

THE CATALYST

www.catalystatoldwestbury.com

"IGNITING THE MIND"

FREE

SGA ON THE COMMENCEMENT TICKETING

Regis Burton, Student Government Association (SGA) president, writes: "This year at the 2013 commencement ceremony, the college has implemented for the first time in its history a ticketing policy for the outside ceremony. This decision was officially announced on April 11th, thirty-nine days before the ceremony.

"The idea for a three-ticket policy came after the successful 2012 commencement ceremony, which was the largest the school has ever had. The new policy is meant to address concerns of safety. Students understand the concern, but the manner in which the policy was implemented was faulty on several counts; namely: the decision was last minute (below par, for an institution that teaches us to plan and prepare); the decision makers completely disrespected the students by not seeking their input, especially when this decision will impact them; finally the entire process of implementing a new policy was un-professional. Students understand the need for such a policy but with nothing but negative feedback since the administration made the decision, clearly something is wrong.

"The Student Government Association (SGA) elected a student to represent all seniors. This year, Amber Hurt, who took office May 1st 2012, was the SGA Senior Class Representative. Some of her duties are to advocate for the senior class on all aspects, to give input as the senior representative, and to assist with the planning of the 2013 commencement ceremony."

Amber Hurt writes: "When I arrived here in Fall 2009 I was excited for May 19, 2013 to get here and now I just can't wait for it to be over because of the headache it has brought about. Out of my four years in attendance at Old Westbury I feel this is the only issue that has truly upset me.

"Since I was elected, I tried to get in contact with the Commencement Committee on numerous occasions.

(Cont. on page 3.)

COLLEGE SCORECARD RESULTS FOR OLD WESTBURY



Celebrating graduation day at Old Westbury

By Nzingha Z. Crusoe

SUNY College at Old Westbury and Farmingdale State College both have graduation rates below the national average, according to national figures recently released by the U.S. Department of Education's College Scorecard. Calvin O. Butts III, president of Old Westbury, said that the College Scorecard failed to take into account other measures of student success.

"While we could do better, these numbers don't give a true picture of what's going on at the campuses," he told *Newsday*. "We enroll a lot of transfer students and part-timers, and many of our students are the first in their families to go to college. So you can't compare us to schools where students come from a long family history of higher education."

He noted that the freshman retention rate has nearly quadrupled since he arrived at the campus in 1999. It now stands at 76

percent.

"Students change colleges for many reasons: family issues, health reasons, new academic pursuits. Categorizing these students as statistically unsuccessful does not accurately reflect the reality," Lucia Cepriano, provost of Farmingdale State College, told *Longisland.com*. Farmingdale's graduation rate is 39.9 percent.

The national graduation average for public institutions is 56 percent, according to the College Scorecard. Old Westbury's graduation rate is 35.5 percent, the cite reports. Other OW statistics from the cite are: nineteen percent of full-time students graduated in four years and thirty-eight percent transferred to another institution.

There are many factors that may contribute to the graduation rate being low at Old Westbury, according to knowledgeable officials. (Cont. on page 3.)

THE MAC AWARDS

By Karyn Dyer

For the last six years, students from the Visual Arts and the Media and Communication departments have worked hard to create projects and every May their hard work has been acknowledged and awarded at the Media Arts Celebration Awards.

The 6th Annual MAC Awards will once again be held in the Maguire Theater

on May 8th, starting at 7 p.m. The pre-award events will begin at 5:30 with a complimentary dinner, followed by the Red Carpet event. For those who are not physically able to attend the event, feel free to log on to USTREAM.com and type in the keyword (OWTV1).

This is one of the most important award ceremonies that occurs at SUNY Old Westbury. (Cont. on page 3.)

AN INTERVIEW WITH DR. BUTTS

By Nzingha Z. Crusoe

Calvin O. Butts III, president of SUNY College at Old Westbury, recently talked with an editor from *The Catalyst* to discuss current issues facing the Old Westbury community. Some of the current topics that were discussed included the new ticket policy for graduation, the extremely low graduation rate, the halt in construction due to budget cuts, and the struggles Computer Science majors are facing.

In past years, the commencement at Old Westbury was open to as many people graduates chose to invite. With this year's upcoming graduation in May, the school has decided to implement a ticket policy. Each graduate will be given three tickets only.

Students are extremely frustrated by this new policy because they have already made arrangements for family members to fly in for the occasion and the new policy was not communicated to them in a timely fashion. According to Dr. Butts, weather, safety, and convenience are the major concerns. If on the day of graduation, there is inclement weather and the graduation has to relocate indoors there is no way of assuring everyone will have a seat. The college also cannot promise there will be enough parking for an undocumented number of persons arriving on campus. The main concern of the president is to make sure safety can be guaranteed.

Recently, *The Daily News* and *Newsday* both printed articles discussing the extremely low graduation rates at Old Westbury. Dr. Butts said in the interview that he is not concerned with the numbers that have been printed because "they are not a true indicator of what is actually taking place on campus." The graduation rate does not factor in transfer students nor does it account for part-time students, he noted.

Dr. Butts also said it is most important to watch the college's completion rate which has been steadily improving since his arrival in 1999. (Cont. on page 3.)

SGA ELECTION RESULTS PAGE 3

TOWN HALL MEETING PAGE 5

Executive Editor

Karyn Dyer

Managing Editor

Traci Newman

Business Manager

Alhia Harris

Office Manager

Nzingha Crusoe

Layout Designer

Joseph Wood

Faculty Advisor

John S. Friedman

From the Executive Editor

We finally made it to the end of the 2012-2013 year, and I would like to thank everyone who has supported and read *The Catalyst* issues published this year. I also want to take the time to thank *The Catalyst* staff members and writers for all their hard work and dedication that they put into writing and editing.

I would personally like to congratulate all of the writers who are graduating. Your work has been great and I really appreciate it.

To Alhia Harris: you have been a great and a supportive person to me from the moment I walked into the office the spring semester of my freshman year. Thank you so much for teaching me the ropes and helping me become a better executive editor. The laughs and the times that we spent in the office were always fun and meaningful. Thank you for putting up with me on my good and bad days. I will truly miss you and I know that the staff and Professor Friedman will miss you too for being at *The Catalyst* for your entire undergraduate career. We wish you the best of luck in your future endeavors!

I am excited for the future of this publication that has already made so much progress. I am sure that Nzingha Crusoe, who is succeeding me, will be a great executive editor, and that Traci Newman will continue to be an amazing managing editor.

Keep us in mind next semester for open staff positions.

Thank you for supporting us.

Karyn Dyer

Outgoing Executive Editor

SUNY College at Old Westbury 47th Commencement Ceremony

Sunday, May 19, 2013, 9 a.m.

Meadow Terrace (Outside the Campus Center)

TABLE OF CONTENTS

Campus News:

Pages 1-6

SGA ON THE COMMENCEMENT TICKETING POLICY

SUNY OLD WESTBURY'S GRADUATION RATE

AN INTERVIEW WITH DR. BUTTS

THE MAC AWARDS

THE HONORS COLLEGE

MORE THAN ACADEMIC SUCCESS

SGA ELECTION RESULTS

PROFILE: NICK SAVVA,

SGA'S NEW PRESIDENT

AN INTERVIEW WITH NIEV DUFFY, DIRECTOR OF C-SPACE

PRESIDENT'S TOWN HALL MEETING

STUDENT SPOTLIGHT PAUL JUSTE

LOOKING BACK

Review:

Page 10

EVIL DEAD

REALITY GAME MASTERS

AMC'S *THE WALKING DEAD*, SEASON 3

Opinion:

Pages 11-14

A JUNKIE'S LOVE AFFAIR

PITFALLS ON THE PATH TO EMPLOYMENT SUCCESS

MAXING OUT

INTERNSHIP SURVIVAL GUIDE

CM PUNK AND THE ART OF TRAGEDY IN

PROFESSIONAL WRESTLING

MY TESTICLE TESTAMENT

SURPRISES

Love Life & Style:

Pages 8,9,14

IS IT REALLY HEALTHY

OLD WESTBURY STYLE PAGE

SPRING BEAUTY TRENDS

Sports:

Pages 15,16

NBA FINALS PREDICTIONS

NBA Playoff Preview

OW RECOGNIZES THE TOP ACADEMIC FALL 2012 SEMESTER

STUDENT-ATHLETES AT AWARDS LUNCHEON

Looking Back

By Alhia Harris

On May 19th, I will graduate from SUNY College at Old Westbury receiving my Bachelors of Science in Business Administration. I can remember my freshman year like it was yesterday only because I didn't do much. The only reason I came to Old Westbury is because it was very affordable. The school provided me a financial aid package that I could not resist. In addition, I had the opportunity to participate in Collegiate Science and Technology Entry Program (CSTEP) before my freshman year started. Not only did I get a chance to explore the Old Westbury campus, I was able to receive college credit for participating in the program. This gave me an advantage because I did not have to take the community engagement class like other freshmen.

Ever since I started college I dreaded the process of having to get a roommate. I did not want to room with my friends because I would have to see them all the time. Throughout my college experience I was blessed and I say strongly BLESSED to have some good roommates. Freshman year my roommate was Jodi-Ann Rankine, who put me on the path to success. She did not party but studied all the time. I ended my first semester at Old Westbury with a 3.62 GPA and made the School of Business Dean's List for the fall 2009.

Sophomore year I roomed with Belisa Mejia who was a member of Delta Sigma Theta Sorority Inc. Junior and beginning of my senior year I roomed with Shekinha Brown. Since Shekinha graduated early, I was forced to have a new roommate. Again I was blessed to have such a great roommate named Rajaa Riad.

When I was not focused on doing school work I usually spent my free time doing fun things. I would attend school programs such as parties and BBQ'S. Freshman year I joined the school swimming team. I swam in high school so I thought it would be nice to continue. Swimming was fun because the team had the chance to travel to different schools and meet different teams. My freshman year second semester, I joined the school's newspaper club, "The Catalyst." My roommate at the time Jodi-Ann was a member and thought that it would be fun to write for the newspaper. I started at "The Catalyst" being a photographer because I did not like to write.

My junior year I had the opportunity to study abroad at The Chinese University of Hong Kong International Summer School Program in Hong Kong, China for five weeks. I met students from all over the globe and made friendships that will last for a life time.

Overall my four years at Old Westbury were good. I am truly thankful that I never had a problem with registering for classes or with my financial aid. Being a business student was not easy sometimes; some classes were harder than others. I am extremely proud to say that throughout my four years at Old Westbury I maintained my GPA above a 3.0. I created friendships with people that I know will always be in my life. (Giving a special shoutout to my girls Laurice, Dawn and Erika.) Over my three and a half years at "The Catalyst" I went from being the photographer to the office manager's assistant to office manager to finally becoming the business manager. I became more comfortable with "The Catalyst" so I started to write more. My favorite section in "The Catalyst" is the opinion section because people write about anything that is interesting to them.

Being a part of "The Catalys," I had the chance to work with great student leaders. All the executive editors Alicia Grant, Ernest Pope, Barbara Wood and Karyn Dyer have made "The Catalyst" what is today. However, nothing could have been done with the help of the advisor, Professor John Friedman. Professor Friedman through his stern yet positive advisement to "The Catalyst" has helped me become a better writer and a better business manager.

In addition, sharing "The Catalyst" office with Professor Joe Manfredi was helpful as well. He was able to help "The Catalyst" when Friedman was not there and gave his opinions on how to put "The Catalyst" back on the map. Lastly I want to say thanks to my mother, sisters, cousins, aunts, uncles, grandmother, and family friends who never gave up on me and always wanted me to succeed. More importantly I know that I am making my father proud while he is looking down from heaven.

MAC Awards

Cont. from Page 1

Professor and Radio Station Manager Joe Manfredi has been busy holding MAC Awards auditions for the entertainment part of the event, while also making sure that the faculty and staff from the Visual Arts and Media and Communications departments have submitted all their nominations.

The categories are print, digital arts, radio, television, new media, and video.

There is sure to be some nominations for new students and there will be some returning students who will also be nominated. The judges are sure to have a lot of work cut out for them because the students demonstrated a great sense of talent and hard work in their pieces. Everyone is invited to the event—family, friends, co-workers.

Congratulations to all the nominees!

An Interview with Dr. Butts

Cont. from Page 1

About the capitol budget, which has been wiped out, he said, “We can only complete the projects we have already started.” The President expressed hopes of tearing down the Old Academic Village and building new facilities there, but added that both will have to wait. Although Dr. Butts seemed disappointed about not being able to go forth with future projects, he was happy that the New Academic Building was able to open in the fall of 2012 and is pleased the library will be able to finish most of its planned construction.

At the recent Town Hall meeting, a Computer Science major voiced his concern about how poorly the department is doing. Dr. Butts said he would like to bring in new faculty who are up-to-date with all the latest technological advancements but as of now the school cannot afford such additions. He added that the proposed cross registration with Farmingdale will help Computer Science majors gain more of the resources they need.

Asked about the food on campus, Dr. Butts said that Chartwells is doing “an amazing job” but if students are unhappy with the services, they should attend the food committee which meets regularly and make suggestions on how the food service can better suit their needs.

Finally, the president said that he hopes to have four Town Hall meetings a year so students and faculty can continue to voice their concerns about the issues.

College Scorecard Results for Old Westbury

Cont. from Page 1

Some factors are: there is a 38 percent transfer out rate, there is a large population of students who commute and may be unable to attend full time, and the average age of students at Old Westbury is much higher than at many of the other institutions, which means students may have additional responsibilities.

Old Westbury has highest loan default rate, eighteen percent, of all the Long Island public colleges, the College Score Card also reported.

Graduation rates for some of the other SUNY institutions include the campus at Genesee, graduating 81% of its students; followed by Binghamton (77%); New Paltz (70%); Stony Brook (67%); and Albany (65%). Their loan default rates range from 3% to 6%. On the lower end are the College of Technology at Canton, which graduates 35% and has a 15% default rate and the College of Agriculture and Technology in Cobleskill, with 32% graduating and 16% defaulting.

The Honors College: More than Academic Success

By Karyn Dyer

Since 2008, the Honors College at SUNY College at Old Westbury has developed into a great program with students who continue to pursue academic excellence and take part in the Old Westbury community. Former director of the Honors College, Dr. Nancy Sacks retired in the spring 2012 semester, and Dr. Anthony Deluca became the new director. The Honors College celebrated its first graduating class in May 2012, which included students who graduated in four or less than four years. The Honors College alumni are now enrolled in medical, law, and graduate schools or are already in full-time positions.

As for the current Honors College Students (there are a little over a hundred), they continue to make an impact through various experiences and involvement. Some of the student leaders who are part of the Honors College include: Joanna Kettell, student athlete and president of the Student Athletic Advisory Council; Michael Bayne, student athlete, vice president of the Student Athletic Advisory Council, recipient of the SUNY Chancellor’s Scholar-Athlete Award; and Kelsey Elder, currently a resident assistant and the president of Old Westbury’s chapter of the national organization Active Minds. There are also more honors students who serve on executive boards of clubs and

organizations, as student athletes, and resident assistants.

Within the Honors College community, students are giving the opportunity to directly take on leadership opportunities. There is an Honors College Executive Council which plans and hosts many educational and social events for the students. There is an Arts Forum made up of students, and together they plan trips to various art museums such as the Cloisters and the Museum of the Moving Image. Some students have submitted work to the Honors College Literary and Art Magazine and to the Art Alcove.

In addition to showing their leadership on campus, some Honors College students have attended conferences off campus, representing Old Westbury. In March, Dr. Deluca and Honors College students attended a United Nations sponsored conference that was about the Internationalization of Education. They gave a presentation on how SUNY Old Westbury works hard to be the institution that attracts students from all nations and all backgrounds and how students from Old Westbury travel and study abroad to become global citizens. They also participated in the discussion of how globalization affects college education when it comes to the content and to the delivery, with the increased use of the media and the internet separating developed and developing countries.

SGA On the Commencement Ticketing Policy

Cont. from Page 1

After finally attending a meeting, as the voice of the Senior Class, I didn’t feel my input was truly heard or given any consideration. I also walked out of the meeting with no clarification on the logistics of what will occur on May 19th, except that we will only be given three tickets.

“Many families, including my own have made plans at least a year to six months in advance. It is unfair to seniors to not have timely notification when plans have already been made. When I expressed this concern to the committee the response I received was something to the effect of: “I’m sure it won’t ruin the entire weekend for the family because they’ll be doing other celebration activities.” I feel the committee didn’t understand that I’m not only speaking on my behalf, but for the whole senior class. Students are so confused and frustrated they have no idea what will happen on graduation day. The way the committee handled this situation is unacceptable since the graduation date has been known since last year. It seems as if this was pushed off until the last minute.”

Regis Burton: “As a graduating senior myself, I understand the frustration that this decision has brought on to everyone. As president of the Student Government Association, I can honestly say that SGA has tried their best to do what ever they could to address this issue but because we did not have meaningful input, there was but much that we could do.

“To protect the future of the student body, we present the President’s Cabinet with the following resolution”:

Resolution on Student Input in Decisions at SUNY College at Old Westbury.
Submitted to The General Assembly of SGA
By Executive Board of SGA
April 9th 2013

Whereas, the SUNY College at Old Westbury Student Government Association’s (SGA’s) purpose is to represent, advocate and protect the welfare of the student body while serving as the direct liaison between the students, administration, and faculty; and

Whereas, SGA ensures that the quality of education at the College is maintained in order to encourage the development of students’ ongoing academic pursuits; and

Whereas, the said organization promotes active student involvement in the governance of the College; and

Whereas, the most recent Involvement Census identified 1,500 uniquely involved students; and

Whereas, the College is growing and implementing new initiatives that directly affect the student body.

Therefore be it Resolved that, when administration at the State University of New York College at Old Westbury is making decisions that will directly affect students, students will be consulted for input in a timely manner.

Be it Further Resolved that, student input is defined as student input given by current members of the Student Government Association or designee as vetted and approved by the SGA.

We hope the work that we have done to address this problem will help mitigate it in some way. The 3-ticket policy is final. Graduation is May 19th and on behalf of SGA we would like to say congratulations to all the graduates and we hope that you and your family can enjoy this day as much as possible even under the circumstances.

SGA ELECTION RESULTS

SGA Executive Board

President Nick Savva
EVP Camilla Swasey
VP Programming Jamesey Noel
VP Clubs and Orgs Kevin Perry
Exec Secretary Christian Amaro
Treasurer Earl Thomason
VP for PR Jazmin Tompkins

Senate

Senior Class Rep Tiffany Dildy
Junior Class Rep Omar Lafayette
Accounting Ranser Reyes
Criminology Amirah Taylor
Economics Ricardo Korsah
English Kristin Bailey
Health & Society Ansy Pierre

Marketing Keri Springett

Media & Communications Mathew Garey

Modern Language Evelyn Ortiz

PEL Joila Wilcher

Psychology Eliana Hernandez

Sociology Idonika McCall

Undeclared Majors Sokoya Oluwakemi

Res Life Reps Kwasi Young and Darian

Cherry

Student Court

Assoc Chief Justice Kevin Ramirez

Applications for appointed positions will be made available via Old Westbury email and sent to Angel accounts after May 1.

In April, Richard Schular, Cristina Kettell, Edan Bashkin, and Yuvraj Singh attended the Northeast Regional Honors Conference in Philadelphia, Pennsylvania. They all submitted proposals to present at the conference, related to the theme “Life, Liberty, and the Pursuit of Happiness” and they were accepted. Through practical and theoretical approaches, they discussed how liberty is threatened due to today’s technological society and how people goes through plastic surgery and medical changes in order

to find happiness.

The Honors College has changed in appearance and in location. The size of the Honors College has grown since its beginning. From being housed in the Old Academic Village to now being in the new Academic Building, the Honors College has developed into something more than an academic program, it is also a community filled with students that offer more than just their high grade point averages.

Profile: Nick Savva, SGA's New President



Photo by Traci Newman

Starting from left: Camilla Swasey, Earl Thomason, Christian Amaro, Jazmin Tompkins, Kevin Perry and Nick Savva

By Traci Newman

Nick Savva couldn't be friendlier or more professional. We are sitting in his office which is filled with paperwork and files, all part of different projects he is currently working on. He's dressed in slacks, dress shoes and a red plaid button down. You can tell immediately that Nick Savva is excited about his new position as President of SGA and is eager to get to work. He is currently the Executive Vice President and will take office as President officially on May 1st.

Nick is only 20-years-old but he has had plenty of experience. He was the student council president of Lindenhurst High School and joined SGA during his freshman year here at Old Westbury.

Nick remembers, "I was sitting in class during my freshman year listening to Professor Kaplan saying that if you want things to change you need to get involved and stand up for what you want." Nick took those words to heart and got himself involved. He became a commuter senator with SGA in his second semester.

Nick briefly explained his top three target plans for next year. The first being that Chartwells needs to change. Students are extremely unhappy with the food choices and he wants to make changes in the food operation a top priority.

His second target is academic affairs. He wants to address the problems with class schedules and class timing. He is looking for a way to offer more classes and professors to provide a better education for students.

The third target is fee increases. Nick wants to prevent more fee increases on

Old Westbury's campus. "I plan to fight within the SUNY system to see where all the funding goes and how Old Westbury can get more of it," Nick says.

Nick is clearly dedicated to making the SUNY Old Westbury campus a better place. This is Nick's fourth and final year at Old Westbury as a PEL major. He was actually on his way to graduating a year early but at the last minute decided to add a minor so he could stay another year and run for SGA President. I asked Nick if he was happy with his decision to attend Old Westbury and he explains, "Both of my older brothers graduated from Old Westbury and always had good things to say. I figured I might as well come here too and see what they were talking about. So yes, I am very happy with my decision."

Nick has no intention on slowing down once he graduates. He plans to immediately attend graduate school. He would like to get his master's degree in student affairs or higher education administration. After, he hopes to get his Ph.D. also in student affairs. He loves working with students and would like to work towards becoming president of a college one day.

After our interview was over Nick came to find me. I was actually working on this piece when he walked in. He said, "I forgot to say earlier and felt it was really important to let you know that I'm a commuter student. I'm really hoping to get more commuters involved with campus activities." To me, this was just another way that shows how committed Nick really is to making SUNY Old Westbury a better college a better place.

An Interview With Niev Duffy, Director of C-SPACE

By Meleika Amos

"Whether you're interested in social reforms or community development but can't find the resources to make a change or you're a student who is looking to gain experience working on public policy issues, C-SPACE is the organization to consider."

What is C-SPACE?

Niev Duffy is also a visiting assistant professor in Politics, Economics and Law: "C-SPACE stands for Center of Social Policy And Community Engagement. It is a research collaborative that is dedicated to promoting democracy, equality, and community on Long Island and in the NYC Metropolitan area. Our approach is to identify, analyze, and address the issues that cause social, economic, and political disparities."

What is it that they do to educate people?

"Through data and technical assistance via our community data base being created for students, faculty, and community collaborators. Also by helping to co-sponsor events, we would really like to help support events that students and faculty can be a part of by producing and creating."

How did it get started?

"Several years ago, the school decided it wanted to create an institute for social justice. A commitment to building a more adjust and sustainable world, while also encouraging critical thinking, empathy, creativity, and cultural understanding."

Who is a part of it?

"The first meeting was called by the Dean, there are seven people on the steering committee. The goal of the C-SPACE steering committee is to bring resources to students, faculty, and community collaborators and to engage them in the activities of C-SPACE and in helping to shape the work that it does."

How can one get involved?

Anyone that is interested can reach out by coming to events, and make suggestions about events/ activities they'd like to see on campus or getting in contact by email (DuffyN@oldwestbury.edu).

Are there possible internship opportunities?

"That is something we'd like to build, we're hoping to create internships. It's a matter of having faculty to sponsor them. We are hoping that faculty will be interested in sponsoring internships through C-SPACE. Depending on our level of resources we'll be able to help host that type of internship."

Why is it important to educate people of social policy and getting involved in their community?

"That's how change happens. The more involved and the more engaged students are with the kind of work C-SPACE wants to do, the more likely that they'll have a positive impact on their community. We hope to provide people with the skills to effect policy, to make policy changes happen. A big part of that is being able to convey information in an effective way."



President's Town Hall Meeting

By Nzingha Z. Crusoe

The President's Town Hall Meeting took place on April 4th and began with everyone standing in a moment of silence for the Rev. Dr. Martin Luther King Jr., who on April 4, 1968 was assassinated in Memphis, Tennessee. President Butts stated he chose to begin this way because one of the major platforms in Dr. King's fight for social justice was that all Americans deserve a right to a full education. Dr. Butts then opened the floor up for questioning and critiques.

The first question was: "Why do financial aid, bursar, and registrar never answer the phone?" The question was directed to Len Davis, vice president for business and finance, who responded by saying that most of the phone calls come during peak registration periods and the priority is to respond to those who are actually present and on line. There is a voicemail system that is not fully used to its capacity, Davis added, noting that the staff is in currently in training to fix this problem. President Butts said that this is problem that is faced in many other departments within the school.

The next question was about the library. Students wanted to know if there was going to be an update of books. The question was answered by Stephen Kirkpatrick, library director, who stated that the library now has a catalog with a large selection of E Books that can be accessed online even outside the campus library. He stressed that the library is adding books and that it is a much better place than it has been in a past.

Students also felt that the library hours are not conducive to those students who take evening classes and wants the hours extended. It was also brought to the president's attention that although the library closes at

"Our College seeks students of high-quality and produces graduates ready to lead at work, in the community, and in life."

Dr. Calvin O. Butts, III



midnight, the Campus Center closes at 10 p.m. which prevents students from being able to access the library.

Dr. Butts then directed some questions to Patrick O'Sullivan, provost and vice-president for academic affairs. The first question regarded course registration, the second was about the out-dated Computer Information Science major, and the third was about advisors. Provost O'Sullivan stated there have been discussions on how we can improve the current schedule. He says any change in the schedule will have to involve the faculty, as changing the curriculum is one of the most fundamental changes that can occur at a college. There are many people that complain about not having access to classes at the times they wish the classes were scheduled. He noted that since OW is a relatively small college, it can't offer multiple sec-

tions in all the areas and can't be compared to Nassau or Suffolk Community Colleges where they can offer eleven or twelve sections of each class day and evening. The Provost added, "We are acutely aware of the problem with the schedule and we are in meetings now to fix the problem."

Regarding cross registration with Farmingdale for computer science courses, he said that plans are still being worked out.

There are two parts to the advising problem, he said. One part falls on the student to be prepared and the other on advisors and faculty to give recommendations and suggestions. He added, "Advisors ought to get it right one hundred percent of the time, but you know that won't happen. So students must be aware of what is required for their degree."

Student Spotlight: Paul Juste

By Nzingha Z. Crusoe

Paul Juste is a 21-year-old junior here at SUNY College at Old Westbury majoring in Politics, Economics, and Law who is originally from Queens, New York. As a member of the Mu Omicron Chapter of Kappa Alpha Psi Fraternity Incorporated, Paul Juste is well known here on campus with many students affectionately referring to him as "Polo." Juste realized he was musically inclined at the age of eleven and started performing and recording at sixteen when he really fell in love with the craft.

At sixteen, his first performance was at a high school talent show and where he performed a Black History Month piece and talked about influential leaders such as Dr. Martin Luther King Jr. Juste defines music as a calling for him and hopes his calling will help inspire others to go after their dreams.

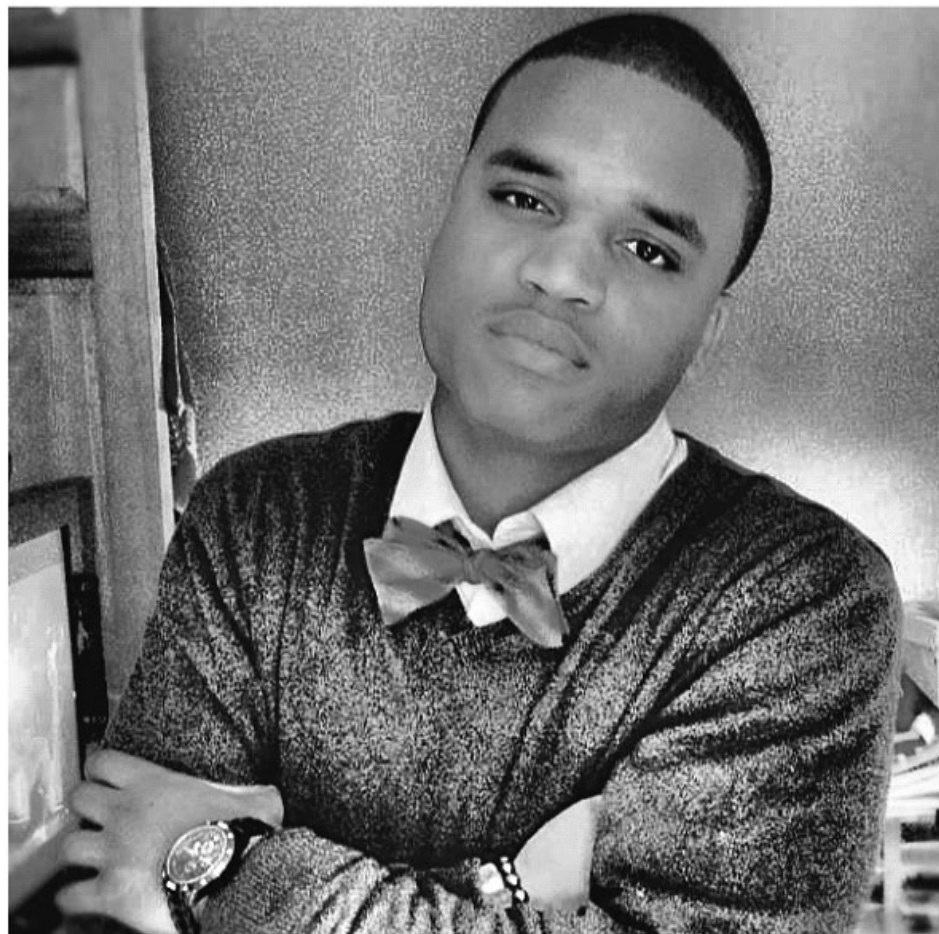
Juste has been heavily influenced by artist such as Jay Z, and listens to many neo soul artists like Tiera Thomas. Although Juste's music is heavily influenced by hip hop, he feels as if his music crosses over genres. He defines his music as hip hop-R&B-soul.

Juste describes himself as a lifestyle artist. He raps about his life and the lives of others. His creative process takes place where ever he can be inspired; he has written songs on the train, in a car, and even in class. Juste has even completed writing a whole song within just an hour-the song was called One Hundred.

Juste has performed numerous times here at SUNY Old Westbury and the student body has received him very well. In the fall, Juste performed at an event entitled *Showtime at the Apollo* which took place in the Maguire Theater. He's also performed at the High Profile Entrepreneur Organization Fashion Show which took place on Thursday, April 18th.

In addition to being a musical artist, Juste has also launched a clothing line entitled "Bougie World." The line is made to inspire youth to be whoever they want to be. Although the line is entitled Bougie, it's not about price it's about preference, says Juste.

As a Politics, Economics, and Law major, after graduation Juste hope to land a job working as a government consultant, while still tending to his musical craft.



Juste's first mix tape, "The Boy Who Lived," can be downloaded from datpiff.com. His next mix tape is coming soon called "White Rhino."

MAC AWARD NOMINEES

DIGITAL ARTS

PRINT DESIGN

Breanna Arthur – “Build Back Better”
Stephanie Rodriguez – “Ooj”
Tionna Ward – “Clean Grip”

DIGITAL IMAGING

Nakita Fiedtkou – “Under-world”
Steve Gomez – “Hybrid Project”
Alanna Martindale – “Hybrid”

INTERACTIVE WEB DESIGN

Briana Hill – “Not-for-Profit Site Harlem Children’s Zone”
Melissa Ross – “School Days”
Gabrielle Young – “Personal Website”

3D DIGITAL DESIGN

Eric Mendoza – “Golf Course”
Jinsub Park – “Golf Ski”
Tionna Ward – “Up Down”

ANIMATION

Tionna Ward, Enrique Rosado, Maria Mejia, Mike Laforet,
Kyle Horne, Reginald Celestin, Michelle Gould, Ehi
Edobor – “Jumpin Jive”
Sean Gomez – “Dinolte”
Nima Safaie – “Stuck”

VIDEO ART

Steven Louie – “Untitled”
Eric Mendoza – “The Patient”
Gabrielle Young – “The Ghost Monologues No.16”

PRINT

BEST FEATURE ARTICLE

Nzingha Z. Crusoe – “A Journey Through My Roots”
Niomi Murphy – “My Experience as a Freshman Transfer”
Alhia Harris – “Studying Abroad: A Hong Kong Experience”
Traci Newman – “Maxing Out”
Lusely Martinez – “Abusive Love and Masked Pain”

BEST REVIEW OR OPINION PIECE

Joshua Bolden – “Bought Into Being: Performativity and Formative Performance”
Traci Newman – “We’re Ready for the Check”
Joseph Garcia – “Film Review: Paranormal 4”
Ryan Zukowski – “Final Thoughts on Christmas”
Joe Randazzo – “Droning On and On”

BEST SPORTS NEWS, FEATURE OR OPINION PIECE

Nathaniel Derosena – “Men’s Basketball Takes ECAC Metro Region Championship to Cap Historic Season”
Omar Linton – “New York Knicks Grade Report”
Scott Clinco – “Is the Need to be Best Indirectly Killing Baseball?”
Marlon Morgan – “R.I.P. Jovan Belcher”
Joe Randazzo – “CM Punk and the Art of Tragedy in Professional Wrestling”

BEST NEWS STORY

Hope Trama – “New Academic Building Opens”
Karyn Dyer – “Hurricane Batters Old Westbury Campus”
Ryan Zukowski – “The University Police at SUNY OW”
Kenneth Teape – “Red Cross to Remain at Clark Center Until January”
Nzingha Z. Crusoe – “Remember Her Name: Women’s History Month”

BEST PHOTO/ART

Megan Kapler – “Looks from Fall/Winter”
Dinorah Martinez – “Paintings”

NEW MEDIA

Introduced by Samara Smith,
American Studies/Media & Communications

BEST PORTRAIT OF A PLACE

Michelle Purpura – “Art Studio”
Vincent Ciniglio – “Backyard”
Megan Kapler – “Jones Beach Field 6”
Katie Condon – “Escape To Tranquility”

BEST PUBLIC SERVICE ANNOUNCEMENT

Megan Kapler, Peter Grunder, Laquan Miles, Jatwaun Parish – “Storm Drain PSA”
Katie Condon, Alana Case, Re’auna Dorner – “Prescription Addiction is a Full Time Job”
Chinua Guerra – “They’re Always Watching”

BEST DOCUMENTARY

James A. Ridley II – “Civil Air Patrol: A Squadron Meeting”
Megan Kapler – “Book Lovers Paradise”
Candace Sindelman, – “The Worst!”
Alana Case, Kaseem Mitchell, Chris Rodríguez – “Sugar Cane”

BEST CREATIVE VIDEO

Larry Pruden – “Suanny in NYC”
Chinua Guerra – “L.I.S.C.”

BEST SOCIAL JUSTICE VIDEO

Cynthia Tello – “Life As An Immigrant”
Morgan Dodier – “The Iron Triangle: Willets Point”
Tanya Germain, Robert Brizzell – “Women in the Media”

RADIO

BEST NEWS SEGMENT

Kate Landsdorf – “Papers Documentary Discussion”
Rashiek Smart – “A.T.E. Art Exhibit – In The Know”
Sukhmani Jasuja, John DeClerk – “Bimmerstock – In The Know”

BEST EVENT PROMO

Kristina Ortiz – “MAC Awards 2013 Promo”
Shawn Doyle – “The Writing Center”
Kristina Dawkins – “Panther’s Baseball”

BEST STATION PROMO

Michael Loades, Chad Kirschbaum – “What’s The Score?”
Shawn Doyle – “Tuned Out”
Thomas Gubelli – “Addicted To Rock”

BEST CREATIVE PRODUCTION

Christopher Harris – “Zoe McKnight Interview”
Thomas Gubelli – “OWWR Legal ID”
Michael Loades, Chad Kirschbaum – “OWWR Homerun Liner”

BEST SHOW

Rashiek Smart, John DeClerk, Kate Landsdorf – “OWWR News – In The Know”
Christopher Harris – “Pangaea”
Michael Mand – “St. James Infirmary”

WEDNESDAY MAY 8, 2013

7:00 PM

MAGUIRE THEATER

VIDEO

Introduced by Cassie Wagner,
American Studies/Media & Communications

BEST PHOTO SLIDESHOW

Jillian Loiacono – “Addicted”
Lusely Martinez – “Food Versus Health: The Child Obesity Problem”
Harriana Headlam – “Government Jobs”

BEST WEB PORTFOLIO

Tyrone Bryant – “Long Island Boog Films”
Candace Sindelman – “Candace Sindelman Media Maker”
Mike Smollins – “Mike Smollins: Sports Writer”

TELEVISION

BEST NEWS PACKAGE

Meriyel David, Megan Kapler – “Points of Contact Photo Exhibit”
Stephanie Buffamonte, Dave White – “American Red Cross at SUNY College at Old Westbury”
Lupita Gadeas, Ehi Edobor, Alissandra Tutino – “OWTV Special: Black History Month”
Stephanie Buffamonte, Dave White – “Proud To Be A Panther”
Eryca Powell, Dave White, Matt Liquori, Ehi Edobor, Alana Case – “Valentine’s Day Advice”

BEST FIELD REPORTER

Stephanie Buffamonte, Jonathan Dausner – “Post Blizzard at SUNY Old Westbury”
Dieusita Jean, Ehi Edobor – “Career Chats – Featuring Pamela Robinson”
Nicole Russo, Jonathan Dausner, Ehi Edobor, Joe Guirand, Markus Campbell – “Men’s Basketball Team”
Victoria Dehel, Ehi Edobor, Thomas Gubelli – “Cupcake War: Valentine’s Day Special”
Clint Franco, Greg Mercado, Jonathan Dausner – “New York City Train Pushings”

BEST CREATIVE TELEVISION SEGMENT

Greg Mercado, Nicole Camargo – “OWTV Performance Art”
Dieusita Jean, Peter Abrams, Ehi Edobor – “Why Black Hair Isn’t Celebrated In the Media”
Jonathan Dausner – “An Interview with Long Island Musician: Austin Schoeffel”
Nicole Russo, Matt Liquori – “Impaired Driving Awareness”
Clint Franco, Shemia Smalls – “Black History Month Tribute”

BEST SPECIAL EVENTS PACKAGE

Rashiek Smart, Brianne Barry, Ehi Edobor, Frank Milito, Markus Campbell – “Spanglish Fly”
Alana Case, Frank Milito, Stephanie Buffamonte – “Kukuli Velarde Art Gallery”
Stephanie Buffamonte, Erfan Ahmadi – “Persian Cultural Event”
Lupita Gadeas, Ehi Edobor, Dave White – “Harlem Swing”
Megan Kapler, Dean Harding – “OWTV News covers Paquito D’Rivera”

BEST TELEVISION PROMO

Greg Mercado, Michael Carbuca – “Last Laugh 3 Audition/Try-Outs”
Matt Dash, Ehi Edobor, Matt Liquori – “Harlem Swing Promo”
Felipe Mercedes, Matt Dash – “MAC Awards 2013 Promo”
Megan Kapler, Dave White – “Spanglish Fly Promo”
Greg Mercado – “SUNY Old Westbury Sports Opener”

activeminds

Come Unwind with Active Minds at our
CANDYLAND Themed No Stress Fest!

April 25th, 2013

Campus Center Atrium 12pm to 4 pm

We will have the following:

Life-size Candyland

Cuddle Pile

Massage chairs

Mental Health Trivia for Peppermints

Chocolate Meditation

Cupcakes



To get involved e-mail: ActiveMindsOW@gmail.com

Spring Beauty Trends

By Meleika Amos

The weather is changing, the flowers are slowly starting to bloom, and the day that seems last a bit longer lets you know the lovely lady that is spring is beginning to unravel in full effect. As the season approaches many are jumping for joy to say farewell to winter and with the incoming season many are ready to approach new, exciting beauty styles. The great thing about spring is the crossover from intense to delicate providing endless options to try and see which beauty trends work best for you!



Crazy For Coral

Coral is such a vibrant, young, and pretty color so it's no wonder that so many love it! It is a feel good color which also looks great in spring as well as summer. A coral lip packs a punch, reading daring yet sweet. Making it work as a bright yet soft color.



Pastel Petals

What would spring be without pastel colors? It's the first thing that comes to mind. With that being said pastels always work for the spring. And with so many colors to choose from you can't resist!



Emerald City

Pantone declared the electrifying shade as color of the year for 2013. Need I say more?



Glitterati

Metallic and glitter nails just scream FUN! For a little pep in your step try a glitter nail for the spring-time. Gold nails read luxurious and fabulous. A literal party at your fingertips.



The Nudist

If you're a little on the safe side, why not go for a classic go-to? With nude tones you can never go wrong. It reads sophisticated and elegant without being too bold. It is also great for the gals that like the simplistic "barely there" look.



Ravishing Reds

If you want to create impact, red is the statement maker. This season shades of berry colors to dark blood reds have been seen everywhere around the world to runways and then some. These darker shades of the infamous color give the wearer a mischievous look. A dark lip is forever edgy and forever chic.

Old Westbury Style Page

Spring 2013
Photography by Megan Kapler



REVIEW

EVIL DEAD

By Joseph Mattos-Garcia

Evil Dead, let's see if this "rebirth" can hold a candle to the original. As many of you are aware or even unaware, *Evil Dead* was a 1981 horror movie about the demonic possession and murder of young adults in the woods, how original. The remake and the original are so similar it's not even funny; there are some differences



such as ages and character names. The story for both films is fairly easy to grasp. Five friends take a vacation in the woods at a cabin. While at the cabin, they discover an ancient book named *Naturon Demento*, which means, "demonic in nature." Even with warnings to not open or even read aloud what is in the book, it is done anyway and the process begins.

The demon named, Abomination, takes possession of Mia and all hell breaks loose, literally. With Mia being possessed and causing the possession of Olivia, the group starts to be killed one by one in horrific and gruesome ways. Being shot with a shotgun, stabbed with glass, skull getting crushed by a sink, dismembered and even burned/buried alive, and it's only the first half of the movie. The demon attacks are typical and so horror cliché.

In all honesty this movie should not be considered a horror movie; it should be labeled as a comedy because it is not scary in the least. Yeah having suspense can make you seem like your scared but it's just clever timing. With films like this, it's hard to get scared at the movies anymore that is if you're not jumpy regardless.

Evil Dead gets a 1.6 out of 5. This movie was a waste of time, money and life, I do not recommend this movie to anyone unless it's a free ticket.

REVIEW

The all-new Web Series from "Rob Has Podcast": Reality Game Masters

By Christine Sheh

Do you enjoy reality TV? If so, you'll love "Reality GameMasters, an all-new web series from "Rob Has a Podcast". Strategy, alliances, and manipulation are all part of this exciting forthcoming web series.

Based on the board game "RISK" this web series brings together the best of the best from "Survivor" and "BIG Brother" in a game of domination.

For some, this may be the type of web series that is more related to "Survivor" because of its elements but I'm sure there's something in it for everyone. Those who don't enjoy strategy, alliances, and manipulation may find it easier to just enjoy the lighter side of things such as laughter, casual conversation, and much more.

Filmed in New York City, this web series will give viewers what no reality TV show has ever done before, play-by-play coverage of everything that happens. Its intense action and nonstop alliance building will sure keep view-

ers wanting more.

I know that I will definitely be tuning in this summer and while others may say that it's "amateur." I think even though not everyone is a fan of reality TV it is still worth a try as a result of the success that "Survivor" and "BIG Brother" has had with reality TV fans.

This is a must watch for any "Survivor" or "BIG Brother" fan and even if you're not its sure still worth the wait for the unexpected twists and the things you never saw coming in the ultimate reality TV showdown, Reality GameMasters.



AMC'S *The Walking Dead*, Season 3

By Joseph Mattos-Garcia

has just finished its third season, its longest season by far and is arguably the best season. Season 3 picks up months after the end of season 2, with Rick's group taking up residency in a prison after clearing out the walkers and the group slowly calling the prison home.

Not only do we see how Rick's group survives in the prison, we are also introduced to a town called Woodbury, a small community of roughly 70 people. Woodbury is run by a man called The Governor. The Governor at first seems like a kind man but he is not the man everyone believes he is. He keeps his daughter (who is a walker) chained up in a back room that is filled with jars of human and walker heads. This is a very clear and bold representation of how it is to live in a world that is run by the dead for a year as anyone can snap and become a larger threat than the walkers themselves. At the end of season 2, a member of Rick's group, Andrea, was separated from the group when a herd of walkers had passed through and she was saved by a woman named Michonne. Later on they are found by someone we had thought dead since season 1, Merle Dickson (Daryl's older brother) and taken to Woodbury. Life seems great in the town but things quickly turn into a s***-storm.

Things quickly escalate as Glen and Maggie are kidnapped and tortured, Rick, Michonne and Daryl break into Wood-

bury to get them back, The Governor fights Michonne and during the fight she takes one of his eyes, Daryl is reunited with his brother in a forced grudge match, and a war starts between the 2 groups. Other than the war, the walkers and just trying to find a sense of normality in this dead world, we lose many key characters. With the loss of so many people from Rick's group, such as his wife Lori, T-Dogg, Merle after a one-sided altercation with the governor, and even Andrea, we see how this affects the mindset of the others. One of the most drastic character developments is that of Carl, Rick's son. Although he is only 12 going on 13, he is the most mature person there and is slightly growing cold in a similar way as the governor. With the death of his mother, the loss of friends and the fact that his father isn't doing such a great job as the leader, he feels like there is no room for being soft in this harsh world. This has also affected the development of the other characters including Rick as he is slowly losing it from the stress of everything hitting him all at once. Throughout the seasons, we see them grow and it feels as though we are growing with them as they continue to fight and survive.

As for the other seasons, in Season 1 we are given the introduction to the virus, how it spreads and how Rick's group tries to find a way to survive the "Walkers". Season 2 gave us a new spin on things



with the group seemingly finding a place to call home on a farm but everything changes as we see how this dead world changes people other than just dying and coming back. We discover along with the group that no matter how you die, you will turn, with this frightening information many things change and make it that much more dangerous for everyone. This makes it especially more difficult for Rick's group as we witness Shane turn after Rick supposedly kills him, that is the exact moment we discover that you turn after you die. Knowing that you return from the dead made it very difficult for Carl and Maggie. Carl had to shoot his own mom so she wouldn't turn after giving birth to her daughter Judith, when they first get to the prison.

Over all *The Walking Dead* has such a large fan-base, nearly 13 million average viewers for the 3rd season. It is quickly

becoming one of the most watched TV series. With video games and of course the original graphic novel series in which the show is based from (with huge differences), *The Walking Dead* is a televised phenomenon that everyone can enjoy and watch religiously as I do. Aside from the fact that I am terrified of zombies (yeah I am, don't judge me ha-ha) this is easily one of my favorite shows and I tune in every Sunday to watch the new episode. With season 3 finished, it will be a long 6 months until season 4 comes out again later this year in October.

For *The Walking Dead* season 3, I award it a perfect score of 5 out of 5. *The Walking Dead* is a great show that I encourage everyone to watch. The story, setting, real-life feel to it is why it is one of the best shows around. If you have not seen this show, now is the time to get into it. P.S. Netflix has all the episodes.

A Junkie's Love Affair

By Joseph Randazzo

Some of the happiest moments in the lives of twenty-something-year-olds involve 3 a.m. text messages from a girl. "Hey, wanna hang out?" is the holy grail of good times. Seeing a wink-face emoticon from a gal makes you feel like the ghost of Wilt Chamberlain channeled a fraction of his 20,000 women/100 point game energy unto you. I got one of these texts and was out of my bed with the keys in the ignition in minutes. I swear I left a Road Runner-like cartoon after image behind me. (Meep Meep!)

Ted Mosby's mom from "How I Met your Mother" warned him nothing good ever happens after two a.m. It's a fine life lesson if you'd like to stay out of trouble. (I'm so tempted to follow the last sentence with a cliché Bruce Willis "Die Hard" line and say "I like trouble.") Thing is, no good story ever came from hitting bed before Letterman comes on. (Unless you party in the city of Reykjavik and Letterman starts at 3a.m.)

You can feel how still the early morning darkness is waiting alone at a red light for a few minutes. The roads are always quiet at this time. All that's out are stragglers up to nothing positive and police cars looking for the drunk driver pot-of-gold. I made my way to her house through empty suburban streets quicker than I normally would have at a healthy time of day.

She told me we couldn't go in so we ended up parking behind an auto parts store in an industrial area. The conversation heading to the dimly lit parking lot for lovers went from the usual time fillers of "Hello" and "How are you," to "Guess what I just started doing"? I half-caringly said "What"? I braced myself for another self-serving conversation where a person promotes whatever it is

they've been working on for two weeks to make themselves look more interesting.

"I started doing heroin after Christmas," she said. I was relieved. Not because she doomed her life. The conversation moved in to a dark place but it was at least infinitely more interesting than an open-mic comic who goes "Guess what I started doing?" I've had that conversation too many times about a new bit they're working on or some show they're trying to put together at Governor's Comedy Club. (YAWN) Nobody ever gets bored of the downward spiral conversations about the heavy drugs that led to the downfalls of my idols Mitch Hedberg, Layne Staley, and Kurt Cobain.

She romanticized heroin with the same adoration as someone in a new relationship. I was jealous of how strongly she felt about it. I don't know if I felt that way for anything or if anybody ever felt that way for me. The H gave her the love she never found anywhere else. She's a friend of a friend I didn't know too well but the times I met her, she never had much going on in her life. She couldn't keep a job and didn't go to college after high school. Heroin finally gave her something to look forward to during the day. She's up at the crack of dawn everyday to meet her dealer. Before heroin came in to the picture she'd spend all her time in bed she said.

She remembered the stories of every hole on her arm. The hole she's most proud of was the one which left her arm infected. That particular day she only had enough money to score and couldn't afford to buy new syringes at Walgreens. Luckily she found an old needle in her room. Her arm immediately became infected and she was too afraid of going to the doctor so instead she did what we all do when we don't know something; she turned to Dr. Google. Doc Google led her to a site that told

her to suck the puss out of the infection. Within a week her arm was good as new. She started touching me after the story. I kept asking questions because you can't get it up and hold back vomiting from a puss story at the same time. Something tells me this isn't how Kurt Loder went about his interviews.

The friends we shared stopped talking to her but the H community was filled with new ones. One of the people she shoots up with is dying of cancer. At 21, with no living future to look forward to, heroin is all the girl with cancer has left. This girl I was with used the same range of emotion talking about her dying friend as a person mildly inconvenienced by traffic or waking up extra early. It wasn't until she told the story of her friend's parents throwing away \$200 worth of the H did she get angry. Death was another topic of conversation to her while the love of her life being thrown out was the tragedy.

She didn't have a job so I was curious how she made her money. The answer to the question made me realize I wasn't channeling Wilt Chamberlain that night. It was more like the weak willed ghost from her majesty's kingdom, Neville Chamberlain –or worse; Joba Chamberlain. By day she scored and at night she walked the streets flagging down cars selling her body to the first person willing to fork up a few hundred bucks for an hour.

She never had sex with anybody she explained; just oral. (This gal has standards.) The common square would feel gross because they almost ended up with a rookie hooker but I like to see the positives in life. I felt special knowing someone who worked on commission as she did was willing to give me a free ride. Life is comprised of many harsh and dull moments so I'll take feeling special where I can get it.

When she caught on that sex wasn't hap-

pening, she asked if I could drive her to the gas station. She wanted to buy cigarettes before heading to bed. On the way to the gas station I played Nirvana. She knew the words to every song. That right there showed me she knew what she was doing to herself. Kurt Cobain was the voice of a generation and even he couldn't fight off the demons that came along with the soul stealing properties of the H. This girl who only has a love of heroin going for her can't fare any better than Kurt Cobain did.

It's easy to take the moral high road at the end of these stories but those endings always come off sounding artificial. I'd never take heroin but I understand why some people do. It makes performers fearless on stage. The book "Heroin" by Francis Moraes explains that our body creates endorphins that are "morphine like neuro-chemicals" responsible for mellowing our mood under stress. The morphine in heroin is more powerful than the natural endorphins in our bodies and when they "bombard the receptors," as Moraes puts it, stress becomes a myth. This is why there's a long list of brilliant performers who become addicted to it. For this girl though, she was filling time with something that made her feel good in ways living a sober life didn't deliver. It's scary to think that some people would allow themselves to become an addict just because hope became a foreign concept to them.

When you invite the vampire H in, it becomes the most important thing in life. It's the same as any other addiction. The human spirit is weak so when something as powerful as heroin signs a lease in your body, it's contractually bound by the rules of nature to never leave. I didn't realize how strong it actually was until I saw it turn a girl in to a lady-of-the-night after three months of using.

Maxing Out

By Traci Newman

It's the first day of winter and the Juicy Couture leather jacket that I have been trying on every day at work since the first day of fall just went on sale. It's marked down from \$900 to \$500 and on top of that it's an additional 25% off. It's the last one and I need it.

At least that's what the girls I work with are telling me, "Oh my God! It looks so good on you! You need to get it today! It's on sale and you will never get this deal again!" At the end of my shift I get my credit card, swipe it and then I'm on my way home, with the jacket. On the way home I start to feel it -- buyer's remorse. All I can think about is that I just put over \$400 on my credit card. This month I already spent a few hundred dollars on random things I probably didn't need. My mind is racing, "Should I return it?" There is no way I can pay off my credit card bill this month. But the next thing I know, I'm home and I try the jacket on again and I love it. I can't return it, I want it, and I think I need it.

These actions and thoughts happen over and over for years. Working in retail was the worst thing that happened to me. I never cared about designer brands, clothes and shopping until I worked for the stores that sold these products. They sucked me in with their amazing employee discounts and I became addicted to shopping.

One in ten college students graduate with over \$10,000 in credit card debt. That's not including any student loans which many young adults also acquire during their college years. Many college students are pre-approved for 7-8 credit cards a month with limits that are

beyond their means. Credit card companies prey on 18-21 year olds because of their financial inexperience and excessive spending habits.

During the first few weeks of the fall semester colleges all over the country are paid by credit card companies and banks to allow them to come in and sell their products to the students. Occasionally, some colleges even receive a kickback from the credit companies when their students open accounts. These companies set up tables on campuses and send their employees out with product information and "free gifts" to lure students over. In the past, companies used to give out t-shirts, mugs and other items to entice students. However the laws have changed and they are no longer allowed to give out tangible items. Instead they have started giving out coupons for local stores and eateries in exchange for opening accounts. The representatives talk about all the different offers they have and the convenience of using a credit card to buy things students need like, text books, clothes and concert tickets. They usually leave out the part of high interest rates, annual fees and late payments. They hand out the product information and brochures with the free coupons and have the students sign the contracts. Now many students with no stable income have access to credit cards with limits from \$500 to sometimes even up to \$8,000.

College students are a huge market for credit companies. Many have never had a credit card before and don't always understand exactly how they work. All they know is that they now have \$5,000 to use however they want and whenever they want. Since they lack credit history these companies and can charge them extremely high interest rates (anywhere from

.08%-24%). It's not until the first or second billing cycles when students haven't paid back their balance in full that they see these interest fees.

After a few months without working and continuously charging students discover that they can't pay back the balance and are now in debt. Some go to their parents for help, some work to pay it off, many ignore it, and some just keep charging until they can't anymore. If they don't pay they are constantly harassed by debt collectors until the outstanding balance is paid. Unfortunately, some students accumulate so much debt it becomes almost impossible to pay it back. At that point they have to file for bankruptcy. Filing bankruptcy ruins your credit score and makes it extremely hard in the future to apply for new credit cards, purchase a car or buy a house.

Katie (who asked that her real name not be used) is a student at SUNY Old Westbury who is all too familiar with credit card debt. She is 22-years-old and is currently owes a debt of about \$11,000. She is a transfer student who originally went to Marist College in upstate New York. There, she used up all her student loans and financial aid and now has to pay for school out of pocket and with the help from her parents. "I transferred to Old Westbury and when I went to take out private student loans I was denied because of my horrible credit score," she said sadly. "I cried and told my mom I would take a semester off and save up to pay for it. But she insisted I stay in school, and now I split the costs with my parents. I will have to pay them back after graduation, I'm just so thankful they are willing to help me now."

Katie opened up her first credit card when she was 18-years-old. By 20, she had five differ-

ent cards with different banks and stores. "I was 18, working at the mall, making \$8 an hour and a credit card company gave me an \$8,000 limit. I didn't understand why they would give me so much money. I still don't."

It only took her two and a half years to max out all her credit cards, totaling over \$10,000. These companies have sent her to collections and creditors call her house and mail her bills constantly. "I'm at a point where I can't just pay the minimum payment. I now have to pay it off in full if I want them to stop. So it takes a few months of working and saving a few thousand dollars until I can pay them off one at a time." Katie says she trying to focus on school now and not worry too much about money until after she graduates, and is making more money to pay off her balances. She is currently working as a waitress to help pay her tuition.

I was in a similar situation as Katie with credit card debt. I opened my first account at 19 and by 21-years-old I was somewhere around \$10,000 in debt. I'm not sure of the exact amount because I was somewhat in denial about how much I actually owed. I didn't want to believe that I had really spent that much money and had nothing to show for it.

My mother would ask me if I had my spending under control, I would tell her yes then book another vacation to Florida or buy a Juicy track suit. Every month I would get my bill and be shocked to see that the bill had significantly increased. I would get this horrible nervous feeling because I knew I couldn't pay it off in full. The difference between Katie and me is that I was never harassed by creditors or sent to collections. (Cont. on page 12.)

Cont. from Page 11

Surprisingly, I actually have a very good credit score. I have never missed a payment, or even been late. I never wanted my parents to know how much I owed. No matter what, every month I would save up and send the companies at least my minimum payment. I had to work constantly which ruined my college experience because of all the debt I accumulated. I spent so much money on clothes, vacations and going out to eat, and three years later I'm still paying.

I was so stressed out because I was a full-

time student and working two jobs to pay my bills. I ended up dropping out after getting my associates degree and started working three jobs. It took almost two years and three jobs to pay back all of it. I still have a few outstanding bills and student loans but it's finally all under control.

According to the Credit Card Act of 2009, companies are banned from giving credit cards to people under 21 without showing proof of income to repay the loans or having a parent cosign for it. Also if they sign up with colleges to set up on campus they have to file reports with

the Federal Reserve Board and give full disclosure of all promotions and payments made to the schools.

Even with the Credit Card Act young adults are still finding themselves racking up credit card debt in addition to their student loans. Students should really be more informed about credit cards and the fees that come with them in high school or their first semester of college. I wish I knew at nineteen what I know now because credit card debt definitely wasn't worth putting my education and life on hold.

INTERNSHIP SURVIVAL GUIDE

By Eric Heigl

When I began my internship at *Newsday* during the 2012 Spring semester, I did not know what to expect. Would I have the opportunity to learn interesting and important skills? Would I possibly be hired for a full time position after my internship ended? Would I only be getting coffee and doing menial tasks for my bosses? Every person who interns asks these questions and others, which is why I have assembled this list of "facts" that every intern should know before they begin their internship.

I would like to preface this list by saying that there was no better place to intern than at *Newsday*. I was given the opportunity to write an article which was published on *Newsday.com*, and am forever grateful for the opportunity to work with such talented and friendly people. With that in mind, let's get started...

You might be an intern but...you are expected to produce at as high a level as paid employees. You might not have a college diploma. You might not have much experience in your respective field. You will most likely not be getting paid for your efforts. None of that matters to your bosses. You are expected to bring your "A game" to the office every day, and when

faced with the unpredictable aspects of your job, you are expected to respond to them quickly and efficiently...otherwise, what are they not paying you for?

When all interns are required to arrive at 10:00 am for training...show up early. If you must, sleep in the lobby the night before. It would be easier to explain than showing up late on your first day, because nothing makes a worst first impression. Regardless of when you are supposed to arrive, make sure that you are in the office at least a half hour or forty five minutes early.

You are in the big leagues now so...make sure you look the part. You might get strange looks for looking like a Men's Warehouse model in a half empty office on a Saturday afternoon, but there are worse things to be noticed for. Before you start your internship, make sure to stock up on shirts, slacks, ties, dress shoes, and anything else that will make you look as dapper as possible. Shorts, flip flops, and other beach related items are frowned upon...unless you are interning at a beach.

Do you love money...because so does whatever company you are interning for, which means you probably won't be paid. Unless you are luckier than a rabbit foot wielding leprechaun you will most likely not find a paid internship. However, noth-

ing shows more commitment to your field than working as hard as you can without being financially compensated.

Look on the brightside...Friday and Saturday nights are totally overrated. When your boss asks for your availability, expect to work on either Friday, Saturday, or both, regardless of what you tell them. Sure your friends might be enjoying a weekend of drinking and fun while you are hard at work, but try to stay positive. You will never sleep more and your liver will never be healthier than while you are interning.

As in the Dilbert comic strip...You will have that boss you detest. You will have that annoying fellow intern. There will be that unproductive co-worker, who roams the office stymieing everyone else's productivity with tall tales of delicious pecan pie at Chinese food restaurants in Brooklyn but take heart, they are getting paid and you aren't. All you can do is ignore the distractions and maximize your output.

In the end...all of the hard work, stress, and annoying aspects of interning, believe it or not, are totally worth it. You will watch your schedule fill up and your social life slowly die in front of you, but you will gain a tremendous amount of real world experience that you simply cannot get in a classroom.

Pitfalls on the Path to Employment Success

By Donna Makar

In the summer of 2006, I was anxiously finishing my associate's degree in Paralegal Studies at Nassau Community College. I had decided get my feet wet in law by becoming a paralegal and then, if I decided I liked working in a law firm, I would go on to law school. I didn't think it was wise to commit to becoming an attorney before experiencing the daily activities of a law office.

In order to graduate with my degree, I needed to complete an internship. With the help of a mutual acquaintance, I began my unpaid internship at the office of an attorney, who also happened to be a Nassau County politician at the time. I worked very hard and threw myself into the job, trying to soak up every aspect of law I could in order to show the firm's partners I could be an asset to have on staff. My hard work paid off because midway through the internship, there were mentions of me being offered a full-time paid position once my internship was completed. This position suddenly disappeared once I rejected the attorney's full

on sexual advances. Soon after, my internship ended and I became an unemployed, college graduate.

The experiences to follow were just as disheartening. I left my first paying paralegal job at a small firm in Garden City after I asked for a raise, and was told by one of the partners that "you are making good money for your age." It was also implied that I should be happy with that. It didn't matter that I was working there for two years, and tripling as a real estate paralegal, personal injury paralegal, and office manager. I was young, so I didn't deserve to be paid based on my job performance and responsibilities, but rather what was good for my age.

At my next job, I found out my fifty-something female co-worker was unjustly bad-mouthing me to our boss in order to make her case to become "office manager." We had been hired at the same time, working on the same level, and were treated as equals by the attorney. I was keeping pace with her and even excelling in some areas, which she did not like. She felt threatened by me and needed to do something to assert herself over me. She

thought she could accomplish this by tarnishing my work relationship with our boss and becoming my superior. And she succeeded.

The last and final law firm where I was employed had about forty women working in conditions reminiscent to those of the Triangle Shirt Factory in New York City where due to dangerous conditions a fire broke out in 1911 killing 146 workers, mostly immigrant women. Overtime hours were mandatory and not paid out properly, personal phone calls and emails were forbidden, and lunch breaks were frowned upon. I noticed that the office manager and the attorney were purposely only hiring young, naive women with no prior work experience.

No college class can teach you how to effectively deal with jealous co-workers, or chauvinist bosses, and absolutely nothing can prepare you for sexual harassment. When you're in college learning all the skills you will need to be successful in your chosen field and preparing to enter the real world, you don't think about all the obstacles you will face once you get there.

Fiction (From a novel in progress)

Surprises

By Suedeane Heron

I learned the world the hard way. I don't expect you to understand every decision I make – some of 'em may seem a bit harsher than others. Necessary evils are what Betty used to call 'em. You can't just have people taking you for granted. You can't walk around with your heart wide open, eyes closed, and hands tied behind your back. Some of you ain't got the skills it takes to beat this here game that we call life. You stumble around tryna' find some place to belong and before you know it you're old. And then you're not just stumbling, rather you're falling flat on your ass.

Glo was one of the few, lucky people in the world who understood that concept. To this day I can't tell you how much that woman was worth. I assume a pretty penny. At least she should have been after all of the money I made for her. Looking back it took me a while to notice how much I didn't know about Glo. I didn't know where she lived and of the three contact numbers she had I only knew one. She'd stop by the apartment at least twice a week to do some business and talk my ear off, but aside from that I didn't know her whereabouts. The woman was a mystery to me for most of the time I'd known her.

I stayed at Glo's apartment for only two months after she cut my pay. I had planned to stay at least another year, but fortunately for me things don't necessarily work out the way you plan them. I had gone out one day to get the morning paper at the bodega up the street. Back then I made getting the morning paper a routine. I would wake up six or seven a.m. and walk the distance to the store. That particular day I picked up the paper and read it on my way back to the apartment. Usually I'd wait until I got inside because I knew it wasn't wise to be distracted on New York City streets. You'd be likely to get your purse snatched or something.

The first story was about a killing in the Bronx. I remember because at that point in my life I had never been. Muffy once told me I wasn't missing out on nothing cause the Bronx was full of Puerto Ricans in socks up to their knees with boom-boxes. Still, I wanted to see for myself. There was a furniture ad in the paper that I lingered on for a few minutes before I skipped the middle pages and went straight to the apartment listings. The page after that had CRIME STOPPERS at the very top in big bold letters and underneath it a sketch of a wanted woman named Karen Whitfield. I remember not being able to take my eyes off of the sketch. I simply couldn't help but notice how much Karen Whitfield bore a striking resemblance to the woman I knew as Glo.

CM PUNK AND THE ART OF TRAGEDY IN PROFESSIONAL WRESTLING

By Joseph Randazzo

CM Punk cracked the Undertaker in the skull with his own father's urn and half of the packed Washington, D.C. arena loudly chanted his name for it. "CM PUNK, CM PUNK, CM PUNK," they repeated. A character like Punk is rare in the world of professional wrestling. The sociopathic deeds of this character play to the same emotions which made people fall in love with Heath Ledger's Joker in the "Dark Knight." No matter how hard the anti-hero dirtbag played by Phil Brooks tries to be the villain, there will always be a group of people who love him.

The D.C. arena was extra charged that night because it was Wrestlemania season; an event for wrestling fans far more intriguing than the "World Series" and bigger than the "Super Bowl." The pay-per-view is one of the few times legends from past generations battle today's stars. This is the basis of the rivalry between the CM Punk and the Undertaker.

Punk is 6'2 and has the slim build of an MMA fighter. His in-ring prowess is a combination that resembles Gracie family Jiu Jitsu and the high flying Lucha Libres style of Mexico. His ability to speak in front of a crowd is just as good—maybe even better—than the show he puts on in the ring. With a microphone in hand, CM Punk has the demeanor of a manipulative cult leader. He rarely raises his voice unless it's to let everyone know he's the best in the world. His character is the opposite of his opponent's.

The Undertaker rarely speaks. His power lies in intimidation. Those cold dark eyes pierce through opponents like Mariano Rivera staring down batters in the World Series. They lose all hope before they enter the squared circle. The six foot ten inch Undertaker's character is that of an undead being—dressed in all black like Johnny Cash—whose only purpose in life is to kick ass and drag opponents to hell once he's finished with them.

The Undertaker made his WWE (known as the WWF back then) debut in 1990; the year CM Punk turned 12. Alongside the Undertaker for most of his career was his on-screen father, Paul Bearer. Bearer passed away a few nights before the Punk/Taker feud began. It's a sickening thought but his death added a dark layer of depth to the story. It could have easily been the typical wrestling rivalry where two guys beat each other up for weeks until the next pay-per-view.

CM Punk stole Bearer's urn the night the WWE honored his passing. For the next few weeks Punk desecrated Paul Bearer's memory. He attacked the Undertaker's brother Kane with the urn and unsuccessfully played hacky sack with it. Everything Punk did up to that point was nothing compared to that night in Washington D.C; the last episode of Monday Night Raw before Wrestlemania.

This segment between Punk and Undertaker started with Undertaker alone in the ring. He picked up a microphone and did the whole "yadayadayada, I'mma get you" schpeel. In the middle of his promo, Punk's manager, Paul Heyman came out dressed as Paul Bearer. The Undertaker chased after him in vintage wrestling fashion. Punk then came up from behind and repeatedly smashed the Undertaker with Paul Bearer's urn.

The Punk fans loved it while the Taker fans were booing. Punk, the master manipulator of wrestling crowds, got them all to turn on him at once. He opened the urn and dumped the ashes of Paul Bearer all over a downed Undertaker. For a second the arena went silent. Those chanting "CM Punk" were just as horrified as the ones against him. I joined in on their disgust when CM Punk defiantly smeared the ashes of Paul Bearer across his chest. I was disgusted and loved every minute of it. Those obviously weren't Paul Bearer's ashes but to evoke emotion as if they were, show how much of a masterfully evil character CM Punk is. It was one of those moments that show



professional wrestling is an athletic art.

In professional wrestling the theme of real life tragedy has always fueled stories. In 2005, the beloved Eddie Guerrero passed away from cardiac arrest at age thirty eight. His death was used in a storyline between his real life friend, masked wrestler Rey Mysterio, and Randy Orton. During one of the promos before their big match, Orton raised his hand to the sky, "Eddie ain't in Heaven." He then pointed down to the canvas of the ring. "Eddie's down there. In hell."

Tragedy again played a role in 2007 when WWE owner Vince McMahon faked his death in a limo explosion. Unlike Deniro's character Ace in "Casino", Vince didn't quite get out of that one. The story was scrapped when one of the bigger stars in the WWE, Chris Benoit took his own life after murdering his wife and child. The idea of the WWE's owner pretending to be dead after the Benoit incident was too uncomfortable for even Vince McMahon. Chris Benoit never even got the Voldemort, "he who must not be named" treatment afterward. Instead the WWE tried to erase any record of him. It's one of the few lines they won't cross.

Wrestling has always been a mix of reality, comedy, and drama. It's no different than all our other stories where the righteous clash with the dark. CM Punk vs. The Undertaker is the fifty year comic book rivalry of the Joker and Batman come to life where the unflappable hero is finally shown the thin line between sanity and insanity by the villain. Even further back in Norse Mythology you have the sibling rivalry between Thor and his jealous brother Loki who will stop at nothing to be the dominant Odinson of Asgard. Punk and Undertaker is an ego driven battle of supremacy even more tangible than these myths. You can reach out your hand and touch them. Thor and Batman only exist between pages of paper and our imagination.

Punk and the Undertaker will go down in wrestling lore long after their careers are finished. Those guys are the

top 1% though. Most professional wrestlers aren't so lucky. The typical wrestler will tour from town to town, taking bump after bump—maneuvering bingo halls and High School gyms—for little pay. For the stubborn guys whose careers will never reach the iconic status of the Rock, death comes before retirement. Legendary announcer Jim Ross put it best while he called a barbaric match when he said, "the human body isn't meant to fall off a twenty foot ladder." The outcomes are predetermined but unlike the respective sports of Larry Bird and Tom Brady, there is no off-season. More than three hundred days a year is spent on the road with no home games and every now and then they'll fall off a ladder. This is how a thirty eight year old athlete dies of cardiac arrest.

The artist Duchamp once proclaimed a shovel to be art. (Take away the "amp" pronunciation at the end of his name and you're left with a word that's a perfect description of a pretentious man.) It makes me angry a shovel has more artistic merit than the professional wrestler's craft. You can't find the stories told by these theatric gladiators in Home Depot. Duchamp's shovel may be worth a lot of money but the worst wrestler who performs in front of six people is a better representation of art.

Art at its purest comes from a person evoking emotion from their hard work. Nobody ever booed or cheered a shovel for their whole life and then passed their passion for it to future generations. My dad had Bruno Sammartino and I have CM Punk; two guys on the opposite ends of justice who perform in a world intertwined in reality and an outcome which is determined long before the competitors paint the canvas of the ring with their blood and sweat. Laugh at wrestling all you want but there's something beautiful about a group of people willing to give up their life for something they love. Justice doesn't exist in a world where a shovel has more artistic merit than that.



MY TESTICLE TESTAMENT

By Joseph Randazzo

The first piece I put together for *The Catalyst* in September 2012 was a review on Joey Diaz's album "The Testicle Testaments." It's a classic story telling album where Joey Diaz explains how he got his manhood. One of the people he attributes this to was learning from his step-father Juan's example. Juan never took the easy way out and kept a level head under pressure—unless it was to beat the taxi driver who slashed his girl.

The two father figures in my life, my grandfather and father, did the same for me as Juan did with Joey Diaz. After writing about doom and gloom all semester it would be nice to go full circle and have my own "Testicle Testament" on how the integrity of two generations of males before me impacted my life like Juan with Joey Diaz. (Granted Joey Diaz is WAY COOLER than I will ever be.)

My dad's 100% Sicilian and grew up in Bensonhurst during the 70's and 80's. Gangsters were all around him. He had every chance to be one of those Mafioso vecks from the neighborhood but instead chose to make an honest living as a pizza man. Sonny from "A Bronx Tale" said the "Working man's a sucker" and I'd guess he'd say the same about my dad. While my father never made close to what Bensonhurst Mafiosos earned, right now he isn't bankrupt, in prison, or emasculated by his wife. Mobsters thought of themselves as wise guys in their heyday but they really took the relationship to the next level with VH1's "Mob Wives." It's poetic justice knowing they aren't even the most dominant person in their own relationships. Who's the sucker now?

Right now funds are tight so if the opportunity to make some dirty money arises, I hope I handle myself the same way my dad did. If you asked him who he mod-

eled his life after I'm sure the man he'd point to is his dad. On the night John Lennon was shot, two thugs pointed a gun at my grandfather and told him to empty the register of his Queens pizzeria. They shot him after he not only refused, but made fun of them. Apparently my grandfather even yelled some racial epithets just to piss them off. (Before you label him as Leonardo DiCaprio in *Django*, cut the guy some slack. He ended a 13 hour work day with a gun in his face.)

The thugs came back a few weeks later but my grandfather had a shotgun ready under the counter. The two ran away like dogs with their nuts hidden between their legs. I don't care how many hits John Lennon wrote; he didn't survive gun fire that night. I think it's the greatest thing in the world knowing my grandfather didn't choose fight or flight. He'd rather give them a bit of a teasing instead of handing over the money he made.

Originally this was going to be a paper on taking my dad to see "the Who" but it didn't "honor thy father" the way I wanted it to. I almost scrapped it but the day before deadline I had a conversation with someone whose words I hold in a high regard. (Then again for all I know she could be a savage like Max Payne; blowing away society's scags with a revolver. (Even in the Charles Bronson "Death Wish" back story I gave her she's doing some kind of good.) It hit me how much I couldn't imagine a life without my dad after she told me her story. I really appreciated how good he's been to me.

A year ago he almost had a massive heart attack but a doctor caught it before it happened. Right after the doctor saved his life I wanted to do something special for him. I have a hard time putting sentimental emotion in to words so I emptied out my already bleak bank account and took him to his first concert. (I realized my inability to process emotion in to words

was normal when one of my heroes in comedy, Bill Burr, explained the reason why men drop dead from heart attacks. We keep heavy emotions locked away because we're afraid of our friends calling us gay. Spot on, Mr. Burr.) My dad worked his whole life and couldn't see Zeppelin or KISS because of it. It didn't make sense that the guy who got me in to this music has seen fewer concerts than me. I bought him tickets to see "the Who" because they're one of the few live acts worthy of my father.

My dad sucks at emotional stuff like me so I understood why a burly Sicilian pizza man just stood there looking at the tickets mustering up few thank you's. (We don't have any game so the only explanation as to how we've gotten women over the years is this ability to blunder connectivity. This "suckage" at emotions is a natural Jedi mind trick where women are forced to think about us by wondering whether we like them or not.) I could give an in-depth review of the concert but it's "The Who." Of course they were awesome. A band that started in 1964 can't be anything less than great to sell out Nassau Coliseum in 2013.

The next day my father and I shared some nice texts because actual words are too hard to do. My dad spent enough time behind a pizza oven so it was a better experience to watch him enjoy "The Who" then actually listen to the band itself. Despite missing out on a lot of things because of work, that kind of work ethic honorable to me. Compared to my father and grandfather, I feel like an infant during this my intro to adulthood.

On a day I was supposed to get my stuff together for a trip, I watched Spider-Man cartoons while wearing a Randy Savage shirt that said "MACHO MAN" in big letters. What makes it worse is the shirt is an obnoxious shade of purple. I sat there—looking like one of the Village People—putting off packing for a trip just to stare at

Spider-Man fight giant robots at his wedding. I'm sure my grandfather was going on his 40th anniversary in the army when he was 24.

I'll openly admit I'm a part of one of the softer generations. Just look at the way we handle bullies compared to the way they used to do it. When bullies used to act up men left this country and stormed a beach. Today we tweet about it. If you told a World War II vet in his prime to "tweet" something he'd smack you in the face with his biretta. Even the press is softer now. Kennedy tossed back ten interns a day with a broken back but journalists kept it a secret. Now Tiger Woods cheats on his wife—with a fraction of the women Kennedy had—and grown men write about it in newspapers.

ESPN, who bills itself as the "guys" network, is the worst offender of this. When center fielder Josh Hamilton relapsed, one writer incessantly tweeted about him downing shots and taking a girl to the bathroom. Take away the fact he's a sports writer and you have an adult man gossiping about another adult man's personal life like old women yapping to each other on the elliptical. What happened to Tiger Woods and Josh Hamilton sucks for the people closest to them but the whole world doesn't need to know. In the eras my grandfather and father grew up, men went about their own business. They weren't little-tattle tales.

The difference between my "Testicle Testament" and Joey Diaz's is, one, he's infinitely more interesting than I am, and two, he is a grown man. I'm only 24. Any 24 year old who thinks they have it all figured out knows nothing. There are people twice my age who haven't put their life together. I have no plans in ever figuring out the best way to live life. I just hope to continue learning from my father's integrity and grandfather's bravery.

LOVE, LIFE, AND STYLE

Is It REALLY Healthy?: Food Facts That Will Shock You

By Meleika Amos

The Food and Drug Administration has been a part of our government for many years. Their motto "Protecting and promoting your health," has lead me to investigate just how well they protect American's health. Many would be shocked to find out the ugly truth of what the FDA allows food industries to put in their products. Which leaves us wondering, why and how do they go unscathed? Most importantly, what common foods should we be aware of?

Diet Sodas

Isaac Eliaz, MD, (integrative health expert and founder of The Amitabha Medical Clinic and Healing Center in Sebastopol, CA) avoids any diet soda or foods, sugar-

free candies, and gum containing artificial sweeteners such as **Sucralose**, **Aspartame**, **Acesulfame Potassium (Acesulfame K)**, and **Neotame**, among others."Independent research strongly suggests that when metabolized in the body, these sweeteners can cause health-related issues and problems related to metabolism and weight gain, neurological diseases, joint pain, digestive problems, headaches, depression, inflammatory bowel disease, chemical toxicity, and cancer, among others."

A Solution - It is better to stick with regular sugar as opposed to artificial sweeteners. If the calories are your main concern maybe consider exercising. You'll be healthier in the long run! Also if you simply love the fruity yet flavorful variet-

ies of soda or you just love the carbonated bubbly feel, opt for plain seltzer water with real fruit.

Food Dyes

Health activists have tried for years to get the FDA to ban food dyes, based on studies linking them to hyperactivity in children and cancer in animals. Food dyes are one of the most widely used and dangerous additives. In Europe has recently placed regulations on labeling food dyes to inform consumers of the health risks, but the United States has no such requirement.

A Solution - The best and the most logical solution would be to read the ingredients listing. Anything with "natural flavors and colors" is most likely anything but natural

otherwise they would not have to state it.

Titanium Dioxide

A component of the metallic element **titanium** commonly used in paints and sunscreens. It is a mined substance that's sometimes contaminated with **toxic lead**. The food industry adds it to hundreds of products to make overly processed items appear whiter. It can often be found in processed salad dressings, coffee creamers and icings.

A Solution - Most white dressings (like creamy ranch) aren't good for you anyway. Both your health and your waistline will far better off if you go with an olive oil- or any vinaigrette-based salad topper instead.

NBA Finals Predictions



nba.com

By Omar Linton

The intensity is higher, the scoring is relatively lower and the stakes are much higher. Every game is important to these chosen 16 teams who will all start with a 0-0 record. First to 12 wins in either conference will get the golden opportunity (no pun intended) to compete in the 2012-13 NBA Finals for the Larry O'Brien.

The recent playoff teams are here: the Boston Celtics, Miami Heat, Indiana Pacers, San Antonio Spurs and Oklahoma City Thunder. But the surprise teams are the Brooklyn Nets (their first season away from New Jersey), the Los Angeles Clippers and the Golden State Warriors. Many of these teams have played a good season of basketball...and I mean REALLY GOOD season! But let's cut to the chase now.

Nobody and I mean NOBODY cares about the first two rounds of playoffs basketball, right? Jumping forward to the Conference Finals, here are my predictions. In the Eastern Conference Finals it will be the Miami Heat for the second consecutive year against...the New York Knickerbockers! Yes, I said it. LeBron

James and the Heat will go head to head against Carmelo Anthony and the Knicks for an intense 6 games series. With a banged up Knicks team without the same defensive look they had in the beginning of the season. Winner: Miami 4-2.

Now on to the Western Conference Finals, it will be Durant and OKC Thunder going up against Chris Paul and the LA Clippers! Did I say the CLIPPERS? For the Clippers it will be their first time ever reaching the Conference Finals. It will be an impressive fast paced battle between the two teams but the Clippers have very little playoffs experience and mediocre defense to match up with the Thunder. Winner: OKC 4-1.

So without further ado, the NBA Finals: a rematch of last June's finals, OKC VS Miami. Durant and OKC who suffered a bitter loss to the Heat losing in just 5 games will come out stronger and more determined to dethrone the "King" and his men. Unlike just playing 5 games last year these two teams will go one more game this time around. And this time KD will get his ring and will be named Finals MVP. Winner: OKC 4-2.

Cont. from back page.

The individual sport breakdown for student-athletes that were named to the Athletic Director's Honor Roll for the fall is:

Baseball: Alex Abanavas, Patrick Amato, Matthew Andress, John Angelino, Rashawn Cobourne, Kevin Licul, Steve Mare, Michael Parziale, Peter Romeo, Christopher Vitale, Thomas Whitenack

Basketball (Men): Rashawn McCarthy, Nat Vaughan

Basketball (Women): Clarissa Gallagher, Olivia Illardi, Brittany Mitchell, Raven Pentz, DeAndra Scott, Abigail Williams, Yakima Williams

Cross Country (Men): Alex Abanavas

Cross Country (Women): Ayana Alleyne, Jennifer Jean, Hayley McGinn, Nicole Petrucci, Kamoni Robinson, Jessica Spero

Golf (Men): Steven Burgos, Alexander Han, Brian Jordan, Ji Yun Kim

Lacrosse (Women): Lydia Coleman, Gabriella DiPierno, Courtney Gallagher, JoAnna Kettell, Jordan Schildt, Caitlin Thomas, Abigail Williams

Soccer (Men): Alec Adeclat, Donny Alerte, Michael Bayne, Steven Burgos, Ryan Finnin, Dan Giorgi, Marcelo Guardado, Jon Kerby, Matthew McCarthy, Shakti Ramcharan, Peter Sicardi

Soccer (Women): Julianne Abel, Kalli Bourekas, Samantha Clancy, Victoria Dehel, Kassandra Franco, Heather Grosso, JoAnna Kettell, Jordan Schildt, Caitlin Thomas

Softball: Alex Heaney, Samantha Howley, Jennifer Jean, Nicole Petrucci, Jessica Spero

Swimming (Men): Zach Abatelli, Michael Bayne, Adolphe Demesyieux, Michael Parziale, Santino Patrizi

Swimming (Women): Lydia Coleman, Rachel Heath, Larissa Kavitsky, Hayley McGinn

Volleyball (Women): Rayn Brown, Courtney Gallagher, Allie Giancola, Samantha Howley, Jennifer Jean, Fareeda Roushdy, Jocelyn Small

NBA Playoff Preview

By Kenneth Teape

It has been an entertaining NBA season and things are about to heat up even more with the playoffs right around the corner.

In the Eastern Conference, the number one seed Miami Heat will take on the eight seeded Milwaukee Bucks, the second seed New York Knicks will take on their rivals and seventh seed Boston Celtics, the third seeded Indiana Pacers will take on the sixth seed, either the Chicago Bulls or Atlanta Hawks and the fourth seeded Brooklyn Nets will take on whichever team falls between the Bulls and Hawks. The Bulls hold the tiebreaker over the Hawks so it is most likely that they will be the fifth seed and the Hawks will be sixth.

In the Western Conference there is nothing set in stone yet other than the Oklahoma City Thunder and San Antonio Spurs being the one and two seeds respectively. The Denver Nuggets, Memphis Grizzlies, Los Angeles Clippers, Golden State Warriors and Houston Rockets all have spots locked up, but seeding is not yet set in stone. The eighth and final playoff spot will come down to the last game of the NBA regular season as the Los Angeles Lakers will start their playoffs early, being in a win or go home game against the Houston Rockets.

As the standings are set now, there are some intriguing first round matchups headlined by the New York Knicks and Boston Celtics. This series will take on even more drama and intensity after the tragic things that transpired in Boston during the Boston Marathon in mid-April. The long time rivals will face off in the playoffs for the second time in three seasons as the Knicks try and break through against and exact some revenge after being swept in the 2011 playoffs first

round by the Celtics.

The Western Conference has some very intriguing first round series potentially as well, as the Rockets, lead by James Harden, can take on the Thunder in the first round, setting up a storyline of Harden playing against his old team. That would be an exciting series to watch as both teams get up and down the court and score as easily as any teams in the NBA.

Another series in the Western Conference to keep an eye on in the first round is if the Nuggets and Warriors faceoff. That matchup would most likely be the most exciting of the first round as both teams have electric offenses and can put on a show. It will also be the first time much of the national audience gets to see Warriors point guard Stephen Curry in action. Curry is hands down the best shooter in the NBA right now and is shattering all types of records, needing only two three-pointers in his final game to set the single-season record for three-point makes in a season.

The NBA playoffs will be much watch television through June leading up to the NBA Draft. Will any team in the Eastern Conference be able to challenge and knock off the defending champion Miami Heat? If not, is there a Western Conference team that can challenge them for the title or will LeBron James clean sweep the awards again and lead the Heat to their second consecutive Larry O'Brien trophy? You will have to tune in to see as the NBA playoffs are bound to provide plenty of highlights and storylines for the next few weeks.

The conference semifinals begin on May 7th, the conference finals on May 22nd and the NBA finals June 6th.

2013 NBA Playoffs



OLD WESTBURY RECOGNIZES THE TOP ACADEMIC FALL 2012 SEMESTER STUDENT-ATHLETES AT AWARDS LUNCHEON



By Harris Rappel

The SUNY College at Old Westbury Department of Athletics honored the student-athletes with the top GPA's from the fall 2012 semester on April 11 the Student Union. Director of Athletics Lenore Walsh emceed the Athletic Director's Academic Honor Roll Luncheon, recognizing 80 student-athletes for their outstanding academic achievement who recorded at least a 3.0 GPA during the fall 2012 semester.

Out of the 80 on the honor roll, three student-athletes posted a perfect 4.00 GPA. Those that achieved this mark were: Alex Abanavas (Baseball, Men's Cross Country), Marcelo Guardado (Men's Soccer) and Jon Kerby (Men's Soccer).

Leading the pack for the men's teams during the semester was the baseball and soccer programs, each placing 11 student-athletes on the Athletic Director's Honor Roll. Topping the list for the women's teams was soccer, recognizing nine on the Athletic Director's Honor Roll.

The individual sport breakdown for student-athletes that were named to the Athletic Director's Honor Roll for the fall is continued on page 15.