they must earn these rewards through hard work, and also must maintain high academic standards.

To retain Honors College membership, members are responsible for fulfilling several requirements. First and foremost, all student members must maintain at least a cumulative grade point average of 3.5. They also are required to complete 26 honors credits, an internship, guided research, or study abroad, and a thesis at the end of their last semester before graduation. Students have the option of either enrolling in Honors College courses, or having their courses "contracted" to receive Honors credit. To earn credit for an Honors course, or contracted class, members must complete a qualitatively different amount of work than the rest of the class. This type of work is more intense, and may take the form of multiple paper assignments, research projects, or presentations. As one of their three requirements, members have the option to participate in a 2 credit, 70-hour field work internship. An internship provides students with practical experience in their career field of interest. In addition to an internship, members have the option of studying abroad in a foreign country. Some students have traveled to countries, such as Spain, Turkey, and even China. Lastly, those in the Honors College can choose to conduct original research

under the guidance of a professor. Several members have even co-authored their research findings in professionally published academic journals. These requirements at first glance may appear challenging, but one must first strive for admission into the Honors College before any of these requirements can be met.

To earn a seat in the Honors College, prospective student members must meet a specific set of admission requirements. Incoming freshman must possess approximately a 90 high school average, and around an 1100 combined Reading and Math SAT score. All other applicants must hold at least a 3.5 cumulative grade point average. Students interested in membership must submit an unofficial copy of all their college transcripts, a resume, at least two letters of recommendation from faculty, and one piece of their best academic writing to the Honors College Director, Dr. DeLuca. Student applicants should first meet with the Director for an interview to find out if they are eligible for admission.

Every student at SUNY College at Old Westbury should consider membership in the Honors College. This one-of-a-kind experience offers students opportunities for educational advancement, and provides them with educational resources, such as scholarships, internships, study abroad, and guided research opportunities. More importantly, however, by seeking membership, students are challenging themselves and setting an example for others through their hard work and determined effort to enriching our college community. By joining the Honors College, you as an individual are not only helping to contribute to your own personal academic success and future career, but also promoting SUNY College at Old Westbury's mission statement for "a passion for learning", and "a commitment to building a more just world for humankind".

This report could not have been completed without the contributions of Honors College Director, Dr. DeLuca, and Assistant to the Honors College Director, Ms. Marsha Cohen.

REVIEW

Need for Speed

By Jessica Blair

Fans of the popular show, "Breaking Bad" may have something to look forward to with the *Need for Speed* film release. Aaron Paul - better known as Jesse Pinkman, the foul-mouthed, drug-addicted character whom fans loved - stars in the film. *Need for Speed* follows Tobey Marshall (Paul), a mechanic/street racer, fresh out of prison for serving time for a crime he did not commit. Framed by a wealthy business associate, Tobey embarks on a cross-country race in order to avenge the death of his friend. Serving

as an adaptation of the popular street racing video game, the film also stars Dominic Cooper and Scott "Kid Cudi" Mescudi. Some may recognize Cooper from "Captain America" and "The Duchess". Mescudi is better known for his rap repertoire in addition to starring in the short-lived HBO series "How to Make It in America."

Director Scott Waugh is no stranger to stunts as he has a background directly involving them. While the film is sure to have not only amazing car chase sequences featuring American muscle cars and European supercars, the plot

looks promising too. In a recent interview with "Movies Coming Soon," Paul stated, "The idea of jumping behind the wheel of all of these cars, and driving around the country very fast was very exciting to me...Our director wanted to do a throwback to the classic films that really started the genre like *Bullitt* and *Vanishing Point*, *Smokey* and *the Bandit*...all those films that did those stunts. No CGI." With Waugh paying homage to previous car racing films, it gives the film more of a realistic feel because of the lack of green screen. Here's to hoping we'll see some elements of surprise as well.



The Politically Correct Witch Hunts

By Joseph Randazzo

I should preface what you're about to read with a disclaimer. This isn't some anti-woman-Stone-Age-conservative rant against all things liberal. As a creative person I am worried about my future because a lot of unnecessary politically correct attacks aren't coming from Republicans. To be honest I'm more afraid of the left—the side of politics I stand in. What started as necessary social change during the Civil Rights movement has now become a parody of the sixties.

Sex used to sell. Now it has been replaced. Media outlets are blatantly looking to crush the credibility of anybody sitting in the spotlight by deeming them racist, homophobic, or misogynist. Some of these outlets are willing to take something like a joke or movie out of context to skew their point.

Jezebel.com, a site which prides itself on forward thinking and heels, is the first outlet I'll be touching upon in this new age form of PC witch hunts. They recently published a short piece that showcased a video which replaced all the men in *Wolf of Wall Street* with women. The reason behind the article was to make a point that misogyny is accepted in the media.

The short article's author went on to criticize the genius Martin Scorsese and joked *Goodfellas* should be replaced with an all-female cast too. The reason why I'm calling some of today's progressive ideas a parody is because of opinions like these. *Goodfellas*, and the more recent *Wolf of Wall Street*, are true stories. Those screenplays weren't meant to undermine women. They were based off of books which highlighted some dark eras in our country.

Opinions like these hurt the credibility of modern feminism because in a sense, they are saying it is okay to rewrite history just to make your point. If you want to say women are poorly represented in movies that's fine. My problem is they are looking for honesty by dishonest means. This would be like Islamic and Jewish groups wanting to change text-

books because of what happened during World War II and the Crusades. There is a guy named Jordan Belfort who once had a hooker problem and made millions by manipulating the stock market. Deal with it.

Women's groups have done a lot of good but these lazy attacks by some of their lazier members water down their message. This is why you hear groans whenever someone brings up feminism. It's easy to claim yourself a "feminist" but if you do, you have to put in the work. Just because Batman wears a cowl doesn't mean he's a super hero. He needs to go out and punch Joker in the mouth for robbing Gotham First National Bank.

If you're going to lay the cause of Feminism on your shoulder you have to go all in. Speculating discrimination on the internet is a tiny step. A true feminist has to put others before themselves. Sexually assaulted women need a voice—and more importantly, they need to be comfortable enough to come out. These women are the Gotham National Bank that need saving. Just posting about it on Facebook is like Bruce Wayne sitting there in the Batcave waiting for someone else to hop in and save the day.

I recently went out with one of these fake progressives hurting their own cause. We got into an argument over Marvel's Black Widow. My date said the Widow was an awful role model because she represents the over sexualization of females in the media. Here was the kicker. Earlier on she said she dyed her hair red and painted her nails with the Black Widow logo to pay homage to the character.

She called me a "typical pig" for pointing this out. (I wish I could take a DeLorean to go back an hour before that date. I would dress up as Captain America and yell Allah Ackbar at some point. The irony of both our hypocrisies would have been adorkable.) This unmerited outrage happens a lot in today's increasingly social world. Not just my awful taste in date choices.

An example of this happened recently on CNN during a Piers Morgan inter-

view with a transgender woman named Janet Mock. Mock is known as a spokesperson for transgender rights. In this particular segment Mock was returning to the show for a second time because she felt slighted during her first interview. During their original encounter Morgan said Mock was "born a boy." She was not happy with this. Instead of bringing this up during the first on-air interview, Mock took her gripe to twitter because Piers Morgan had unknowingly offended her.

Mock posted after the show, "Was a boy until 18." @PiersMorgan get it the f*k together. #RedefiningRealness."

This resulted in hundreds—possibly thousands—of tweets calling for the host's job. Morgan had Mock in for another go-around to ask why she happily continued the interview. The scary part about this is on-air personalities have been fired for saying something they thought was fine at the time. People tend to be followers and I think this is one of those cases too. If Mock had not incited a twitter riot I doubt anybody would have taken offense to Piers Morgan saying she was born a boy. It's technically true.

I think the reason for Mock's twitter outrage wasn't to help the transgender cause. She was using that to get herself on the map. If she had a conversation about why being called a boy was offensive during the conversation her spotlight would have ended there. Instead she made it all about her by whining after the show aired. Someone like Janet Mock is the type of firefighter who starts their own blaze and puts it out for the glory. In this case if you claim someone is the hero of a fire they lit you'd most likely be accused of homophobia. After that nobody hires you and you become the victim because someone sociopathically selfish.

If your intentions are righteous it seems the best thing to do in these situations is to be unapologetic. It's the Seinfeld way. During an interview in January Jerry Seinfeld was labeled a racist by Gawker contributor Kyle Chayka for not having more diverse guests on his internet show "Comedians in Cars Getting Coffee." Chayka is another one of those blaze-starting-firefighter types who

would love nothing more than to be a hero.

Chayka writes in his article, "He (Seinfeld) seems to suggest that any comedian who is not a white male is also not funny, though he's also likely fed up with the amount of bad comedy he's been forced to sit through in his (waning) career," He continues. "Which is too bad, because Seinfeld is downplaying the work of everyone from Richard Pryor and Bill Cosby to Aziz Ansari, Mindy Kaling, and Eddie Huang, who are all in various stages of their own sitcoms that just might turn out to be the next Seinfeld."

For the record, Seinfeld has had Chris Rock and Mario Joyner on his show. These guys don't exactly fall under the textbook definition of "white." When Seinfeld was asked about this during a BuzzFeed interview he didn't apologize. He called these accusations insane. To apologize and give in to the criticism would give power to these false claims of racism and homophobia. I'm glad because these pigs don't deserve the page views.

The brilliant thing about bloggers who cry racism like Chayka is most of them are housed in post-gentrification Brooklyn neighborhoods. These kind of false progressive prophets want to make a name for themselves by manipulating the open wounds of this country's very real history of injustice. They are glory hounds who keep racism going in a more subtle way than Maycomb County's judicial system or the Alabama Sheriff Department's hose firing squad.

Whenever I see someone proclaim themselves the judge of today's witch hunts I think back to A Bronx Tale during Sonny's funeral. The other mobsters faked empathy by bringing huge floral displays to his wake. They patted themselves on the back just for being there. People like Janet Mock and Kyle Chayka are no different than the gangsters with the over-the-top displays. Anybody in a creative field should be horrified by this. You have to watch your language. We're reaching a point where we'll have to trade off artistic integrity for work.

The Debut of the WWE Network

By Joe Randazzo

On Monday January 24th the WWE released its WWE Network. The long awaited streaming service is the Netflix of professional wrestling. It's \$9.99 a month and has every Pay-Per-View from the WWE, Ted Turner's old WCW experiment, and the riot-like crowds of South Philadelphia's ECW. Current WWE pay-per-views will also be streamed live on the Network. Wrestling fans can now bypass the ludacris monthly \$60 PPV fees.

"Today is a historic day for WWE as we transform and reimagine how we deliver our premium live content and 24/7 programming directly to our fans around the world," Vince McMahon, WWE Chairman & Chief Executive Officer, said on the day of the Network's release. "WWE Network will provide transformative growth for our company and unprecedented value for our fans."

The first week of its release was not

without its pitfalls though. While the Network's app on iPhones, Ipads, Ipods, and Android devices have worked, the PC and Mac streams have seen a dreaded message of "Media Error: Video not available." These error messages seem to be browser exclusive though as Google Chrome and Firefox won't play the videos while Internet Explorer and Safari do.

Fans able to get their stream working for that first week were treated to a special event known as NXT Arrival. NXT is the company's Triple A equivalent. The WWE's top developmental talents compete in NXT to get them ready for the main roster on Monday Night Raw and Friday Night Smackdown. The match of the night was a Diva bout between the developmental talents of Emma and Paige. Emma is a new fan favorite who plays the role of a ditz while Paige is a more serious brooding character who looks like she works behind a Hot Topic register.

The most unique thing about the ravenous Paige is her age. She is only 18-years-old and professional wrestling's show business equivalent of Eddie Murphy. Her first professional match was five years ago. While many 13-year-olds were out trick-or-treating and playing Pokemon, she was being slammed around a mat in front of small crowds packed in European high school gymnasiums.

The big moment in Emma vs. Paige came when Emma power bombed Paige off the top rope. The Full Sail University arena erupted into a "Better than Batista" chant after Paige's body crashed into the center of the ring. The chant was inspired by wrestling fans hatred of the returning superstar, Batista. Many fans feel Batista stole the main event spot of the beloved underdog Daniel Bryan. For the last two years Daniel Bryan fought his way to the top and now Batista is being accused of pushing him off after a four year hiatus from the WWE. The powerbomb is Batista's finishing move and the "Better than Batista" chant was another way of wres-

tling fans showing their hatred toward him.

The next major event to be streamed live on the WWE Network is Wrestlemania 30. To have a major event such as Wrestlemania streamed online for \$10 is revolutionary in both the television and pay-per-view industry. For decades a company like Viacom has put a strangle hold on fans by charging obscene prices for a three hour event you'll watch once. With the now-affordable WWE Network you cut that out completely and those monopolized pay-per-view companies will be made irrelevant.

If Dana White, owner of the UFC, follows the path of Vince McMahon this will hurt pay-per-view companies even more. It could deliver a much deserved death knell in that prehistoric model of viewing which has alienated large portions of wrestling and UFC who are not able to watch the product they love because they can't afford to.

#AREYOUBRAINWASHEDBYFITSPO?

By Traci Newman

“Nothing tastes as good as skinny feels” was said by super model, Kate Moss. If you type that quote into Google you will come up with over 250,000 search results. You will find tank tops, t-shirts and even pillow cases with that “mantra” branded on it up for sale. It’s all part of the internet craze called, “Thinspiration” or better known as, “Thinspo;” which promotes excessive dieting and exercise in order to reach extremely low body weights. Recently, “Fitspo,” has also been trending online, which is images made up of extremely fit women and men. They’re usually accompanied by inspiring quotes, encouraging you to work out more. At first glance, Fitspo may come off as a positive way to encourage health and fitness, or is it really just Thinspo with sneakers and dumbbell’s?

I was first exposed to the world of Thinspo last March. I was checking my Instagram account when I started seeing two of my friends posting pictures of skinny women in bikini’s with the hashtags, “#thinspo”; “#thinspiration”; “#summer” and, “#bikiniready.” At first I didn’t really think anything of it, both girls were thin and I thought they were posting pictures of themselves with their faces cropped out. Over the next few weeks they kept posting the same kinds of images, and I clicked on the hashtags to see what it was all about.

The world of Thinspiration is a scary place. By clicking the hashtags and scrolling through the 20,000 plus images (on Instagram), you’re entering the depressed minds of young women who are struggling every day with eating disorders. Some post pictures of themselves if they are skinny enough that day; they want to show the world how their hard work is paying off. If they feel fat, they post a picture of themselves and encourage others to comment on their pictures with tips on how to lose weight as fast as possible. Others will post images of random thin or over-weight women as their personal inspiration to keep losing weight. Keep in mind these images are not only found on Instagram, but throughout social media. Sites such as Pinterest, Tumblr and Facebook amongst others all have Thinspiration followers.

The images these women post are scary, but it might be the words that accompany these pictures that really make them terrifying. Quotes such as, “Every time you say no to food, you say yes to thin”; “Don’t you know that I would die for perfection?”; “Take cold showers to burn more calories” and, “Don’t Eat December: Anathings [“anathings” refers to Pro-anorexia.]” are spread across the images of extremely thin young women. The women posting pictures are using hashtags like, “#ana”; “#fasting”; “#eatingdisorder”; “#fat”; “#thinspo”; “#depressed” and, “#disgusting.” These tags clearly show how emotionally distraught these young women really are.

The use of hashtags may be a relatively new concept but the idea of Thinspiration isn’t. Mim Udovitch published an article in the New York Times in 2002,

“A Secret Society of the Starving” exploring the life of a Florida teen suffering from eating disorders, who spent a lot of her time on Pro-Ana websites. Udovitch says, “Pro-Ana, the basic premise of which is that an eating disorder is not a disorder but a lifestyle choice, is very much an ideology of the early 21st century, one that could not exist absent the anonymity and accessibility of the Internet, without which the only place large numbers of anorexics and bulimics would find themselves together would be at inpatient treatment.”



Social media sites have become breeding grounds for young women suffering from the same eating disorders to come together as a community and encourage each other’s dangerous habits. A newer trend flooding social media is, “Fitspo.” These images look similar to Thinspo; however they show images of extremely physically fit bodies of women and men as inspiration to work out more.

If you search Fitspo hashtags on Instagram you will find over five million posts to view. Fans of Fitspo are less gender specific. Thinspo is mainly made up of young women, while Fitspo has a more diverse group of men and women followers. Initially Fitspiration looks extremely encouraging and positive. The images show both men and women in workout gear and sneakers, usually running on the beach, or wearing boxing gloves and punching a bag. Following the same structure as Thinspo the images are accompanied by inspiring quotes and words, “Strong is the new skinny”; “Girls who lift”; “Do it for the: ‘Holy shit, you got hot’” and, “Sweat is weakness leaving the body.” Unlike Thinspo there are plenty of images of food being posted (all healthy items of course), with tags like, “Eat clean, train dirty.”

In comparison Fitspiration does seem to be a much more positive influence for young women than Thinspiration. Fitspo encourages healthy eating and working out opposed to starving oneself in hopes of perfection. But if you really break down at these images and look at them critically are they all that different? They are both telling you there is a certain way a person should look and why you should look this way.

Charlotte Hilton Anderson, a blogger for The Great Fitness Experiment, who has overcome anorexia wrote, “Many people will say that while it’s rare to be born with skinny genes but that muscle can be built with hard work in the gym. And I agree. But in most of these pictures, we’re not looking at your average woman who does Bodypump twice a week and can now lift her children with ease. We’re

looking at a very exclusive set of dedicated athletes that train very hard and eat a very particular diet to maintain extremely lean figures.”

The men and women in these Fitspo pictures with rock hard bodies aren’t working out two times a week. Working out for them is practically a full time job. Melissa, 24, began training for her first ever fitness competition over the summer. She met with a fitness coach, developed a work out plan and eating regime that she had to strictly follow in order to be ready for her body building show in four months-time. “I feel like all I eat is grilled chicken every day.” Melissa says, “I’m working out twice a day, five or six days a week. Its hard work but I want to be ready for my competition.” By signing up for a fitness competition, Melissa understood the time and effort she would have to put in to transform her body and that it would be a daily challenge. Many of the young women looking at these Fitspo images just see the bodies they want but don’t realize the extreme effort and training it actually takes to look like that.

To gain better feedback on a more personal level several women within the age range of 22-30 years old took a short survey and shared some of their thoughts. Most of the women surveyed said they have seen these images before on social media sites but weren’t aware of the online communities they are originating from. A 27 year old woman said, “I’ve never searched for Thinspo before but I have seen both kinds of posts. I would like to look like the women in the Fitspo pictures because they look athletic. But I would never recommend Thinspo images to my friends because the women don’t



look healthy.”

Lindsay, 25, who tries to maintain a healthy lifestyle and is an avid runner believes, “The ideas of Thinspiration and Fitspiration took the generally beneficial concept of eating healthy and exercising to a level of obsession to the point of extreme harm. Thinspiration in particular is really just another word for aspiring to obtain an eating disorder.”

The women who weren’t aware of Thinspo or Fitspo looked it up online to

see what was being talking about. They all had the same scared and shocked looks on their faces. Kayla, 22, while scrolling through the Google search results whispered, “This is scary. I can’t believe I didn’t know about this. They just look so sick.”

Most of the women surveyed agreed that they wouldn’t send Thinspo or Fitspo images to friends or sisters as inspiration to lose weight. Geselle, 24, who works out and has tried juicing said, “I wouldn’t show these kinds of images to my friends. Most of them don’t promote healthy diets or exercise. People should go by how they want to look and feel for themselves.”

Although there seems to be a general consensus that between the two ideas, Fitspo in comparison is a step up and conveys a more positive image. But Fitspiration is still showing and telling young women there is a certain way they should want to look. Take a second and think about how you look when you head to the gym for a morning work-out. I’m usually in leggings, an old t-shirt, no-makeup and, my hair is piled on top of my head. Unfortunately, I’m also a gross sweaty mess. However, maybe even fortunately the women surrounding me generally look the same and we may be sweaty messes but at least we’re burning calories.

Now think about the women you see in Fitspo images. They’re all thin with six pack abs, usually dressed in tight little shorts or bikini bottoms, glistening in sweat, with their long sleek ponytails waving back, all while lifting heavy weights. The posts are accompanied by hashtags like, “#gymrat”; “#liftheavy”; “#healthy” and, “#instafit.” Honestly, I don’t glisten. I sweat like a beast and it’s pretty gross. But I’m at the gym and it’s not unusual to look like that. How many women actually look that wonderful when they’re working out? Fitness-models? Pro-Athletes? Women who are prepared for photo-shoots that day?

Gemma Gritchely, a writer for Dietitian without Borders made an interesting point, “I’m not saying that all the messages or images used as ‘Fitspo’ are negative as such. There are some great positive motivational messages out there encouraging you to be more active and start where you are now. I have no objections to using or sharing those images. However, if it involves an oiled up woman in skimpy underwear displaying her six pack... chances are I’ll give that one a miss.”

The average woman doesn’t look like a fitness model. Keep in mind, that many of these athletes and fitness models are also using supplements (protein powders/pills) and fat-burners to aid their workouts. Working-out and eating clean is great for a person’s health, but it’s important to realize most women won’t get the same results they see in Fitspo images without making extreme lifestyle changes.

Physical fitness should be about maintaining a healthy lifestyle and body image. The ideas of Thinspo and Fitspo viewed through social media are repetitive, and are essentially brainwashing users, especially young women to see their bodies negatively or that is something that needs to be constantly changed, fixed or enhanced.

WHAT'S TRENDING FOR SPRING?

By Virginia Coles

Let's say goodbye to the windy mornings and cold nights as we welcome the warm sun. But aside from the anticipation of better weather let's not forget the new trends that accompany the warmer days.

Metallic Tones



The idea of Metallic's for spring seems exciting. This spring Designers are changing the idea of wearing metallic's at night and instead they are introducing them as all day wear. Capture the metallic trend by purchasing clothing or bags that have silver or gold tones. From shirts to shorts they should be available at all of your favorite stores.

A Sporty Chick



Who doesn't love sporty wear that can pass as everyday wear! This spring designers are taking the idea of sportswear to a different level. On many runways loose fitting clothing that has a sporty edge was everywhere. Capture this look by dressing up more casual pieces such as track pants or loose fitting sweatshirts with heels or wedges.

Pattern Mash Up



What's better than mixing prints? Well it's safe to say that this trend is here to stay. Designers this spring mixed floral with strips and poked a dots with shapes. Capture this trend by mixing patterns that you are confident and comfortable wearing. When it comes to fashion it's all about being confident and comfortable.

Splash of Color



Colors were everywhere on spring runways. Two colors that really stood out were Blue and White. Designers enjoyed creating pieces with different shades of Blue and layering White on White. Capture this trend by adding some hints of Blue or White to your closet

WINTER TO SPRING TRANSITIONS

By Meleika Amos

With the idea of springtime coming you suddenly become overwhelmed with a feeling of warmth, you can't help but feel that smile of anticipation for the seasons to fast forward. Just because the warmer weather is steadily approaching there's no need to dismiss all of your wonderful winter pieces. Certain items can stretch over to the beginnings of the next season and become what I like to call, "transitioning wardrobe pieces."



LOVELY LEATHERS

From Left Clockwise: **Forever 21 leather biker jacket:** \$19 forever21.com; **Black white jacket:** \$37 www.6ks.com; **GUESS black skinny pants:** \$42 www.macys.com; **Vegan leather dress:** \$33 www.ringsandthings.com; **ASOS legging:** \$28 www.asos.com; **Baseball cap:** \$39 www.overland.com; **Leather purse:** \$45 www.etsy.com; **Zara leather booties:** \$30 www.zara.com; **Oasis sleeve dress:** \$25 www.oasis-stores.com

Leathers are always a go to for making an outfit fun and fearless. You can mix and match for an array of looks. Try anything from a light leather jacket with a floral dress, from just a simple T-shirt paired with leather leggings and leather ankle booties, or vamp up a relaxed sweat pant and hoodie combo with a leather baseball cap – all around leather effortlessly says badass.



Beautiful Booties

From Left Clockwise: **Ankle boots:** \$24 www.modcloth.com; **River Island high heel boots:** \$50 www.riverisland.com; **Black boots:** \$30 www.nastygal.com; **High heel boot:** \$25 www.6pm.com; **Dollhouse Plated Allison Stone Ankle Booties:** \$36 www.cicihot.com; **H&M ankle boots:** \$50 www.hm.com; **Bandolino boots:** \$50 www.macys.com; **Michael Antonio lace up boots:** \$48 www.zappos.com; **High heel boots:** \$30 www.nastygal.com

Ankle booties are the go-to from Fall all the way to Spring, with so many styles to choose from and such striking prices it's hard not to fall in love. Match booties with any floral piece (skirts, scarves, button downs) and you've got a fabulous spring day date outfit!

Pretty Ponchos



From Left Clockwise: **Forever 21 outerwear:** \$23 www.forever21.com; **Forever 21 lightweight poncho:** \$18 www.forever21.com; **Forever 21 sweater:** \$30 www.forever21.com; **Sperry Top Sider outerwear:** \$40 www.sperrytopsider.com; **Tela Beauty Organics long cardigan:** \$49 www.urbanoutfitters.com; **Forever 21 outerwear:** \$30 www.forever21.com; **Roxy black poncho:** \$31 www.roxy.com

Ponchos are a comfortable yet fashionable cover-up for those breezy days. You can play it up and throw a poncho over a jumpsuit, or maybe even dress it down with a pair of corduroy jeans and turtleneck; they are simple and soft pieces that add flair.



The Perfect PULLOVERS

From Left Clockwise: **Long sleeve sweater:** \$36 www.ustrendy.com; **American Apparel black shirt:** \$40 www.etsy.com; **Crew neck sweatshirt:** \$39 www.urbanoutfitters.com; **Missoni sweater:** www.1sttdibs.com; **Lace top:** \$35 www.delias.com; **Forever 21 shirt:** \$23 www.forever21.com; **Mossimo crew neck sweater:** \$7.18 www.target.com; **Pullover sweater:** \$31 www.6ks.com; **Victoria Secret crew neck sweatshirt:** \$25 www.victoriasecret.com

When on the hunt for the perfect pullover there is always a few important factors: price, style, and durability. Pullovers can make that clean crossover into spring by decreasing layers. You can even do a larger pullover with tights to do a funky pullover dress!

Dear Dr. Deb,

I have a roommate who sleeps all day and I never get the room to myself. What should I do?
Sincerely,
Seemingly Slighted

Dear Seemingly Slighted,

I am sure it is frustrating to not be able to have some alone-time in your room, which you rightfully deserve. However, I am much more concerned about the fact that your roommate sleeps all day, which is something you should be concerned about as well. Excessive sleeping is one of the symptoms of clinical depression. To be diagnosed with clinical depression, a person must meet the symptom criteria for major depressive disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM) published by the American Psychiatric Association. For clinical depression, a person must have five or more of the following symptoms over a two-week period, most of the day, nearly every day. At least one of the symptoms must be either a depressed mood or a loss of interest or pleasure. Signs and symptoms may include the following (<http://www.mayoclinic.org>):

- Depressed mood, such as feeling sad, empty or tearful (in children and teens, depressed mood can appear as constant irritability)
- Significantly reduced interest or feeling no pleasure in all or most activities
- Significant weight loss when not dieting, weight gain, or decrease or increase in appetite (in children, failure to gain weight as expected)
- Insomnia or increased desire to sleep
- Either restlessness or slowed behavior that can be observed by others
- Fatigue or loss of energy
- Feelings of worthlessness, or excessive or inappropriate guilt
- Trouble-making decisions, or trouble thinking or concentrating
- Recurrent thoughts of death or suicide, or a suicide attempt

Here are some important steps to help someone, like your roommate, who may be depressed.

1) Acknowledge: Tell your roommate that you are concerned about him/her. Let him/her know that you have noticed that he/she has been sleeping all day and are worried that he/she may be sad or depressed. Just by acknowledging your roommate's behavior, this may help your roommate feel more comfortable discussing how he/she has been feeling and what may be going on in his/her life. Often the stigma of depression can get in the way of someone sharing their difficult feelings and prevent others from listening.

2) Listen: It is important to actively listen to your roommate without judgment or criticism. It is equally important to not offer solutions or try to fix the problem(s). Just listening to your roommate may help him/her feel better. It is critical to take what your roommate says seriously and not brush it off with trite advice.

3) Be Supportive: It is important to let your roommate know that you are there for him/her and are willing to listen whenever he/she wants to talk to you. Furthermore, let your roommate know that you value his/her friendship and he/she matters to you. This may help your roommate to feel more worthwhile during what may be a very difficult time.

4) Be Patient and Understanding: If your roommate is depressed, it may take a while for him/her to feel better. Depression is a complex disorder that can be slow-moving and unpredictable. It is important to be patient and understanding with your roommate's feelings and behavior. Your roommate may not appreciate your efforts to help but do not let that deter you. Remain steadfast, providing comfort and compassion.

5) Advise Them To Seek Professional Help: It is critical to encourage your roommate to seek professional help by going to the Student Counseling Center. Depression is not something that just goes away over time. If your roommate or someone you know is in danger of harming him- or herself or thinking about suicide, it is important to take this seriously and contact an authority figure immediately such as a Resident Director, Professor or the Student Counseling Center. Stay with him/her until an authority figure is there to help. For help or additional information, contact the Student Counseling Center at 516-876-3353.

Dear Dr. Deb,

I've known this boy for years and we've been good friends. We always have had feelings for each other but never dated. However, recently, we dated for a short period of time and he broke up with me because I called him an ex-boyfriend's name. I feel guilty about this. What should I do?

Thank you,
Guilt-ridden

Dear Guilt-ridden,

This honestly is an honest albeit embarrassing mistake. It is a slip-of-the-tongue, an accident, a common error. How many times has each of us called someone by the wrong name? I have called my cat, Sky, by my other cat's name, Jazmine. Sky was not offended though this may not be the best

example. Here is a better one. I was once on the phone with a boss, who was also a colleague, mentor and friend. At the end of the call, he called me his wife's name. I was taken-aback but knew that Tom had just made a mistake. I did not take it personally and never brought it up to Tom because I did not want to embarrass him further.

To be honest, I am surprised that this boy whom you have been good friends with for a long time and subsequently dated took this mistake so personally. He clearly seems insecure about your relationship with him and seems threatened by your past relationship. Perhaps he is not sure how to make the transition between friendship and a romantic relationship. I recommend that the two of you discuss the root of his reaction rather than focus on your understandable mistake.

Dear Dr. Deb,

I was talking to this guy and I think I was more into the relationship than him. After a while, we started fighting a lot and he said he needed space. What do you think would be the best way to move on or do you think I should take him back when he's done having space?

Take care,
Faltering Feelings

Dear Faltering Feelings,

Before I answer your question, I think it is important to understand some possible reasons why he may need some space from the relationship. Men often ask for space because they are no longer happy in the relationship. They may want some space in order to gather themselves before ending the relationship. However, there is the off-shoot chance that he may just need some time to himself to regroup and reassess his feelings for you. Either way, what is critical is how you handle this turn in your relationship. He most likely expects you to react to his request with a dramatic confrontation

complete with yelling, accusations, pleading and tears. Instead of reacting in way that rivals *The Housewives of New Jersey*, it is essential to maintain your composure. You may need to take a day or two for yourself in order to get your emotions in check. Then, let him know that, after giving this some thought, you support his decision and that this may be best for both of you for the sake of the relationship to take a little bit of time for yourselves. When he is ready to come back to the relationship, he may be thinking twice about breaking up with you. Due to how you handled this situation with maturity and compassion, he may feel that staying in the relationship is worthwhile. On the other hand, he may appreciate how you handled this but his feelings for you may not have changed. As you first indicated, you were "more into the relationship than him". If this has not changed, why would you want to stick around? You deserve someone who feels the same way about you as you do about him. Your first step without him should be to realize your own self-worth. This will help you find a healthier, more balanced and equitable relationship.

Dr. Deb is an educational psychologist who received her doctorate from UCLA. She can be heard live on Awareness Avenue every Thursday from 1 to 3 pm on OWR. She also can be seen on Awareness Avenue every Tuesday at 8:30 pm on Cablevision Channel 20. If you have any questions or issues for Dr. Deb, please send them to awarenessavenue@gmail.com or submit them to The Catalyst office.



OLD WESTBURY PUZZLES

MEDIUM

By Marilyn Bonilla

HARD

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MEDIUM

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HARD



HAVE YOU SEEN NESSIE?

All freshmen and senior students have been contacted in recent weeks and asked to complete The National Survey of Student Engagement (NSSE). Be sure to complete the NSSE and help SUNY College at Old Westbury learn how to improve its service to students.

WATCH YOUR MAIL AND E-MAIL FOR THE NATIONAL SURVEY OF STUDENT ENGAGEMENT.

Deadline: May 1, 2014

All students who complete the NSSE will be registered automatically in a drawing to win one of eight iPod shuffles (valued at \$80.00 each).

Questions about NSSE? Please contact Ms. Sandy Kaufmann at (516) 876-2715.



Calvin O. Butts, III, President

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WHO EARNED A
MASTER'S DEGREE HELD
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AREA OF STUDY.

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visit admissions.adelphi.edu/graduateevents.



SPRING INTO THE WRITING CENTER!

Make an appointment online at <http://oldwestbury.mywconline.com> OR
come to **The Writing Center, Room H-216, Campus Center**
Mondays & Tuesdays: 11am-9:30pm / Wednesday & Thursdays: 10am-7pm
516-876-3093

Working on an essay? The Writing Center can help!

- generate ideas
- practice critical thinking
 - construct a thesis
- develop an arguement
- organize your essay
 - cite sources
- clarify your sentences

The Writing Center



Research Writing Workshop -
Wednesday, April 9th.

Punctuation Workshop -
Tuesday, April 22nd.

MAC AWARDS AUDITIONS

Musicians must supply their own gear.

Students must be prepared to perform a maximum of two works.



Auditions are for students only.



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- Chemistry
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- Mathematics
- Social Studies
- Spanish

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Ph: 516-876-3073
E-mail: enroll@oldwestbury.edu

www.oldwestbury.edu

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Calvin O. Butts, III, President

New Diversity Initiatives on Campus: An Interview With Curt Friehs

By Nzingha Z. Crusoe

Curt Friehs, business librarian, started new diversity initiatives on campus last semester. Friehs wanted to start something for LGBTQ faculty on campus. He explains that he is “really passionate about lesbian, gay, bisexual, transgender, and queer questioning and issues – I think that they are really important things.”

Friehs felt as though there wasn’t really a whole lot for faculty and staff to get involved with in regards to these issues. He felt as though there was maybe something he could do to offer LGBTQ faculty and staff opportunities to work with students and gay rights initiatives. “This has turned out to be a really good opportunity, we have programs now. When we first started back in September, I made an announcement at the faculty senate then sent out an email and was pleased to see such a positive response... although we are not an official committee that has to report to the faculty senate, they have been supportive allowing me to make announcements about programs and meetings.”

Friehs explains that this is not an organization, that he and the faculty and staff involved are completely adhoc. “Were not an official college committee or organization, but we try to meet throughout the semester to discuss issues

and plan programs.” Within this group there are a lot of individual initiatives and passions but the group comes together to help each other make their ideas a reality. “I’m finding that by examining the LGBTQ issues on our campus, learning more about what the students face, I have been able to meet a lot of faculty, and have made some good contacts.”

When asked about some of the issues this community faces, Friehs answered by saying “I think some of the issues we face are persons in the LGBTQ community feeling lonely and isolated so we try to find ways to foster interaction with other members of the community to help increase understanding – things of that nature.” It’s not just on this campus, Friehs explains, people who are LGBTQ in a variety of places face many different issues. “My main goal is to increase understanding on a diversity issue on campus, perhaps bring about change and maybe allow people a forum, perhaps everything you ever wanted to know about LGBTQ issues but were afraid to ask. That’s an opportunity for people to come in and just ask people who are LGBTQ questions they may have about what it means to be gay, lesbian, bisexual, with the hopes that this may open minds and open hearts.” On Thursday, March 13th, Friehs was able to hold the panel discussion, about everything you wanted to know about the LGBTQ community.

Friehs explains that he has met with PRIDE, a student organization here on campus, the president has come to several of the faculty gatherings regarding LGBTQ issues and completely supports the faculty and staff. PRIDE has a pride parade that they put on every year “I’m looking forward to attending this year” says Friehs. “The faculty has not put on events in conjunction with PRIDE but they have had several conversations and have built a supportive relationship. “Our group is just getting started, it’s a relatively new thing, but I think it offers different people who are not LGBTQ an opportunity to get involved as well it’s not just for LGBTQ persons.”

When asked, are your hopes for this to turn into a movement or an organization Friehs answered by saying “he wants there to be a comfortable space and he wants play it by ear and see where things go. I really like the idea of programming, I think it’s a good way to engage the greater community and it also makes people who are gay seem less threatening. People will begin to realize the LGBTQ community includes our professors, our librarians, and people we see every day.”

When asked if he or any faculty and staff members involved have faced and discrimination on campus and whether or not the SUNY College at Old Westbury community has been open to these new

diversity initiatives Friehs responded by saying “ I think that there are safe spaces on Old Westbury’s campus, that being said you can’t control what everybody does, but at the same time you’re talking to someone from Kansas, in a way I feel very fortunate to be at Old Westbury because I see what’s going on in the rest of the world and it’s very frightening. When I think about all the things that are happening to LGBTQ people in other parts of the world, New York is probably one of the better places you could end up.”

On Saturday, March 22nd they were able to host the Human Rights Campaign, the largest organization working towards civil rights for the lesbian, gay, bisexual, transgender and queer community, in which an alumni of SUNY College Old Westbury hosted. She is a successful accountant who is now married to her partner. “It’s great that we have someone from our school who is extremely successful and doing well, to come and speak to the college community. When you think of gay, you think of persons who work in the arts you don’t necessarily think of business people.” Friehs goes on to explain how elated he is about the connections that are being made because he’s finding that “a lot of the business faculty are supportive of LGBTQ rights and initiatives and that they have taken an interest in what we’re doing.”

SPORTS

2014 Yankee Preview

By Ian Hantov

The weathers getting warmer, the snow’s starting to melt (at least I think it is), and the ‘House that Ruth Built’ in the Bronx is getting ready to host another season of New York Yankees baseball. Come April, the magnificent stadium on East 161st Street will play host to the most decorated franchise in all of baseball history as they embark on their quest for their twenty-eighth World Series title. But before the first pitch is thrown and before the first ball is cracked off the bat, we need to take some time to become familiar with some of the big changes that happened over the off-season. The Yankees missed the playoffs last year for only the second time since 1996, so roster-moves were to be made. In the Yankees culture, winning it all is the only way to properly end the season, so 2014 and they new additions they brought expect to yield only the best results.

Although finishing over .500 in the standings at 85 wins and 77 losses, 2013 for the most part, was a failure for current manager and former World-Series-winning catcher Joe Girardi. Getting back to the World Series is the goal for 2014 and knowing owner Hal Steinbrenner and General Manager Brian Cashman, every precaution is being taken to assure that trip. Last year, the big story for the Yankees was the struggles of “ace” CC Sabathia, setting career-worst marks in ERA, Runs Allowed, and Home Runs let up. CC also had his lowest strikeout total since 2006, when he was with Cleveland. His pitch-location was up, his body-weight was up, and his strikeout rate was down. Realizing the horrible and disappointing 2013 he had, Sabathia showed up to Yankees spring training 40 lbs lighter, proving that he is primed for a bounce-back campaign.

Injuries were a huge limiting factor to the Yankees 2013 success, as the disabled

list claimed stars Derek Jeter and Mark Teixeira, with neither playing over seventeen games. Now, with spring training currently underway, Jeter and Teixeira are “one hundred percent” healthy and ready to take the field. Michael Pineda, the 25-year-old 6’7” fire-ball hurling RHP who spent the past year and a half recovering from arm surgery is also healthy as an ox and ready to build off a stellar rookie year in 2011 when he was with the Mariners.

In order to stay as competitive as possible, you need to build your roster as often and as necessarily as you can. Times change, and so does the lineup you run out there. To free agency or trades the Yankees lost several players. Robinson Cano (SEA), Curtis Granderson (NYM), Kevin Youkilis (JAP), and Alex Rodriguez (Suspension) have all ended their time with the Yankees. We also saw the retirement of Yankee mainstays Mariano Rivera and Andy Pettitte; Rivera retiring as the most decorated Closer of all-time. Recent Yankees bullpen mainstay David Robertson will be taking over Rivera’s

closing duties. Relievers Joba Chamberlain (DET) and Boone Logan (COL) also found greener pastures. With all these subtractions, the Yankees front office knew that actions needed to be taken, so they went out and brought in some nice, new, shiny toys to tantalize other teams in 2014. Sporting the Yankees pinstripes for the first time in 2014 are OF Jacoby Ellsbury (BOS), OF Carlos Beltran (STL), C Brian McCann (ATL), SP Masahiro Tanaka (JAP), 2B Brian Roberts (BAL), INF Kelly Johnson (TB), and RP Matt Thornton (CWS).

Being one of the most active off-seasons in Yankee History, Cashman and Co. spent a whopping \$450,000,000(!) to ensure the men in pinstripes make a run at the title. Bringing in a couple switch-hitters and oodles of power, the Yankees now have one of the most dangerous lineups in all of baseball. Combine that with a new-look Sabathia leading a veteran pitching staff, the Yankees are set-up excellently to succeed. Hurry up April, be here already!

PANTHERS SOFTBALL RUNS BY YORK WITH TWIN BILLS SWEEP



By Harris Rappel

BELLEROSE, NY. - The SUNY College at Old Westbury softball team picked up a pair of victories after sweeping a road doubleheader from the York Cardinals with 11-2 and 10-3 finals on Friday March 28th from Padavan-Preller Field. Old Westbury improved to 3-4 on the season while York slipped to 1-4.

York struck first in the bottom of the second of the opener as Priscilla Lallave broke the scoreless tie with an RBI single to score Geneva Faulk. The Panthers came storming back in the fourth as Jennifer Jean's infield grounder drove in Delana Murray followed by Samantha Howley crossing the plate after an error for a 2-1 lead. York collected another run in the fourth to bring the game to a tie at two apiece. Old Westbury scored nine runs and batted around in the top of the sixth to secure the victory. Jean collected three RBIs in the frame, including a pair of triples, followed by Nicole DeCola's two-run single.

Old Westbury was led offensively by Jean's 3-for-5 game at the plate, including four RBIs and two runs scored. Samantha Howley contributed a 2-for-3 performance to go along with three runs scored and one stolen base.

DeCola (2-3) was granted the win, allowing just two runs (one earned) on four hits while striking out a career-high six batters in a complete game outing.

Faulk paced the Cardinals, going 2-for-2 with a run scored. Lallave (0-2) received the loss, allowing 11 runs (three earned) on 11 hits and eight walks.

The Panthers pounced early in the finale, scoring two runs on a single by Corrine Protasiewicz to break the ice in the first inning. Old Westbury followed with three runs in second inning, and four more in the third, which featured Jean's two-run triple. Katie Rizzo singled to close out the scoring in the fifth inning to seal the deal for the Panthers.

Corrine Protasiewicz guided the Panther attack, tying a career-high with four hits to go along with three RBIs and one run scored. Howley tied a career-high with three runs scored after drawing a career-best four walks. Jean reached a career milestone in the second inning, scoring her 100th career run as Alexis Ferrero stroked a two-run single. Jean also drove in two runs in a 1-for-3 game at the plate.

DeCola (3-3) went the distance once again, pitching five innings of three run, seven hit ball while striking out three to snatch her second win from the Cardinals on the day.

For the Cardinals, Chyla Guevara supplied an offensive push, scoring one run and collecting an RBI in a 1-for-2 showcase.

Michelle Deleon (1-1) suffered the loss after surrendering 10 runs (seven earned) on nine hits and 10 walks.

SARA BEY NETTED EIGHT GOALS TO SET A SINGLE GAME PROGRAM SCORING RECORD



by Harris Rappel

PATCHOGUE, NY --The SUNY College at Old Westbury women's lacrosse team captured a convincing 11-8 Skyline Conference victory over the Sage Gators Saturday evening March 29 at a rainy Danzi Stadium in Patchogue, New York. Old Westbury (2-7) evens up at 1-1 in conference play while Sage (1-5) dropped to 0-2.

Sage jumped out to an early lead when Mallory Hansen broke the scoring ice at 26:09. Sara Bey evened the score 26 seconds later to extend her scoring streak to five games for the Panthers. Monica Koralus replied 54 seconds later to put Sage back up 2-1. Bey then scored three straight goals to put Old Westbury up 4-2 before Kimberlee Carr trimmed Sage's deficit to one with a score at 12:18. Maria Dischely extended her scoring streak to six games with 5:41 left to give Old Westbury a 5-3 lead and a goal by Bey with 17 seconds remaining gave the Panthers a 6-3 advantage at intermission. Bey's closed out the half with her fifth goal of the game, which set Old Westbury's single game scoring record previously set in 2013 by Courtney Gallagher, JoAnna Kettell and Anna Noens at four goals.

Early goals by Sage in the second half made it a 6-5 game before Meaghan Haber's fifth goal of the season brought Old Westbury back to a 7-5 lead at 23:23.

Hansen scored her second goal of the game for Sage at 18:08 and Bey found the back of the net at 16:33 for a two goal cushion. Hansen and Carr each scored to cap a 5-2 Gator run over the opening 17:59 of the half before Dischley rattled the back of the cage at 7:34 to record her first career game-winner. Bey then ripped the ropes twice over the final 2:13 for her program record seventh and eighth goals of the game which also gave her a team-leading 21 scores on the season.

As a team, Old Westbury set their single game record with 31 ground balls and held a 29-25 advantage in shots.

Bey also set career-highs with 11 shots (tied program record) and four caused turnovers while tying a personal-best with six draw controls in addition to scooping up three ground balls. Dischley tied career-highs with two assists and four caused turnovers while registering five draw controls and four ground balls. Haber set career-highs with eight ground balls and five caused turnovers. Christine Fernandez tallied five caused turnovers and four ground balls at the same time as Gabriella Rayan and Jordan Schildt each registered four ground balls.

Jackie Cartagena (2-7) made eight saves to capture Old Westbury's win.

Jackie St. Pierre (1-5) stopped eight shots in defeat for Sage.

OPINION

Steps in the Right Direction

By Kai Stoll

On April 15th, 1947, before a crowd of 26,623 spectators at Ebbets Field, history was made when Jack Roosevelt "Jackie" Robinson took the field for the Brooklyn Dodgers, starting at first base. Not only was the baseball color barrier broken that day, but the culture of American sports was given a thrust in the right direction.

Nearly seventy years later, just two-miles away from where the legendary ballpark once stood, Brooklyn Nets coach Jason Kidd entered a 35-year old center into a game against the Los Angeles Lakers.

With the intention of simply bolstering the Nets atrocious rebounding, along with some veteran depth and interior defense, our country witnessed the first active openly gay athlete in the history of North American professional sports.

Unlike the heavily scrutinized build-up to Jackie Robinson's 1947 debut, in a United States embarking on the Civil Rights movement, Collins's return to the game had a more submissive, almost routine feeling to it. Simply, the Nets had an open roster spot, Kidd's former teammate fit the Nets' needs, and Collins was signed to a 10-day contract.

"I've played for 12 years in the league, so I know how to play basketball," Collins said to reporters Sunday, after his contract was made official. "I just need to be a solid basketball player. It's about focusing on basketball, not about history."

Without this announcement months



prior, we wouldn't be talking about this. With career averages of 3.6 points and 3.8 rebounds per game, the 7-footer is a journeyman role player, known for his impact on the defensive side of the ball. He protected the rim for six years when the Nets were still in Jersey, part of the back-to-back Eastern Conference champions led by his coach Jason Kidd running the point.

"He's the best," Los Angeles Clippers coach Doc Rivers told NESN's Ben Watanabe, who coached Collins as a member of the Boston Celtics. "He literally is one of the best guys I've ever had in the locker room, player or coach."

Collins' return to the game is undoubtedly historic, a pioneer opening the doors for more professional athletes not only being comfortable, but proud of whom they are. There is genuine encouragement in witnessing how far American society has come over the last decade, making strides towards true acceptance and equality for all people.

However the real step will be when this is no longer news; when a player's sexuality is not even a blip on the radar screen.

Collins' bravery was amazingly able to transpose itself upon the NFL, a sport so sated with masculine and virile tradition that it is hard to comprehend a tolerance of something so "unmanly" as homosexuality.

On February 10th, Michael Sam, an All-American defensive lineman from Missouri and the Associated Press' SEC Defensive Player of the Year, announced that he was gay in an interview with ESPN's "Outside the Lines".

What was most heartening about Sam's announcement was that this was not even news to most of the Mizzou community. Sam's teammates, coaches and some members of the media had known since the beginning of the college football season, not considering it worthy of any mention.

"I understand how big this is," he said. "It's a big deal. No one has done this before. And it's kind of a nervous process, but I know what I want to be ... I want to be a football player in the NFL."

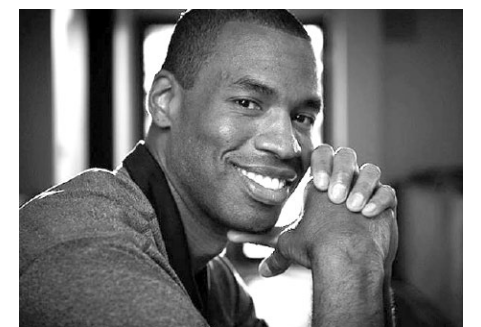
Sam's upbringing sheds some perspective on how trivially one's sexual identity plays a role in their character. Michael Sam witnessed his older brother killed from a gunshot wound. He and his younger sister were the last ones to see his second oldest brother who has been missing since 1998. Two of Sam's younger brothers have been in and out of jail since 8th grade, currently both incarcerated.

"Telling the world I'm gay is nothing compared to that", Sam said in the interview.

Regardless of the astounding courage required to open up on a national stage, even Michael Sam is aware of the various reactions that will be stimulated in the macho world of American football.

"There will be negativity, negative reactions," he said. "I expect that. ... Everyone can say hurtful things and hateful things; I don't let stuff like that distract me. But there are going to be positives. The positives will outweigh the negative."

While these are relatively small steps, they are tangible signs of progress that were not even fathomable as recently as a few years ago. In an Olympic year that saw the United States rallying around their LGBT athletes traveling to a city still encumbered in oppression and bigotry, we have seen first-hand how change begins. The audacity and courage of a few people can make a difference, sparking a wave of tolerance and open-mindedness that allows everyone to push aside their trifling differences and judge people



Jason Collins

solely on the content of their character.

These are steps that would make heroes like Martin Luther King Jr. and Nelson Mandela proud.

METS Preview

By Scott Clinco

The 2014 season has been the season the Mets front office has pushed the fan base, stating the time has come when everything will finally get better.

Well, they kept their word in the winter as they spent more money bringing in new players this winter than they did in the previous four winters combined. However, with all the money they spent, are they actually a better team than they were when the season ended in September?

The Mets biggest signing was outfielder Curtis Granderson to a 4 year 60 million dollar contract. Granderson will be the big bat behind David Wright in the Mets lineup this season that they have lacked since they traded Carlos Beltran in 2011. However, will Granderson be any better than April-August of Marlon Byrd last season? With Granderson switching from the comfortable confines of hitter friendly Yankee Stadium to pitcher friendly Citifield this is certainly something to keep an eye on.

A couple weeks after signing Granderson, the Mets shocked some people and signed former A's pitcher Bartolo Colon to a 2 year contract worth 20 million dollars. Colon went 18-6 for the A's last



Mets Prepare To Take The Field For 2014

season with a 2.74 ERA. The signing of Colon gives the Mets a solid option to put at the top of the rotation to take some stress of Jon Niese and Zack Wheeler. On paper it appears as though Colon was signed in a sense to replace Mets ace Matt Harvey who will be sidelined for the season after undergoing Tommy John Surgery early in the winter.

The last significant Mets acquisition was Chris Young who the Mets signed early in the free agent period to a 1 year contract worth 7.25 million. This contract for a budget team like the Mets left many

fans scratching their heads after Young's subpar season last year. Young is expected to platoon in the OF this season and provides depth for the Mets in a position where they were very weak last season.

Recently, Mets GM Sandy Alderson said that he thinks the Mets can win 90 games. As I have outlined above, even though money was spent in the offseason the team is really very similar on paper to the team that left the field at the end of the season. The main two things that need to happen for Alderson to be even close is Ike Davis and Ruben Tejada need

to rebound from terrible 2013 seasons'. Additionally, Zack Wheeler needs to take the next step forward in his development and prove to be a consistent top end pitcher.

After a promising season in 2012, last year was a lost one for Ruben Tejada who spent a portion of the season in the minors and ended up hitting only .202 in the big leagues. For the Mets to be successful, Tejada needs to become a key element like he was in 2012. Meanwhile, Ike Davis is a similar case to Tejada. He also saw time in the minors last season and was the subject of trade rumors all winter. If Davis is able to become the power hitting first baseman everyone thinks he can be that will go a long way to helping the Mets lineup and giving them the best middle of the order they have had in a while.

Another thing that would go a long way in terms of insuring a successful Mets season would be the continued evolution of Zack Wheeler. We all saw Matt Harvey go from top prospect to one of the better pitchers in baseball last season. I am not talking about that because expecting that for Wheeler too is unrealistic and unfair to him. The biggest thing to look for with Wheeler this season would be an improvement in his control which hurt him last year. If he is able to do that will go a long way in the Mets quest to get the 90 wins their GM said they should attain.

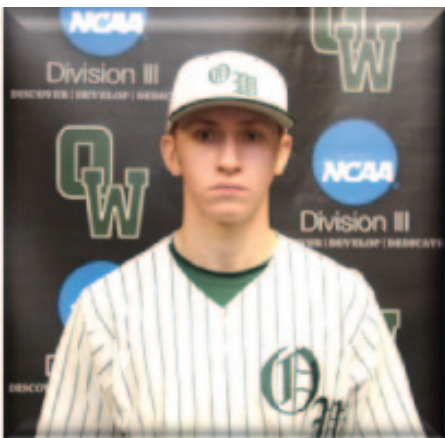
SPRING ATHLETIC WEEKLY AWARDS



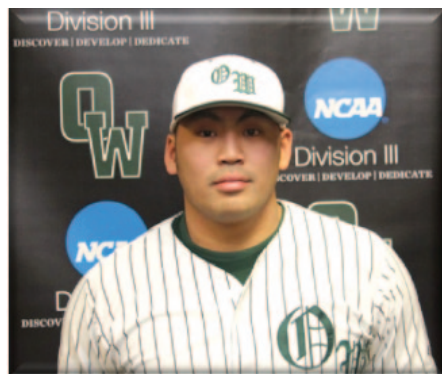
Tim Ingram
Skyline Conference
Weekly Honor Roll
(Mar. 24)



Sara Bey
Skyline Conference
Rookie of the Week
(Mar. 31, Mar. 10)



Tommy Ziegen
Skyline Conference
Rookie of the Week
(Mar. 3)



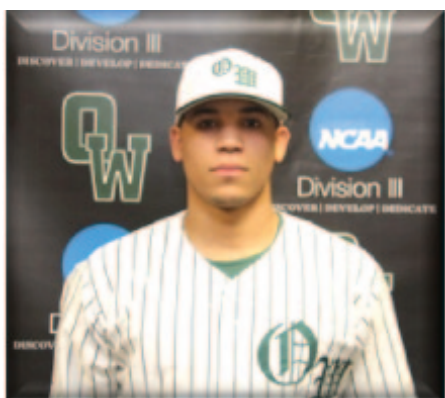
Nick Yip
Skyline Conference
Weekly Honor Roll
(Mar. 17)



Jonathan Pagan
Skyline Conference
Weekly Honor Roll
(Mar. 24)



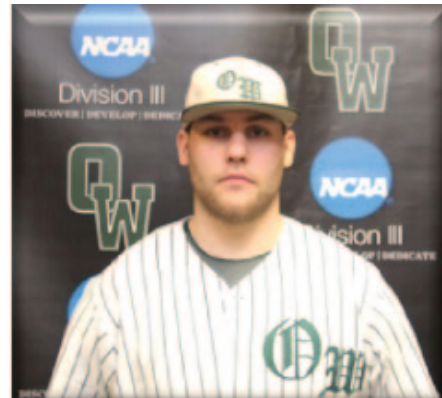
Courtney
Gallagher
Skyline Conference
Weekly Honor Roll
(Mar. 3)



Arismendy Nunez
Skyline Confer-
ence Pitcher of the
Week (Mar. 31)
Skyline Conference
Weekly Honor Roll
(Mar. 10)



Jacob Coners
Skyline Conference
Player of the Week
(Mar. 31)



Kevin Licul
Skyline Conference
Player of the Week
(Mar. 3)



Jennifer Jean
Skyline Conference
Weekly Honor Roll
(Mar. 31, Mar. 24)

SPRING ATHLETIC WEEKLY AWARDS