

THE CATALYST

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"IGNITING THE MIND"

FREE

THE NEW ACADEMIC BUILDING OPENS

By Hope Trama

The long-awaited New Academic Building has finally opened. The majority of classes for the School of Arts and Sciences, School of Business, and School of Education are taking place in this new facility, which has dramatically changed campus life away from the old Academic Village building. The only classes being held in the Academic Village this fall are those for PowerTrack Math.

Not only are there forty brand new classrooms, but they are all smart rooms with up-to-date technology. Of the computer labs in the new building, four are for "general purposes," while others are prioritized for social sciences and modern language classes, computer science, teacher education, and business.

This facility will not only provide Old Westbury with a new learning atmosphere, it will also have two large lounges and numerous sitting areas available for students during their breaks. The first floor lounge has a Dunkin' Donuts, due to popular demand. Wi-Fi access is available in the lounges, along with the rest of the building.

The 147,000 square-foot building has four floors, including the basement. The smart classrooms are equipped with computers, DVD equipment, and large screens, which make it easier for film use. Previously in the old Academic Village professors had to push TV's on wheels into the classrooms.

(Cont. on page 3.)



The New Academic Building

PARKING ON CAMPUS

By Hope Trama and Traci Newman

Those of us who drive, whether we live on campus or commute, are all facing the same hardship. It is extremely apparent that there is a huge parking issue on the campus because of the arrival of

our new academic building. Everyone wants the closest parking, which would be in the Campus Center right by the new building, but it is very hard to find parking unless you come very early for classes. The lack of parking is causing many students to be late and sometimes

even miss class.

Visitors to the campus have also had problems finding parking.

Police Chief Michael Yannello said there were a few contributing factors to the parking issue.

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WEEK (pg. 4)**

**FROM LYRICISM
TO BUBBLE
GUM RAP (pg. 8)**

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LETTER FROM THE EDITOR

Greetings to the Old Westbury community,

We at the Catalyst would like to extend a formal welcome back to our readers. We thank you all for being dedicated and supportive of the newspaper. We hope to continue to have your support. The staff features some old and some new faces and we would like to have more people join our staff as writers, photographers and editors. We're looking for people with the passion to write, and the drive to lead. So if you think that is you, then feel free to stop by at our meetings which are every Tuesday at common hour in room 331 in the Student Union.

Also, continue to support our website edition of the Catalyst, which is going to feature a lot more articles and podcasts than ever before!

Until next month,
Karyn Dyer – Executive Editor

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Note to Students

SUNY Old Westbury will be hosting two upcoming flu vaccine clinics, sponsored by CVS Pharmacy.

Tuesday, 10/16/12

10am-2:30pm

New Academic Building (NAB) Room 0100

Wednesday, 11/14/12

10am-2:30pm

NAB Room 0100

The cost of the vaccine is \$20. CVS accepts most insurance policies, with the exception of Empire and Cigna. It is suggested to wear a short-sleeved shirt or one with sleeves that can expose your upper arm easily if you are receiving a vaccine. Watch for flyers posted on campus for further information.

Susan Mundy, RN

Director, Student Health Services

SUNY College at Old Westbury

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SGA SENIOR SENATOR GREETINGS!

Hello all, but most importantly, hello SENIORS! First I'll start with introducing myself. My name is Amber Hurt and I am your senior senator. My purpose is to serve the senior class and provide you with any resources or information you believe you need to make your year successful, fun and memorable! My committee and I will do our best to accommodate you if it is realistic and do-able. This semester so far we have had a successful senior week, great t-shirt sales (which are still on sale for \$5), free bands stating "SUNY OW Class of 2013" on them, as well as a lot of valuable information. My committee and I have way more to come for you. Future events geared towards seniors are: "Gearing up for Graduate School" October 1-4 at common hour in MPR C, another Graduate School Prep October 24th Hall 4 1st floor lounge at 8:30pm, a spring break informational November 8th at 7pm in the MPR, ticket sales for the Senior Ball November 12-14, the Senior Ball and brunch which will occur the first weekend in December.

We have a little over two hundred

days until graduation. What is it that you should exactly be doing to prepare yourself for after your undergraduate career? First, I'd suggest, no matter what path you would like to take whether it is school, a job, or time off, visit the career center. It's located in the Student Union, Suite 303. They provide you with FREE services for resumes, internships, graduate school, jobs, choices on your major, etc. If you were to search for these services outside of our campus community, they could cost you hundreds of dollars. This leads me to say, take advantage of all resources that are given to you while you are here. Something else you should keep in mind is that graduate testing such as the GRE, LSAT, MCAT, GMAT, and any others you may need, are important if you'd like to go to graduate school. Be mindful of all dates for the testing and when your graduate applications may be due. Have resumes on hand and ready to go at any time, as well as people you can go to for recommendations. Seek help from professors, faculty, or staff you feel comfortable talking to. The writing center is also a great place to go; it's located

upstairs in the library. One of the most important things to look into for after graduating is money. Graduate school does not fund itself, so you must look in depth for sources of financial aid.

This year may seem overwhelming with so much to do in so little time. I'm here to help you with all of that because I would like to see things go as smoothly as they can for you. It's time to buckle down while still enjoying your last year. You only get this time once so let's make the best of it! Never hesitate to contact me with any questions, comments, concerns, or ideas. With all of this being said, cheers to a successful senior year (of course with mocktails because this is a dry campus)!



Stay involved with the senior information:

Facebook: OW Senior Senator '12-'13

SUNY College at Old Westbury Class of 2013

Instagram: OWSENIORS_2013

Twitter: @OWSENIORS2013

Download Oohlala on your smart phones!

My email: ahurt822@gmail.com

THE NEW ACADEMIC BUILDING OPENS

Cont. from Page 1

As faculty offices are included throughout the building and departments are more contiguous to each other, it is easier for students to find professors and administrators.

The new building has large windows and bright classrooms equipped with central air conditioning. Elevators are on each floor.

Students are generally pleased as the new building provides a more modern, upbeat feel to the campus. "The new AV is a great look for Old Westbury hopefully it will enhance the academic integrity of the school," said Laurice Lusane.

"I think it's better than the old building because we have more access to electronics than previously, classrooms are bigger, and there is air conditioning," noted Tyler Hammett.

"It's a nice building, but I'm easily distracted with the new large windows especially on the first floor, and the desks are way too small," said Kenneth Teape.

The building was designed by Kliment Halsband Architects, a New York-based firm that has earned more than fifty design awards. Among the projects

that firm has designed are the Languages and Literature Building at NYU, the Computer science Building at Princeton, and the Arts and Sciences Building at SUNY Albany.

The College at Old Westbury has come a long way in the last couple of years in terms of growth and development with the recent additions of the new academic building and the new police headquarters.

Other projects are planned or are already under construction. For example, The Campus Center will be renovated as a whole and topped with solar panels.

Professor Tom DelGiudice, the Director of Capital Planning, was a guiding force behind the successful planning and construction of the new building.

The main purpose for all of these projects over the next decade, Professor DelGiudice says, is to give students, faculty, and administrators a more typical college environment. Bringing "everything close together," with the "meadow behind the campus center becoming like a quad," or central point to the campus. The new academic building is only the beginning.

PARKING ON CAMPUS

Cont. from Page 1

First, enrollment has increased, "Fourteen years ago there were 2,900 students now there are 4,600 students." He noted that he has never seen so many residents using cars, which is why the Campus Center lot is always full. He also attributed the present construction to part of the problem but now that he has freed up those spaces, that should help resolve some of the parking.

Yanniello said that the school is very aware of the parking problem. He added that there is a parking committee, consisting of himself, faculty, and students, who are closely working together to find a solution. Their primary focus is to evaluate the current conditions and rethink new ways to more positively utilize the structures in place. The committee decided against moving all residents from the Campus Center parking lot.

They are looking into freeing up some of the handicapped spaces in the old Academic Village lot, which would create more spaces for cars.

At the Student Life Committee meeting in mid-September, the major topic was the parking situation. Rollie Buchanan, the Dean of Students, told the committee that much of the construction equipment has been moved from the Campus Center parking lot to the tennis courts. The move freed up approximately 80 spaces for students and staff.

In his interview, Yanniello added, "I am aware of the parking issue and the college is examining alternatives. I would

suggest that you consider parking in the Clark Center lot which is a short walk to the academic building. You should allow enough time to park and get to class." The University is waiting until October to find out how many parking stickers have been sold. The school records the total number of cars registered and how many were sold individually, to the staff, faculty, and students. Once the school knows the actual amount of parking that is needed, they can make better decisions to fix the problem.

The chief is hopeful that sooner than later, there will be at least 110 to 125 new useable parking spaces available.

In the meantime, while waiting on the solution, Yanniello said, "There is plenty of parking in the Clark Center as well as in the old AV building. Drive into the Campus Center and if you are unable to find parking, rather than waiting around for a spot to free, just drive to the Clark Center. It is the best alternative, there are always spots open."

He also went on to talk about the school's parking expenses: "You know, in other schools you have to pay for the semester of parking. It can be in excess of two hundred dollars, and here we only charge ten dollars for a parking sticker. This price has not gone up in years, so there is also an effort being made to keep parking cost effective for all the students."

LATINO EVENTS



By Bethany Rodriguez

In honor of Hispanic Heritage month, the National Association Latino Fraternal Organization (NALFO) hosted several events in an effort to get the campus community involved in their celebration. The fraternities and sororities that are part of NALFO are Lambda Upsilon Lambda Fraternity, Inc., Hermandad de Sigma Iota Alpha, Inc., Omega Phi Beta Sorority, Inc., Phi Iota Alpha Fraternity, Inc., and Lambda Sigma Upsilon Fraternity, Inc. The programs showcased by the association were 21 Flavors, Latino Explosion, and the Student vs. Staff Softball game. Each event hosted by the association was aimed to bring the Latino population together.

21 Latino Flavors, a program held in the multi-purpose room of the Student Union on September 18, was hosted by the Latino Greek organizations that are represented on campus. At the opening, one member of each Greek organization introduced themselves with their names and founding dates. This event was made specifically to inform and teach students about 21 different Spanish-speaking countries including Columbia, Puerto Rico, Dominican Republic, Cuba, Panama, and El Salvador to name a few that are prominently represented on campus. In order to receive food, attendees were told to go around the tables, which provided distinct facts about each particular country represented, and to get one fact that they put on a slip, which had ten spaces to fill in the facts. Once all ten spaces were filled in, students were permitted to indulge in the tasteful and cultural foods provided such as, white rice, pork, chicken, fried plantains, and macaroni salad.

The incentive to get information about different countries for food was good because it forced people to learn about other cultures, even if most people used the population number. None of the facts were too difficult to remember, and hopefully it will make people more aware of what goes on in different countries, despite their commonality of predominantly Spanish-speaking people.

On Wednesday, September 19th, NALFO hosted another event to bring the Hispanic community together. Latino Explosion was a barbeque held in the courtyard between halls one and two of

the Woodland halls. Along with food, attendees were able to play dominoes and listen to music. The environment was very much that of a backyard barbeque, welcoming many members of the campus community.

Throughout the event, members represented their different fraternities and sororities and went through the crowd, making sure that everyone had registered to vote. Registration papers were made available to attendees who were not yet registered to vote. Students received iTunes cards for thirty free songs after registering. This incentive shows just how important it is to the Latino community to mobilize voters and take part in the upcoming elections.

The highlight of the barbeque was the dance contest which was comprised of three rounds: bachata, meringue, and salsa. At the beginning, seven couples were asked to participate, and after each round two couples were removed until the last two remained. The salsa contest was the final and most intense round of the entire contest. Both sets of partners danced their best, but in the end only one could stand. Jeffery Bolivar and Lumilla Laporte came out on top, winning small prizes for their efforts. After the dance contest, music continued to play, and students continued to dance, until 9:00 when the festivities came to a close.

On Friday, September 21, the student vs. staff softball game was played, hosted by NALFO. Members of NALFO, students, and a few staff members made up the teams: students vs. staff. The staff team was captained by Usama Shaikh, Director of Residential Life, and the student captain was Enrique Castillo, President of Phi Iota Alpha Fraternity, Inc. In the first inning, it seemed that the staff team was going to take a far lead, but their opponents soon overtook them and kept a comfortable lead until the final plays, with a final score of 12-8, students. The staff team had three home runs, two of which were made by Coach K and the other was made by Bruce Marks, from the School of Business.

NALFO and their programs reached many people. The fraternities and sororities who were a part of these events have made Old Westbury a more welcome home for the Hispanic community.

21 FLAVORS FOR 21 COUNTRIES

By Jessica Reed

On September 18th, the National Association of Latino Fraternal Organization (NALFO) held a program at the Student Union. As the event began, all of the students were required to seek out a paper that said "passport" and gather ten signatures from each Latino/Latina Greek Organization on campus. After they had received the ten signatures, they were allowed to earn the privilege of eating twenty one flavors of the Spanish dishes. (The number twenty-one symbolizes the number of countries in Latin America.) The variety of foods that (NALFO) provided were rice, beans, plantains, chicken, potato salad and pulled pork that left you wanting more for days because it was so rich in flavor.

A senior Bettina Mosley 22, who had enjoyed herself that night said, "I live in the Bronx and I am used to the Hispanic/Latin culture around me. I enjoyed my friends' food even though I am a vegetarian. I loved their rice! When I am around friends back home and at this event, the

food tastes just like theirs."

Another senior, Mildred Luman, 22, said, "I had great experience here, for the first time on a campus that supports Multi-Cultural backgrounds as the students enjoy each others' culture... As a Mexican/Latina it is a great idea for a paper passport to integrate and educate students to other ethnic groups in the Latino/Latina and Hispanic communities."

NALFO helps reach out to five fraternal organizations on campus. The members of this non-profit organization are La Unidad Latina Lambda Upsilon Lambda Latino Fraternity, Inc., Hermandad de Sigma Iota Alpha Latina Sorority, Inc., Lambda Sigma Upsilon Fraternity, Inc., Omega Phi Beta Latina Sorority, Inc., and Phi Iota Alpha Latino Fraternity, Inc. The motto of this non-profit organization is to unite all Latino fraternities and sororities that promote unity, respect, leadership, honesty and professionalism in all aspects of life. NALFO originated in 1998 and is still continuing to run strong; it represents prestige throughout all col-



leges that supports all Latino fraternities and sororities on all college campuses within their own communities.

An alumna of Sigma Iota Alpha Latina Sorority Inc., Delianna Castillo, made a great point about each 21 Latino/Latina Cultures: "Spanish is not a race, it is a language that is associated with Latino/Latina ethnic groups," said Castillo.

While listening and learning to what each Latina/Latino member shared at the twenty one flavors event in the Student Union, the Latino/Latina Greek life emphasized how their legacy and pride brought enlightenment to all different backgrounds of students on campus who had found something in common which each ethnic group.

GET READY FOR PANTHER PRIDE

By Karyn Dyer

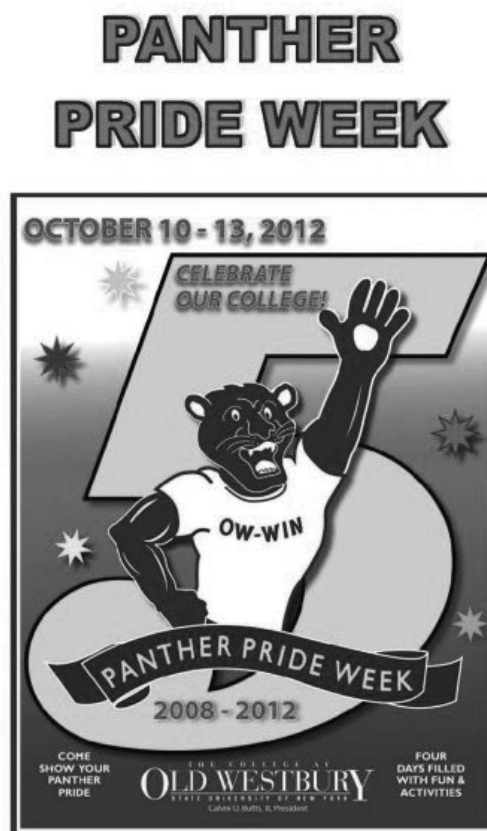
"I feel it's the one time of the year where the campus community can come together and take pride in our school and in each other," says Joseph Manfredi, OWWR Director and one of the co-chairs of Panther Pride Week.

The opening ceremonies, the carnival, Old Westbury's Got Talent, the Mr. and Mrs. Old Westbury pageant are some of the wonderful things that make up this amazing, fun-filled and spirited week. But what else should we be looking forward to?

From October 10th to October 13th, the SUNY Old Westbury community will come together to contribute to a week of programming, events, and spirit. One event to keep an eye out for is the James Baldwin's "Down from the Mountaintop" which will be brought to us by First Year Experience on October 11th. There will be an Intramural game competition between the clubs/organizations and the fraternities and sororities on October 11th.

On October 12th, SGA will be hosting a concert for the Old Westbury community featuring a named music artist. You want to know who? You have to pay attention and participate in the festivities during the week to find out! On Saturday, October 13th, look forward to all the favorite events such as the family carnival, the ceremonial dinner and the pageant.

In the year 2008, no one would have possibly expected for Panther Pride Week



Still Alive In Year Five
2008 - 2012



to have the impact that it has so far. "A lot of new programs were added over the years," says Manfredi. "I think there has been more student involvement than in

prior years. Every year is different...When something is lost, we always acquire something new."

For those who would like to volun-

teer for Panther Pride Week, please contact Randi Harris, another co-chair of the Panther Pride committee and help spread the spirit!

LOVE ADDICTION

By Joseph Randazzo

An addict is a prisoner of his own mind. Possessed by one thought, moving through a world he would rather not participate in. The only way an addict can leave this prison of habit is by doing the time. Chipping away at the walls around him is a slow hour by hour process like Andy Dufresne and that little spoon he used to dig through Shawshank Prison. The difference is, Andy made his way out of Shawshank after crawling through “500 yards of sh*t smelling foulness” –as Morgan Freeman described Andy’s escape. Addiction is more like moving a boulder up a hill but there’s no peak to lay down your flag signifying your freedom from your inner demons. One sudden slip can lead to hitting bottom once again.

When most think addiction, they associate it with the usual suspects. Drugs, alcohol and gambling are human poison but they aren’t the most common plagues. The one right in front of us can that nobody even thinks of is love. What is love? Ask different people and you’ll get a separate answer most times.

Will Ferrell wouldn’t answer the question. He’d just bob his head to the left with Chris Kattan in sparkly purple sports coats. Some would say love is a spiritual bond between two people. The romantics –and maybe even Will Ferrell’s SNL character- would be let down to know that love is a biological reaction inside us made up of testosterone, estrogen, dopamine, serotonin, neurotrophin, norepinephrine, oxytocin and vasopressin.

Each chemical plays a role in attraction in our body. While in love, a person’s body produces large quantities of serotonin and dopamine. These chemicals are responsible for the happy feeling

one gets from another. Another chemical produced en masse while you’re in love is the Nerve Growth Factor chemical, neurotrophin. This was discovered by scientists at the University of Pisa. Neurotrophin is in charge of the regeneration of cells. In essence, being in love gives us a weaker form of Wolverine’s regenerative mutant ability.

Tequila and a shot of Jack are amazing but if you take too much of it, there’s a hard wall waiting for you to hit it. The same thing can go for love. An excess of happiness chemicals come with a price. In the University of Pisa, researchers discovered serotonin levels are the same in a person in love as they would if they suffered from Obsessive Compulsive Disorder.

The chemical serotonin is a mood stabilizer. In a way it’s the conscience drug. When you suffer from OCD, Serotonin is blocked from entering the brain. The lack of it is the reason behind irrational behavior like washing your hands a lot or leaving seven voicemails because you thought your boyfriend was ignoring you while he was actually watching the 3 a.m. showing of the *Dark Knight Rises*.

Helen Fisher is a biological anthropologist who also goes by the name, “Dr. Love.” Similar to the University of Pisa’s study, Fisher deducted from her research that the brain reacts the same way after a break up as it would if a person was jonesing for cocaine or nicotine. According to her study, the pre-frontal cortex and nucleus accumbens in the brain are at the center of addiction. The objects of attraction –whether it be a person or shot of tequila- are seen as a sort of reward to those sections after experiencing a certain amount pleasure from whatever your poison may be. Something as simple as getting a text from that special someone sends a signal to the brain to make it seem like you’ve accomplished something.

Laws against banned substances are out there to protect us from ourselves yet the things we’re being protected from don’t even lead to the most common form of addiction. It makes sense that love can be just as addictive as any drug just based off our music. Two things musicians touch upon are drugs and love. Of course not all love is this destructive, obsessive force. The definition of excess is different for everyone. A steady diet of drugs and alcohol killed Jimi Hendrix. His old roadie, Lemmy, the lead singer of Motorhead, is a regular user of crystal meth and he downs a bottle of Jack Daniels to start his morning. Lemmy’s very much alive at 66 years old which is around the age Hendrix would be if he were around today. Life isn’t about shielding yourself from potentially harmful things but more figuring out what your limits are.

TOURE DESIGNS STEAL THE SHOW

By Marlon Morgan

New York fashion Week has come to a close, but it definitely went out with a bang. On September 12th, Toure Designs fashion show was held in the elegant Limelight Marketplace in the Flatiron District. The all-white scenery gave the show a very artistic ambiance, and Toure’s upcoming fall collection matched it perfectly. The designer’s models ripped the runway with a wide range of pieces that were to die for.

The first piece introduced was a stunning female motorcycle leather. This leather was detailed with alligator arms, and a variety of zippers that wowed the crowd. The second model that ripped the all-white runway was a beautiful African-American female sporting a cheetah body suit. This piece drew a collective cheer from every female in the building. The cheetah pattern hugged the body just right, and the top portion didn’t show too much cleavage, which makes it appropriate for many different occasions. Without a doubt, the standout piece of the night was the men’s fur vest. This item is perfect for the fall season, and is very fashionable. The leather pockets connected at the bottom of the fur, displayed Toure’s creativity.

The talented designer saved his best piece for last, and his strategy worked perfectly. The crowd rose to their feet, and gave the man of the hour, Toure, a standing ovation as he walked out to acknowledge the raucous crowd. Accompanying Toure was rapper Cassidy. Cassidy performed his classic hit “I’m a hustler” as the flock of fashionable individuals left the venue, and filled the N.Y. streets.

The Ghanaian-born designer showcased his ability to appeal to both urban and high end designer consumers at the same time. His colleagues in the fashion industry gave him rave reviews. The anticipation for his line begins to build upcoming season line. Fashion designer Polo the Fur King said, “Toure’s clothing impressed me, but surprisingly the venue was amazing. Definitely one of the best fashion shows of Fashion week.” Jaime from Armed and Dangerous Clothing stated, “Toure’s line was amazing. I am so proud of him because he continues to push the envelope with fashion.”

Swizz Beats, rap group A.S.A.P., Lola Monroe, Cassidy, and Debra Atney were some of the many celebs that filled the front rows in support for the celebrity designer. Both levels were filled to capacity as a very fashionable crowd watched an impressive array of clothing that will make noise this fall season.



HIGHEST HIGHS
LOWEST LOWS
I NEED TO GET MY FIX...

STUDYING ABROAD: A HONG KONG EXPERIENCE

By Alhia Harris

Education, to me, is the driving force for an individual to learn. It is one of the important motivators for my family. My father did not finish his education, yet he felt it was his duty to make sure that I should do so and have an experience like no other. He showed me it was important to not be a closed-minded person, but to be an open-minded person. This knowledge that my father instilled in me made me want to explore the world. This summer I took that journey and went to study abroad in Hong Kong, China at The Chinese University of Hong Kong (CUHK).

Knowing about different cultures has always fascinated me. Living in America has left me curious to see what other cultures are there to explore. Being able to experience college and get a chance to obtain in life. Not only did I have the opportunity to learn about other cultures and customs, but I got the chance to live in another country for a summer.

The Chinese University of Hong Kong is a beautiful 137.3-hectare campus that overlooks Tolo Harbor. It was founded in 1963 and its motto is "To broaden



one's intellectual horizon and keep within the bounds of propriety." The university has its own train stop called "University," which makes traveling around Hong Kong much easier. Since the campus is very big, the university had many shuttles that ran every 15 minutes from the train station to take people to various campus stops. The Chinese University International Summer School Program in 2012 included 650 students from different countries of the world and it lasted five weeks, which started in the end of June and ended in early August.

The program allowed us to dorm on campus with the university students. Classes were from 9:30am to 5:15pm, giving us a two hour break at 12:15pm to go and get prepared for our next class. The two classes I took were Human Resource Management and Business Policy and Strategy.

When I studied abroad in Hong Kong, some things happened that I couldn't control. First, the plane ride from NYC to Hong Kong took me 24 hours. I was so upset and my feet were so swollen that it took a week until the swelling came down. Also, during the first week at the school I had become sick with a stomach bug because I was not accustomed to the different kinds of food, and an ATM machine took my debit card, so I didn't have any money for a week. In addition, my roommate left me in a club the first night I went out. I wanted to cry and go home when all these things were happening to me, but somehow I remained calm and reminded myself that I was just blessed to be in another country. Also there were many different culture shocks when I arrived in Hong Kong. People looked at me all the time because I didn't look like them, and especially because of my hair. Before my trip, in order to make sure my hair would not get messed up, I decided to put my hair in box braids. Hong Kong people never saw any hair like this, so they were very intrigued by my hair. People would often stop me on the train and ask me, "How did you get your hair like this?" or "Can you even wash that?" and I would respond "I got my hair done by a hair stylist in New York and yes I can wash my hair." In addition, people would ask to take pictures of me because they wanted to show their families my hair style. Another big culture shock was that people never said "excuse me" when they pushed, sneezed or coughed. I felt that they were being rude because I was so used to saying "excuse me."

Despite the bad things that happened, I got to see some amazing sights. The summer school at CUHK provided us with weekly trips to different parts of Hong Kong. My favorite place that we went to was The Big Buddha. It is located on an island surrounding Hong Kong called Lantau Island. In order to reach the Big Buddha, I had to climb over 250 stairs to see this beautiful site. Another place we went to was an amusement park called Ocean Park. It is a park that has thrill rides and has an aquarium so kids can learn about different sea animals. We also went to The Victoria Peak, which is a mountain in Hong Kong and has a view like no other overlooking the city and the

harbor. Another place that I had visited, and went often to, was the Lady's Market. The Lady's Market is a place where people can shop for anything from bags, to shoes, clothing and even souvenirs. What I liked the most about this place is that a person can bargain prices down real low. For example, if a bag cost



200 Hong Kong dollars, I would bargain the price down and get it for 100 Hong Kong dollars. If the seller doesn't want to give the bag at the price, the person would walk away and the seller would give in and let the buyer get the bag at 100 Hong Kong dollars. It is a win-win situation because both parties, the buyer and the seller, are happy.

Food was an important part of my study abroad experience. Since earlier in my trip I had gotten sick because of eating something bad, I was very skeptical about eating Chinese food. When I started to feel better I only ate at Western food places like McDonald's, KFC, Burger King and Pizza Hut. However, when I got tired of eating Western food, I decided to give Chinese food another try. I fell in love with eating Dim Sum. Dim Sum is a style of Chinese food that is prepared as small portion sized foods that are served in steam baskets, or small plates. Dumplings, chicken feet, and my favorite, BBQ pork buns are some main dim sum dishes that I have tried. Hot pot was another style of Chinese food that I tried and actually liked. Hot pot is when different raw slices of meats such as beef and pork are put in a boiling metal pot of stock (water or soup) at the center of the dining table. Then a person can add noodles, vegetables, and different spices to the pot. The meat should be taken out the pot fast depending how the person likes their meat cooked.

Hong Kong made me feel like I was home in New York City. Their train system was better than the MTA because you didn't need a MetroCard; instead you used what they called an Octopus card. The benefits of this card were that a

person could use it both at the train station and at the grocery store. In addition, unlike New York City trains that are usually dirty; the trains in Hong Kong are clean because a person cannot eat or drink on it. If they are caught eating or drinking they can get a fine up to 5,000 Hong Kong dollars. Hong Kong has cabs just as New York City does. There are three types of taxis in Hong Kong; the red taxis travel within the New Territories and the blue taxis travel on Lantau Island. The green taxis are usually the ones that take people to campus but if a person is in an urban area and need to take a red taxi, it can be hard to do sometimes. Since the CUHK is so far from everything and the train stops running after 11:30pm, it can be costly to take a cab so people usually share a cab if they are going to the same place. When I initially arrived in Hong Kong I assumed that New York City was the only city that "Never Sleeps," but my arrival to Hong Kong showed me otherwise. The night life was amazing because there were so many lights, and the clubs played the best music. The drinking age was 18 instead of 21 in the United States. I had the chance to go to the world's tallest bar and lounge called Ozone that is located on the 118th floor.

My experience in Hong Kong was amazing and I did not want to leave. I met people from all over the world and made friends that I will never forget. Studying abroad can be challenging, yet overall a rewarding experience that a person will never forget. Every person attending college should, if willing, take the opportunity to study abroad. An important benefit that I gained is gaining a new perspective on a culture. I felt this is important to know because in the world we live in people often judge where others come from. Studying abroad in Hong Kong, China was important because it made me become more aware of my surroundings. Not everyone has similar reactions to a situation. By going through this experience I was made more aware of how people communicate. Today, China is one of the leading nations in Business, and I would like to prepare for the future. My major is Business Administration and I want to become a human resource manager. Becoming a human resource manager, is a big responsibility and being able to communicate with different people. Studying abroad in Hong Kong, China improved my communication skills in dealing with people not only from America, but from all over the world, expanded my horizons, and has taught me just to appreciate life in general.

THROUGH THE EYES OF AN ARTIST

By Danielle Menke

Kukuli Velarde
Ceramics and Paintings
Amelie A. Wallace Gallery
September 13–October 16

Walking into the Amelie A. Wallace Gallery at SUNY College at Old Westbury, one might be a little taken back by the art displayed. Ceramic statues inscribed with tribal markings and in compromising positions, paintings of seemingly bizarre faces and scenes, and a video displaying two smoking women, might make the audience wonder about the artist.

Behind a crowd of students towards the middle of the gallery, sits a small, petite Hispanic woman with her hands folded in her lap and a smile on her face.

At a closer look, one could tell she is older yet attractive with short, dark brown hair and tan skin. However when Kukuli Velarde declares she uses her own face in her paintings and sculptures, the audience might have trouble making the connection. In her art, the faces seem older, more harsh and unusual unlike her own. She said, “My art is not traditional. I created them on my own to be seen by myself; not to be made for the male eye. It

is important to have honesty with yourself.” Velarde’s art is the testimony of what she calls, “a woman aging.” She states that it is very challenging for a woman to talk about and come to terms with her age.

Posted at the far end of the gallery, hang four unusual paintings. The first on the far left, entitled “Your Turtupilin,” portrays the story of a love unreturned. A woman who desired the love of a man, who did not return her love, brought a needle and thread to a shaman who would hunt for a turtupilin bird. After the bird was caught, he would pierce the heart of the bird with the needle and thread. With the blooded thread, the woman would sew the name of the man she loved into a handkerchief. This, the woman hoped, would make the man return her love. “I thought and felt it was unfair that the only one that had to die of love was the bird and I wanted to show how something so tiny can keep people together,” Velarde said. The woman in the painting is a naked Velarde seen sitting on the ground covering her chest above her heart with her hand. She is the unfortunate bird that died of love.

Kukuli Velarde’s next three paintings all tell her personal stories of pity, temptation and the way she views herself, respectively. They also depict her as the

main character. “La Mercedes de la Virgen,” a religious painting, with Velarde depicted as the Virgin Mary, her husband as Don Pedro and her child as baby Jesus sucking her breast, definitely rose more than a few eyebrows. When questioned about the painting, Velarde jokingly replied, “I think the Catholic religion is a terrible institution. If some Catholic priest gets upset about my painting, I could always say it’s a family portrait.”

Velarde’s ceramic statues might be even more intriguing. The series of sculptures entitled “Plunder Me Baby” were inspired by her background of Peruvian and Colombian culture. Upon closer inspection, the faces of the sculptures also belong to Velarde. She explains, “With ‘Plunder Me Baby’...if I was using somebody else’s face, it would seem that I am detaching myself from the situation and that I am not affected...so I put my face there with the purpose of defiance and daring.” Many of her sculptures are seen with large enticing eyes, open mouths and full breasts. When questioned about her work in a pamphlet obtained at the gallery entitled, “Kukuli Velarde: Ceramics & Paintings,” she discloses that she wanted her sculptures to look as if they were just waking up in a museum: “They don’t know where they are, some of them have fear, some of

them don’t give a damn anymore, some of them are upset, or angry....”

A self-proclaimed child prodigy, Velarde claims to have never had a childhood. According to the artist, at the age of ten she began selling her paintings. However, her father did not like her sculptures. “I wasn’t satisfied with my art or myself until I started doing what I wanted, not just to satisfy my father. What could be more honest than myself?”

After listening to her story, Velarde’s audience likely got the impression that she does not see herself the way her audience does; she sees herself as an older woman with self esteem issues due to aging. But after speaking with the artist, onlookers are able to get a grasp of the amount of bravery one would have to have to choose her own path against their father, to do what they wanted and to put themselves (mind and body) on display. Her words are powerful, “Sometimes you feel as if the floor is going to fall from under your feet. I always thought that if I did what I wanted to do, people will be afraid. But you can’t be afraid of your work. To give everything and to have honesty – that’s art.”

JOEY DIAZ’S “TESTICLE TESTAMENTS”

By Joe Randazzo

Joey Diaz says the day he went to prison was the best and worst day of his life. Thirty years later this monstrous comedic presence is revisiting his criminal past on stage and releasing these performances on iTunes. Every month he puts out a new volume to the comedy album series he calls the “Testicle Testaments.”

The name “Testicle Testaments” came from his frustration of there not being a “Vagina Monologues” for men. To him, this is the male counterpart to the popular book and play. In each volume he strays from the typical formula of setup and punch line and focuses more on the details of his old lifestyle. Joey’s stage presence is that of a story telling muse who puts stage 2 at the Pasadena Ice House Comedy Club in a trance. The “Testicle Testaments” are the best comedy albums to feature more quiet than laughter from the audience.

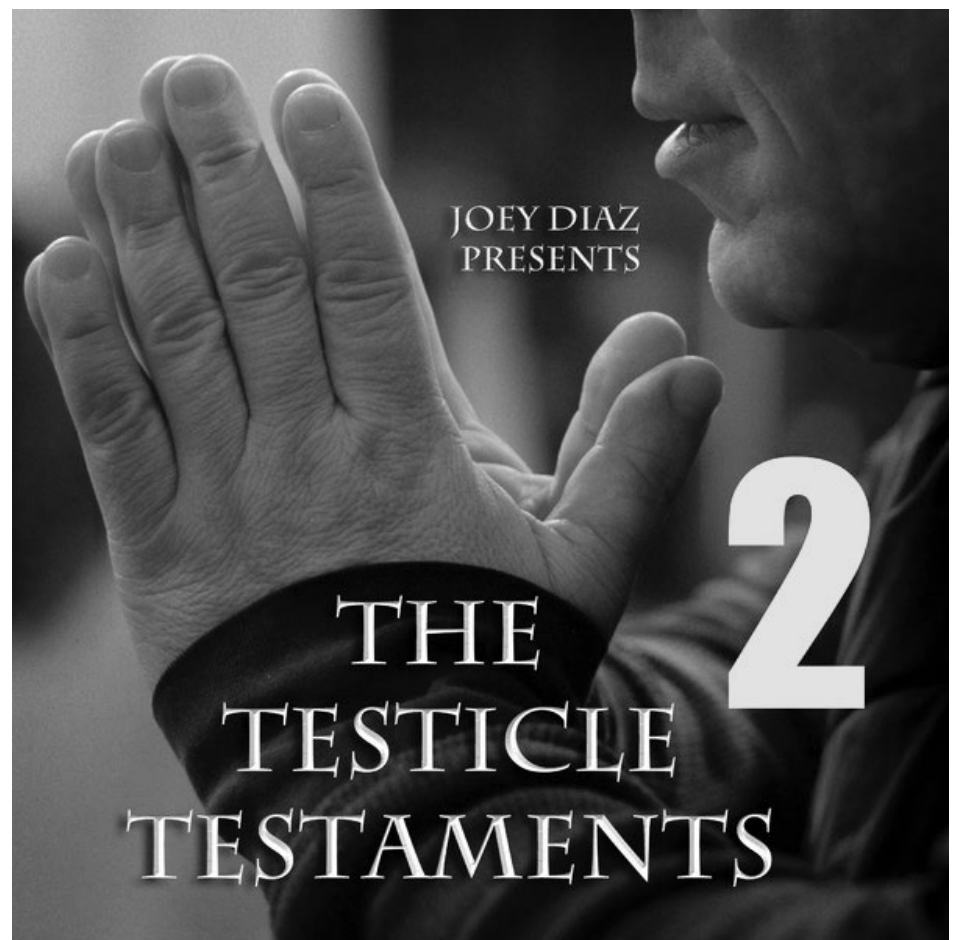
Volume one focuses on the kidnapping of a drug dealer named Vella. Joey’s plan was to keep the money in his pocket, steal the blow and then scare Vella out of Boulder, Colorado. He would have gotten away with it too had the driver he left in

charge of tossing Vella in the trunk put on his headlights on the way to the airport. After getting pulled over for something so routine, the cop heard the mumbling in the trunk. Both Vella and the driver told the police that Joey had all the coke. He got in the most trouble because he was a victim of the times. It was Ronald Reagan’s America which placed a heavy emphasis on its war on drugs.

A point Joey touched on a lot was how arrogant he was in his youth. Joey got away with many crimes before this and was convinced he’d get away with this too after finding out the police were after him. When he brought himself to the police station he was sure he’d make it back in time to see Don Johnson’s wedding on *Miami Vice*. “Don’t worry about it” Joey recalls telling his then girlfriend. “I’ll tell em’ something and be out before the wedding.”

Once Joey walked in to the Colorado Police Station, nineteen cops pointed their guns and threw him to the floor. He was arrested for kidnapping one, kidnapping two, aggravated robbery, accessory to a felony, and a crime of violence. The suit he bought for the *Miami Vice* wedding never had the chance to be worn that night.

After being sentenced, Joey pleaded



to the judge for two days to “get things together” as if he were Ray Liotta. Instead of relying on record labels, Tonight Shows and luck, he just throws his material on iTunes and lets his talent do all the work. Joey and many comics like him have taken destiny in to their own hands and

gone from relative unknowns to headlining comics quicker than in the days of Johnny Carson’s *Tonight Show*. But there isn’t a late night show long enough which can do justice to Joey Diaz’s unique story.

FROM LYRICISM TO BUBBLE GUM RAP

By Tahucha Jean

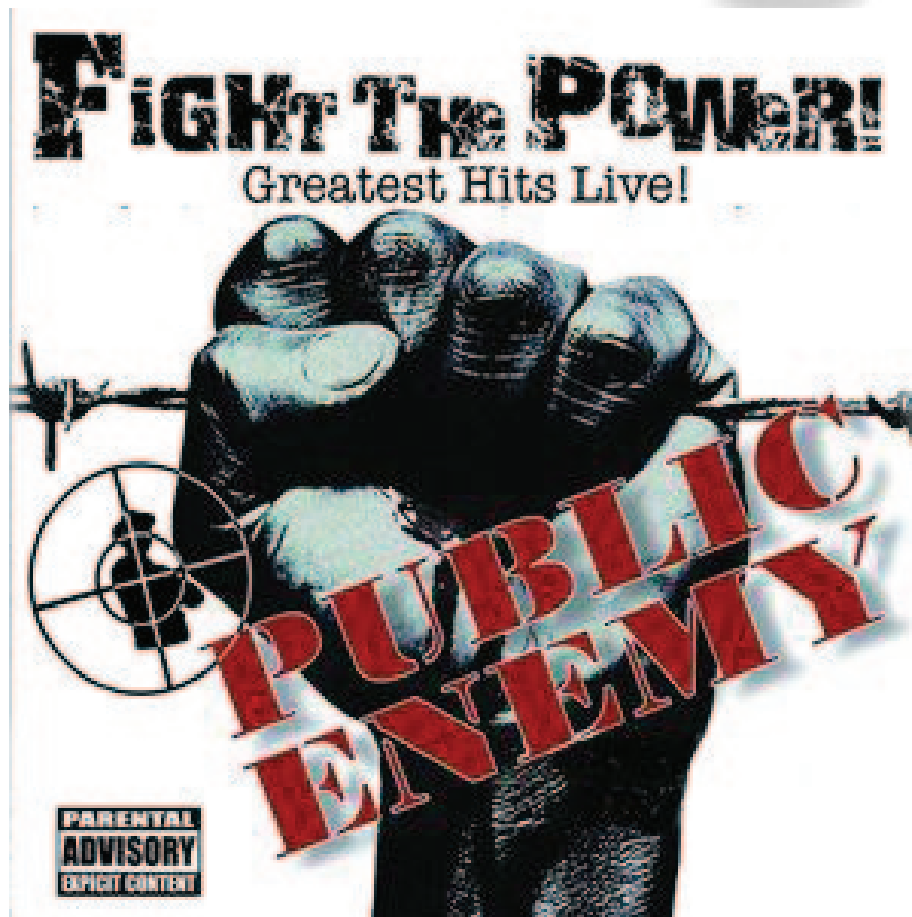
As youths in the early stages of Hip Hop, we have almost all pondered who it was “paging me at 5:46 in the morning, crack o’ dawn,” and all soaked in the realization that the “sky’s the limit.” The past, where lyrics would express the ills and struggles of life as minority, set a standard in music history. We finally had an outlet to release the tension and disgust of our living situations. Battered and bruised emotionally, pens were lifted and flew off pages in poetic liberation to make it known that we were tired of the stigma of being a minority; of being the lesser humans in America. So, when did expressions of being on the bottom of the societal totem pole become manifestations of scantily clad ladies swinging on them? The birth of our artistic baby has been tainted over the years, when stanzas became sprinkled with useless phrases and pathetic jargon that have little or no constructive impact anymore. Hip Hop has become nothing more of an outlet for pretty rhyming words and chauvinist chatter. However, the real issue that people fail to realize is the actual decline that is happening: The fall from Lyricism to “Bubble Gum Rap.”

As defined by TheFreeDictionary.com, bubble gum rap is “a style of popular [rap] music designed to appeal to adolescents, characterized by bouncy rhythms and a generally cheerful tone,” a contrast to the definition of rap itself, defined as “a form of popular music developed especially in African American urban communities characterized by... rhyming lyrics with a strong rhythmic accompaniment...used to express orally.” We’ve gone from the days of “FIGHT THE POWER!” to letting every-

one know that “my lip gloss is poppin’.” The messages once conveyed by a previously uplifting genre have dissipated into nothing but sexist banter and narcissistic verses. Nas would comment on the amount of wrong things children are being taught and guide them with promise in “I Know I Can.” Even Tupac observed how hard teenage motherhood was and how people ideals on public assistance was atrocious in “Brenda’s Got a Baby.” But, sorrowfully, our speakers are filled with gloats of high status and “stackin’ paper,” because everyone wants to hear about monetary success. And whatever brings in cash is exactly what so-called artists will sell, no matter how many inadequate statements there are about his ill earned success; no matter how many times his “hoes” have to wiggle and jiggle in front of the camera while he talks about absolutely nothing.

One can argue that hip hop is no longer a category of music, but more of a business. Whatever appeals to the masses gets the higher revenue, and therefore must be distributed. The music is no longer a channel that used to be beneficial towards a racial advancement of a positive outlook on an already dishonored section of people. Minorities are just that: minorities. With a wide array of inspirational pieces released by names like Nas, Tupac, Biggie Smalls, we would think that the legacy of “attempted change” would exhibit itself in the music that we created for the purpose of being heard.

But what is being heard when nothing is being said?



ARAB SPRING WILDFIRE

By Denise Rivera

The Arab Spring that commenced in Tunisia was a huge, immense spark that left the world in awe. The result of this movement would remove long-time leaders from office. Overall, it ignited a profound awakening that would provoke waves of protests throughout the African continent.

The protests of the removal of Tunisian president Ben Ali didn't remain



Protesters march in the northeastern Syrian town of Qamishli

in one nation. According to an NPR article, "A Guide to Protests in Middle East, North Africa," North African nations that were succumbing to the protest epidemic

bloomed in Tunisia. During March 2011, protesters gathered in Kuwait City, demanding reform and another prime minister; by the end of the month, the nation's cabinet had resigned. In Algeria, college students rallied and demanded the removal of their Education Minister in April 2011. Unfortunately, the results produced in Egypt and Kuwait weren't experienced everywhere. Originally, Syrian protesters were united under one goal: to remove President Bashar Assad. Unfortunately, Assad responded brutally and the nation is currently divided and swarming under violence, bloodshed, and warfare. The Arab Spring wildfire that spread in Syria has now become a grave international issue that remains unresolved.

One specific nation that comes to mind as a result of the Arab Spring is a non-Arab nation--Nigeria. However, this West African nation was protesting against one of the most precious natural resources: oil. In a *New York Times* article, "Under Pressure, Nigerian Leader Relents on Gas Price," journalist Adam Nossiter investigates the result of Nigerian protests over heightened gas prices and removal of fuel subsidies in January



South African Miners rally

2012. Protesters were clearly expressing their anger over the inefficiency of their government. It was no surprise that they faced blockades of police forces. The article evaluates how a week of this strike made Nigerian President Goodluck Jonathan vulnerable. This is a prime example of how not meeting the demands of the governed can injure the stability of a country.

The Arab Spring epidemic has spread very far to South Africa. Currently, there is a protest occurring among South African gold miners. The protesters demanded higher wages for their labor-intensive jobs. Gold is one of the natural resources that South Africa greatly relies on. The BBC News article, "South Africa gold miners on strike at Anglo," investi-

gates the outcome of the gold miners' strike, which encountered violent exchanges with the police, leaving 46 people dead. These unfortunate encounters serve as a reminder of what the consequences are of enforcing justice.

Although many nations still face more trials and obstacles to overcome, these revolutions have allowed the world to see how powerful human courage and determination can be. Whether fighting for basic natural rights, or against forces that use natural resources as a way to hinder the majority of a



Nigerian protesters taking the streets of Lagos

population, it's amazing to see how the Arab Spring created so much vigor as people voice cries for fairness and reform.

WHY I'M VOTING FOR GARY JOHNSON

By Ryan Zukowski

Gary Johnson is the Libertarian candidate for President in the November election. Gary Johnson was governor of New Mexico from 1995 to 2003, and was re-elected in a state that traditionally votes "2-1 Democrat," according to his campaign website.

Johnson touts his record of cutting the size of New Mexico's state government through reorganizing management and minimizing layoffs of state employees. New roads were built, the debt was reduced, and taxes were cut for the middle class families of New Mexico under his administration. The Presidential Whitepapers section on Clubforgrowth.com states that Johnson vetoed a total of 724 bills brought before him as Governor.

You might be thinking, "If I haven't heard of him, he probably has no chance of winning and voting for him is a wasted vote." While it is true that Johnson has a zero percent chance of winning the presidential election, it's the furthest thing from true to say that a vote for him is a wasted vote.

The biggest fallacy of our democracy is that elections are about voting for a winner to speak for us. The truth regarding casting a vote for a candidate is that your views align most with that candidate. It is not about winning or losing; it is about sending a message to the community. If a

third-party candidate gathers enough support and spoils an election, like Ross Perot did in 1992, the act sends a message to the two establishment parties that there is a large segment of the population unsatisfied with the status quo. This forces the political establishment to be pulled in a more populist direction and incorporate the views of a Green Party or Libertarian Party candidate into the regime's policies.

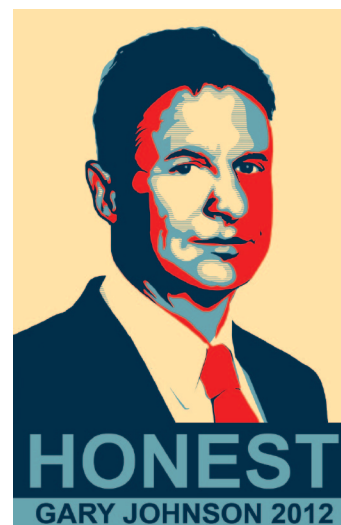
I am not a fan of President Obama's policies, Mitt Romney, or his positions on the current issues. The worst thing that someone can do this year is to vote for the lesser of two evils. That is the essence of a wasted vote. What have you accomplished by voting for a Republican or a Democrat? You have just participated in the perpetuation of the Welfare-Warfare state, an expansion of debt, foreign military adventures, restrictions of liberties and more crony-capitalism in which both parties participate. The political philosophies of the Republicans and Democrats are those that have gotten the country into the mess in which we still find ourselves mired.

Traditionally, the peace candidate has won the election. In 1992, Clinton criticized George W. Bush for his military adventure into Iraq. In 2000, George W. Bush criticized Clinton for his military adventures into Bosnia, Kosovo and Somalia, running on a platform of a non-interventionist foreign policy. In 2008, Candidate Obama ran on a platform of

repealing the USA PATRIOT ACT, ending the wars as soon as he got into office, closing the Guantanamo Bay torture sites and extending a diplomatic hand to foreign countries.

President Obama has continued the War on Drugs, continued the war in Afghanistan according his predecessor's plan, failed to close Guantanamo Bay or end the torture that goes on there, has gone on military adventures into Libya, and continued to allow para-military contractors in Iraq who have been reported going on steroid-and-cocaine-fueled shooting rampages in the nude. The President has cracked down on states' rights to dispense medical marijuana, signed into law the Federal Government's ability to torture or kill American citizens without a warrant, due process, or even probable cause, and has overseen and perjured himself on the Fast and Furious gun-running scheme that has cost hundreds Mexican citizens, and a U.S. border patrol agent, their lives.

On the other hand, Gary Johnson has gained the reputation as the most honest man in politics. He gained re-election by fulfilling campaign promises, unlike Obama or Romney. Gary Johnson advocates a non-interventionist foreign policy and unlike Clinton or Bush, he can be counted on to stick to it. One of Johnson's



biggest selling points is his pledge to end the war on drugs that costs American taxpayers billions of dollars, and many people their lives. Johnson has said that he would legalize marijuana, cut the size of government, make an easier path for immigrants

to obtain working visas and a path to citizenship, as well as let the states take a more active role in determining health care systems, as our system of Dual Federalism was designed to do in the first place.

You may disagree with Gary Johnson and his stances. The important thing to remember this election, is not about voting for a candidate necessarily because of party affiliation or the way they look or talk, but because of the content of their character, their record and the promises they make and whether we believe them when they say they will uphold their promises. There are 19 total candidates running for President, not two. Third party candidates like Johnson are often excluded from debates and denied media coverage despite requesting interviews and issuing press releases, as Johnson has claimed to have been doing. There is a candidate who shares your positions and beliefs. It is the duty of a citizen in a democracy to make an informed decision when they cast their vote. Don't waste your right to vote, or you may lose it.

HOW I GOT OVER COLLEGE ANGST AND LEARNED TO LOVE OW

By Ryan Zukowski

I met a beauty queen last year while I was in the New York State Assembly internship program. As assemblymen clamored over each other to get a picture with her, I heard one person say, "Miss Westchester went to Old Westbury." I thought it would be nice to introduce myself to a fellow Old Westbury student.

I made my way to Miss Westchester and introduced myself. She gave a big, phony smile and said hello. I asked her if she went to SUNY Old Westbury, she replied in the affirmative. I told her that I also went there. She curled her lip in a look I can only describe as a look of pity and disgust, "I'm sorry," she said.

There is another girl who I see occasionally at bars who is also an alumna of Old Westbury. Whenever we see each other, all she ever has to say is, "You went to Old Westbury, right? Doesn't it suck?" This goes the same for many other students and alumni whenever Old Westbury is mentioned. The biggest complaint I hear from them is that there is nothing to do on campus. Students go to class, retreat back to their dorms, eat, occasionally bathe, and repeat. I have heard the worst opinions about Old Westbury from commuters. Later, the same commuters can be seen eating, studying and napping in their cars.

Old Westbury is the fourth college I have attended. Academically, I did reasonably well in all my other institutions but never found the "college experience" for which I was looking.

During my first semester here at

Old Westbury, I lived in a dorm room with two other fellows. They were nice enough, but we never really hung out or talked. During a hall meeting, my R.A. stressed that we needed to know our roommates; for instance, what was their favorite color? When he asked me I said, "I don't know their favorite colors, that's why we get along so well." It is hard to have a conflict with someone with whom you never have contact.

One roommate played video games and talked on the phone with his friends back home. The other was always out and about with attractive females, while I sat at my desk and surfed the Internet or read books.

Still, I was left wanting for my "college experience." When the opportunity for an internship in Albany came up, I took it and spent the spring semester of 2011 upstate being a secretary and coffee runner, just to get away from Old Westbury. I missed several networking connections there but I realized something: it is up to you to make your college experience. No one is going to do it for you. No one is going to offer you a letter of recommendation, a job or a network connection unless you earn and ask for it.

Despite being shy and timid in all things, I decided that I was going to be aggressive and start my college experience. I joined the Politics, Economics and Law club and walked into the *Catalyst* office and introduced myself. It is still a learning process and I have made plenty of mistakes, but I have also learned a lot of important lessons.

I have changed my major four times now. Every time I studied one of my

passions, I discovered that it was either not what I wanted to do or that I did not need a degree in the subject to practice it after college. Then, I discovered that only half of college graduates end up with a career in their field of study. In other words, (for the most part) what you study is not really what is important; it is whom you know and the skills you develop: work ethic, studying, research and networking. The most important of these skills is networking. The easiest way to network is to make friends and talk to people.

Since I became more active here at Old Westbury, I have met some very interesting people with backgrounds ranging from serving as a Navy SEAL, to someone who has become a mentor to me on how to become politically active. I have met people from four different continents and learned about their cultures and backgrounds. I became so much more knowledgeable and appreciative throughout this process. The most rewarding experience of all has been to sit with professors and hear about where they came from, their experiences and their expertise on their subject matter. Only then, three and a half years into college, did I discover what I should have been doing since the beginning.

Last semester, I sat in on a Student Life Committee meeting. I said, "Well, I have nothing better to do, why not?" A representative from the Athletic Department sat in and offhandedly mentioned the intramural programs. "Wait, what?" I exclaimed. He explained to me about all the intramural programs that Old Westbury had to offer. I was a little

upset to hear that I missed out on two dodge-ball tournaments and a league since I began attending Old Westbury.

Old Westbury has forty-five clubs and fourteen fraternities/sororities. This is not to mention the Student Government, newspaper, TV and radio stations, intramural dodge-ball, volleyball, basketball, flag football and many more activities, all at your fingertips. All you need to do is ask.

The point I am trying to make is that you need to take charge of your experience here. Ask around, don't be afraid to talk with faculty, stop in at the Student Government Association and look for something non-academic to do. Do not be passive and expect opportunities to come to you, they won't. Talk to everyone you can and jump at every opportunity to join an organization or activity. There is a whole college full of interesting experiences and people who are just waiting for you to join them. Don't get me wrong, not all of them will work out. Some people are here to party and have changed their major to Taking up Space and Wasting Money. Some people might just be operating on different wavelengths or are going in different directions and some people are just downright jerks. The important thing is that you do not become discouraged and that you press on to the next one. This is your college experience, define it yourself.

The last time I saw that girl at the bar, she said to me again, "You go to Old Westbury, right? Doesn't it suck?"

I replied, "It is what you make of it."

HAVING A BLAST AT CLUB BASH

By Joseph Garcia

In the five years that I've been attending SUNY Old Westbury, I've gone to Club Bash every year as either an attendee or as a table monitor. This year, Club Bash was at its finest. Over the years Club Bash has grown with all the new clubs that appear on campus ready to find new members for those who are interested. This year was the biggest turnout I have ever seen.

From the table I was monitoring for *The Catalyst* with the Executive Editor (Karyn Dyer), Managing Editor (Ryan Zukowski) and the Business Manager (Alhia Harris), there was so many people just eager to join the club that was right for them. Not so surprising, many of those at Club Bash weren't freshman, they were sophomores, juniors, seniors, transfers and plenty of commuters.

Many of my close friends had their own tables for their clubs such as my

good friend Danjela Nika who is the president of the Poetry club, her table was next door to *The Catalyst* table and she was so ready to share her poetry and inspire those who love poetry to join the club. (The same can be said for Alianza Latina of which some of my friends are executive board members.) Danjela was kind enough to give a quote on her thoughts of club bash: "Club Bash this year was such a huge turnout! So many people came out and I wasn't expecting this at all. There were more clubs than I thought on campus it really blew me away, and the best part was the large amount of people who came to my table, POETRY CLUB WHOOOOO!!!!!"

I was amazed at the huge turnout this year as I was expecting a good amount of people but this blew my mind. Everyone had a great time looking around, getting free cups, shirts, candy

and a demonstration from one of the step teams we have on campus. Club Bash is a great way for those who are new to Old Westbury (freshman and transfers), commuters and even those who have been here for a while to get involved on campus in the environment of their choosing. If you're into anime and video games, you can join the Anime/Video Game Club or if you want to be a writer you can join *The Catalyst* or even be part of one of the step teams on campus such as OOC (Out of Control) or Step Tunes. It's also possible to create your own club with some friends and you can have your very own table at Club Bash next year.

All in all, Club Bash 2012 was very successful, and very entreaty and I look forward to it again next year.

“Club Bash this year was such a huge turnout!”

TRANSFERRING TO OLD WESTBURY

By Traci Newman

On the first day of classes many professors will ask you to introduce yourself to the class and say a few words, giving everyone a chance to get to know each other. What I've noticed most is how many students have transferred to SUNY Old Westbury from other universities. I transferred here in the fall of 2012 from Stony Brook University and earlier had transferred from Farmingdale State College.

When I first started college as a freshman at Farmingdale, I wasn't really sure what direction I wanted to follow or what major I should choose. So I went the undeclared route, and was thrown into a bunch of random classes I wasn't interested in. Eventually I had to choose, so I picked Liberal Arts. We all know what it means: "I still have no idea what I'm doing with the rest of my life." I wasn't really happy at Farmingdale because there isn't much of a student life on campus. Ninety percent of the students are commuters and who left as soon as

their classes were over. Students would actually sleep in their cars before and between classes instead of socializing with each other.

I graduated Farmingdale with my Associates Degree in Liberal Arts and had absolutely no idea what to do from there. I started working for Abercrombie and Fitch as a store manager. At first I liked it, working and making more money than I had in the past. But then three of my co-managers walked out and quit during my first week of training. It didn't take me long to realize why, so I very quickly started applying to schools again to go for my bachelors.

I applied to a few schools and decided on Stony Brook. I knew it was a good school academically and I was eager to start. Within the first few weeks of classes I knew I had made mistake going there. I apologize in advance if you're a fan of Stony Brook, but personally I have nothing good to say about the school. I was nothing but a number and a tuition check. Most of my classes had 75-200 students in them. I actually had to sit on the floor in two of my classes because there

weren't enough desks for everyone. The parking was bad there too. They have a parking lot about 2 miles away and had shuttles running every 10-15 minutes. When it came time to sign up for classes, I decided I wasn't happy and was wasting my money there.

I needed to go back to school and after hearing really good things about Old Westbury, I wanted to try it. I was nervous to start because of my disappointing past experiences with other schools. I have to admit, I was pleasantly surprised. There are a lot of commuters here but the students and faculty really do get involved. There are so many different clubs and organizations to join! I'm a media and communications major and I'm so happy with this program. I really feel the professors know what they are talking about and have so much work experience to back them up! I've mostly taken classes within the American Studies Department and have had some really great professors. Unfortunately for me, I had to take math. It's not my strong my point, but I was lucky the professors really work together and help the students succeed.

The small classes, dedicated faculty, and students who want to be involved with Old Westbury make me glad I transferred here.

Of course everything is not perfect here. We all know that parking is a problem, there aren't always enough classes offered every semester, and I'm sure for students who dorm the list goes on and on. But after speaking to several other transfer students, I got the same over all response; they feel they are really learning and getting experiences here that will help them in the future. Everyone wants college to be fun. But after graduation you will be more thankful when you land a job because you have more education and training in your field than the person sitting next to you applying for the same position.

If you are a new to Old Westbury and not sure how you feel about it yet, just give it some time and make sure you get involved. There are always clubs, activities and sporting events to go too. The school is what you make of it, and you should make the best of it!

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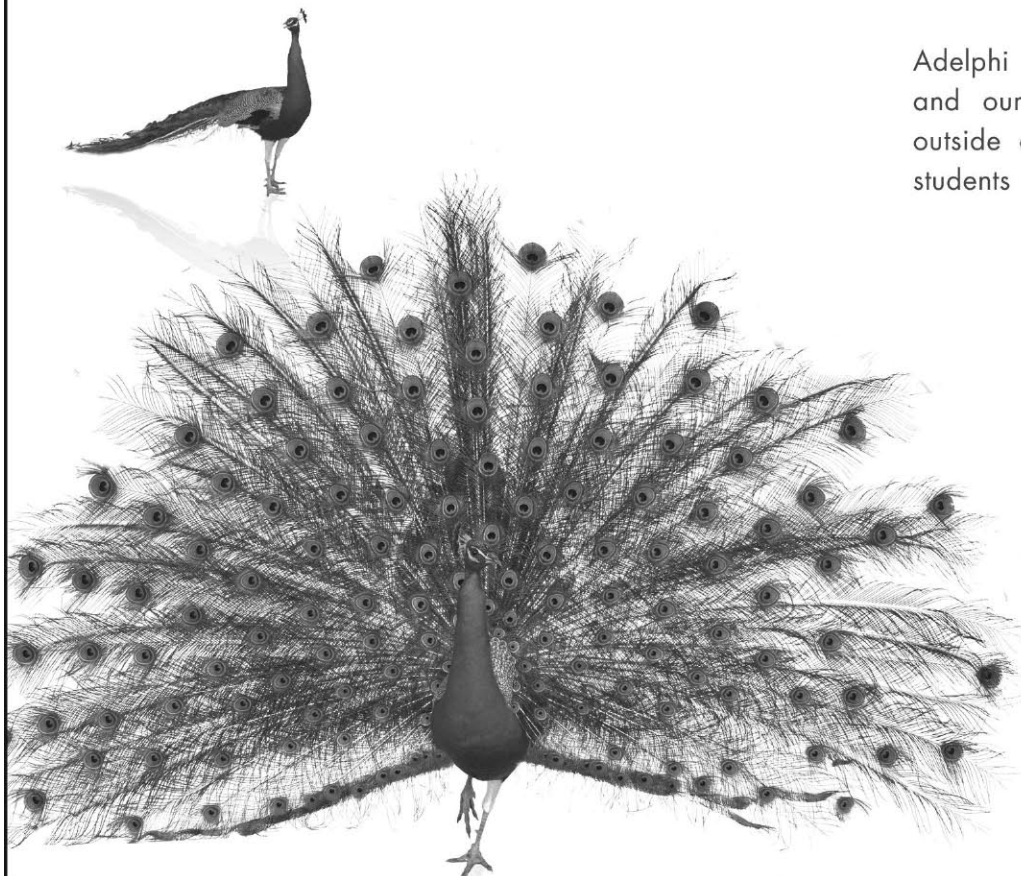
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PEER EDUCATORS EMPOWERMENT PROGRAM



FALL 2012 PROGRAMMING

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EVENTS

'SELF DEFENSE CLASS'

September 18
6-8pm
SU-Multipurp-A

'RAPE AWARENESS'

September 25
6-8pm
SU-Multipurp-A

'SPEED SOCIAL'

October 2
6-8pm
SU-Multipurp-A

'DRY HAPPY HOUR'

October 30
6-8pm
SU-Multipurp-A

'DOMESTIC VIOLENCE'

November 20
6-8pm
SU-Multipurp-A

'MIX IT UP... Join us for Dessert'

December 4
6-8pm

AWARENESS TABLING

across from the Cafeteria (by mirrows), 2nd
Floor Campus Center

September 2012

"National Drug and Alcohol Addiction"

Recovery Awareness
September 20, 2012
Common Hour

"Self-Improvement Awareness"

September 27, 2012
Common Hour

October 2012

"Breaking the Silence on Bullying"

October 18, 2012
Common Hour

"National Red Ribbon" (anti-drunk driving)

As part of "National Collegiate Alcohol
Awareness Week" 2012

October 25, 2012
Common Hour

November 2012

"Handwashing Awareness Day"

November 1, 2012
Common Hour

"Kindness and Saying Hello Awareness"

November 15, 2012
Common Hour

For more information, please contact Blanca Schneider at schneiderb@oldwestbury.edu
Or the Peer Educators at Oldwestburypeereducators@gmail.com



NEW LEADERSHIP FOR OW ATHLETICS

By Nathaniel Derosena

After almost two years without a definite head of the athletics department at SUNY Old Westbury, the department has finally found a qualified candidate to fill the position. Lenore Walsh, a Long Island native and a Providence College alumna, has joined the Old Westbury staff as the new director of athletics. Walsh comes into the position, already with a vast experience in collegiate athletics. Before joining the Old Westbury athletic staff, Walsh was the associate director of athletics and the senior women's administrator at the New York Institute of Technology (NYIT). During her tenure there, she oversaw eleven NCAA Division II teams, as well as

the school's Division I baseball team. She implemented the Bear Education Athletic Retention program, or BEAR, an academic support program for student athletes. The program offered academic assistance to student athletes in need, and helped improve NYIT's retention and graduation rates.

Walsh received her bachelor's degree in 1996 from Providence College. After graduation, she took a yearlong internship with the Eastern College Athletic Conference (ECAC) in Massachusetts. While working for the ECAC, she got involved in everything from event planning and marketing, to conference championships. She learned to appreciate the business of college athletics, and wanted to learn more.

One major difference Walsh is deal-

ing with is the transition from a primarily Division II school to a Division III school. She feels there is a difference in the attitudes of the athletes here, as Division II athletes get scholarships to play, while Division III athletes do not. "What I find with the student athletes here is that they enjoy the opportunity and find it to be a privilege to be a part of the team," Walsh said.

Walsh said she is excited to start her new chapter at SUNY Old Westbury. She took over the position on July 23, and has stated that her main goal is to "focus on the student athlete development." So far, she said, the staff has been very helpful as she has become acquainted with Panthers players and coaches, and sees a bright future here at SUNY Old Westbury.



Lenore Walsh

HELLO BROOKLYN: WELCOME YOUR OWN BROOKLYN NETS

By Omar Linton

When the Dodgers left Ebbets Field for the palm trees and sunny weather of Los Angeles in 1957, Brooklyn was left without a professional sports franchise. Talks of the Nets leaving New Jersey started back in 2002-2003. The original projected time for the Nets to play in Brooklyn was back in 2006 and then again in 2011. Failed negotiations among the courts and residents, as well as other business factors pushed back the anticipations of seeing Brooklyn home to a professional team again. But all of that changed when Russian billionaire, and now owner, Mikhail Prokhorov bought the former New Jersey franchise in 2010 and made plans to relocate them out of the Meadowlands swamp to Atlantic and Flatbush Avenues in Brooklyn.

New Yorkers have always had Madison Square Garden as the mecca of basketball with the Knickerbockers as their home team. But starting this fall after five decades of not having a professional team in the borough of Brooklyn and with the money and power behind Prokhorov, Ratner and Brooklynite, and hip-hop mogul and minority owner Jay-Z, there will be a noticeable shift in home team pride as many folks have already started talking about the switch of colors from Knicks' orange and blue to Nets' black and white.

Well, just about everyone. When the *New York Times* interviewed film director and New York Knicks lifetime fan, Spike Lee, in August his response was: "I wish I had a dollar for every time people ask me that — I could finance another film...No, no and no. Can't do that. Can't. I am orange and blue, baby." While Spike may

not convert to the black and white of the Brooklyn Nets rest assure, we can all bet to see those infamous specs on his 5'5 frame decked out in orange and blue sitting courtside with Jay-Z, Beyoncé, Chris Rock, Adam Sandler and other notable Brooklyn stars and celebrities at least twice during the regular season.

Although they are not a 100% NBA Championship caliber team just yet, the Nets are still a force to be reckoned with in the Eastern Conference, led by All-Star point guard Deron Williams. The acquisition of All-Star shooting guard Joe Johnson improves the talented backcourt that can collectively score 50 points on any given night. Add swingman Gerald Wallace, rising star center Brook Lopez, and a promising young star named MarShon Brooks, and you've got a team that can very well be a playoff team every season.

One major acquisition that did not occur, was the hopeful signing of All-Star perennial center, Dwight Howard, who signed with the Los Angeles Lakers. Had the Nets been able to pull off that blockbuster signing, Brooklyn would've been looking to start filling their rafters with championship banners as early as June 2013.

The Nets will be the first team in 55 years since the Dodgers, to represent Brooklyn as their home on November 1st when they open the 2012-13 NBA season against their rival, New York Knicks, on their home floor in front of 18,000 screaming fans in the Barclays Center. Eleven trains, including the Long Island Railroad, will pull into and out of Atlantic Avenue-Barclays Center giving access to people from all over NYC and Long Island. More than ever before, people will now be able to attend Nets home games and concerts at the \$1 billion arena. Prokhorov has promised to bring the bor-



ough its first championship within the next three years, the first, and last, since Jackie Robinson and the Brooklyn Dod-

gers did in the fall of 1955. Until then...let's just say...Brooklyn is proud again.

AS THE NHL LOCKOUT STARTS, WE LOOK AT THE 2012/2013 ISLANDERS

By Scott Clinco

With the NHL having locked out its players on September 15th after failing to agree to a new CBA (Collective Bargaining Agreement) there are doubts in many circles that the NHL season will start on time. However, most still have hope that there will be a season this year and this won't be a repeat of the 04/05 lockout which ended with that season being suspended.

After experiencing a modest improvement from the 2010-2011 season to last season, our New York Islanders led by head coach Jack Capuano come into this season looking to take the next step in the rebuilding of the team and make a run for the playoffs for the first time since the 06-07 season. The Islanders are led by John Tavares, who is quickly becoming one of the best players in hockey, as well as forwards Kyle Okposo and Matt Moulson. With secondary offense coming from guys such as Michael Grabner, Frans Nieslen, and Josh Bailey, they hope to improve on last year's offense which was ranked 27th in the NHL. Free agent Brad Boyes also hopes to take the spot of departed PA Parenteau who left

for Colorado as a free agent.

On defense they have Power-play quarterback Mark Streit along with the newly acquired Lubomir Visnovsky to go along with free agent signing Matt Carkner and Andrew McDonald. Also Travis Hamonic took a huge step in his development last season establishing himself as a top defenseman in the NHL. It should be interesting to follow his progression this season to see how much he is able to build on last year. In net the Islanders finally have some stability for the first time in seemingly ages with having signed veteran goalie Evgeni Nabakov to an extension late last season. The ever-talked about Rick DiPietro is still around and has nine years left on the 15 year deal he signed in 2006. Youngsters Kevin Poulin and Anders Nilsson will share the third string spot and back up Nabakov when DiPietro inevitably gets injured. The Islanders assuming everyone stays healthy could make a run for the playoffs and maybe sneak in as the eighth seed. However, a lot would need to break right for that to happen so they probably need some time before that occurs. But who knows sports teams surprise people all the time.

Unfortunately for the Islanders, as the start of the hockey season approaches fans minds aren't only on the season on the horizon because of the uncertainty surrounding the teams future on Long Island. Recently, a lot of noise has been made about Brooklyn as a potential landing spot for the team post July 31st, 2015 when their lease expires at the Nassau Coliseum. With the opening of the Barclays Center, the Brooklyn Nets already has a brand new place the Islanders could call home. However, Ed Mangano and Nassau County aren't ready to give up just yet. Over the last few months they have issued an RFQ (Request for Qualifications) for the area. They are seeking a master developer to develop the land and partner with the Islanders to keep them here. They are down to three choices and reports suggest a decision on this should be made



soon. However, Barclays Center majority owner Bruce Ratner was recently quoted saying that he was "trying like hell" to get the Islanders to Brooklyn. The battle of Brooklyn vs. Nassau County for the Islanders should be an interesting one.



OLD WESTBURY WOMEN'S SOCCER NOT AFFECTED BY SLOW START, LOOKING FOR MEMBERS



By Mike Smollins

Even though the season hasn't started out as planned for the Old Westbury Women's soccer team, the young and talented Panthers have a lot of optimism going forward. Old Westbury went 2-5 in their first seven games of September, but the team still has many reasons to believe that it can succeed this year.

The Panthers, picked to finish third in the Skyline Conference coaches poll, are hoping that they can build upon last year's successful season. The team reached third place with a record of 9-9-1, and made it all the way to the Skyline Conference semi-finals before ultimately being eliminated from the playoffs. The team is still predominantly young, but the experience of going deep into the playoffs has paid off.

"It's a great fun young team," said fifth year head coach Craig Newman. "We're going places."

The team has already seen some great progress this season as sophomore forward Stephanie Maybie has already made it to the Skyline Conference Weekly Honor Roll.

"Stephanie is a girl that has a lot of potential," Newman said. "This week she made the honor roll, so fingers crossed we're going to get some good things out of her this year."

Newman is hoping that the partnership between Maybie and junior forward and team captain, JoAnna Kettell, will lead the offense for Old Westbury this year. Kettell, along with senior defender Allie Pirone are the leaders of the team on and off the field.

"[Your teammates] look up to you," Kettell said. "It's hard because sometimes you want to goof off, but you can't

because it sets the tone for the whole team. Allie and I have to make sure our heads are in check."

Added Pirone: "Being a leader has its advantages and disadvantages. If your teammates see you out there giving your all, they're going to give it their all too."

Despite early struggles this season, the Panthers are hopeful to turn it around down the stretch. They have a very strong defensive core and sophomore goalkeeper, Caitlin Thomas, also recently tied a club record with her sixth career shut-out between the pipes.

"I had no idea how many shutouts I had," Thomas said. "I was shocked and now for the rest of the season I just want to keep getting shutouts and set the record high and make it untouchable."

With the leadership of Kettell and Pirone, along with up-and-coming star Maybie, and a strong defense backed by Thomas in net, the Panthers are hoping

for the season to end in another trip to the Skyline Conference Playoffs. While there is a lot to look ahead to, Old Westbury has lost a few players to graduation, other schools, and personal reasons. According to Newman, the team is hoping to recruit some more girls as their original squad of 18 has fallen to 14.

"I know there are other soccer players out here that don't know about our program," Newman said. "We're hoping to create interest and that girl's will step up and come practice with us."

Anyone interested in trying out for the team should e-mail Craig Newman at newmanc@oldwestbury.edu.

The Panthers are hoping to put a slow start behind them, and be on top at the very end.

"We always tend to start slow," Pirone said. "We're starting to gel now and hopefully it'll be a good season."