

THE CATALYST

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"IGNITING THE MIND"

FREE

LATE NIGHT PROGRAMMING

By Ashley Fraccalvieri

The Student Government Association (SGA) in conjunction with the Center for Student Leadership and Involvement (CSLI) have been rolling out new events and programs in an effort to get students more involved. More recently, they have provided Late Night Programming (LNP) to students which takes place between the hours of 11 p.m. and 2 a.m.

"[Events] offered during the weekend would be nice, It's very quiet around here," said student Natalia Isio. "[The school needs] different events, or different things to grab peoples attention."

"The Late Night Programming initiative has been successful and we are seeing more students attend the programs and staying on campus on the weekends," said Keri Springett, vice president of programming and operations. "Attendance varies by how much the club advertises their program and if they are making sure to recruit new members and get their club information known around campus."

SGA expects to have well over 1,500 programs, meetings, and events during the fall and spring semesters. They have so many requests for events that they cannot fit them all. "We don't have enough programming space, which is a good problem to have," said Springett.

Many students expressed a problem with security and frustration when trying to invite students who are not from SUNY Old Westbury to their events. Students are also required to present their valid student ID or know their 700 numbers to gain access. "Guests visits need to be different to come to this school, said Stanley, a commuter student who refused to give his last name. "It makes the school look good if they are having successful events."

Each program and activity hosted
(Cont. on page 2.)

**SPORTS
PAGE 11**



Rockefeller Center Christmas Tree. (Story on page four.)

CELL PHONE DISRUPTIONS

By Elie Zamor

Renovations to the skin, glass, and facades of the Campus Center have impacted cell phone service throughout the campus since November 10th and will last for five more weeks.

Cell phone services for the following carriers that are and will continue to be impacted are AT&T, T-Mobile, and Metro PCS. Service for these carriers have been and will continue to be affected from the hours of 7 a.m. to 3:30 p.m. from Mondays to Fridays, but nights and weekends will not be affected. In general SUNY Old Westbury students understand the need for the renovations, but they all expressed how they disliked that disruption with the cell phone service. Students asked if the timing of these renovations could have been better.

Director of Capital Planning Ray Maggiore said, "Renovations were needed to the Campus Center due to the window leaks, door leaks, and wear and tear on the skin of the building; the Campus Center was built in 1972. The renovations consist of composite panels, metal skin, water proofing coding, and durable non-fade paint custom to fit the building, just to name a few."

The renovations to the cell towers which were located in the J tower above the Maguire Theater in the Campus Center and their relocation are scheduled to be done by the start of the 2015 spring semester, but weather may

play a factor with the date of completion. The cell phone service can be turned on and off from the Campus Center, and is done by the workers that are working on the cell tower.

Mr. Maggiore also stated, "As far as the timing goes it was best that the work be done in the winter, towards the winter break. We wanted to do it earlier, but antennas had to be moved from the side of the roof to the top of the building, also cell towers needed to be relocated first, but complications prolonged that from occurring. It started to get bigger and uglier so changes were needed and that had to be done first. Money was saved in doing the renovations this winter instead of waiting until spring, due to the fact the contract that we currently have with the contractors would run out at the start of the spring semester, and to bring them back would come at a cost."

Although at the times cell phone signal is turned off by the workers in order to do their work, service is still available on certain parts of the campus for AT&T, T-Mobile, and Metro PCS customers. Cell phone carriers had options to bring a "cell on wheels" retractable tower which would provide service for the duration of the renovation process so an interruption in service would not take place, it didn't occur, as it was not deemed critical.

STUDENTS SUGGEST CHANGES AT THE COLLEGE

By Marilynn Bonilla

The Student Government Association (SGA) has at least one town hall meeting each semester to raise questions and concerns to the administration about the school. SGA took a different approach this semester. It first held a student forum and then had a follow-up forum with the administration.

SGA executive vice president Cristina Santos said that looking back at previous forums, the administration often did not have a concrete response to students concerns. Therefore, SGA decided to first hold a student forum, after which SGA members contacted specific departments asking them to follow-up with formulated responses.

In the first meeting, one of the biggest concerns was the shuttle bus. Many students suggested having a second shuttle bus running, as the buses do not always arrive on scheduled time. The time-span to wait for the shuttle to arrive again takes too long, and the buses become over-crowded.

Another major concern was the school's food services. A student stated that meal prices continue to increase over the years, however they do not see any improvement in the quality of the food. Another student argued that Nathans is the only food available after 9 p.m., and it is unhealthy.

Resident halls restrictions were also a major concern. Students disagreed on the regulations that residents may not have parties in their rooms; they cannot have outside guests (non-SUNY Old Westbury students) visit; and signing in guests does not allow privacy.

Other concerns included SGA parties restricting outside guests; not providing enough tickets or time to purchase tickets; too much security; classes being filled up too quickly due to not enough professors for certain

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**HOLIDAY
IDEAS,
PAGE 4**

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Late Night Programming

within CSLI or SGA is funded by the students, for the students, via their student activities fee. Part of tuition contributes to pay for these events. "These resources are limited and we have to prioritize and make sure that the funds are being used to accommodate the students first and foremost," stated Springett. "We cannot allow off campus guests to take the seats of students who pay to have these events happen."

"Late night programs are still a relatively new initiative here at SUNY Old Westbury and I have seen substantial growth in success in just one semester. I am very proud of this success because we have great attendance and it gives the students something to do on the weekends during hours of unconventional operation," said Springett. "I am excited for next semester because I think it will be even better. We will continue to pursue weekend late night programs on Fridays and Saturdays from 11 p.m. to 2 a.m."

For more information and to view upcoming events, visit www.oldwestbury.edu/life/csli/calendar

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Are the College's Safety Measures Adequate for All When There is a Fire?

By Ashley Martin

Mary Rom, an eighteen-year-old freshman and sociology major, was in the bathroom on the third floor of the New Academic Building in late September when a fire alarm went off. She was confused and uncertain what to do. With the help of an aide, she took an elevator to the office of Services for Students with Disabilities on the second floor. She stayed there. She was told it was not necessary to go outside, as it was only a drill.

Rom is a wheelchair-bound student and requires some assistance to perform everyday tasks. After the drill, no one contacted her, according to Old Westbury student Galanaelle Georges who helped her as an aide and note taker and accompanied her to all of her classes. Like Rom, Georges was not aware of the safety measures.

After she experienced that confusing, disturbing event, Rom wrote a list of questions for the fire marshal and the university police about safety evacuation precautions. She was able to set up a meeting about three weeks after the fire drill by finally reaching Fire Marshal Douglas Brodmerkel through the university police.

Rom was told that in the event of a fire, while all other students are evacuating by the stairs, she might have to leave the building through the elevator. There is a special key that can operate the elevator, otherwise it automatically stops working. Brodmerkel told her that he would give her a schedule of all the fire drills during the year when he has them set so that she knows what is a drill and what is a real fire is. He took down her phone number in case she's not in classes during a fire and said he would call to see where she is. He was given a copy of her schedule so he could know her location on campus.

It is a standard practice not to

evacuate people in wheelchairs. To ensure the safety of the victim and the person helping, it is best to carry the person out of the wheelchair. For example, the SUNY Oswego Emergency Preparedness Guide states for fire emergencies: "Do not evacuate disabled people in their wheelchairs. This is standard practice to ensure the safety of disabled people and volunteers. Wheelchairs will be evacuated later if possible. (Use a stair chair specifically designed for emergency rescue operations). Always ask someone with a disability how you can help before attempting any rescue technique or giving assistance. Ask how they can best be assisted or moved, and whether there are any special considerations or items that need to come with them."

OW's quick reference guide to emergency response procedures states: "Elevators will not be used for emergency evacuations or practice drills. When classes and activities for the disabled are conducted above the first floor, designated faculty, staff members, and other persons responding to the emergency or practice drill will use the following evacuation procedure: Escort walking disabled from the multi-level evacuation points to designated first level assembly areas outside the building where the alarm is sounded. Escort wheelchair-bound/immobile disabled to pre-determined stairwell landings when the alarm is sounded. The evacuation team will provide assistance to evacuate the disabled individuals from the designated stairwells using proper lifting and carrying techniques."

What happens if the fire marshal doesn't get to Rom in time? Rom was told that university police would also have her information so they would be able to have an officer carry her out, making sure she left the building safely in the

event that it was not a drill.

Rom mentioned that it was difficult for her when she was applying to Old Westbury because there were not that many wheelchair accessibility locations on campus. She wrote the school a letter and stated her struggles with the campus. The administration responded quickly. It resolved all of her problems and stated how concerned the school was about her safety. Rom said, "I feel a lot more comfortable with UP than with the fire marshal because I feel like they are taking more steps to making sure I'm safe."

Brodmerkel, who is also OW's Environmental Health and Safety Officer, is in charge of designing and executing the fire drills on Old Westbury's campus. He hesitated to release information when questioned by *The Catalyst*: "I can't tell you too much because I don't know who you are...but I had a conversation with Ms. Rom and I thought the situation was resolved."

The Director of the Office of Services for Students with Disabilities, Dr. Lisa Whitten, is aware of the issue, stating, "This is a problem." Whitten mentioned that there are a few other students along with Rom and the administration is searching for a better way to accommodate them. She has reached out to university police and together they are working on "designing an emergency plan. We haven't done it yet, but we will."

Whitten believes that the school should purchase "transport chairs." She describes them as "light-weight chairs that make it less difficult to transport these students down the stairs." Whitten notes that the school is preparing to accommodate these students appropriately and are looking into more effective ways to help wheelchair-bound students.

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HUNGERING FOR MORE

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departments; clubs having a limited budget and limited restrictions for their programs and events; and the limited parking space available.

Administration officials who attended the follow-up forum included, Usama Shaikh Assistant Vice President of Student Affairs and Director of Resi-dential Life; Veronica Gerosimo, Director of Commuter Programming and Services; Steven Sienna, Deputy and Chief of University Police; Mildred O'Keefe, Director of Office of Financial Aid; and Andrew Morgan, Dining Director.

In the follow-up forum, Gerosimo responded to the shuttle bus concerns by stating that there are proposals to change the shuttle bus service, however it takes time because changes lead to larger expenses. "Paying for shuttle bus services costs about ninety grand per year," said Gerosimo at the forum. Gerosimo suggested that concerns should be written to the Department of Transportation Services, "Unless it is written on paper, than nothing can be done."

Officer Sienna addressed the concerns of students feeling uncomfortable with cameras in the resident halls, officers being inside the residence halls, and having too much security at events. He stated that the officers try to make sure the community is safe: "It's better to keep small matters small before they become a big matter." He said that the officers work to foster interaction with the students as well, that way the students know who they are and do not feel uncomfortable when police are around.

Vice President of Programming and Operations Keri Springett responded to the concerns raised about SGA parties and events. Springett stated that there are limited tickets because of security reasons and there are only a certain number of people that can fit in a facility. Springett also discussed students feeling uncomfortable with "too much" security during the Late Night Programs (LNP). She stated that the amount of security involves the clubs who host the LNP to properly plan an expected amount of guests, that way a reasonable amount of security is available.

Springett stated that when she met with Provost and Senior Vice President for Academic Affairs Patrick O'Sullivan, he said that he is aware of the problem of classes filling up too quickly.

The SGA executive board is still meeting with the departments to discuss what changes they can make to meet the students' needs.

"A third part to these forums will take place some time in Spring 2015," said Santos, "it will follow-up with the departments, if they are making changes like they said they would."

Overall, Springett lamented the lack of student attendance at the forums. She said that it was not an issue of advertising, as students still do not show up. "We should come together as a school and remain united," she said.

A RUN TO REMEMBER!

By Akeem Hill

Londrelle Hall and Ray Mills, both members of a non-profit organization called Flawed Foundation, ran from Atlanta, Georgia to Ferguson, Missouri. The Run for Justice was 550 miles between the two destinations and took the two young runners three weeks to complete, running at most 35 miles a day. This run was fueled by the heart-wrenching murder of Mike Brown by a police officer on August 9th and Londrelle's natural desire to keep alive the awareness of this unjust incident and to never forget.

Hall and Mills trained the month before embarking on the Run for Justice, completing their run on November 3rd. After reaching the memorial of Mike Brown, Hall overwhelmed with emotion, dropped to his knees and cried. According to Think Progress, running is therapeutic for him. He said: "The Mike Brown incident happened and I had a

reason to run for not just my problems, but the problems of the world. I came to Ray with the idea of running to Ferguson to raise awareness of what's going on here, and he was behind it 100 percent. In our society we get complacent and things come and go, like Trayvon...and Mike Brown, so I wanted to do something that was meaningful and kept an eye on Ferguson."

Londrelle goes further in depth with this experience and how it affected him personally, stating "My experience was putting myself in his shoes the entire way." He said that being at the memorial of Mike Brown was "surreal" and that there is no way to expect how you would feel until you're actually there. It is clear to say that Londrelle has achieved his goal in raising awareness as well as completing his goal of raising money for Mike Brown's family. The goal was to raise \$1 million through a go fund me

account. Hall has raised \$2,362 and has plans to visit more frequently as well.

The amount of ambition, determination, passion and strength that Londrelle Hall put into completing his Run for Justice is not only admirable, but inspirational as well. An act of humility like this should be known worldwide because this story could change one's life in a mental and emotional way. People should look at Londrelle and remember that we all possess the power to act out of kindness. What happened to Mike Brown is something that can happen to myself, or any one of my peers. The country should never forget that Mike Brown was someone's son and parents should never have to bury their children.



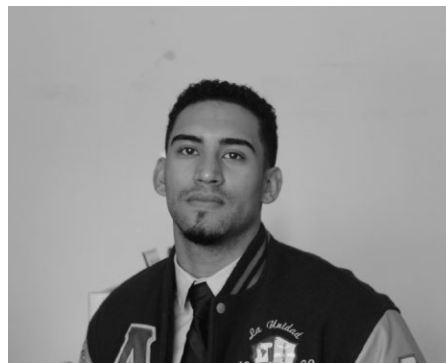
Voice of The People

By Earl D. Thomason Jr.

Several students have opinions, ideas and concerns that they want to express and these are just a few. If you would like your voice to heard please contact *The Catalyst*.



"Not everybody knows about the art gallery. If it had more acknowledgement it could attract more students." - Jarimah Kelliehan



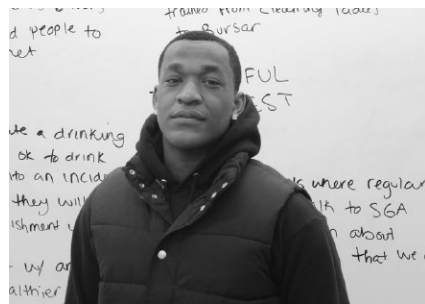
Greeks aren't given enough opportunity. We have high requirements with no budget. - Alex Lendor



"Old Westbury has put me in uncomfortable situations, involvement wise and that has helped me grow as a leader." -Skarly Guerrero



"There is a lack of art on campus. We need more artistic stimulation. Everyone has a creative instinct and if we had more outlets things would be a lot better. - Dwayne Saint



"We need to change the polices. I shouldn't have the same punishments as somebody with an alcohol right up that is under 21." - Jerel Seetrem



Academically we should all have one personal advisor rather than going to any professor in the department. - Jamal Perry-Young



"I've enjoyed my time at Old Westbury. It has a way of building leaders." - Camilla Swasey

A Few Things to do During the Holidays

By Dayna McNeil



Behind the scenes, creating the 2014 Macy's Christmas display

The holidays are right around the corner and so is a break from homework, essays, and finals. Now, how should you celebrate? Here are a few fun things to do during the holidays that should put you in a refreshing mood and get you out of the house.

Seeing the tree at Rockefeller Center, Rockefeller Plaza is a tradition to many NYC lovers and it is looked forward to each year. The tree picked for the holiday is always beautiful, and the lights are absolutely breath taking. This year the tree is 85 feet tall and from Pennsylvania. The tree will be topped with a 9 1/2 Swarovski star and decorated with more than 45,000 LED lights!

Catching NYC's Radio City Music Hall's Radio City Christmas Spectacular starring the Rockettes will be sure to give you the Christmas spirit. The show will be entertaining for any age and will be running until December 31st.

If you've ever wanted to try out ice skating, Bryant Park is the place to try it

out, for free! If you do not have your own skates, rental skates are available and are \$15.00 a pair. Skating lessons are also available for first time skaters.

Taking a trip to see Little Italy's amazing lights should also be on the agenda. Great places to eat and beautiful view with dazzling lights? It's a win, win.

Love shopping? Head into Macy's and also check out Macy's Believe Campaign. If you have younger siblings or family members who would want to write a letter to Santa let them know. Macy's will donate a dollar to the Make-A-Wish foundation, for every letter they receive. Macy's also create wonderful displays to view, when you walk alongside their store. This year, Macy's theme is "The Journey of a Christmas Wish"; the display will follow a young girl's wish list as it travels to Macy's.

Here are just a few things to do to get your holiday started, but as long as you have family and friends surrounding you, your holiday will surely be merry. Happy holidays!

A Christmas Story

By Jaimee Scarallo

You have never really experienced Christmas until you've been to New York City in December.

Walking up the stairs from Penn Station spilling on to Seventh Avenue, I was greeted by Salvation Army Christmas carolers singing and ringing their bells and then a chilly winter kiss from a snowflake on my nose. The sidewalks were thick with fur coats and hats adorning a mass of faceless people dragging their feet through a dusting of snow on the cement. The streets were a glistening wet black contrast to the sparkling white powder next to it. The yellow taxis on the black pavement looked like crazy bumblebees with their white flashing lights and bright colors spilling over buildings.

I took no more than ten steps out of the stairway and I could see Madison Square Garden above me and every Christmas cliché oversized all around me.

There is nothing more festive than snow on the ground, Christmas music in the air, and building-size presents with the windows wrapped in gold red ribbons and bows. I felt like I was in a Honey, I Shrunk the Kids Christmas special. I literally was in a life size snow globe with skyscraper high gifts and snowflakes the length of four windows on the buildings.

It's hard to ever imagine a time when the city isn't so magical and glamorous, but my grandparents remember. The Great Depression was a much less festive time in New York for the holidays. The first tree in Rockefeller Center was decorated with tin cans and scrap paper, and was just a back drop for people lined up in front of it to get their pay checks, God willing, just be able to put food on the table let alone buy gifts. This is a far cry from what I imagine the 2014 tree lighting experience to be, for all I know it will be decorated with the latest gold iPhone and Michael Kors watches.

As I walked several blocks to the Rockefeller Christmas Tree, I passed

designer bag after designer bag, department store after department store, and even saw big white paper iconic Macy's shopping bags. Limos and luxurious cars, the clacking of stiletto heels and fancy party dresses, and I wondered what this world was I stepped into. It's Christmas time and everyone is so caught up with the scenery and atmosphere, they are walking by it, not in it.

As I got closer and closer I could actually hear the crowd from the plaza and see the huge burst of light exploding from the legendary corridor that is Rockefeller Center. Gold angels lining the corridor, giant ornaments the size of my car lit up in a water fountain, and blue snowflakes dramatically flashing to Carol of the Bells.

I turned to my left and there it was, The Tree, sitting atop above the ice skating rink completely swarmed by mobs of people. I stood in the back on the sidewalk just starrng, taking in the picture. I wasn't quite as awe struck by the tree. It was smaller than I imagined or had seen in movies, but the whole picture was breath taking. The tall, strong buildings encasing the plaza full of people, trapping the light to completely illuminate the fortress of The Tree while it still twinkled, protecting and preserving all the holiday spirit and hope in just one cross section of New York City.

Generations of families from grandparents to grandkids were hand in hand, sharing the joy and history together. Dozens of couples were proposing their love for each other and the tradition. Every person there had a face, and it was smiling.

Never in my life have I been more proud to be not only an American, but a New Yorker celebrating an over eighty-year-old tradition, and celebrating love and giving thanks. I had crossed the street and stepped into the heart of Christmas.



Bryant Park Ice Skating Rink

I Believe In Miracles

By Joseph Visentin

I believe in miracles because I feel that my whole life journey so far has truly been one. The year was 1994; I was two years old when I was diagnosed with acute lymphoblastic leukemia (ALL) Leukemia.

The early symptoms I faced were high fevers, bruises along my body, and inability to walk. At first my doctor thought it was just the flu or a virus until the symptoms did not fade after a week. This was when I had been sent to the emergency room, where they ran tests and noticed my hemoglobin was extremely low and my platelets were very high. At the time I was too young to understand what was going on but this had been an extremely scary situation for my parents and family, as their first-born child had now been officially diagnosed with ALL Leukemia. The outcome was unknown. There were assumptions that I could die, or not fully recover, physically and mentally. The only thing that was known was that drastic treatment was needed, and it was needed fast.

My doctor sent my family and me to Schneider's Children's Hospital on Long Island. The doctors used a three-year ALL protocol treatment plan using chemotherapy, methotrexate, and prednisone. The combinations of these anti-cancer drugs are given in three phases, usually over the course of two years. My treatment plan took longer than usual because my cell counts had to rise and reach a certain level before I was able to receive chemotherapy. In order for this to occur, I was placed on steroids such as prednisone. Prednisone helps prevent white blood cells from traveling to areas of the body where they might add to swelling problems. It also helps with the treatment by causing some cancerous white blood cells to commit suicide.

With this steroid came a great deal of side effects like most of the drugs I was taking at the time. The prednisone increased my appetite, which led to a high increase in my weight. In order to receive chemotherapy, I had to be placed on anesthesia, which required me to not eat or drink anything for at least 12 hours before the procedure. This was extremely hard because the steroid I was on had made me always hungry or thirsty. So to keep my mind off of eating and drinking my dad would stay up all night and take me on long walks with me on his shoulders. He would have to do this several times over the course of my treatment. During one of these walks as the sun was beginning to rise, he swears to God, that he saw an angel who told him that "everything was going to be all right," and then vanished in the air. He swears to this day that this angel gave my family and I the strength and faith we needed to overcome this horrible disease.

Throughout this three-year course



of being in the hospital just about every day the doctors, nurses, and social workers were wonderful to my family and me. The doctors and nurses would give me and the other patients toys and stickers to help keep us happy. Social workers were very helpful by providing different Leukemia Cancer Foundation resources for paying the bills, and house cleaning. They provided my family a place to stay at the Ronald McDonald House when I was in the hospital. Once the chemotherapy was over and I was placed on maintenance plan, the Make A Wish Foundation sent my family and me to Disney Land in Florida for a week. They also granted me with a second wish as the years progressed and they sent my family and me to see the Lion King Broadway play in Manhattan by limousine. Overall we were just very fortunate and thankful for all the help that was given.

After my tenth birthday I had fully recovered from ALL Leukemia and was taken off the maintenance plan. I went from being in the hospital almost every day to once a year. It was truly a miracle. But what was even more of a miracle was that I had fully recovered physically and mentally. I was able to walk, run, play sports, and go back to being a normal kid. Besides having a learning disability, where I was just a little slower than the average student in reading and writing, and a scar on my chest, that is all that was left with from this disease.

Once I was cleared all I wanted to do was play sports with the other kids. I loved football, hockey, basketball, and

lacrosse. I also loved skating and just getting outside since I was trapped inside most of my childhood.

At Garden City high school I really took off playing football. I loved everything about the sport and started to take it more seriously. I played linebacker and fullback. The coaches really pushed us as a team. We had tough workout routines, play book and film studying, and intense practices. By the time my senior year came we were unstoppable as a team. We went on to go undefeated the whole regular season only letting our opponents gain three points. We also went on to win the Nassau County Championship and Long Island Championship where I remember having to block a 400-pound lineman the whole game. It was one of the most amazing accomplishments I had ever achieved. Who would have thought from once being told that I may not live or ever be able to walk again, to being able to go on and achieve this?

After graduating high school, I was able to attend college where now I am currently a senior at SUNY Old Westbury. In the spring I plan on graduating with a major in media and communications. This will soon be another amazing accomplishment and truly a miracle that I have achieved in this crazy life journey I have been on. Now all I can do is stay positive, work hard, and see what other miracles are left ahead.

Swedish Apple Pie Recipe

By Joseph Visentin

Need to bring something to the table this holiday season? Here is a very quick and easy recipe that will make you the next big hit during your holiday celebrations. The Swedish Apple Pie; the apples do not have to be peeled and there is no crust to be rolled out. A real hit with all who have tried it! This recipe includes:

- 5-6 medium apples, Jonathan, Cortland, Golden Delicious or combination
- 1 tablespoon of sugar
- 1 tablespoon of cinnamon
- ¾ cup of melted butter
- 1 cup of sugar
- 1 cup of flour
- 1 egg
- ½ cup of chopped nuts
- Pinch of salt
- Sprinkle of vanilla

After you created the batter, next step is to core and slice the apples. After the apples are sliced, you want to fill a 9" or 10" pie plate 2/3 full with apples. Sprinkle on top with a tablespoon each of sugar and cinnamon. Combine the remaining ingredients together. Pour the batter over the apples. Bake at 350 degrees for 45 minutes. This dessert can be served hot or cold. My suggestion is that it is served best hot with a side of vanilla ice cream. Hope this recipe helps cap off your holiday celebrations, enjoy!

Holiday Poem

By Meleika Amos

The storm is raging on outside
 But by the fire there's a warm place to
 hide
 With Cocoa, cookies, and such
 seasonal treats
 Under the mistletoe there's a gift,
 something rare something sweet
 There's chaos but control on this
 snowy white night
 There's magic and wonder in those
 glimmering lights
 Together is all that we hope to be
 To be home for Christmas, picking
 presents beneath the tree
 So Happy Holidays to all, may you
 never be lost but always found
 And no matter what you celebrate may
 love be all around

Eyelash 101

By Ashley Mitchell

The holiday season is here and I am sure you are looking forward to looking glamorous if you are attending any dinners or events!

Here is a simple eyelash 101 that will help those that struggle with lashes or need some extra tips. First things first an eyelash with an invisible band is the best eyelash in my opinion.

If you are wearing eyeliner the invisible band blends in seamlessly with the eyeliner or the color of the eye shadow you will be wearing. The black band on lashes draws too much attention in my opinion and it looks more noticeable that you are wearing lashes rather than the invisible band that looks like it is coming from the root of your lashes.

This is the difference between an invisible band on the left and a bold black band on the right.



Step 1:

You must measure the lashes along your lash line and if the lash is longer than your eyelid you can trim a little bit but be careful not to cut off too much. Cut from the inside of the lash, this is the shorter part of the lash.



Step 2:

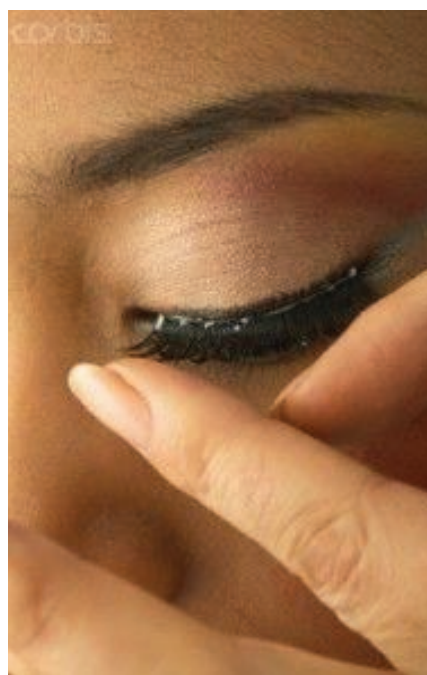
After you cut the lash to size you can now size it up and add lash glue. My favorite lash glue that reduces mess and is latex free is by Duo in a green box it has a brush on applicator and goes on the lash blue; you can immediately apply the lash after a few seconds.



Step 3:

Apply the lash as close to your lash line as possible and let it dry for at least a minute and use mascara to help your lashes blend in with the false lashes and voila, enjoy!

Your lashes should last you all night long or all day if you are wearing them during the day but don't forget to keep your glue handy just in case they detach.



By Ashley Mitchell

For those of you that do not know the history behind MAC cosmetics it is an Estee Lauder brand. Those of you that have been to Macy's have seen this line near the fragrances and the cosmetics.

The founders are Frank Toskan and Frank Angelo and with the help of a chemist by the name of Vic Casale. In 1984 the brand was born and the first store launched in 1991 in New York. MAC was originally for makeup professionals but has since opened its doors for consumers all over the world.

In 1994 the Franks created the MAC AIDS Fund where they make an effort to make a difference in the world for individual's living with HIV/AIDS and 100% of the proceeds from this fund will go toward women, men and children affected by this disease. It is said the idea of VIVA GLAM is to celebrate life and MACs mantra is based on diversity, all ages, sexes, and races.

The first lipstick for the VIVA GLAM campaign was influenced by the infamous drag queen RuPaul which is a beautiful red that represents the color of the AIDS ribbon. This is such a wonderful cause because it fuses two great things a lipstick and or lip gloss and 100% of the proceeds go to a great cause.

There have been a number of celebrities affiliated with the VIVA GLAM campaign, the names range from the first celeb RuPaul to Lil Kim, Mary J Blige, Sir Elton John, Christina Aguilera, Pamela Anderson, Eve, Fergie, Lady Gaga, Nicki Minaj and most recently Rihanna. In 2015 Miley Cyrus will be the next face of the campaign debuting a hot pink lipstick

with a gloss that I am excited for! MAC continues to keep this line fresh and new with the various campaigners and the colors, although these products are not all permanent you are still able to get the 6 original colors with black packaging and red trimmings that will always be available.

The Lipsticks

The first lipstick is a beautiful deep red which I personally own and is my favorite matte red lipstick to date, the second one is a pink beige color that has a hint of shimmer in it, the third color is a brownish plum color that is also matte it has no shine unless you add a gloss, the fourth lipstick is a rosy color with a touch of gold pearl shimmer that has a frosty finish, the fifth lipstick is a neutral pink lipstick with a pearl shimmer as well that has a lustre finish and lastly the sixth color is described as a terracotta plum color with a pearl finish that is a lustre finish as well.

For those of you that do not know what a matte or luster finish is, a luster finish leaves the color shining reflecting off of the light hence the pearl or gold shimmers and a matte finish pronounced like a mat you would step on has a dull finish but mattes look great when it comes to lipstick especially reds!

You can find these lipsticks on MACs website by visiting www.maccosmetics.com these lipsticks and lip glosses retail for \$15 & \$16, Every Day is World AIDS Day at MAC!

Help out by donating to this cause whether it is for yourself or a gift and plus you can never have too many lipsticks!



MAC CONNER EXHIBITION

By Meleika Amos

The exhibit runs to January 19th at the Museum of the City of New York, 1220 Fifth Avenue, Manhattan.



Untitled 1950s.
Gouache, graphite, and colored pencil on illustration board.



During a trip to Manhattan I had decide to venture uptown and visit the Museum of the City of New York. I had been anticipating seeing the Mac Conner exhibit. To finally see the exhibit in its entirety was definitely needed. There were a plethora of ad campaigns, book illustrations and magazine story lines, which made for interesting and humorous stories.

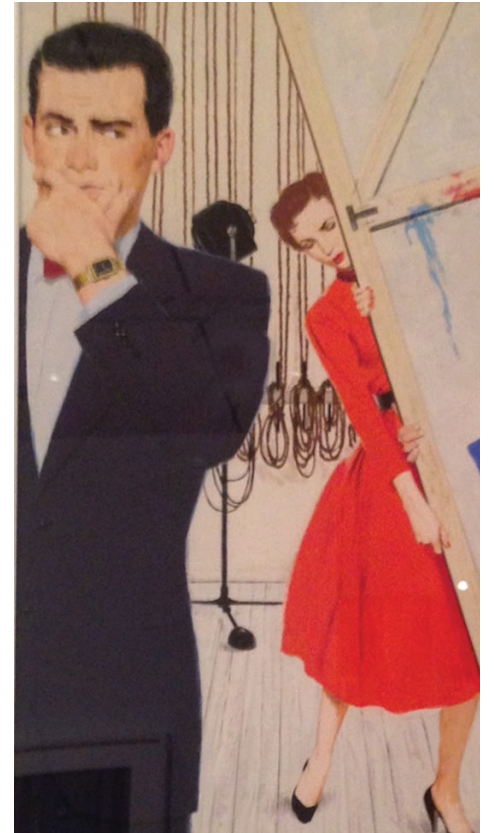
What was interesting was that the artwork was created on the basis of a short story synopsis or a line for an article. I found it fascinating that Conner expanded his imagination to create these complex characters for these temporary scenarios.

I found that though these arts were created in the 1950s, an era where women were still struggling for a voice aside from their husbands and wanted to break away from this "perfect housewife" idea that had previously been displayed by society. I appreciated that Conner stepped outside of that and gave these pieces real life problems making a simple character for an article relatable, and used men in these drawings as pawns, mere decorations. Very rarely at that point in America would you have something that centered around women, expressing their lives.

As he developed as an illustrator so did his works. While walking through the exhibit you can see the difference of aesthetic direction, Conner had also designed book covers such as "Tales From The Crypt" and darker story lines for magazines dealing with jealousy, revenge, and murder. To be able to make such transitions and versatile artistic choices implements how impactful Conner was and how extensive his creativity and willingness to create as opposed to considerably playing it safe by staying in a comfort zone.

You get most out of these illustrations if you read the information on the pieces after you've viewed them. It was rather humorous to view these works and create a story from characters' expressions and colors then read the background which was always something you didn't expect to be commentary.

For more information on the exhibit and the museum visit: <http://www.mcny.org/exhibition/mac-conner-new-york-life>



This Week Magazine July 1953.
Gouache on Illustration Board.
"Michael always felt uncomfortable when he was face to face with Peggy's other love-- the theatre."



"The Girl Who Was Crazy About Jimmy Durante"
Woman's Day, September 1953. Gouache and ink on illustration board.

DR. DEB



Dear Dr. Deb,

I've had this friend for a few years now and he goes to school in a different country. However, distance has never affected our relationship over the years and we see each other back home every summer but, the last time I saw him, something was different. We barely talk anymore and I've tried to bring up the fact that something has changed. He acts like he understands but nothing improves. He's one of my closest friends and I don't want to lose him. What should I do?

Take care,
Denied from a Distance

Dear Denied from a Distance,

I am sorry to hear that your closest male friend is ignoring you. It definitely sounds like something has changed with him. Even though you have tried to talk to him, he clearly does not want to discuss it. If you persist with trying to get answers, this may push him farther away. There may be a number of potential reasons why your male friends is ignoring you such as:

- He is pursuing a relationship with someone else.
- He has something more exciting going on in his life and you are no longer a priority.
- He is confused about his feelings for you and needs time to think.
- He likes you too much and ignores you because he does not want to get hurt.
- He thinks you like him and he does not want to mislead you.
- His expectations of your friendship have changed.
- He has evolved beyond your friendship and has different needs.
- He truly is busy and has other priorities.

Whatever the reason is that he is ignoring you, I think you may want to try to give him space. Then, he may realize how much he misses you and talk to you. If this does not work, then you can try one final plea to let him know how much his friendship means to you and you miss him. If that does not make him come around, then he may not be as good a friend as you thought he was.

Dear Dr. Deb,

My best friend and I have been together in school since elementary school and now she is transferring to another university to follow her dream career. I'm happy for her but I know that now I have to go out of my comfort zone and meet new people and make new friends. This is particularly difficult as a commuter student. Do you have any suggestions where to start?

Thank you,
Socially Stuck

Dear Socially Stuck,

Even though it is difficult to see our friends move on in their lives without us, this could be a great opportunity for you to broaden your social circle and perspective. Making new friends can be intimidating but this is difficult for most people. To ease your anxiety, I recommend that you start by joining a club that holds interest for you. Then you will have some commonality with other peer members and have something to discuss to build new friendships. I also suggest that you take advantage of events on campus such as lectures, workshops and school-sanctioned parties to meet new people. Another good way to make friends is to get to know your peers in your classes. Make sure that you are approachable and friendly. To convey this, be sure to try smiling and being nice to others. Simple gestures as holding a door open for someone or helping someone with their homework can lead to a conversation starter and be the beginning of a new friendship.

Dear Dr. Deb,

There is this group of girls who are friends with my boyfriend. Every time I see them they tend to talk about me amongst themselves. My friends told me that I should leave it alone because they are not being rude to me directly. However, I am completely fed up with this group of girls. What do you think I should do?

Sincerely,
Fed Up

Dear Fed Up,

I am sure that this is a frustrating situation and your first instinct might be to fight but I don't think that this is the solution. First of all, do you really know that this group of girls is talking about you behind your back? Even if they are talking about you, I am not sure why ultimately this matters. Certainly no one wants to be the target of trash talk, especially when it is done surreptitiously. However, as long as this does not affect your relationship with your boyfriend, who is most important, I don't think anything needs to be done about this. This group of girls may be trying to influence your boyfriends and/or tear you down because they are jealous of you and your relationship. If you do something about this, verbally or otherwise, then you are sending the message that what this group of girls is saying about you matters. You also risk a physical altercation which will only lead to trouble. You may find that, by ignoring them, their trash talk will dissipate because they are not getting under your skin. Thus, show them that they do not matter by not focusing on them. Instead, focus on your relationship with your boyfriend as this is what matters.

Was it Good for Her?

By Laura DeMarzo

More often than not, sex is overrated. Now before you scoff in disbelief, at the thought alone that coital bliss can be anything short of amazing—hear me out. Sex isn't so much overrated as it is misrepresented, at least for a portion of females who have whose partners that take their cues from the media.

According to a survey on WebMD, 75% of women state that they cannot have an orgasm from vaginal intercourse alone. However, watch anything from pornography and many box office smashes, you'll witness women reaching acrobatic orgasmic heights from a few rough pumps. Dependent upon your experiences, this is either a fairytale or a nightmare.

The idea that the elusive female orgasm comes from the ability of a male to thrust to the point of "beating up" a vagina is borderline insane, yet notable often in entertainment: in songs, books, and movies. Foreplay and the things that help prepare a woman for sexual activity are usually represented as optional and hardly as prerequisites for intercourse. Sex becomes overrated because of the societal fallacies that have been perpetuated for decades. Not once in my years of dating or growing into womanhood have I witnessed the proper blame being placed on those whacko ideas passed on as anatomical truths in the mainstream media.

According to a *Men's Health Magazine* report on contemporary sex surveys, aside from the feeling of the orgasm (if one was reached), people often mention that the sexiest facet was the feeling that they were desired, or the fact that whatever they were doing was delivering a colossal amount of apparent pleasure to their partner: "A woman takes attendance during sex in many ways, and the strongest signal you can send comes from your mouth. More than 90 percent of women we surveyed said a man's primal panting turns them on."

Now, apart from the moaning and groaning (which can be fabricated) a clear sign of a woman's pleasure is the moisture level down below. Her body will naturally react when turned on. However, sex in movies appears to take this for granted in the same way it's often assumed that if a woman's not aroused by a guy, it's got to be her fault. When did this become a woman's responsibility?

Now here's where all you self-proclaimed champion lovers should take note: A plethora of reasons can be blamed for a lack of wetness in her south side. It might be hormonal, based on where she is in her menstrual cycle. She may be stressed out, or possibly need more foreplay. Or maybe, she's just not that into you, even when you're into her—literally. So, before you go painfully slamming pelvises with a woman, consider asking what feels good to her.

Dr. Deb is an educational psychologist who received her doctorate from UCLA. She can be heard live on Awareness Avenue every Wednesday from 2 to 4 pm on OWWR. She also can be seen on Awareness Avenue every Tuesday at 8:30 pm on Cablevision Channel 115. If you have any questions or issues for Dr. Deb, please send them to awarenessavenue@gmail.com or submit them

Horoscopes for the Month of December

By Dayna McNeil

Aries (Mar. 21 - April 20)

Spend time with friends and relatives. Travel for pleasure. Your fun loving approach will be admired and appreciated by others. Your uncanny insight will help you make the right choices. Talking to those you trust and respect will help you sort out any problems. Your luckiest events this month will occur on a Sunday.

Taurus (Apr. 21 - May 21)

Disputes may start because of a lack of honesty. Colleagues may try to undermine you. You are best not to discuss your personal life with others. Minor health problems will cause setbacks if you haven't taken proper care of yourself. Your luckiest events this month will occur on a Thursday.

Gemini (May 22 - June 21)

Avoid boredom by being creative in your endeavors. Real estate ventures will be to your advantage. You will upset your partner if you have spent money on things that aren't necessary. Your self-esteem will benefit. Friends will be loyal and caring. Your luckiest events this month will occur on a Saturday.

Cancer (June 22 - July 22)

Your partner may blame you for everything. Don't push your luck with your boss. Refuse to get involved in idle chatter; it will only make you look bad. Situations in your personal life are moving a little fast lately. Your luckiest events this month will occur on a Saturday.

Leo (July 23 - Aug 22)

Throw yourself into your work. You're in the mood to do things such as competitive sports, or perhaps a night on the town. Your professional attitude will not go unnoticed. You will be able to enlist the help of colleagues who believe in your ideas. Your luckiest events this month will occur on a Monday.

Virgo (Aug. 23 - Sept. 23)

Take advantage of moneymaking ventures. The locks, stove, gas, or electric wires may not be secure. It might be time to shake a leg and do a personal makeover. Family may not want to get involved but an entrepreneur will. Your luckiest events this month will occur on a Thursday.

Libra (Sept. 24 - Oct. 23)

Your self-esteem will benefit. Friends will be loyal and caring. Your need to obtain additional details will lead you into strange topics of conversation. Channel your energy into projects that will enhance your home. Go with the flow and don't be concerned about your own job. Your luckiest events this month will occur on a Thursday.

Scorpio (Oct. 24 - Nov. 22)

You will find travel and lectures most stimulating. If you put your energy into physical outlets you will avoid confrontations. You may blow situations out of proportion when dealing with the one you love. Don't blow situations out of proportion or you could find that others will misinterpret what really happened. Your luckiest events this month will occur on a Thursday.

Sagittarius (Nov. 23 - Dec. 21)

You may divulge private information without realizing it this month. Don't jump too quickly if someone tries to make you join in on their crusade. You may have more to do with children this month; keep an open mind. You're not your usual self this month. Your luckiest events this month will occur on a Tuesday.

Capricorn (Dec. 22 - Jan. 20)

Your partner may make you feel jealous and unloved. Positive changes regarding your personal status are evident. Tempers may flare if you haven't been completely honest about your intentions or your whereabouts. You are best to deal with those outside your family. Your luckiest events this month will occur on a Saturday.

Aquarius (Jan. 21 - Feb. 19)

Involvement with prestigious organizations will be to your advantage. You can accomplish the most if you travel for business purposes. Lack of cash might be partly to blame for the problems at home. Residential moves will be in your best interest. Your luckiest events this month will occur on a Thursday.

Pisces (Feb. 20 - Mar. 20)

Don't let your emotions take over. Catch up on your reading and correspondence. Involvement in financial schemes will be followed by losses. Don't settle for less than the best. Your luckiest events this month will occur on a Tuesday. From <http://www.astrology-online.com/monthly.htm>



"Astro signs" by Tavmjong

REVIEW



HUNGERING FOR MORE

By Akeem Hill

The Hunger Games Mockingjay, the third installation in *The Hunger Games* series, premiered November 21st in theaters. The movie picks up with Jennifer Lawrence's character Katniss recovering from injuries depicted at the end of the last movie. In this movie, the rebellion is in full effect and now Katniss is an enemy of the Capital and its leader, President Snow.

This movie differs from the last two by not having an actual Hunger Games in it. Instead, the movie's main scenes take place in an underground complex beneath the area of District 13; this is where Katniss, her family, and other

power where other rebels look to her as a leader. I speak for all viewers and fans of the Mockingjay movie when I state that we have waited for the protagonist, Katniss, to step into this position of power and lead the rebellion. What was also seen in this movie was how her costume reflected her new position as the face of the Mockingjay. What was surprising and interesting was the use of technology to communicate and using Katniss as a weapon, but also the Capital using her partner Peeta as their weapon as well. The capital using Peeta to twist Katniss' morality doesn't succeed, but it is entertaining to watch the two friends



refugees of other districts that the capital had destroyed take shelter. In my opinion, it was good to see this platform of resistance underground and a different platform in general. It shows that the Hunger Games continue beyond the dome of where the games usually take place. It also shows being hidden and that survival aspect, but also the willingness to stay and continue fighting.

The movie had also shown the development in leadership of Katniss by her stepping up and agreeing to be the face of Mockingjay, which is the main resistance group. In the past movies there are moments where she displays leadership, for example, teaming up with Rue and protecting her as well as sacrificing herself to save her partner Peeta. Throughout this movie (Mockingjay), Katniss stands in a position of

become rivals. The movie is left at a climatic point where viewers question whether Katniss and Peeta will continue to as a team...or as rivals.

The movie was overall great and I enjoyed watching it. As was stated, it was very different from the previous Hunger Games movies because of the different settings i.e. the underground complex and the Capital. Also, the districts are no longer fighting one another and unifying to go to war with the Capital. The use of Katniss and Peeta as weapons was one of the main ideas, as well as playing on one another's emotions and willingness to do anything for each other. All in all, it is clear in this movie who the enemy is and I'm anxious to see how the next movie unfolds.

December Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Student Health: Stress Less <i>SU MPR B&C</i> <i>12-4pm</i> CSLI: Cultural Café <i>CC Atrium</i> <i>12-1pm</i> SGA: Study Zone <i>SU 20</i> <i>3-6pm</i> SWAG: Business Expo <i>SU MPR B</i> <i>8-10pm</i> ΩΦΒ: Meet the Betas <i>SU 311</i> <i>9-11pm</i>	9	10	11 Make-Up Study Days for Tues/Thurs classes OW Women's Basketball vs. College of New Rochelle <i>Clark Athl. Center</i> <i>6pm</i>	12 Make-Up Study Days for Mon/Wed classes	13
14 OW Women's Basketball vs. College of Saint Elizabeth <i>New Jersey</i> <i>1pm</i>	15 Finals Week Begins	16	17	18	19 Residence Halls Close for Fall Semester	20 Fall 2014 Semester Ends After Last Examination OW Women's Basketball vs. Centenary College <i>Clark Athl. Center</i> <i>12pm</i>
21	22	23	24	25 MERRY CHRISTMAS!	26	27
28	29 Winter Mini-Semester Begins	30	31			

PUZZLES

-Medium-

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	4	7					5	9
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					3	1		7
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							3	
			9					2

-Hard-

5		8				9			
	2								
							3		4
8					9		7		5
		1			2				
	3			7					
		9	5						
7				1		8			
2	5								6

-Medium-

2	1	4	1	2	9	3	6	9	5	8
5	3	9	4	8	2	6	6	7	1	6
8	7	6	1	6	9	3	2	4	2	7
6	2	3	9	4	1	8	7	5	7	6
7	4	1	5	7	3	6	8	4	6	2
4	6	8	7	2	5	1	3	9	3	1
3	8	7	1	4	5	7	9	6	9	3
6	9	5	6	8	2	3	2	8	5	6
9	9	6	9	5	7	3	2	8	1	4
4	1	2	4	1	6	7	9	5	7	3

-Hard-

9	8	1	4	7	6	3	5	2	5	2
6	2	5	8	1	3	9	7	4	7	4
8	7	3	2	2	9	5	6	8	1	8
8	4	2	4	6	7	1	5	3	9	3
5	9	6	5	2	8	1	8	7	1	4
5	2	4	7	1	3	6	3	6	7	1
4	7	1	5	4	1	3	5	4	6	8
3	9	7	2	8	1	3	5	4	6	7
9	1	6	8	7	9	9	3	2	4	6
7	2	6	9	3	4	3	8	3	8	5

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

CANDYCANES
FINALS
NORTHPOLE
PUMPKINPIE
SNOWFLAKE

CHRISTMAS
GIFTS
PARTY
REINDEER
TREE

EGGNOG
GRINCH
PRESENTS
SANTA
WINTER

Panthers Vaughan, Pentz nominated for 2015 Allstate NABC & WBCA Good Works Teams®



By Harris Rappel

SUNY College at Old Westbury senior Nat Vaughan and junior Raven Pentz are two of 251 combined nominees for the 2015 Allstate NABC and WBCA Good Works Teams®, respectively, announced by the National Association of Basketball Coaches (NABC), the Women's Basketball Coaches Association (WBCA) and Allstate Insurance Company Wednesday morning. This prestigious community service award recognizes a distinguished group of student-athletes who have demonstrated a commitment to enriching the lives of others and contributing to the greater good in their communities.

Vaughan, a member of Old Westbury's men's basketball team majoring in Marketing, and Pentz, a member of the women's basketball team majoring in Mathematics Education, have each been active in community service work while at Old Westbury. Both

have participated in SAAC community service events ranging from Toys for Tots and Island Harvest Food Drives, as well as Wheelchair Basketball games.

College sports information directors and basketball coaches across the country nominated players who exhibit exceptional leadership skills and an unwavering commitment to volunteerism. From the 158 NABC nominees and 93 WBCA nominees, distinguished voting panels will select two 10-member teams comprised of five student-athletes from the NCAA® Division I level and five student-athletes from NCAA Divisions II, III and the NAIA. The final roster of 20 award recipients will be unveiled in February.

"The Allstate WBCA Good Works Team® is a prominent award that honors those student-athletes who serve the community," said Danielle Donehew, executive director of the WBCA. "We

celebrate the commitment these 93 nominees have made to their respective communities and we are grateful to Allstate for recognizing these individuals for their exceptional efforts."

Members of the Allstate NABC Good Works Team® will be invited by Allstate, an official corporate partner of the NCAA, to the 2015 NABC Convention and 2015 NCAA Men's Final Four® in Indianapolis, where they will participate in a community project benefitting the host city. Members of the Allstate WBCA Good Works Team® will be recognized during the 2015 WBCA Convention and at the 2015 NCAA Women's Final Four® in Tampa Bay, and will also participate in a local community project. Allstate is an official corporate partner of the NABC, WBCA and NCAA.

Panthers Swimming duels with Purchase in "Battle of the SUNY Panthers"

By Harris Rappel

Old Westbury swimming teams were swept by the Purchase Panthers in Skyline Conference road action on December 2nd at the Purchase College Pool in Purchase, New York. The men were edged 96-89, while the women loss 96-70.

David Stanley, Santino Patrizi, Kareem Bryan and Rashaad Bryan opened the men's meet with a first-place finish in the 200-yard medley relay, combining to touch the wall in 1:56.69. Individual victories were also recorded by Stanley (100-yard backstroke, 1:05.31), Patrizi (100-yard breaststroke, 1:01.66) and Kareem Bryan (50-yard freestyle, 24.73). Patrizi clocked Old Westbury's season-best time in the 100-yard breaststroke. Old Westbury completed the relay sweep with a victory in the 200-yard freestyle event, registering a 1:59.55 finish time by Nikolas Lawrence, Jonah Wegener, Zach Abatelli and Angel Arevalo. On the women's side, Mallory Buzyniski, Jessie O'Hagan, Haley McGinn and Tatianna Pizarro closed out the meet with a first-place finish in the 200-yard freestyle relay race in 2:05.37. O'Hagan (100-yard backstroke, 1:13.70), Jacquin Chiriguayo (500-yard freestyle, 7:49.08) and Melanie Barone (100-yard breaststroke, 1:33.59) each racked up individual victories.

MOUNT SAINT MARY KNIGHTS UP NEXT FOR THE PANTHERS: Old Westbury returns to action on Monday, January 19 against the Mount Saint Mary Knights in a Skyline Conference battle at 3 p.m. from Clark Athletic Center in Old Westbury, New York.



Santino Patrizi recorded Old Westbury's season-best time in the 100-yard breaststroke race.

PANTHERS MEN'S BASKETBALL

By Elie Zamor

The Panthers Men's Basketball team has gotten off to a rocky start, losing the first seven games of their young season. There are numerous new additions to the team, which includes eight new players, six of whom are freshmen. On a team with fourteen players only six are returning from the previous year, this without a doubt will be a work in progress for the team. According to Bernard Tomlin, head coach and assistant director of athletics: "For the six freshmen this is an introduction to college basketball, so baby steps will be taken throughout the course of the season. Chemistry will definitely need to be developed, which means getting familiar with each other. The best way to do that is to play on the road, road games are key to the learning curve for the young players."

November and early December was not a good time for the team, losing games to Union College (69-60), John Jay College of Criminal Justice (76-67), Wagner College (83-49), Alvernia University

(76-59), Brooklyn College (90-80), Yeshiva (81-69), and Purchase 84-65. The team will see if it can rebound when it is scheduled to take on St. John Fisher College (Dec 29), and Utica College (Dec 30).

The Panthers Men's Basketball Team went 15-13 overall and 10-8 in conference play last year, which enabled them to advance to the Semifinal round of the Skyline Conference Championship Tournament before making it to the ECAC Metro Region Championship Tournament. When asked if this year's team can make it to the playoffs, Tomlin stated, "I see this year's team surpassing the 15 win mark of last year, but it depends on the development of the young players. This year's team has the potential of being a playoff team." Tomlin's overall record as a NCAA Men's Basketball Coach is 334-284, and 208-147 as the Panther's Men's Basketball Coach, so he knows a thing or two about winning. One important thing that the Panthers Men's Basketball Team will have to do in this



FRONT ROW (Left to Right): Carlton Johnson, Preston Powell, Jaquan Potter, Nat Vaughan, Omari Trebuse, Cory Alexander, Stephon Odle, Cody Zafran
BACK ROW: Jonathan Gebretensae, Ed Krinsky, Bernard Tomlin, Kaleem Edwards, Justin Mize, Lukens Victor, Mark Gjonlekaj, Dom Bostic, Bradley Eugene, Frank Chester, Steven Jackson, Fitzgerald Desprez

long season they have ahead of them is take it one game at a time. They will have to make sure when the season ends they

find themselves in the six-team Skyline Conference Championship Tournament.

Panthers Women's Basketball trumps St. Joseph's (Brooklyn) on the road, 84-72

By Harris Rappel

Old Westbury women's basketball team took an 84-72 non-conference victory from the St. Joseph's (Brooklyn) Bears on the road Saturday evening in the inaugural game played inside The Hill Center on Frank Carbone Court. With the win, Old Westbury improves to 4-3 on the season, while the Bears dropped to 3-3.

St. Joseph's (Brooklyn) opened its new building with a 2-0 lead off a basket by Samantha Retas just 54 seconds into play. Raven Pentz answered with a three pointer at 18:04 to put Old Westbury up one, 3-2. Moments later, Clarissa Gallagher connected on a triple to break a 14-14 game to put Old Westbury up for good with 12:06 showing on the first-half clock. Nikki Alexander dropped in a layup to cap a 9-0 Panther run at 10:47 for a seven-point lead. The Bears battled back with a 6-0 run from 10:01 to 8:36 before Crystal Barnes dropped in back-to-back layup to give Old Westbury a 25-20 lead with 8:09 remaining. Old Westbury closed out the final 8:36

with a 25-8 run to take a 46-28 lead into the half.

Old Westbury coasted to victory despite being outscored 44-38 in the second half. Old Westbury took a game-high 22-point lead at 15:06 off a made Ruth Vargas free-throw for a 54-32 advantage. Retas banked in a layup with 8:32 remaining to bring the Bears' within 15 points (66-51). Down 20 points with 1:55 showing on the second-half clock, St. Joseph's (Brooklyn) outscored Old Westbury 11-3 over the final 1:44 to fall by 12 points.

Jasmine Robinson paced Old Westbury with 24 points and five steals in 21 minutes of action. Barnes totaled her fourth-straight double-double, racking up 13 points (6-12 FG) and 14 rebounds (career high) to go along with six blocks and three steals. Pentz finished with 14 points, six rebounds, eight assists and four steals while Gallagher added 12 points and three steals. Alexander chipped in with two blocks and four rebounds in 10 minutes off the bench.



Crystal Barnes racked up her fourth-straight double-double

Retas led St. Joseph's (Brooklyn) with 17 points, 16 rebounds and four blocks. Destiny Marino followed with 17 points, 15 rebounds and seven assists while Taylor Raccuglia went for 13 points and three steals.

In the end, Old Westbury connected on 37.7 percent from the field (29-77), 35.7 percent from three-point territory (5-14) and 65.6 percent from the free-throw line (21-32) while St. Joseph's (Brooklyn) knocked down 35.3 percent from the floor (24-68), 13.3 percent from beyond the arc

(2-15) and 61.1 percent from the charity stripe (22-36). St. Joseph's (Brooklyn) won the boards battle, 60-46, and dished out 19 assists, compared to Old Westbury's 18 helpers. Old Westbury held the advantage in blocks (9-7) and steals (17-8).

NEW ROCHELLE BLUE ANGELS UP NEXT FOR THE PANTHERS: Old Westbury returns to the hardwood on Thursday (Dec. 11) for a non-conference battle at home against the New Rochelle Blue Angels at 6 p.m. from Clark Athletic Center.