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"IGNITING THE MIND"

FREE

## SUNY PLANS TOBACCO-FREE ENVIRONMENT

By Andrew Hinkson

As of January 1<sup>st</sup>, cigarette breaks cannot be enjoyed any more on SUNY campuses.

The State University of New York Board of Trustees passed a resolution to support a "Tobacco-Free SUNY" policy. This policy prohibits the use of tobacco products on grounds, facilities, and vehicles owned, leased, or controlled by SUNY.

Board Chairman H. Carl McCall said, "By establishing a policy that will prohibit the use of tobacco among our 486,000 students and 88,000 employees on campuses across New York, we will have a positive impact on their health and that of our visitors." This would make the SUNY school system the largest in the United States to collectively ban tobacco products.

There are some SUNY students who agree that there should be a ban. Cassidy Kammerer, an alumna of SUNY Farmingdale says, "I think that it's awesome and a step in the right direction. It was really distracting when I would be sitting in class and I would smell cigarette smoke coming through the window."

"SUNY has a responsibility to promote the health of our students, faculty, staff and visitors while they are on our campuses," said SUNY Chancellor Nancy L. Zimpher. According to the Centers for Disease Control and Prevention, "88% of adult smokers who smoke daily report that they started smoking by the age of 18 years." This ban might help reduce the amount of new smokers.

Some students feel that the ban of tobacco is unfair. Andrew Wilmarth, a non-smoking junior at SUNY Old Westbury says, "If there is a law that should be put in place, it's that they shouldn't be allowed to smoke by entrances." Another SUNY Old Westbury student said, "A lot of smokers are addicted to nicotine and they're going to be tweaking out in class."  
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## CONSTRUCTION HAS CAUSED LIBRARY TROUBLES

By Nzingha Z. Crusoe



Library Director Stephen Kirkpatrick helps a student.

In the beginning of this semester, problems in the library related to the construction were legion. There were student complaints of construction vehicles driving too fast, of construction workers carrying pipes over people's heads while they sat at computers, and of construction workers using loud and inappropriate language. There was an incident where a construction worker fell nearly thirty feet and was injured.

In the late summer a virus shut down the campus computer system but in early October, the library had its own computer problems. "This was not just student computers that were down, staff computers as well were down," said Library Director Stephen Kirkpatrick. "My entire staff had no computers or telephones for two weeks. It was a mess."

After the office of the president became involved "we got a good response and the student computers on the main floor were back up and running fairly quickly, but the staff computers took more time."

Kirkpatrick speculates that the problem had to do with power surges. The contractors, he suggested, could have been plugging into outlets they were not supposed to use, and they have very powerful equipment. This caused circuits to pop as well as surges.

Finally, the library has been repeatedly disturbed by fire alarms going off in the middle of the day sometimes multiple times a day. One of the most recent fire alarms went off due to a leak on the roof trickling down and hitting a detector of and triggering the fire alarms. During the summer months, the fire alarms posed a more severe problem. The alarms were going off all over the Campus Center but they were not going off in the library. "My staff and I were down here in our cubicles and we had no idea that everyone had evacuated the Campus Center. If there had been a fire, we would have known about it when the smoke reached us."

(Cont. on page 3.)

## Visitors on Campus

By Marilynn Bonilla

A new visitation policy is now enforced since the visitors parking lot that once resided at Campus Center parking lot has been removed. "Outsiders" have to go through Old Westbury college officials to visit the campus or stay at a resident's dorm.

According to the Chief of University Police, Michael Yanniello, when students bring guests on to campus, they have to go to the University Police Station to receive a guest parking pass. The guest pass is only good for one day. The visitors parking lot was removed "so there can be more parking spaces for students," stated Chief Yanniello.

Junior Cristino Chavez, was appalled of the removal of the visitors' parking lot. "I disagree with it because too much enforcement will not attract new students to attend SUNY Old Westbury," said Chavez. On the contrary, freshman Ashley Someria believes that it was a proper step taken. "The policy makes sense, the officials should keep track of students who don't attend the school. It provides a safe environment," said Ashley.

According to the *Guide to Campus Living*, if a commuter or non-student is going to visit a resident in the Residence Halls, they have to provide photo identification to a staff member in Office of Residential Life. They are only permitted to do so between 9 a.m. and 10 p.m. They must leave the residence halls by 12 a.m. Commuters are allowed to leave by 2:00 a.m. Friday and Saturday. If the resident wants to keep the non-stu-

dent visitor past 10 p.m., they have to get a pass from University Police before 8:00 p.m. on the day of the visit.

When it comes to overnight visitation, "First off, the visitor must be of the same sex. A student must go to the Resident Assistants' office and get a pass. It must be signed by the student's roommate(s) and their Residential Director. The pass is then taken to Office of Residential Life and signed



Photo by Samantha Schendlinger

and approved by them," said Resident Assistant of Woodlands Hall 1 Stanley Tillman. Overnight guest passes are not given Sunday through Thursday. The host is limited to two guest passes a week, and, no more than six a month. The visitor's name will be provided to the University Police and it will be added to their "Overnight Guest List."

Hosts are responsible for the visitors they bring. If a resident is caught having a visitor on campus who was not permitted, they will face consequences and immediate suspension from the residence halls.

Emergency exemptions may apply to certain policies, however, they must be approved "by the dean or designee if guest housing is available," states the *Guide to Campus Living*.

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## A Message From Nick Savva, Your SGA President

For this issue, I wanted to outline important initiatives and campaigns the Student Government Association will be working on throughout the year.

**Take Back the Campus:** The SGA has been working on having a united front in order to help the students understand and learn about certain policies that have already been implemented and may be implemented in the future. This campaign was derived from the idea of Shared Governance. SGA or "The Student Voice" has the obligation to correct policies that have been implemented by Administration and assist in creating new ones. We will take initiative in drafting proposed resolutions on issues that pertain to the students such as Academics, Commencement, etc.

**Alumni Association:** The SGA will be looking directly into new and creative ways to help recruit alumni for the Alumni Association in general. This initiative is something that we have tried to work on in the past but have not been extremely successful in doing. Aside from the Association, Amber Hurt and Sharif King, who are former alumni, will be helping with programming that is linked to connecting the students with jobs.

**SUNY Smoke Free:** SUNY Chancellor Zimpher and her Administration have proposed a policy to NYS lawmakers that effective on January 1, 2014, all SUNY campuses will be smoke free. So far, around 30 SUNY campuses have implemented policies in regards to this issue. A state law has not been passed yet, but we would like to get the awareness out there for those students that are unaware that these policies occur.

**Social Media:** University Tickets is the new online ticketing system. This allows for easier access for all students. This system alleviates the human error in typing for events that need UP approval. To purchase tickets for an event, please visit [www.owsgatickets.com](http://www.owsgatickets.com). CampusVine/Allocate is the new online system that allows students to access club funding and learn about all the events and programs that are taking place on campus. To learn more information, please visit [www.campusvine.com](http://www.campusvine.com).

Do you have a question or concern or are you displeased with anything on campus? If so, please email Nick Savva @ [nicksavvasgap@gmail.com](mailto:nicksavvasgap@gmail.com). Thank you for your continued support and cooperation.

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## Nassau County Rematch

Political heir Tom Suozzi is currently seeking election for Nassau County Executive against his Republican counterpart Ed Mangano. Suozzi was the county executive from 2002 to 2009 when he lost by 386 votes to Mangano – a loss that has caused him to return to campaigning



with an unusual zeal to get people out to vote. "We think that we need at least 280,000 people to come out and vote in order for us to win as opposed to the 250,000 people who voted in the last race," Suozzi told a group of OW Media and Communications students after he had spoken to a candidates' forum of the American Association of University Women in Baldwin Park, a month before the election.

According to Suozzi and his team, the key factor in winning this election is getting his supporters to actually come out and vote, and that their campaign is "heavily invested in turn-out." Further-

more, Suozzi pointed out: "Mangano said in the *Times* he's proud and happy to have tea party support, which got him a lot of votes before, but it will be a detriment now because people are so sick of the tea party and the fact that they shut down our government!"

Suozzi hopes that people will recognize the potential danger and urges that voters "should be concerned about the Tea Party influence on Long Island."

Suozzi added that the first thing he must do if he wins the election is to "figure out exactly how bad the finances are" because "Long Island is starting to slowly deteriorate." During his time in office as County Executive, Suozzi claimed to have made thirteen bond upgrades, eight surpluses, and decreased the debt of the county while Mangano, he noted, has made three bond downgrades, created two deficits, and increased county borrowing.

Suozzi comes from a long line of political leaders. Both his father and his uncle served as former mayors of Glen Cove and his cousin Ralph Suozzi currently holds that very same chair. In fact, Suozzi himself was mayor of Glen Cove from 1993 to 2001.

Former President Bill Clinton was scheduled to speak at a fundraiser for Mr. Suozzi at Leonard's in Great Neck, on October 29<sup>th</sup>.

"I welcome the help of the 'Comeback Kid' to make Nassau County the 'Comeback County,'" Suozzi said.



## SUNY Plans Tobacco-Free Environment

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es so I think there should designated smoking areas." Other schools in New York have rules like this in place.

According to Hofstra University's Smoke-Free Environment Policy, a "20-foot smoking buffer zone" from the entrances of every building under the University's jurisdiction has been implemented.

Old Westbury's current policy is that smoking is prohibited in all indoor facilities and residence halls regardless of age. This law has been in place for all SUNY schools since 2007.

Some SUNY schools have gone even further. Stony Brook University is a "Smoke-Free University." It prohibits smoking in all buildings, in enclosed areas, and certain outdoor locations. Any resident or guest who wishes to smoke must leave a building and smoke at least 25 feet from the perimeter of the building. SUNY Buffalo is tobacco-free and even has Quit Smoking Walk-In Clinics.

## Construction Has Caused Library Troubles

Cont. from Page 1

This problem has since been solved, but I do think construction causes some of the fire alarms to go off, but I cannot say that it has been the cause of all of the alarms going off," added Kirkpatrick.

With all of the construction chaos that has been going on in the library, not only have students and staff suffered, but the Writing Center has suffered as well. In the beginning of October, the library experienced a flood due to a hole in the roof. Kirkpatrick said: "We did lose some computers, but the writing center was wiped out." The carpet was soaked and had to be removed.

The flood ruined the Writing Center causing it to have to relocate. The Writing Center was able to pull together a few tables on the third floor of the library and operate in a small space out in the open for about three weeks until the provost was able to find the Writing Center a new space to work in the Campus Center H Wing H216. The plan is for the Writing Center to move back into the library sooner rather than later "I will be happy when the Writing Center can move back into the library on the main floor with their own brand new space," said Kirkpatrick.

Because of delays, the Math Learning Center, or Powertrack Math, is now located in the New Academic Building. This has caused a problem as it is located in the biggest open lab space, causing stu-

dent access to computers on campus to be limited.

Despite the delays, construction of phase one is expected to be completed by the end of December. "This means that students will have something nice this upcoming spring," Kirkpatrick said.

The main floor of the library will have a brand new computing area for the students. "Everything will be nicely designed, there will be no tacky stuff just pushed in," according to Kirkpatrick. A new reference area will also be available.

Phase two of construction will happen on the third floor. Construction will continue and expand once books are moved out. The plan is to have some group study rooms, large meeting/ conference rooms that could be used as classrooms, and a library instruction room. "This is still funded and will still be worked on," said Kirkpatrick. A large part of the third floor however, will not be renovated during this phase because of lost funding for phase three in the spring of 2012 due to the SUNY budget cuts. When construction finally begins to expand the third floor, the plan is to maintain seating so students will still have a place to work.

On the first floor, or the lower level, which used to be the audiovisual area, everything has been gutted. The concrete floor has been removed in order to put in a stronger floor to bring in compact

shelves. This is where a lot of the books will be kept. According to Kirkpatrick, "This is being done because students aren't using the printed books anymore. A lot of the books are either damaged or outdated and we are shrinking the print collection." We are going to have a much improved but smaller print collection kept largely on compact shelving on the lower level. The Curriculum Materials Center (CMC) will remain on the lower level, but the plan is to regain access from the inside. Students will no longer have to walk outside of the library to access the CMC.

All of this will free up space on the third floor for the group study rooms and conference rooms. Kirkpatrick says the plan is to purchase more eBooks.

Kirkpatrick remains optimistic for the upcoming spring semester, but with the way things have been going, he does have his doubts: "It has been difficult for students and for the library staff." He is saddened that the construction in the library has caused a disconnect between students and staff. "We lose touch with each other, something that libraries do that maybe a lot of other offices don't ... librarians work with people one on one, were not taking money from people, we give you things, we sit down and help you with things. The construction has really cut us off from doing that."

## 2013 Panther Pride Homecoming

By Marilyn Bonilla

SUNY College at Old Westbury's 6th annual Panther Pride Homecoming occurred Tuesday, October 15 through Saturday, October 19. It involved events that all students, staff, and faculty were encouraged to participate in. Events included a "Cake Off," Steel Drum Concert, Student vs. Faculty/Staff Dodge ball, Banner Making Party, "Midnight Madness," a County Fair, Dive-In Movie, Student vs. Faculty/Staff Softball, Mike Posner Concert, Panther Fest, Old Westbury's Men's Soccer vs. Berkley, Old Westbury Women's Soccer vs. Farmingdale, a Ceremonial Dinner, a talent show, a series of competitions against groups, clubs, and organizations, and a royal court competition.

The homecoming committee consisted of Chair ML Langlie, vice president for student affairs, and co-chairs Rollie O. Buchanan, dean of students; Joseph Manfredi, OWR station manager and faculty eber in the Media and communication Department; and Usama Shaikh, director of residential life. Other faculty and staff included Penny Chin, Veronica Gerosimo, Suzanne McLoughlin, Jerilyn Marinan, Punit Patel, Miriam Rios, Blanca Schneider, and Lenore Walsh. The committee started meeting last February to plan the entire Panther Pride Homecoming Week. M.L Langlie said, "The committee started meeting early so that they were able to publicize it by the first week of school."

A main priority for homecoming was to have the students make the decisions.

One factor that was changed was the name. This was the first year it's called "Panther Pride Homecoming," before it was just "Panther Pride." Another change was the Royal Court. In the previous years, winners from the court were known as "Mr. and Mrs.," however this year the committee wanted to present them as royalty. Therefore, each class standing representative had a name. Freshmen representatives were Lord and Lady, sophomore representatives were Duke and Duchess, junior representatives were Prince and Princess, and senior representatives were King and Queen. ML Langlie feels that the planning of events was successful and she was pleased.

"Midnight Madness" occurred at the Clark's Athletic Center, where Old Westbury's sports teams were introduced. The event also involved performances by Old Westbury's Cheerleaders; All the Right Moves; Out of Control also known as Double OC; and Step Tunes. The women's and men's basketball teams also got to show their skills on the court. Raffle tickets were given out at the event, in which winners competed to win prizes.

On Friday, October 18<sup>th</sup>, Mike Posner performed in the Maguire Theatre. Music was played by DJ Spanky before the performance. Initially, tickets were \$3 for the concert. However, some students at Old Westbury didn't know many of Mike Posner's songs, and therefore didn't want to attend. The Student Government Association (SGA) had already spent a lot of money to have him perform, so they



2013 Panther Pride Homecoming Royal Court

decided to make the concert free, as well as distribute out glow in the dark shirts. "SGA did the best they could to get a performer," said ML Langlie. "There wasn't enough money to get a performer that the students wanted. Mike Posner was the best they could afford." said ML Langlie.

Although there was doubt, the concert had a great turnout and students thought Mike Posner did an amazing job.

Old Westbury's Got Talent was the final event of the 2013 Panther Pride Homecoming. It occurred in the Maguire Theatre. There were three winners appointed by judges Veronica Gerosimo, Rollie Buchanan, and Kadeem Morris. The performances involved poets, singers, and a pianist.

**King- Michael Bayne**  
**Queen- Karyn Dyer**

**Prince- Samuel Baah**  
**Princess- Marissa Disla**

**Duke- Zach Abatelli**  
**Duchess- Ifedayo Jegede**

**Lord- Hugh Booker**  
**Lady- Okenya Williams**



## Old Westbury Student's Right Denied by NYIT RA

By Nick Savva

(Warning: Names have been changed to protect the identities of our sources.) On Friday, September 27, 2013, I received a phone call at 10:35 pm from a student named Brittney. Once I answered I knew from the tone in her voice that something was wrong. She was really displeased with an incident that occurred at Café 9, in the Academic Village or "Old Side," as our students refer to it.

Café 9 currently houses one of the laundry facilities in the Academic Village and is where events from both Old Westbury and NYIT students are held. Recently the Auxiliary Services Corporation of our college has renovated the area and has placed vending machines, better lighting, newer laundry units and cameras to improve the quality of life and experience of the Academic Village. This phone call had me concerned because Brittney was on her way to do laundry when a RA from NYIT told her "I would not do that if I were you." Brittney asked "What are you referring to?" The RA explained, "We are about to have a soft light social and are shutting off the lights

which powers off the laundry machines." Brittney replied, "I don't think you can do that" and he replied, "It's okay we do it all the time."

When I heard about this situation two things came to mind. My first thought was that something had to be done and my second thought was what effects could arise from cutting off the power which would include wearing down the machines and possibly creating an electrical fire or an electrocution. Brittney was welcomed to join the program but was denied her right to do laundry and was forced to relocate and take her heavy laundry bags over to Harriet Tubman Hall. Luckily, an RA was there on duty and let her in at that late hour.

Recently I was notified that because of this complaint, hours for Café 9 will be extended it will be placed on the Que System so that our clubs can also book the room for events and most importantly, the circuit breaker will be locked.

University police will now be in charge of opening and closing the facility.

## Salute a Survivor

By Shenea Overstreet

The Students at SUNY Old Westbury have been involved in the National Breast Cancer Awareness month. An organization on campus that has made exceptional strides towards breast cancer awareness is the Prestigious Pi Sigma Chapter of Delta Sigma Theta Sorority Incorporated. Not only did these members have a breast cancer awareness program, but they also gathered in the Student Union to sell a wide range of items to gain proceeds for breast cancer funds. They also participated in the National Breast Cancer Awareness walk on October 20<sup>th</sup> at Jones Beach as well as at Prospect Park in Brooklyn.

At the breast cancer awareness program entitled "Salute a Survivor," which took place in the Student Union on October 8<sup>th</sup>, Shannaine Gordon stood tall, happy, and proud and shared with us her triumphant battle with breast cancer. Shannaine was in her early twenties when she was diagnosed. She detected a lump in her breast after doing a routine check at home. After going immediately to the doctor to get professional diagnoses, she was told that breast cancer cells were detected. Due to her diagnoses, she made (a crucial decision to remove both of her breasts).

Not only did she lose her breasts, but Shannaine had to go through six months of chemotherapy. She describes this as the most painful experience that any one

could imagine. This proves how important it is to be aware of the ways that you can prevent breast cancer. Shannaine is a strong young woman; let her story remind you that at any age you can be at risk.

At the "Salute a Survivor" program, we learned about the three ways that we could check our breasts at home: in the mirror, lying down, or in the shower. We learned that the symptoms of breast cancer could range from a lump in your breast, an abnormal mammogram, swelling under the arm pits, pain in the breast, or discharge from the breast. They stressed doing these breast exams routinely because the earlier you detect breast cancer the better your chances are of fighting it.

The ladies of Delta Sigma Theta Sorority Inc. also educated us about breast cancer prevention. We learned that doctors themselves do not know how to prevent breast cancer however, eating lots of fruits and vegetables, exercising, and keeping your alcohol intake at a very low rate can significantly decrease your risk. After hearing Shannaine's story, we also learned the importance of getting mammograms.

I know many young women have heard from their doctors that we are not at risk until around the age of 35, but that may not always be true. Shannaine was living proof that women still need to do self checks and get mammograms frequently every month after a woman's menstrual cycle.

## Rise of the Jack O'Lanterns Delights for Another Year

By Donna Makar

The RISE of the Jack O'Lanterns is a 1/3 mile outdoor walking trail that meanders through the historic Old Westbury Gardens. The path is lined with over 5,000 hand-carved Jack O'Lanterns, each one illuminated by different colored lights, making for a very beautiful sight! The trail is separated into themed sections and each is set to music to match. It is a relatively short walk that takes about 40 minutes to complete, but you can take your time walking through. Once you are in the trail, you can stay until closing time!

The RISE of the Jack O'Lanterns offers a little something for everyone. There are pumpkins ranging from classic works of art by Salvador Dali and Picasso, to pumpkins carved with celebrity-likenesses and sport team logos. There is even a section dedicated to Tim Burton films, which includes a full body carving of Edward Scissorhands made up of ten pumpkins!

The walk is a mix of real pumpkins and foam pumpkins called "Funkins." Each week, pumpkins that are starting to decay are replaced with new ones, keeping the talented staff of local carvers busy (and employed!) throughout the entire Halloween season. While some of these

pumpkins take just a few minutes to carve, some others that are more intricate can take up to 20 hours!

The RISE is more of an art exhibition rather than a haunted house so there are no creepy, gruesome characters in costumes that jump out at you, making this activity safe for children. However, the organizers do let you know that there are some elements they believe may not be suitable for young children and ask you to use your own judgment and discretion when it comes to deciding whether or not this event is appropriate for your child.

The Rise is open Fridays, Saturdays, and Sundays through to the week-end of November 1st-3rd with times that vary per evening. Discount codes are very easy to find online and kids 2 years and under will get in free making this a very affordable outing for the family!



## A Lecture by Michael Hardt

By Evelyn Ortiz

Michael Hardt, a literary theorist and political philosopher best known for his book, *Empire*, which discusses class oppression and globalization, talked about the struggles between private and public space in a lecture October 8th sponsored by the Hispanic/Latino Cultural Center.

Different social movements were introduced and linked to issues pertaining to "the Common" including movements in Spain, Latin America and Bolivia. According to Hardt "the Common" is a collective self-managed, open, and free public space. "The Common" wants to limit the access of privatization and eliminate monopolies from the decision making process (when it comes to capitalist development.)

Residential areas can be segregated by race, ethnicity, social class and standing, as a result of these subdivisions space is no longer granted to everyone equally. This relates to the politics of public space and private space. These spaces are metaphorically or superficially constructed yet everyone recognizes the boundaries. Capitalist development can be anything abstract such as the construction of a corporation building in the middle of a park.

Another example of a "common" struggle was the fight and the struggle between

spaces on public transportation in the South during the Jim Crow laws in which blacks were divided from the whites by transferable markers that wouldn't (allow) blacks into the white spaces. Even though the transportation was public it was somewhat private and (considered) a monopoly because the drivers could restrict who came onto the bus, who paid what, and who could sit in certain places.

Hardt, a professor of literature at Duke University said that "the Common" is a cycle of movement and a cycle of struggle. He argued that protests and rebellions are like viruses that adapt to their hosts. These rebellions or movements are then characterized as a multitude of actions and are usually caused because of lack of leadership. These struggles try to develop new leadership and a concrete right to "the Common." There are different types of conflicts within "the Common" but the main goal is to de-privatize space and make it public. One of the examples he gave was when "the Common" tried to block the construction of a government-sponsored mall in the middle of a park in Istanbul. A successful "common" take over was when a group took over a theater and declared it a public space. They removed the privatization aspect of it and made it more accessible to the "common people." The program was put together by Dr. Fernando Guerrero and Dr. Angel Lara.



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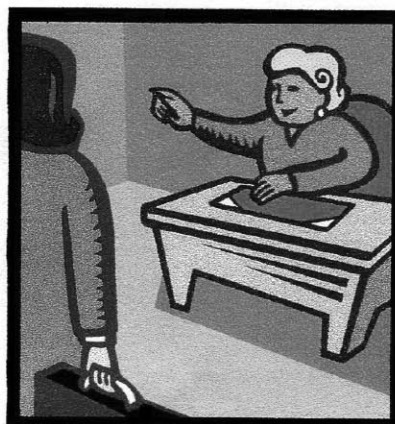
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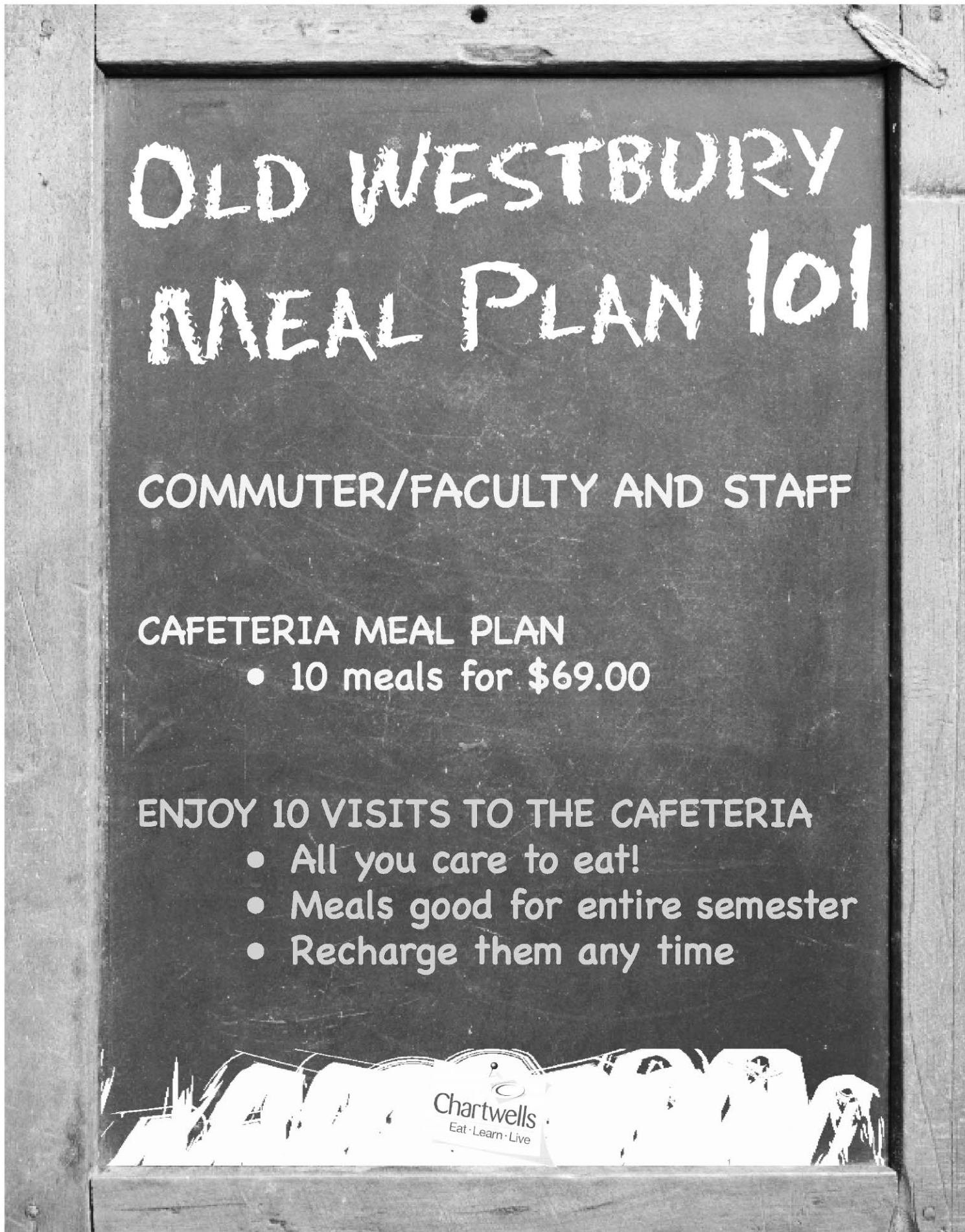


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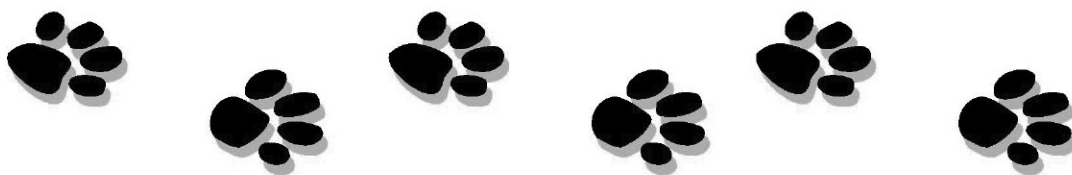
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## HOLIDAY OUTFIT IDEAS: FROM THANKSGIVING TO NEW YEAR'S EVE

By Meleika Amos

Once Halloween approaches the holidays seem to rush by. With so many festivities to attend and plan some of us might not have the time to organize a thought let alone an outfit! Here are a few stylish tips to prepare you for the season and all it's wonderful events!

### Thanksgiving at Home

If you're at home for thanksgiving there's no excuse to dress down. You'll be home so you can bring out your highest heels and you'll have the time to do a holiday makeup and hairstyle to complete your look. A printed long sleeve dress is a go to for any holiday party. Instead of the usual blazer - over- dress combination switch things up with a fringed vest. Top it off with a decorative headband and your thanksgiving at home is fanciful and fabulous!

From Left Clockwise- Large Feather Headband \$19 mydivas-closet.com; ASOS PETITE Exclusive Skater Dress With Bow Tie Back \$25 asos.com; River Island Brown beaded crochet dip hem waistcoat \$24 riverisland.com; LOVE 21 CONTEMPORARY Bombshell D'Orsay Stilettos \$37 forever21.com



### New Years with Friends

What would New Year's Eve be without sequin, glitter, and all that sparkles? A long sleeved sequin body-con dress, thigh high boots, and a pair of simple yet sassy drop earrings makes a badass party outfit sure to wow!



From Left Clockwise- ALDO Gallington clutch \$35 aldoshoes.com; Black Bodycon Dress in Sequin \$40 missrebel.co.uk; Vince Camuto Pendant Drop Earrings \$28 vincecamuto.com; Suede Thigh Boots \$44 storenvy.com

### Christmas with Family

Christmas- considered by many the greatest time of the year, and if you're going to a dinner party why not bring the fun and flair for the occasion? Velvet is a fabric that screams winter time. You can create a make-shift suit with a velvet blazer jacket and skirt or leggings. A button down a big cozy knit scarf gives it a prep school look. Give the look some edge with sheer tights and chunky boots.



From Left Clockwise- Factory stripe button-down shirt \$30 factory.jcrew.com; FOREVER 21 Favorite Cable Knit Scarf \$15 forever21.com; Blue Velvet Blazer \$17 kohls.com; River Island Dark grey crushed velvet skater skirt \$16 riverisland.com; H&M Platform boots \$48 hm.com; UNIQLO Women Stretch Long Sleeve Shirt \$30 uniqlo.com; Sheer Basic Tights \$12 urbanoutfitters.com



## FALL MENSWEAR MUST HAVES

By Virginia Coles

The world of Fashion may seem like a female's playground but it would be nothing without menswear. From amazing Leather jackets to rugged combat boots, men's fashion dominated on all runways this fall. For the everyday guy that's on the go and wants to keep up with some great fashion trends here are four essential items that all men should try to incorporate into their fall attire.



(top left to bottom left H&M\$7.95, Express \$29.90, Asos.com)

Scarves and Hats may seem like an obvious choice but they really do compliment all outfits. If you're a simple guy that does not pay too much attention to details then wearing scarves and hats can only enhance your look. When it comes to wearing them sometimes wearing both flatters but if you want to play it safe pick one out of the two and run with it.

Men's Leather and Pea coats are great for the fall. For the first half of the fall where the weather is typically warm, leather jackets are perfect for sunny fall days and cool fall nights. As the fall draws in and the temperature starts to drop pea coats are a great way to remain warm and they also work for the cold winter weather.



(top left to bottom left H&M \$70, Zara \$179, Zara \$100, H&M \$64)



(top left to bottom left, UrbanOutfitters \$120, Zara \$139, UrbanOutfitters \$120, Zara \$159, Zara \$100, Asos.com \$62.28)

The idea of wearing boots for many may seem like foreign territory, since sneakers are always the obvious choice. Well this fall boots for men are everywhere and they come in different styles. They range from combat, to motorcycle, and ankle boots. All three styles can practically be worn with Joggers, Skinny, and boot cut jeans. If you want to take a break from wearing sneakers all the time try something new and buy a pair of boots.



(left to right UrbanOutfitter \$64 Zara \$70 UrbanOutfitter \$59)

Joggers are a must have for the fall. They are a great way to be fashion forward while wearing a pair of comfortable pants. The beauty in them is the fact that they can be worn with boots and sneakers an option that sweatpants don't normally provide. For those early morning classes where you're looking for comfort but don't want to seem underdressed throw on a pair of joggers with some boots, a simple t-shirt and a cardigan and your good to go. You can also accessorize with some shades or scarves to fully complete the look.



## “Hair Addict”

By Traci Newman

Growing up I had big hair. I don't mean “Southern Bell” Texas-style kind of hair. I mean literally big, thick, frizzy and uncontrollable hair. If it would rain, all bets were off. My hair would start to grow bigger and bigger by the second. I was skinny and stood about 5 feet tall at the time, but my crazy mane easily added at least 2 inches or so. Thankfully no one ever made fun of me about it, at least not to my face. But once I got my hair “fixed,” as I like to call it, some people let me know how they really felt.

I begged and pleaded with my mom to get my hair chemically straightened when I was in high school. She did take me to a few salons to ask about it, but every single one of them told her it would cost \$600 or more for the straightening treatment. My mom loves me, but not that much. I don't blame her at all; it really was a crazy amount of money to spend on hair.

Then in October of my freshman year of college, I found a salon that charged only \$300 for the Japanese straightening treatment. I didn't even hesitate to make an appointment. I spent over six hours in the salon and at times had three women working on my hair at once to try to speed up the process. I went in with my gigantic frizzy hair and came out with beautiful shiny pin-straight and frizz free hair! It actually felt too straight and flat, maybe because I was used to such intense frizz, but beggars can't be choosers.

After three days, I was able to

wash my hair, and it dried completely straight and beautiful. I was in hair heaven. I showed up to my friend's house that night and all couldn't wait to see. One of the guys looked at me, his whole face lit up and he said, “Wow! You really look so much better!” It was a backhanded compliment, but he was right and he had good intentions. I really did look so much better.

I don't know if it was because my hair was straight or because we were out of high school but more guys were suddenly paying attention to me. I'm sure it was a mixture of things, but with my hair being straight, I felt more confident talking to people and I realized people took me more seriously. My mom even said, “You really do seem to have more boys interested in you since you got your hair fixed.” Thanks mom, I could have used this new interest in me when I needed a prom date.

But my hair has become my addiction. I would be willing to bet I spend more money on my hair in year than some people spend on food. I get my hair Japanese straightened two times a year at least (which is horribly damaging to your hair and I don't actually recommend it), and then I get the Brazilian Keratin treatment done in between those. Keratin is made up of proteins and helps fix all the damage I do. My mother keeps telling me that all my hair is going to fall out. Luckily, this hasn't happened yet.

One year I tried to let my hair grow out naturally and just do the keratin treatment but that was an epic fail. Once

That moment when you step out of your hair appointment.

someecards  
user card



the muggy summer nights came, my hair frizzed up just the way it did in high school. Emotionally, I wasn't ready to go down that road again and I very quickly booked a Japanese straightening appointment.

Even though my hair is chemically straightened, after a few months it starts to grow out and I have to blow it out myself. I really hate doing my hair and I'm not good at it. That's when I start going to the salon almost weekly. I get blow outs on the weekends, or for events and even just nights out. One of my favorite feelings is walking out of the hair salon with freshly washed and styled hair. My confidence spikes and I feel like I can talk to anyone. I work at a bar and I've found the nights that my hair is professionally blown out, I make more money. I realize I have to spend money to have it blown

out, but I think I usually make it back and tips. Either way, I just love the feeling and reactions I get from having my hair done.

In our society appearance is important, whether you want to agree or not, appearances make an impact. From my personal experiences, I can tell you, people pay attention to what I'm saying more when my hair is styled. I'm not saying that it's right and that you should spend crazy amounts of money on getting your hair styled every week like I do, because I know I'm crazy. I'm just saying getting my hair “fixed” has drastically changed my social and professional life. Some people spend their money on luxury cars or handbags. For me, it's my weekend styled hair. I freely admit the only thing I'm thinking about right now is my Friday afternoon hair appointment.

## OUR UNSPOKEN DUTY TO MAN

By Evelyn Ortiz

Is it our duty to help or intervene when we feel someone may be a danger to themselves or others? Shall we assist or offer help and take it upon ourselves to take action? Our unspoken duty to man: shall we assist that old lady crossing the street or help her put groceries into the trunk of her car. Not so much a danger to herself or others however, may this be a duty for us to aid her? Someone has fallen right before us, do we help them up? A person has a flat tire on the side of the road do we stop or do we drive past them? A car accident has occurred and both parties are too limp and unconscious to call for help, this may be our duty to intervene.

There are many scenarios in which I may question is it our duty to step in, the right thing to do, or maybe just helping out society and being a part of it. A man in a wheelchair or someone who is handicapped is approaching a door; do we open it for them? A person has dropped money or a personal belonging, do we

make them aware of it? Is this our moral duty? On a simpler note – do we hold the door for the person behind us, do we open the door for a mother pushing her baby carriage, do men need to open doors for women? Think about it....

Now, this is a thought. A man is sitting drunk in his car while the vehicle is still in drive in front of a busy restaurant. Is he drunk, unconscious or sleeping? Is it up to a bystander to find out and see what is really going on? Is it our duty to step in or will it be best to call authorities. Shall we intervene because perhaps it may be too late? Is this worth it? How will this person react, will they be grateful or angry and unappreciative? We may just never know.

So indeed a man was lying on his steering wheel at 3 a.m. in his car, immobile in a parking zone and facing a restaurant full of people. Someone taps on his window to see what was really going on, he gets startled and rams his car straight into the building. Luckily, the bystander wasn't injured nor did he run his car through the glass of the window. Should

the authorities have been called first before taken upon action, or was this the right thing to do? It all depends on the person and what they feel may be their unspoken duty. Maybe it was up to the restaurant owner to have taken upon action – should he be liable, or the bartenders who continuously served him drinks even after he was drunk, and the bouncers – maybe they should have prevented him to even get into his car. What if this man would have attempted to have driven off before he passed out, he could have killed a pedestrian or caused a serious accident. He was of danger to himself and others. The authorities were eventually called and this man was so intoxicated his body was so hobbled that police officers had to literally drag him out the car. He failed all the “DWI” tests. Clearly this could have been a much worse situation.

What would you have done? This brings about the idea of perception. Another person's perception may not be what we perceive and vice versa. What we may feel as helping, assisting, our duty to

man or society as an action to take upon; the recipient may not. The drunk man may not want help, the disabled person may not want a door opened for them or the old lady may want to cross the street alone. It's a tricky concept. Shall we ask the person for approval or do we make our own judgment. Does the recipient want to feel their own independence and want to reject assistance or are they dependent on bystanders and society to help them out. Where do we draw the line? Misleading boundaries, which ones are bold and shall we not cross? Will you place yourself in their shoes and decide what would be best? Whether or not we take action may depend on our experiences, customs, morals, values and perception. Contemplate this for a moment, this may be something that you yourself may come across in your daily life, will you take on your duty to other human beings?



## EMINEM

By Joe Randazzo

I'm really happy my parents introduced me to Eminem at a young age. By today's standards of lazy parenting, that's technically child abuse. Thankfully I didn't have parents who sheltered me so I knew not to take some of his words literally. What he was saying was sort of like a movie's story except it was an audio interpretation. Today parents have this lazy tactic where they completely censor something from their children because they're too afraid to tackle something offensive themselves. It's this type of faulty human logic with no context attached to it which had girls thrown in pits of acid because Father Pilkington of Salem's First Church of God made their knees all shaky. Instead of seeing the lyrical content and rhyme scheme, they hear from second and third hand sources that what Eminem said was inspired by the devil or is homophobic.

I learned some valuable social cues from Eminem I never would have gotten from cartoons. Aside from the creative portion of my brain I didn't realize was being stimulated because I was taking in words and concepts completely foreign to me for my age, for the first time in my life I saw something piss off a lot of people. As a younger Joe, Eminem showed me how powerful words can be. Whoever said "Sticks and stones may break your bones but words will never hurt me" probably didn't have much artistic merit because, oh boy, do people whine over words. In the final years of MTV's relevancy to popular culture, gay and women's groups picketed Eminem's performance at the VMA's. Now that I'm older I see why they did it. It's a combination of jumping on the outrage bandwagon because it's the cool thing to do, and that the context is completely lost on them.

If you take Eminem's lyrics literally, you can argue he's homophobic. The reality is that he isn't. How many homophobes can say Elton John is their AA sponsor? Women's groups have also taken up arms against Eminem. They say he hates women because he has made fun of them in his music. Let's be honest with ourselves here though. A lot of women will admit they're crazy. The inability to deal with their insanity for about a decade between the years of 13 and 23 has a lasting effect on you forever. His lyrics are just him being honest with himself.

To me, mass outrage should only exist if someone has the ability to take away natural rights like not being able to get a job or live in a house. A lot of gay and women's groups wouldn't exist if we followed those rules. It's bad for their business. Now if outrage becomes a business, I feel like that takes away from legitimacy. It makes me wonder whether a lot of feminist outrage against him is righteous, or they're trying to make a buck at his creative expense.

I feel a lot of outrage today is disingenuous. Most of those crying out that

something is offensive are piggybacking onto a subject to fit in. It plays to the human condition where we want to be loved. All we want to do is be listened to. What better way to get someone to listen than by being loud and agreeing with a hot topic just so they feel they can fit in somewhere and not be irrelevant. Bob Costas did this recently. He gave a whole Debbie downer speech at halftime on why the Washington Redskins name is horribly offensive, yet here he was saying, "redskin" 1,000 times on television. It was such a tell he didn't care and was jumping on the outrage bandwagon. If he really thought it was offensive he would say the "R-Word instead" of "Redskin," the way people say the "N-Word" when they're uncomfortable with saying the full word.

Eminem has been victim to, not only disingenuous outrage, but lazy outrage also. These women's groups will say Eminem's music supports violence against women. How come when a musician plays the character of a violent person in his music, that's anti-woman, yet when a horror movie director does it, it's art? My only guess to that is laziness. Movies can get away with more because they easily spell out what's happening through a visual element. Rob Zombie took a chainsaw to his wife in about a dozen movies but it's accepted that he doesn't actually want to take a chainsaw to her. (Well, maybe on some days he does. But then again, love can't exist without feeling that sort of feeling.) That's just something a character he writes feels like doing at the time. Eminem does the same thing in his music except the problem is people are too lazy to do the research and realize when his lyrics get violent; it's the Slim Shady persona he created. Eminem is as much of an axe murderer as DeNiro is a mob hitman.

Naturally with his new album coming out, there's outrage surrounding it. The whining/ramblings/whatever-you-want-to-call-it from these so-called progressive groups is about the use of the term "gay-boy" in the song "Rap God." On the outside it looks pretty bad but what they're doing is disregarding the context once again. If you stare at the verse on paper you might see something incredibly homophobic sounding, but when you actually listen to the song, you'll realize he's repeating something that has been told to him because he's using the type of voice people do when they quote someone. This goes back to the lazy outrage in dissecting people's music I was talking about before. In movies, reading someone's line is acting. In music, if you quote someone else, that for some reason means the artist is saying exactly what he feels.

Another line in "Rap God" that can easily be taken out of context on paper is one where he says, "But if I can't batter the women how the f\*ck am I supposed to bake them a cake then?" Feminist groups have a tendency to post lyrics such as this on their blog, but won't show the four verses before it explaining why he says

things like that in his music. It's like I said earlier. At a young age it's tough to date. You sit there writing love letters, telling her "I love you oogety boogety bear" because people tell you, and then the girl goes on calling you a bitch to her friends.

Eminem talks about this sort of youthful frustration so others like him without an outlet can relate. Guys need an outlet like this because god-forbid you're a little annoyed as a man in America; feminist groups will make you feel like you hate women. It's good to hear Eminem be honest about this frustration. He's one of the few people that made me realize these are normal human feelings in a society that makes the typical man come off as the devil. I always knew as a man I wasn't misogynist or a devil, so I really have to thank Eminem there.

If you put into Google "Rap God Lyrics," to see what lyrics I'm talking about, you'll get a whole bunch of blogs giving gay groups with 12 and a half members a voice that's larger than it should be. These groups should have the right to voice their opinion just as Eminem should be allowed to use saucy language and chainsaws in his music. The problem is, while gay groups, women's groups, and most civil rights groups in today's modern society do a lot of good, these days they're notorious for getting people fired and having money taken out of their pocket. When that happens, they go from being progressive to just flat out anti-free speech. They want their rights to be catered to but are against other's rights. It's selfish.

Since saying you're offended is the only way anyone really ever listens to you, so I'm going to say that I'm offended by people being offended by Eminem. Certain groups think that because Eminem dropped the word "faggot" in a song, this will result in their freedom being taken away. If that happens, then sure, absolutely protest away. Your freedom should never be infringed upon. The thing is he'll never take away anybody's rights by saying something outlandish. Those trying to recreate the sixties - a time when real protest was necessary - because they're bored is actually hurting free speech. People that are pretty damn good civilians, who would absolutely go to bat for gay marriage and women's rights, are being attacked for something they said in a sarcastic tone or felt out frustration. Eminem himself could be a champion for gays. Elton John is his AA sponsor and he has been outspoken in supporting gay marriage. Let's be real here. Eminem saying a few years ago he was for gay marriage means more than a gay rights group with 12 members protesting him.

Also, to be honest, by trying to shoo him away from the rap game, that makes me unhappy. If groups protest something because someone said something that makes me unhappy. This should give me the right to protest them. I refuse to watch *Sex in the City* and *Brokeback Mountain* on Netflix now. That'll show them.

## How to Diet Without Trying

By Andrew Holowczak

The "freshman 15" is a term many college students are familiar with. The idea that when one enters college they will automatically put on weight is associated with the new freedom ascribed to a college student living on campus. Meals may not easily be available and when they are, they can take the form of nutrient-empty foods such as refined carbohydrates, sweets, and foods high in saturated fats.

Students who don't have time to eat a meal throughout their day often buy what is quick and easy. These options do not have to be unhealthy and often there are snacks that can satiate and provide key nutrients as well. Look for foods that are high in dietary fiber, in protein, and low in saturated fats and added sugars. The ingredient list on the labeling should not be long and should not have things that a 4-year old could not pronounce.

Fruits and vegetables are full of fiber and relatively low in calories. The fructose in the fruits is offset by the fiber and does not raise blood sugar levels and cause a "crash", as junk foods do. Meats low in saturated fat, such as lean chicken, turkey, beef, and fish, along with vegetarian options such as tofu, seitan, lentils, and tempeh are high in protein, which research has shown is the most satisfying macronutrient. Feel free to fit dairy in your diet as well as long as it is low-fat or fat free. While fat is an essential macronutrient, there are more calories per gram in it than in carbohydrates or protein, meaning we should take in less of it in terms of quality.

A resource that may help you determine how much food you need on a daily basis is [choosemyplate.gov](http://choosemyplate.gov), which uses your activity level, sex, age, and weight to give you a personalized plan of how many calories you should take in, along with examples of serving sizes. For example, a serving size of meat is 3 ounces, or about the size of your palm. These visual cues are vital to estimating when you don't have measuring tools available to you in a cafeteria or when you're at a restaurant.

No food group, including sweets, should be completely cut out. The key to not gaining weight in college is moderation. Our bodies operate on a "calorie-in, calorie-out" mechanism where any additional calories will be stored as fat. It is up to you to decide whether or not an extra serving is worth it. Exercising your will-power is important in resisting empty calories, but nutrient-dense foods that keep you full will help you to feel great without the effects of a sugar crash.

Exercise is also a critical part of not gaining weight. The Centers for Disease Control (CDC) recommends that adults get at least 30 minutes of moderate-intensity exercise per day and 2 days of strength-training in order to maintain or gain muscle mass. These activities can vary, and hopefully are something you enjoy doing, such as playing basketball or ice skating. Any action that makes you breathe heavier or break a sweat is considered exercise, and when you love engaging in it, it won't seem like a task.

If you have any questions about nutrition, diet, fitness, or weight loss, contact me at [Foxhoundunit04@gmail.com](mailto:Foxhoundunit04@gmail.com)



## Theresa Caputo: A Long Island Medium

By Christine Kang

Theresa Caputo is your typical, average wife and mother of two kids living on Long Island in Hicksville...except for one thing: she claims she can talk to the dead. This vivacious and bubbly Italian is a psychic medium who supposedly communicates with the deceased. She's been a practicing medium for over ten years and is a certified medium with the Forever Family Foundation. She's one of the most popular reality stars on television today. She has her own reality TV series on TLC called, "The Long Island Medium," which airs every Sunday at 9 PM. She conducts private and group meetings with both believers and skeptics on her reality series to help bring families closure knowing their loved ones are safe and at peace on the other side.

For three seasons now, Caputo's amazed and brought people to tears by allegedly communicating messages from beyond. Skeptics and non-believers have been converted as seen on the show. Though her alleged ability to speak to spirits has given her huge attention and success, life as a psychic medium wasn't always a smooth sail. At the age of four, she began supposedly communicating with the dead but didn't fully accept her gift until she was thirty-three years old. She found out she was medium by going to a spiritual healer. It took her about five years of spiritual classes and healings to finally accept what she can do. She suffered from anxiety attacks from ignoring her abilities but as she began to channel her abilities, she realized embracing her gift was the only solution to alleviating

her emotional turmoil. Since then, she's used her abilities to help families heal from the loss of their loved ones.

"Communicating with the dead" is not only her job, but it's her life. She's become so popular and in demand that bookings for readings are made FOUR years in advance. She's the winner of the 2012 *Pegasus Award for Performance* and has recently released a book called, "There's More To Life Than This." This book lends insight on how her mediumship works, what happens to your soul when you die, and the afterlife. She includes some of her personal experiences and stories, compelling client readings, and it explores how to safely connect with a spirit so that you can recognize when your loved ones are reaching out. Her purpose through this

book is to make us all aware that there is more to life than what we see here in the physical world. With her rambunctious personality, Caputo is not only lovable and charismatic, but her gift of "communicating with the dead" has brought many families assurance and closure knowing that their deceased loved ones are constantly watching over them, assisting them, and loving them from the Other side. Another interesting thing about her is that she can communicate with animals. She's channeled animals such as squirrels, horses, dogs, and birds and according to her, there is an "animal heaven."

Now one question remains; "Is Theresa Caputo real or is she a fraud?" Well, that's for you to find out

# OLD WESTBURY PUZZLES

### Old Westbury Athletics Word Scramble by Marilyn Bonilla

1. MNEWO'S \_\_\_\_\_
2. IWMS \_\_\_\_\_
3. ECSCOR \_\_\_\_\_
4. LFGO \_\_\_\_\_
5. TALBSEBLKA \_\_\_\_\_
6. SFOTLLTAB \_\_\_\_\_
7. TCRRSCOYNUSO \_\_\_\_\_
8. RAHPPARNEKT \_\_\_\_\_
9. MWSI \_\_\_\_\_
10. ELLALLBOVY \_\_\_\_\_
11. ENM'S \_\_\_\_\_

\*ANSWERS

11.	MEN'S
10.	VOLLEYBALL
9.	SWIM
8.	PANTHER PARK
7.	CROSS COUNTRY
6.	SOFTBALL
5.	BASKETBALL
4.	GOLF
3.	SOCCER
2.	SWIM
1.	WOMEN'S

### Places on SUNY Old Westbury Campus By Marilyn Bonilla

L Z Y E O Q R C B A N A C Z X  
 Z M P R K S P S Q G D C D H N  
 Z F A T R M R T E L X A U P E  
 U G N A U R E U F L C D N I D  
 U Y T E R O C D A A A E K A S  
 S M H H X D I E C H M M I N R  
 N S E T H D T N M G P I N M E  
 A Z R E Q N A T U N U C D N H  
 H O P R Y A L U I I S V O L T  
 T P A I E L H N R N C I N S N  
 A N R U N D A I T I E L U Q A  
 N X K G Y O L O A D N L T L P  
 Y M Y A E O L N E T T A S I Y  
 Y M I M D W Y W H O E G O A L  
 O I I I X I I V T O R E Q C B

Academic Village  
 Campus Center  
 Dining Hall  
 Dunkin Donuts  
 Gym  
 Maguire Theatre  
 NAB

Nathans  
 Panther Park  
 Panthers Den  
 Recital Hall  
 Student Union  
 The Atrium Cafe  
 Woodland Dorms



## AMERICAN HORROR STORY SEASON 3

By Meleika Amos

It's that time we've all been waiting for. *American Horror Story* has returned with a new season sporadically revealing commercials that were very unclear as to what would come. All we knew was there would be witches and things would get crazy! These ambiguous commercial clips left many intrigued yet apprehensive, with so many things from a new story line to new supporting roles many are faced with uncertain feelings towards the show.

**New season, New Story.** The story line for every season of *American Horror Story* seems to have a recurring pattern- it is always changing! Every season has a start and finish storyline of its own this season takes place in New Orleans and it transitions from modern day to 1830 Cordelia (Sarah Paulson) is operating a school for young witches who seem to have a problem with their powers and

self-control to attempt to hopefully hone their powers. When on a museum-like tour to the home of an old witch from the 19<sup>th</sup> century Delphine LaLaurie (Kathy Bates) but there seems to be an eerie feeling that her presence is present. LaLaurie's story also intertwines with the story of the Voodoo witch Marie Laveau (Angela Bassett). With stories changing every season it could create many on the fence decisions about the show as opposed to absolutely loving it or hating it. Some fans may find the story change refreshing and exciting always moving forward but other dedicated fans could be upset to the idea that there was a particular season they enjoyed so much they wanted to see more. With these shifts you could lose a stable fan base but it could be worth gaining so many more.

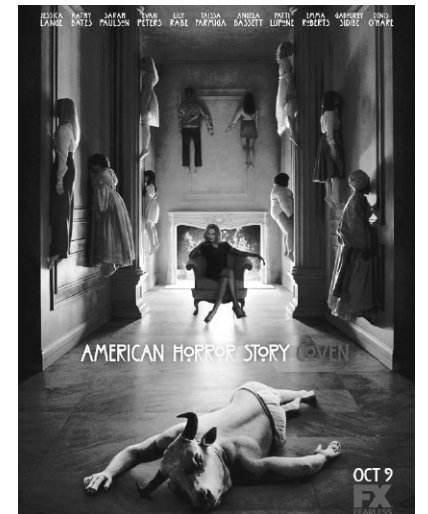
**Class "A" Actors/ Actresses.** With a new season comes a revamped cast with many new and exciting editions. To name

a few Emma Roberts, Patti LuPone, Gabourey Sidibe, , Lily Rabe, and even Comedian Leslie Jordan wants a piece of the action! With the already incredible line up many are dying to see who these characters are and how they will develop along the way for better or worse.

**Teenage Drama? No Thanks.** Although there have been young adults in previous seasons this is the first time the show is so built around the youth. There are wild frat parties and date rape, and slight romance, for a second I thought I was watching an HBO series and not AHS.

All in all this upcoming season looks to be promising, it seems to be more of an in depth story line as opposed to the main focus being gory and gruesome (but it is definitely still there!). There is more mystery and history behind and with so many powerful women involved there will definitely be drama and a fight for power struggle. Though the season doesn't seem

to have a definite theme yet, I noticed there is recurring themes of prejudice, misinterpretation, and the battles between contrasting sides in order to detain things one cannot understand aside from the battle they face with one another they might find a way to band together and face their true foes.



## MIKE POSNER LIVE AT OLD WESTBURY



By Evelyn Ortiz

October 18 SGA "Prime" in collaboration with Panther Pride Homecoming presented Rep Your Class Glow, a free Mike Posner Concert/Glow Party in the Maguire Theater as part of the Panther Pride Homecoming Week. Yes, it was free and if you did not attend you missed out, even all those who doubted the success of the event or wasn't fond of Mike Posner enjoyed the show. Everyone was representing their class colors and glowing in the dark, from beginning to end the audience was interacting with music played by DJ Spanky from 92.3 NOW and then stayed and enjoyed the Mike Posner concert. A student even commented that the "Mike Posner concert was more entertaining and collaborative with the audience" which was awesome to hear. It was nice to see some diversity brought to the campus and have it widely accepted and applauded.

During Rep Your Class Glow DJ Spanky played many hits and even represented the Latino community before parting. He tried to appeal to all in the audience and play all genres. I know this is a college campus however, I was surprised with the amount of derogatory terms expressed in the music and how everyone is so numb to the lyrics that belittle a woman's character or how numb they were to the offensive terms that attack the African American population. Maybe this is what the young generation has come to accept and this is what the hip hop nation produces. DJ Spanky entertained the crowd and got everyone to get up and feel his music however, in the end he messed up by calling us Stony Brook University which upset the crowd but he redeemed himself by saying "Old Westbury is better and more live than Stony Brook", he blamed the confusion on the fact that he attends too many schools. Should he be forgiven? Well his show did overcome this slight slip up.

"Believe, work hard and smile" were the words of wisdom from Mike Posner at the end of his interactive high energy concert. He advised us to have faith in ourselves and to not let people who don't believe in us deter us from achieving what we want in life. If you "believe, work hard and smile" you can achieve anything in you desire. Mike Posner's DJ hyped up the crowd with Mike Posner himself. What I found more intriguing is the fact that he studied the student population on campus prior to performing. To everyone's surprise Mike Posner came out and asked to dance the Palance which was a Soca dance that the crowd danced to prior of him coming out which he loved. Mike Posner sang his songs and added a new song off of his unreleased album. Not only did he perform his songs but he even came down into the audience and intermingled within the crowd, threw an oversized teddy bear into the audience and sang to a girl personally on stage. Being in the front row I got to see first-hand how he looked into the crowd and tried to make the most eye contact as possible within the crowd. This concert exceeded overall expectations and Mike Posner not only ended with an inspiring quote and closing statement but he came out in a green and white jersey representing Old Westbury.

My closing statement: It was nice to see a packed out audience that stayed from beginning to end, the student body representing their class colors and seeing the whole crowd involved in the show and enjoying themselves. I would like to thank and shout out all the people who were behind this event: a special thank you to SGA, CSLI, media and production, security, campus police, etc. all who were involved that made this event a success. An overwhelming thank you goes to Mike Posner and DJ Spanky who graced our campus with their presence and putting on a high energized show.



# CALENDAR

November						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 Women's Volleyball</b> at New Jersey City University 4:00 PM <b>SGA: Halloween Party</b> SU 202 & 209 5-10PM	<b>2 Women's Soccer</b> vs First Round TBA <b>Men's Soccer</b> vs Quarterfinals TBA
<b>3 Women's Volleyball</b> at Mount Saint Mary College (NY) 12:00 PM  <b>Alpha Phi Alpha: Ice Ball</b> SU MPR B&C 7-9:30PM	<b>4 Nov 4 - Spring 2014</b> registration for seniors on the web  <b>Shekinah Chorale Rehearsal</b> Campus Center Recital Hall 8-10PM	<b>5 Men's Swimming and Diving</b> vs Maritime College 6:00 PM  <b>Women's Swimming and Diving</b> vs Maritime 6:00 PM	<b>6 Women's Soccer</b> vs Semifinal Round TBA  <b>Men's Soccer</b> vs Semifinals TBA	<b>7 PreMedLife: NYIT PA Information Session</b> Nat Sci S100 12-1PM <b>Alpha Phi Alpha: Stroll Show 2013</b> Campus Center Recital Hall 7-10:45PM	<b>8 Alpha Phi Alpha: Informational</b> SU 312 Conf RM A 12-3PM <b>SGA: Programming Committee Meeting</b> SU 319 2-3:30PM	<b>9 Women's Soccer</b> vs Championship TBA  <b>Men's Soccer</b> vs Championship TBA
<b>10 Haitian Student Organization: Balle de Charitie</b> SU MPR ABC 7-9:30PM <b>African Student Association: Pageant Rehearsal</b> Campus Center Recital Hall 8-10PM	<b>11 Office of the Dean: Bullying and Domestic Violence Awareness</b> Campus Center F wing 11:30-1:30PM <b>Delta Sigma Theta: What I Eat, When I Eat</b> SU MPR A 9:13-11PM	<b>12 UNICEF: Thankful Tabling</b> Campus Center F wing 12-1:30PM <b>Women's Swimming and Diving</b> vs St. Joseph's College-L.I. 6:00 PM	<b>13 Poetry Club: Workshops</b> NAB 1109 12-1PM  <b>High Profile: Who Hurt You?</b> SU MPR B&C 9-11PM	<b>14 Alianza Latina: Puerto Rican Heritage Month</b> MPR B 4:40-6:10PM <b>Sigma Iota Alpha: Skin Deep</b> SU MPR B 8-10PM	<b>15 SGA: Freestyle Friday</b> SU MPR ABC 7-10PM <b>Women's Basketball</b> vs Arcadia University 5:30 PM	<b>16 Men's Basketball</b> at Linfield College 7:00 PM  <b>Women's Basketball</b> at TBA TBA
<b>17 Delta Sigma Theta: Give and It Shall Come Back to You</b> SU MPR A 8-10PM  <b>Men's Basketball</b> at Lewis & Clark College 7:00 PM	<b>18 Haitian Student Organization</b> SU MPR ABC 7-9:30PM <b>African Student Association: Pageant Rehearsal</b> Campus Center recital hall 8-10pm <b>Men's Basketball</b> at Lewis & Clark College 7:00 PM	<b>19 Men's Swimming and Diving</b> vs Purchase College 6:00 PM  <b>Women's Swimming and Diving</b> vs Purchase 6:00 PM	<b>20 Anime Magna Video Club Meetings</b> SU 202 12-1PM <b>RHA Budget Hearing</b> SU 312/Conf RM A 12-1PM  <b>Women's Basketball</b> vs The City College of New York 6PM	<b>21 CSLI: GPC Meeting</b> SU 312/Conf RM A 12-1PM <b>Hairitage: Hair (Fashion) Show</b> Maguire Theater 7-11PM <b>Alpha Kappa Alpha: Phantom of the AKA</b> SU MPR C 8-10:30PM	<b>22 SGA Senior Committee Meeting</b> SU 312/Conf RM A 12-2PM <b>SGA: Programming Committee Meeting</b> SU 319 2-3:30PM <b>Men's Basketball</b> at Whitworth College 8:00 PM	<b>23 Men's Basketball</b> vs University of Puget Sound 6:00 PM
<b>24 Delta Sigma Theta: Mr Debonair Rehearsal</b> SU MPR C 6-10pm  <b>African Students Association: Mr &amp; Mrs Africa Pageant</b> Campus Center Recital Hall 8-10PM	<b>25 Sister 2 Sister: Stand Up for Our Brothers</b> Campus Center F Wing 12-1:30PM <b>Shekinah Chorale: Rehearsal / Meeting</b> Campus Center Recital Hall 8-10PM	<b>26 Caribbean Student Association: Taste the Tropics</b> Campus Center Atrium 6-9PM <b>Women's Basketball</b> at College of New Rochelle 7:00 PM	<b>27 BLACKOUT DATE - NO STUDENT CLUB PROGRAMS</b>  <b>Anime Magna Video Club: Meetings</b> SU 202 12-1PM	<b>28 BLACKOUT DATE - NO STUDENT CLUB PROGRAMS</b>	<b>29 BLACKOUT DATE - NO STUDENT CLUB PROGRAMS</b>	<b>30 BLACKOUT DATE - NO STUDENT CLUB PROGRAMS</b>



# Men's Basketball Preview

By Kai Stoll

After last season's success, the men's basketball team will have a new look this year. Labeled a "re-building" year by Coach Bernard Tomlin, the team still expects to perform at the same level as last season. The team captured their first Eastern College Athletic Conference title since 1987 in 2012. This, of course begs the question: How do you match the success of a 25-4 championship season with so many new faces?

"We know that we have to start out with some sound fundamental practices," says Tomlin. "Really get a feel for where this team is at. We're probably going to have anywhere between eleven to twelve new athletes. So, that's going to be a brand new start.

The Panthers are looking to replace their departed seniors; Kerel Mitchell, Rashawn McCarthy, and Darnell Chavis combined for 45 points per game last season. Those 45 points accounted for over half of the 85 points per game that the Panthers averaged as a team. This means the team will be relying on some freshman and transfers to immediately step in and produce. When asked to

evaluate this year's recruiting class, Coach Tomlin remains confident, not wavering from his always positive outlook.

"We had a very solid recruiting year...I think the athletes coming in expect to play at the level that we were at last year. We're all completely aware that we were going to have to start over and build it a brick at a time."

While the task of rebuilding a championship caliber squad may seem daunting, the Panthers will be able to rely on some familiar faces to ease the transition. Being led by senior guard/forward Tyrik Tucker, the lineup will see the return of junior guard Omari Trebuse, junior point guard Nat Vaughan, and sophomore center Max Attah. This should lead a potent Panthers offense, who outscored their opponents by thirteen points per game last season.

The team will be relying heavily on the leadership and do-it-all production of 2012-13 Skyline and ECAC Metro Player of the Year Tyrik Tucker. Tucker was a first team All-Region forward who led the team in scoring (20.1 ppg) and rebounding (8.5 rpg) last season. He was also second on the team in assists (3.6 apg).

"We're expecting him to be a strong

leader for this team," says Tomlin. "A lot of responsibility for him being a senior and having to lead a new group of athletes. We're excited about having him back and the opportunity for him to finish out his senior season strong."

Hitting the reset button isn't the only challenge the Panthers will face this year. Their schedule includes an array of opponents who have recently been scattered in the top 25 rankings of Division III. They open up the season with the Bon Appetite NWC Tip-Off Classic, starting a five game west coast road trip beginning in Portland, OR. After that, they head to Washington for the Whitworth Classic in Spokane. There, they will face historically ranked Lewis and Clark College and Whitworth College.

When they return to the east coast, things won't get any easier. Match-ups against Skyline Conference foes like SUNY Purchase and St. Joseph's, and in-county rival SUNY Farmingdale will be no easy task. On top of that, they travel to Reading, PA to take on Alvernia College, another top 25 team. Despite last season's 17-1 conference record, Coach Tomlin is not taking any match up lightly.

"We respect all our opponents. The league is different because you really

don't know how much the other teams have improved until you get a chance to scout them. Traditionally, [those teams] have always been tough, and year in and year out they always put quality teams on the floor."

What is not expected to change this season is the support of SUNY Old Westbury student fans. Any team thrives off of love from their fans. A wild and crazy Clark Center can go a long way in helping the Panthers take on the challenges that await them this year.

One of the most reassuring notions comes from the unwavering confidence and leadership of Coach Tomlin. The Long Island native has over 25 years of coaching experience, and it shows not only in his brilliant knowledge of the game, but his ability to lead a group of young men to success. Aside from the diversity of the coming season, Tomlin has only one goal in mind.

"Any coach this time of year has a goal of winning their conference championship and going to a national tournament. We've always set our sights on that and we would like to be consistent with that this year."

## Panthers Men's Soccer Lose Regular Season Finale

Two late goals by Old Westbury were not enough to overcome deficit in 9-2 setback to St. Joseph's



Kosi Ikwaizom tied a career high with four shots while scoring and assisting in the season's regular finale

By Harris Rappel

The SUNY College at Old Westbury men's soccer team were handed a 9-2 defeat by the St. Joseph's-L.I. Golden Eagles on Saturday afternoon in Skyline Conference action from Danzi Stadium. The loss moved Old Westbury (9-8-2) to 4-4-1 as conference play concluded while the Golden Eagles (4-12-3) improved to 3-4-1 in conference action.

With the six-team Skyline Conference Championship Tournament getting underway next Saturday (Nov. 2), Old Westbury will be paying close attention to see how things shake out in the final games of the regular season around league play, which will determine if the Panthers return to the tournament for the first time since 2011.

## Panthers Cross Country with Solid Showing at Skyline Conference Championships



Karissa Chiantella and Kyrell Inniss led Old Westbury in the season finale

By Harris Rappel

The SUNY College at Old Westbury men's and women's cross country teams competed at the Skyline Conference Championships on Sunday afternoon, October 27th, at Van Cortlandt Park. The Panthers faced stiff competition throughout the Skyline Conference.

The women's team earned the highest overall team mark between the Old Westbury squads as they finished eighth out of nine teams in the 5K. Karissa Chiantella led the women's program with an overall time of 24:53.75 to finish 49th. Ayana Alleyne finished second among the women's team with a 61st place finish. She also finished under the 26 minute mark with a 25:52.22. Jennifer Jean also had a solid outing as she finished 66th with a time of 26:27.90. Elsa Hiraldo rounded out the scoring for the Panthers in 77th place at 27:48.69. Meagan Petrucci (88th, 31:02.58), Jennifer Siemann (89th, 31:06.18), Sharon Pierre-Louis (92nd,

31:52.04), Cristina Kettell (93rd, 33:35.31) and Hayley McGinn (98th, 37:46.74) finished 5-9 for the Panthers.

St. Joseph's-L.I. captured the team title while Purchase's Katherine Henri won the race in 19:42.26.

On the men's side, Kyrell Inniss was the top performer finishing the 8K race in 56th place at 35:31.20 in the 83-person field. Zach Abatelli also had an impressive showing as he followed closely behind with a 58th place finish in 35:51.20. Paul Valerio was the third Panther to cross the line, turning in a 70th place finish in 38:00.21. Alexander Abanavas rounded out the scoring four with a 74th place finish in 38:53.56 as the Panthers finished 10th overall. Vincent Wright finished fifth for the Panthers in 42:29.28 to claim 78th and Ernesto Thermador crossed the finish line in 48:49.25 to earn 83rd.



# Panthers Women's Volleyball Team Wins One, Loses One

## The Two Matches Were the Final Home Games of the Season



Volleyball seniors with their biggest fans after the win.

By Marilynn Bonilla

Old Westbury women's volleyball team split two games of the Skyline Conference tri-match Saturday the 26th at the Clark Athletic Center, beating Maritime 3-0 and losing to St. Joseph's-L.I. 3-1.

The Panthers (6-16, 2-6 Skyline) pounced on their first opponent, Maritime (2-27, 0-8 Skyline), early, taking a 15-2 lead in the first set thanks to two separate six-point rallies. Firing at a .500 attack completion rate, Old Westbury stormed to a 25-7 victory.

In the second set, Old Westbury jumped out to another early lead, this time winning eight of the first nine points. Despite hitting at only .214 completion, the Panthers fended off the Privateers

again in simple fashion, 25-10.

"Overall, these are talented girls; they are trying their best to put everything together. However, it's a tough conference, many of the teams are really good," said Coach Brian Donaghy.

The team consists of two freshmen, Zoie McKay and Jessica Wagner; three sophomores, Rayn Brown, Allie Giancola, and Samantha P. Williams; and four seniors, Kimberly Catania, Mudeline Derisma, Samantha Howley, and Jocelyn Small.

Coach Donaghy stated that it's been a rough season because they didn't have a pre-season. "We faced tough conference matches that

we didn't have the chance to practice before," he said. "Practice makes perfect, but when we don't have practice, we just have to hope for the best."

Captain Rayn Brown stated that everyone isn't playing their regular position therefore, it's been tough for them. "We have a small team, but we are starting to work together and work with what we have," said Rayn. As captain, Rayn makes sure that everyone stays positive and that everyone plays up to their full potential. "We're starting to get used to our new positions, so I'd hope to gain some wins the rest of the season."

Kimberly Catania is floor captain. Coach Donaghy states that he

can count on her to make decisions on questionable calls. He also believes that she is a really good player.

It is the Donaghy's first year coaching for the team. He was previously a high school volleyball coach. "The only difference for me was learning the ins and outs of the athletic department," said Coach Donaghy.

"Even though it's his first year coaching a college team, he has showed us verbal and emotional encouragement, and he has taught us great skills in playing the game of volleyball," said team member Zoie.

The final game is scheduled for November 3rd at Mount Saint Mary College.