

THE CATALYST

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“IGNITING THE MIND”

FREE

NUMBER OF GRADUATE STUDENTS INCREASES WHILE TOTAL ENROLLMENT DECREASES

By Dayna McNeil

The number of graduate students attending Old Westbury has risen to 228 this semester from 189 last fall. For the Master of Arts in Liberal Studies, which began this semester, nine students have enrolled. The program’s director Amanda Frisken, associate professor of American Studies, has previously described the class as “creative, dynamic, and highly motivated.”

While the number of graduate students has increased, the number of undergraduate students has not. In the fall of 2014, Old Westbury had 4,315 undergraduate students enrolled, compared to this fall semester of 4,148, a decrease of 167, according to information supplied by Sandra Kaufmann, director of Institutional Research and Assessment.

The total number of students, undergraduate and graduate in 2014 was 4,504. For the 2015 fall semester, there is a total of 4,376 -- a decrease of 128.

Last fall, the college had 458 first time students compared to this fall when there are 378 registered for the first time. Transfer students between 2014 and 2015 dropped only by four from 675 in 2014 to 671 in 2015.

The drop in enrollment may be due to several causes, not the least of which is the economy. “College enrollment numbers tend to be cyclical. A poor economy forces many adult learners into the classroom to retrain or hone their skills, but when it improves, enrollments decrease as they return to the workforce,” noted the website Inside Higher Ed.

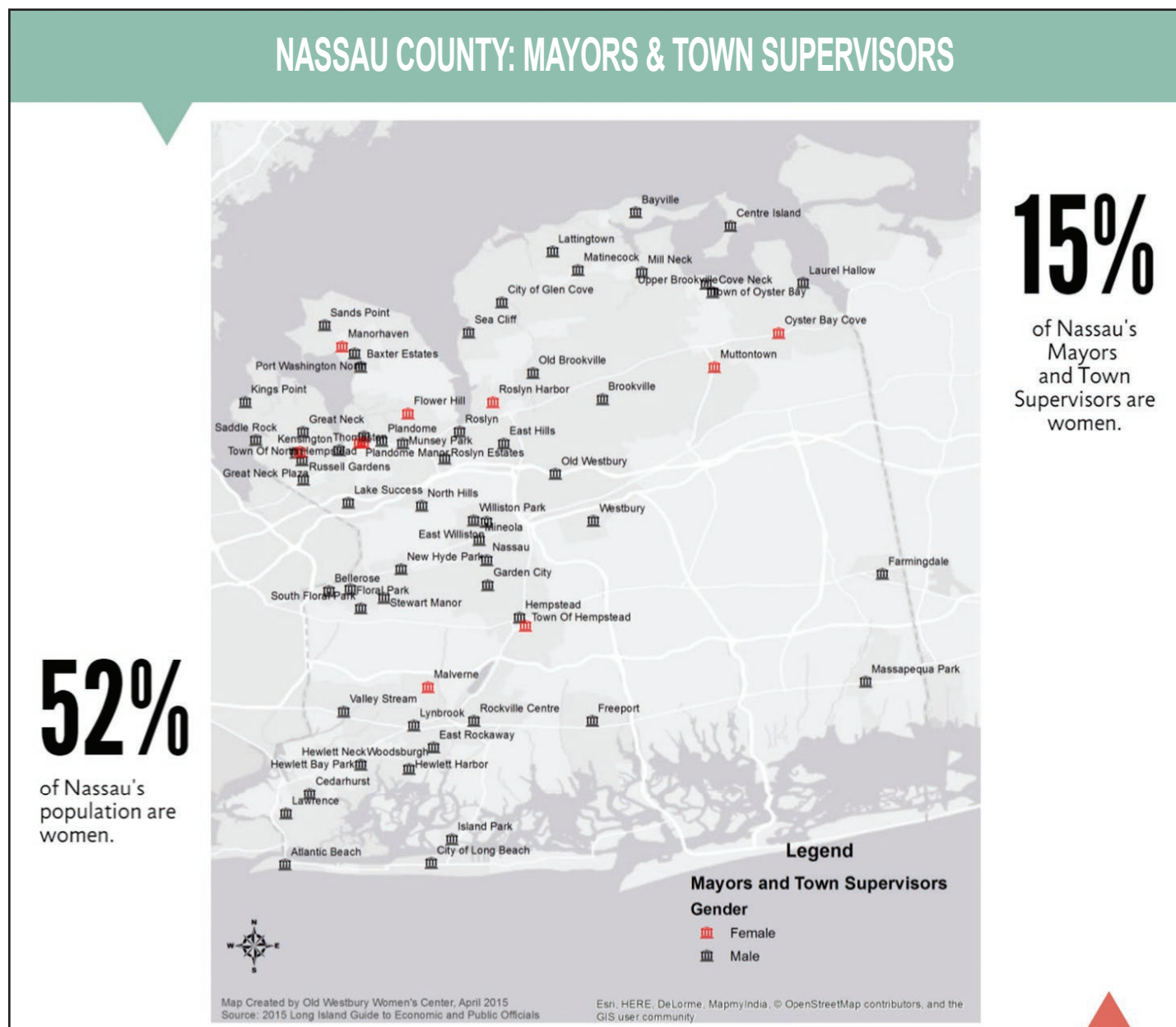
The college is currently in the planning stages for several new degrees in the School of Arts and Sciences, the School of Educa-

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REVIEWS
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NEW REPORT FINDS WOMEN ON LONG ISLAND ARE UNDERREPRESENTED IN ALL STATE AND LOCAL OFFICES

NASSAU COUNTY: MAYORS & TOWN SUPERVISORS



Despite the advances made since the 1980s by the feminist movement, women remain underrepresented in Long Island’s elective offices, according to a groundbreaking new report just completed by SUNY Old Westbury’s

Women’s Center. “Women lead less than fifteen percent of Long Island towns or cities,” according to the study. Similarly, at the state level women are badly represented as “Long Island has no women in the New

York State Senate; state-wide the Senate is only eleven percent women.”

The Assembly is only slightly better “as over twenty percent of Assembly members from Long Island and statewide (Cont. on page 3.)

SKATEBOARD STOLEN: 1ST ROBBERY ON CAMPUS IN 3 YEARS, SAYS CHIEF

By Marilynn Bonilla

A SUNY Old Westbury student was robbed with what “appeared to be a handgun,” at the New Academic Building bus stop on August 28th at approximately 1am, according to Deputy Chief of University Police, Steven Siena.

This case is still under a joint investigation along with Nassau County Third Precinct Police.

According to Chief Siena, the victim reported it to members of Residential Life approxi- (Cont. on page 3.)

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Opinion

Consent is Necessary

By Ryann Riggs

I recently noticed students around campus wearing shirts in support of fighting sexual assault that displayed the message “Consent Is Sexy.” I’m a feminist and strong supporter of laying down the law when it comes to sexual assault and abuse. However, I don’t think that “consent is sexy” is the right way to be approaching the task of educating students about the importance and necessity of sexual consent.

I understand that the phrase is an attempt to be trendy, drawing in more students to acknowledge a serious problem while also being lighthearted, but the fact of the matter is, sexual assault is not lighthearted. We shouldn’t sexualize consent.

By calling consent “sexy,” it takes a serious issue that needs attention and waters it down. I think that there are ways to successfully address this issue in an appealing way that doesn’t deplete the overall message. I have heard the standpoint that “at least it’s getting the message out there.” And while I think it’s great that it’s receiving attention, we need to advocate this in the most accurate and respectful way we can.

So as many others, who have critiqued the use of “consent is sexy,” think about this-- consent isn’t sexy, it’s mandatory, it’s necessary and it needs to be respected!

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are women,” the *Envisioning Women on Long Island: Women in Governance* study found.

Although Rutgers University’s Center for American Women and Politics has been doing research like this for several decades--none focused on Long Island. As best as can be determined, until this report no one has completed such a finely grained analysis--examining the school boards, for example.

The explosive twenty-page document adds that “even at the lowest levels of government, considered stepping stones to higher office, there is no parity between men and women. Women are elected to 45 percent of Long Island school board positions, yet ten percent of Long Island’s school districts have a lone woman representative.” The report notes the irony that though women first gained the right to vote in local school board elections at the end of the nineteenth century, parity still does not exist.

Gender divergence particularly stands out in executive positions. “Few women have ever held a state-wide executive position. Since the state’s founding in 1777, no woman has served as New York State’s governor, attorney general, or comptroller, and there have been only four lieutenant governors,” according to the study.

The report was prepared under the guidance of Cristina Notaro, assistant dean of the School of Arts and Sciences and Carol Quirke, director of Old Westbury’s Women’s Center and Associate Professor of American Studies.

To gather the information, about thirteen Women’s Center interns from various departments in the school collected local, state and federal data on elected officials to create a “snapshot” of women in elective office in the spring of 2015.

One of the interns, Anjana Mathew (PEL, 2016), said: “What got to me the most was the fact that as an average American we always consider a lot of countries inferior to us. But many countries like India, Pakistan, Rwanda have all had heads of states that were women but America is yet to do so.” She added: “We objectify women in our media (music specifically) and we rarely give women a position of power and in a lot of ways I think men feel threatened when a woman is given even a little bit of power. Even though we’ve fought for years about women’s rights the fact that congress has only 20% of

women portrays how America isn’t as equal and advanced as we’d like it to be.”

In the final stage of the project, data visualization interns analyzed the data to create info graphs and maps to visually show the current status of women as political leaders.

Faculty members supervised all stages of the process which took place from February through April this year.

“The reasons for women’s limited participation in governance are complex,” the report concludes, “but when half our population remains largely underrepresented can we claim a representative democracy?”

The Women’s Equality Coalition, a New York state coalition of women’s groups, is pushing for greater representation of women across the state, as is the League of Women Voters, and the Eleanor’s Legacy project.

The Women’s Center at SUNY Old Westbury hopes that *Envisioning Women on Long Island: Women in Governance* will inspire more women to run for office and enhance support for women candidates.

For further information contact:
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(Laura DeMarzo contributed to this article.)

Cont. from page 1

Skateboard Stolen: 1st Robbery on Campus in 3 years, says Chief

mately twelve hours after the incident, which was then immediately reported to University Police. According to the report, three students were walking near the bus stop. One student was using a self-balancing skateboard, known as “IO Hawk.” A vehicle approached them and a suspect from the passenger seat got out of the car demanding the board. It was reported that he pulled out what appeared to be a gun. “The victim surrendered his property, and the suspect reentered the vehicle, which left at a high rate of speed,” stated Chief Siena.

On September 1st, University Police announced the arrest of the driver from the robbery who was a 20 year-old male from Roosevelt, Long Island. He was charged with Robbery in the Second Degree, his court process is still ongoing. Chief Siena stated that the vehicle was also impounded at the time of the arrest. University Police and Nassau County Police are still working to look for the thief.

“This is a very safe campus, out of my three years [being at SUNY Old Westbury], this is my first robbery case,” said Chief Siena.

Chief Siena stated that University Police is working on increasing their visibility and foot-patrol on campus. They are working with facilities and reviewing their policies and procedures to make sure they are exhibiting their practices.

Anyone with information is requested to contact University Police at 876-3333

Cont. from page 1

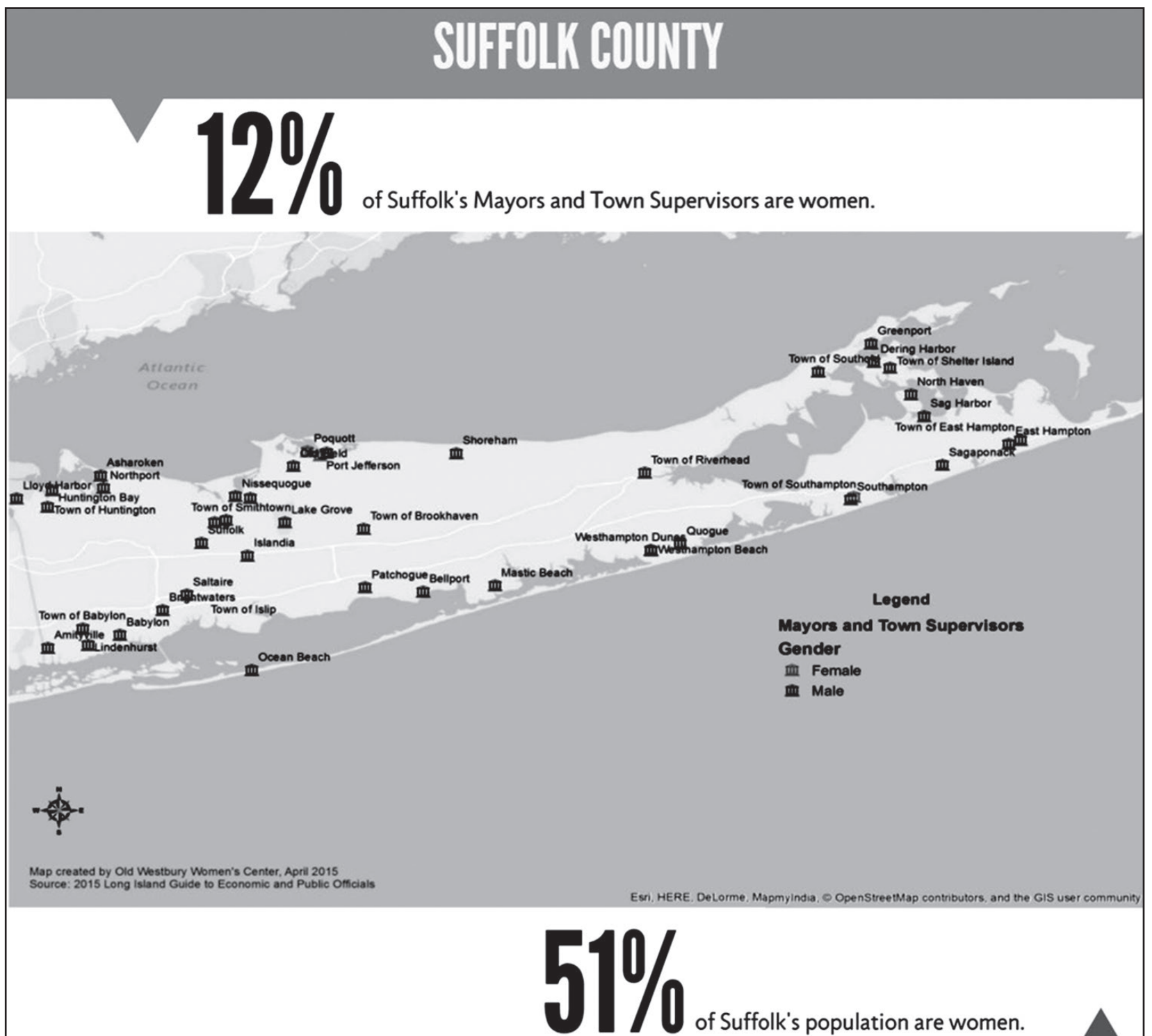
Number of Graduate Students Increases While Total Enrollment Decreases

tion, and the School of Business.

The new Liberal Arts Masters Program takes a creative approach to graduate studies, which focuses on community engagement, cultural sensitivity, analysis, and ethical decision-making as students are able to organize their own course of study. The 30-credit degree program is flexible so that graduates will be able to meet their goals and excel.

The degree is inter-disciplinary in nature, meaning it includes courses from a broad range of departments in the School of Arts and Sciences. Professor Frisken said: “We’re optimistic about the enrollment. There have been many inquiries by email and in person from Old Westbury alumni and people in the community, as well as strong interest from current graduating seniors.” Frisken who worked with a group of SAS faculty, encouraged by the Provost, Dr. Patrick O’Sullivan, began designing the degree in the fall of 2010. Last fall, the State Education Department formally authorized the degree, for an initial start date for this fall.

Altogether the process from the original idea to the entering class will have taken a total of five years.



Opinion

Tennis Court or More Parking?

By Mike Cafarella

Parking has always been a common complaint among students at SUNY Old Westbury. Between the three major parking lots parking is hard to come by. Circling around the parking lots searching for a spot, I and many others have been late to class a number of times.

I now have to leave my house fifteen minutes earlier for my 1p.m. class. I understand knocking down trees and making more parking isn't ideal. However I believe more parking is possible.

In the Student Union parking lot there is a tennis court. This tennis court has been destroyed after storing building materials.. Since we have multiple tennis courts and this one is clearly destroyed, my idea is to transform that tennis court into 30-40 additional parking spaces. It would be attached to the Student Union parking lot and would be an easier walk compared to parking near the old Academic Village.

The picture shown is the current condition of the tennis court. It can never be a tennis court again unless it is fully restored. Wouldn't the campus community want additional parking spots? I think the cost of creating a parking lot would be cheaper than restoring a tennis court.



New Semester, New Food

By Dorian Drummond

In previous years we welcomed Dunkin Dounuts, Starbucks Coffee, and renovations to the cafeteria. But for the 2015 fall semester SUNY Old Westbury brings in Sono and Mondo Subs. Now I know many may wonder what is Sono and Mondo Subs? I know these aren't high brand or commercial brand food companies we are all used to hearing. However they fit in perfectly with the direction the school is taking in our dining experiences.

Sono is located at the Student Union right next to Nathans. Students compare it to *Chipotle* as it brings a whole new Latin flavor feel to our food department. At Sono you can choose between many different foods to eat, and what is even better about Sono, you can choose to put your food in a wrap or a bowl. So whether you want to try a mixture of chicken, Pico de Gallo, cheese, lettuce, and salsa in a wrap or a bowl, you have the power to make your

dish however you want it. Also if you didn't like the dish you made before, you can always go with a different mixture each time you stop by Sono.

Mondo Subs is our new sandwich shop, which is located in the Student Union across from the bookstore. Mondo Subs replaces our last sandwich shop, which did need a new upgrade. At Mondo Subs you can make whatever type of sandwich you like. If you're a BLT type of person, or maybe even a tuna fish sandwich type of student, Mondo Subs provides whatever sandwich or combination you would like to eat. In the past you wasn't able to see what type of meats, or condiments they had behind the counter. Well at Mondo Subs they have all the food out right in front of you, so you are able to tell the chef what you want exactly in your sandwich.

CAMPUS VISITATION POLICY FOR DUMMIES

By Osvaldo Nunez

For the sake of many that lack the luxury of reading campus visitation policy, here is a quick guideline that could help prevent a write-up or two. According to SUNY Old Westbury's *Guide To Campus Living*: "A visitor is defined as any person who does not reside in the hall he or she wishes to visit." What this means is that, even if your friend resides on a hall overlooking yours, they are still considered "guests."

Guests visiting you at your hall

Hosts are responsible for their guests at all times. After 10 p.m., guests who live on campus are able to stay till 2 a.m. and 3 a.m. on Thursdays. Commuters and non-affiliates must leave by 12 a.m. Guests are to sign themselves out by the Desk Attendant or Residential Assistant.

Bringing a guest over for the night

Guests can stay overnight Friday and Saturday nights. As a host, you must get the Overnight Guest Pass from your Residential Director or the Office of Residential Life no later than 3 p.m. on a Friday. No Overnight Guest Passes will be approved for guests of the opposite gender. No Overnight Guest Passes will be approved between Sunday and Thursday. Only one guest allowed per pass. Residents are limited to two per week, six per month.

What about bringing a guest to campus?

Anyone is allowed on campus before 10 p.m. However, a visitor's name will have to be on the Authorized Visitors List or they will have to have a visitor's pass to get on campus after 10 p.m.

Visitors and campus parties

In regards to events and parties, visitors are not subject to the overnight or day visitation process. Instead, as *Guide To Campus Living* puts it, "the presence of such individuals on the campus is governed by the authorization filed pursuant to the regulations on parties and events in the Center for Student Leadership and Involvement (CSLI)."

Final point

It's important to note that your guest is a representation of you and your wallet – so whatever damages they are responsible for will be charged to you. Also, if the guest policy is not followed, a visitor will be considered a trespasser. Violation of guest policies can lead to anything from a heavy infraction to expulsion from residential life.

GUIDE TO CAMPUS LIVING

SUNY COLLEGE AT OLD WESTBURY
OFFICE OF RESIDENTIAL LIFE

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OWWR Keeps Tradition of Volunteering at a Diabetes Research Fundraiser

By Marilyn Bonilla

Joe Manfredi and Old Westbury Web Radio (OWWR) students host an annual Diabetes Research Institute Fundraiser that has raised over \$410,000 for the fourth time in a row.

Gold Coast Concours/Bimmerstock 2015 hosted its seventh annual event on September 20th, presented by *Martino Auto Concepts* and *Exotics 4 Life* to raise awareness and fundraise for the *Diabetes Research Institute (D.R.I.)*, a main funding source of finding a cure for those with diabetes. In the event, 100% of the money raised goes to the institute. The Northeast Regional Director of D.R.I. is Tony Childs, alumni of SUNY Old Westbury.

According to Anthony Childs, Long Island Director of D.R.I., this year's event was one of the largest events they've had and they had raised over \$75,000 that day. "This event shuts down the City of Glen Cove one day a year and it is the largest automobile show in Long Island" stated Joe Manfredi, OWWR Station Manager. *DiabetesResearchInstitute.org* states that this event has raised over \$410,000 for the

organization. During this event 600 exotic cars are lined up and open to the public. The money is made by direct donations and sold T-shirts and raffle tickets. Throughout the event, Manfredi hosts it, by presenting performances and keeping everyone entertained. "If me getting behind a mic is going to encourage someone to make a donation, it gives me a great feeling," said Manfredi.

OWWR was asked to participate four years ago by Nassau County Legislator, Delia DeRiggi, from District 11. Since then, OWWR do live broadcasts online during the show, they announce performances, and operate cameras, which are all run by the students. Eleven students from OWWR dedicated themselves twelve hours on this day, starting at 8am, to run the fundraiser. "Students work in a real industry event where they engage in the community and realize they have the ability to create change," said Manfredi, "from an academic point, it is nice to get to see students making a difference."



Joe Manfredi and OWWR students at last year's fundraiser

New Form of Advertisement for Student Body

By Dayna McNeil

OrcaTV is the new advertising system for SUNY Old Westbury's events on campus. According to its website, OrcaTV's mission is to "drive student success and engagement," as well as, "showcase your events and news on screens across campus by creating and submitting ads to your curated OrcaTV Channel."

OrcaTV was created by college students for their peers and colleges to share

information on campus while making it easy and fun to use. They wanted to create a unique "Campus Life Channel," which is centralized for students and faculty to make information available regarding events and announcements on campus.

SUNY Old Westbury is moving forward digitally. Printing flyers will no longer be necessary or accepted. It will be easier and faster to upload/submit, flyers, videos,

and files, which should be on the portal at least 48 hours before programming, through the college's custom OrcaTV portal.

Social media is also a feature that can be used with the new updated system! Twitter, Instagram, and Facebook accounts, as well as other social media outlets can be used on OrcaTV to spread the word to vote for a club president or to simply share a message to get students

more involved on campus.

Flyers and videos will be shown on 10 monitors around campus, in the Campus Center, NAB, Student Union, etc. Students and faculty are also allowed to view submissions from clubs on their cell phone, tablet, or computer, by visiting SUNY Old Westbury's OrcaTV page at sow.orcatv.com.

New Staffers Look Forward to Working Closely with Students

By Marilynn Bonilla

Three new people have joined the Division of Student Affairs: Gareth “Shui” Shumack, Director of Residential Life; Omar Estrada Torres, Dean of Students; and Stacey DeFelice, the new director of Offices of Services for Students with disabilities.

As a Director of Residential Life, Shumack is responsible for all administration under residential life and overseeing the seven residence halls in the Woodlands Halls and Academic Village. This involves working on budget management, staff recruitment, the residential judicial system, and residential life programming. Shumack also works closely with Resident Assistants (RAs) and Resident Hall Directors (RHDs).

“I follow a personal philosophy that states ‘always leave a place better than you found it,’” said Shumack. “I want students to want to stay at Old Westbury.” He hopes to have housing



Director of Offices of Services for Students with disabilities Stacey DeFelice

for students increase. “In my fantasy world I see more residential housing and reconstruction in the AV,” said Shumack, “but that would be in the long run, I like to dream big.” Since Shumack has been here for three months, he is not making any drastic changes. “I am still learning and adapting to the school.”

Shumack started as an RA in Wagner College in Staten Island. “I took a traditional route in my career,” he said. He started off as an RA then became an RHD after getting his Masters. He previously worked in Adelphi before arriving at SUNY Old Westbury. Shumack stated that compared to Adelphi, SUNY Old Westbury is much more diverse, “that is something that attracted me to Old Westbury.” Shumack is currently working on his Ph.D. in social work that he hopes to finish soon.

“Shui has stepped into his new role as Director of Residential Life with the mindset of change that will not only help residents prosper, but the college as a whole,” said Resident Assistant Barbara Lee Rodriguez, who has worked with Shumack through her job as an RA.

“The best thing about this job is seeing your students grow,” said Shumack. He has an open door policy where he would like students to go for any concerns, advice, or just to talk.

Torres, Dean of Students, works as a student advocate. “I work for students to feel supported throughout their class experiences... and practice responsible citizenship,” said Torres. Torres believes that 90% of students want to graduate and be independent; however, they need to be more than just an educated citizen. Torres wants students to learn to take care of themselves, build a community, and budget wisely,

as they experience their time at Old Westbury.

Like Shumack, Torres was attracted to the diversity of the college. “There is a large population of African American and Latinos compared to other schools, and that is something that not only attracted me, but sought out as a personal experience,” said Torres.

A goal that Torres has is that he would like to recruit more students to attend SUNY Old Westbury. Torres sees the characteristics and personality among the SUNY Old Westbury students, and he believes that those students can work to attract others as they “sell the Old Westbury experience,” he said. “I want to continue to lend a hand for students’ voice to be more prominent.”

Torres, who was raised in Brooklyn, received public schooling throughout his life. He attended SUNY Albany where he was an RA. Torres has been an active student throughout his schooling as he worked with others, which is what inspired him to work with students today. “While I worked in Albany [as a Student Act Advisor] for eighteen months, I spent sixteen hours a day on campus... I wanted to wake up every morning and go to work,” said Torres. He also worked as an Associate Dean for six years at Catholic University in Washington D.C. He helped students with mental health challenges become adjusted.

“Dean Torres has brought a lot of positive energy to the Division of Student Affairs. I feel that he inspires others around him to push forward and do great things, he is also a positive role model,” said Resident Assistant Richard Golder, “He is a great addition to the SUNY Old Westbury community.”

DeFelice previously served as the



Dean of Students Omar Estrada Torres

director of the MORE Program at Five Towns College in Dix Hill before becoming director of OSSD. She has affirmed her commitment to providing a supportive and academically challenging environment for all undergraduate and graduate students with disabilities who attend the college. The college does not have a specially designed program for students with disabilities, but instead offers an array of support services and accommodations that are coordinated by the OSSD.

In all efforts, the college and the OSSD work to provide students with disabilities a learning and community environment that affords them full participation, equal access, and reasonable accommodation of their disabilities. Students are encouraged to visit the OSSD office to meet the staff and learn more about the services available.

REVIEW

Ars Continuum: Amelie A. Wallace Gallery 1978 to the Present

An exhibition curated in honor of

SUNY Old Westbury’s 50th Anniversary

Through October 15th, 12-5 p.m.

By Ryann Riggs

The exhibition displays the work of a total of twenty-one artists, such as, Monika Bravo, Jodie Lyn-Kee – Chow, and Pasha Radetzki. From Dread Scott’s raw photography series titled “Ghetto” (1993), to Barbara Andrus’ untitled hanging sculpture, and the unique performance video by Inmi Lee titled “Inflection, Cadence, Rhythm, Pain,” the

exhibition is comprised of a variety of mediums, all striking and unique with powerful concepts.

In particular, two works by Adrian McDonald, caught my eye. Positioned side by side, their geometric compositions, colorful patterns and striking lines draw you in to their complex patterns. Another favorite was the message

conveyed through a wall installation by John Day titled “Blowdown.” Mounted on the wall, surrounded by branches and “forest debris” was a small screen that looped an audible video revealing damage in nature preservatives on Long Island due to storms. Also on display is a collection of past exhibition flyers as well as letters and program announcements

from past exhibitions dating back to 1978, commemorating the college’s anniversary and celebrating the success of the gallery over the years. *The Amelie A. Wallace Gallery* never fails to curate thoughtful and thought provoking exhibitions of talented artists. The hours are Monday through Thursday 12pm through 5pm.

SUNY Old Westbury 50th Anniversary Committee presents the

Authors Series Presentations

Conference Room 1100
New Academic Building
SUNY Old Westbury

Monday, October 5, 2015 . 1:00-2:30 pm
Pearls of Persia: The Philosophical Poetry of Nasir-i Khusraw
Dr. Alice C. Hunsberger
Department of History and Philosophy


Tuesday, October 13, 2015 . 5:30-7:00 pm
The Healer: A Doctor's Crusade Against Addiction and AIDS
Dr. John Friedman
Department of American Studies

Monday, October 26, 2015 . 3:50-5:20 pm
The Underground Railroad on Long Island Friends in Freedom
Dr. Kathleen Velsor
School of Education

Tuesday, November 3, 2015 . 11:20-12:50 pm
Can't Touch This: Memoir of a Disillusioned Music Executive
Dr. Wayne Edwards
Vice President for Student Affairs

Wednesday, November 11, 2015 . 2:40-3:45 pm
The Nature of Science: Incorporating Historical, Philosophical, and Sociological Perspectives
Dr. Fernando Espinoza
Department of Chemistry and Physics & School of Education

Wednesday, November 18, 2015 . 11:20-12:50 pm
La quête infinie de l'autre rive (The Never ending Quest of the Other Bank)
Dr. Sylvie Kande
Department of History and Philosophy



SUNY College at Old Westbury - P.O. Box 210, Old Westbury, NY 11568-0210

Contact person Dr. Zenaida Madurka at madurkaz@oldwestbury.edu



OLD WESTBURY WEB RADIO SCHEDULE



SUNDAY

9 AM-12 PM, What's The Score, M. Loades, C. Kirschschbaum, K. Cerella
12-1PM, EB Sports, E. Berbari
1-3 PM, Everything Alternative, J. Hanigan
3-6 PM, The Diva Report, A. Browne

MONDAY

11 AM-12 PM, The Other World, L. Blackstone
2-4 PM, Kenneth's Electric House Party, K. Scott
5-6 PM, 3 O's RADIO, M. Gallopini
6-6:10 PM, OWWR NEWS
7-9 PM, Fire on the Mountain Radio, S. Kietz

TUESDAY

9-10 AM, Christian Rap, K. Lopez
4-6 PM, Fishnets & Leather, DJ Jessie Russo
6-6:10 PM, OWWR NEWS
7-9 PM, Less is More, D. Appleton

WEDNESDAY

11 AM-12 PM, The Scott Report, C. Scott
12-2 PM, Grind Time Mix, R. Lawrence
4-6 PM, The Curtain Call, J. Richter
6-6:10 PM, OWWR NEWS
7-10 PM, Kool Kidz Radio, C. Ortiz

THURSDAY

12-1 PM, The Enlightenment Hour, S. Cairns
2:30-3 PM, Long Island Wins
6-6:10, OWWR NEWS
6:10-8 PM, Fashion Forward Pulse, C. Scott
8-10 PM, Class Act Radio, D. Bien-Aime

FRIDAY

9 AM-11 AM, Talk That Talk, S. Johnson
11 AM-1 PM, Sweet Beatz, DJ Sandra Dee
1-4 PM, St. James Infirmary, Michael "The Molar" Maven
4-5 PM, In The Know, OWWR News Division
6-6:10 PM, OWWR NEWS
6:10-8 PM, Push To Start, T. Patterson
8-10 PM, Punk It UP, V. Stewart

SATURDAY

10 AM-12 PM, Alternative Avenue, P. Arriaga
12-2 PM, Pangea, C. Harris
2-4 PM, Choice Cuts, G. Carlton
4-6 PM, Con Todo, L. Gadeas



OWWRNY.ORG
516.876.7502

UniverSOUL Sounds

By Laura DeMarzo

To commemorate the one-year anniversary of their mixtape *Soulfrito*, hip-hop duo Ol'Souls released a vlog, providing insight to some of the most personal aspects of the inventive project and of course, some humor. The first episode of the series, entitled "The Good 'Ol Days," touches upon their experiences with poverty and the desire to spark a legitimate social movement, with music serving as the conduit.

If this happens to be your introduction to Raw (who does the rapping) and Tayo (who does the harmonizing), *Soulfrito* is a must listen, with a sort of equable vibe continuous throughout the entire mixtape. Though both artists have had their share of living below the poverty line (acknowledged on "Broke Nikka") with emcee Raw's mother supporting their family on a McDonald's minimum wage and Tayo being homeless, the twosome display their sense of humor on "Yerba," as they offer a catchy spanglish hook that references language barriers and Selena's classic "Bidi Bidi Bom Bom."

Another immediate stand out, is the funky "Closure", where 'Ol Souls sound like Bruno Mars on that muddy water and confidently croon "He won't be your last, I can guarantee/ so take my hand and follow

me/ Don't wanna be your man, I wanna set your free/ I'll be your closure, if you let me take control."

They offer no hot local dance to emulate, no ascending, theatrical beats and above all no confines of a hardcore image to uphold. Between their records and the newly released vlog, one of the most impressive aspects of the team is the freedom they exhibit from not having to posture. For the entirety of *Soulfrito*, they provide dope rhymes and melodic hooks over feel good, mellowed instrumentals. Raw also demonstrates that he knows a simple beat allows him impressive cadence switches and the ability to ride the music in different ways.

With music and ideas being so easily accessible, coming up with a formula to resonate in the game and appeal to the



Photo: Kindred Souls, Tayo (left) and Raw

Photo credit: The Source

masses—while doing your own thing and maintaining an ingenious sound for the sake differentiation—is a rare thing to possess. Having this formula and being able to execute it, is damn near impossible. Ol' Souls appear to have accomplished this feat so, take a moment to celebrate their mixtape anniversary and be sure to check out their Soundcloud for more and of course, the vlog at [YouTube.com/Olsouls](https://www.youtube.com/Olsouls)

New Threads for Hip-Hop Heads

By Laura DeMarzo

Consider the frenzy surrounding Fab's Bel Air Prep & Polk High jerseys, the resurrection of plastered baby hairs at 90's themed parties and the flattops and half-moon parts seen on today's youth; the consensus has always been clear: people love a good throwback. The Essence clothing line quenches that thirst for the good ole' days and distinct from the resurgence of cuts in eyebrows, is a welcomed wave of nostalgia.

The Essence is the brainchild of Johnathan Goldberg that taps into a hip-hop head's pastime for seeing who can acknowledge the most obscure cultural references. The brilliance of what Goldberg has accomplished is being able to know that a rare coveted pair of kicks is parallel to a deep rooted reference, via song title, lyric, album cover or title in the world of hip-hop whose elements (breaking, emceeing, graffiti, DJing) all intertwine.

Taking a queue from the 10 Deep camp, the line draws inspiration from antiquated athletic gear like jackets and jerseys, but unlike many of these other lines, many of the "team names" come directly from the music. The polished offerings feature items like letterman's of athletes that didn't necessarily show excellence in sports but, most certainly performed lyrical acrobatics throughout the history of hip-hop. Avoiding the obvious route of slapping a posse name on the back of a flight jacket, we get logos like "Shaolin Chessboxin'" and



Goldberg pays homage to Smif N' Wessun's classic album Dah Shinin' on this bold letterman.

"Marauders Award Tour" rather than Wu-Tang Clan or A Tribe Called Quest, respectfully. This stylishly adds the feeling of exclusivity for the fan turned consumer.

This collection seamlessly combines streetwear with vintage styliza-

tion and most refreshingly, a new twist on an old favorite just in time for back to school that unlike those aforementioned brows slits, promises not to have people looking up and accusing you of "tryna wild out".

Martian is Out of this World

By Julia Sorto

When the astronauts of Ares 3 blast off from planet Mars, they do so with heavy hearts as they leave behind one crew member. A severe dust storm suddenly forces Ares 3 to abandon their mission and leave Mars. The storm winds and debris detaches a satellite which hits astronaut and botanist Mark Watney (Matt Damon) separating him from the team. The Ares 3 captain Melissa Lewis (Jessica Chastain) tries to go after Watney but their monitors inform them all that his vitals go dark. She is forced to go back and help the rest of the crew get off the planet safely.

Ridley Scott's new film, *The Martian*, follows a NASA astronaut Matt Watney after he is left behind presumed dead, finding a way to survive. Watney wakes up half buried in red dirt with no space ship in sight. He starts to work, planning to wait out his stay on Mars until NASA's next mission which arrives in three years. Alone on the big red planet, he encounters obstacle after obstacle, the first of which is where he is going to get food and water from once he runs out of supplies. His quick thinking and the urge for survival helps him deal with the problems at hand.

Throughout the film there is feeling looming of almost certain death but Matt Watney never gives up hope and has you rooting for him while being afraid for him, yet still laughing with him. The film is shown in 3-D and is very visually appealing containing long stunning shots of Earth, Mars and space, making you feel like you are right there with Watney.



Feel the Bern!

By Steven Abreu

Do you feel as if though our elected officials aren't representing you and the rest of the Working Class? Have you ever wondered why we elect politicians who just turn around and pass legislation that benefits the profit margin of multinational corporations on the backs of Americans? If you said, "Yes," well, there are several reasons for that. One of which has to do with lobbying, which is a fancy way of saying: "corporations pay politicians to pass specific laws" and this has been happening for decades. This results in politicians passing laws even if they violate the Constitution or cost us taxpayers money to subsidize these wealthy corporations.

To top it off, a recent Supreme Court ruling on "Citizens United [don't let the name fool you] v. Federal Election Commission" has deemed that corporations are people too and that financial contributions are protected by the First Amendment as "Free Speech," therefore, allowing politicians to accept lucrative sums of money from faceless, multinational corporations and billionaire CEOs. Corporations are now able to legally line politician's wallets before they even make it into office, by forming groups known as Political Action Committees or "Super PACs." So, it's clear who these politicians will be working for after these corporations have invested lucrative sums of wealth into their campaigns.

Thankfully, there is one candidate running who is refusing Super PACs and has disregarded corporate lobbying throughout his thirty-five years as a politician--fighting it all along the way. His name? i Bernie Sanders.

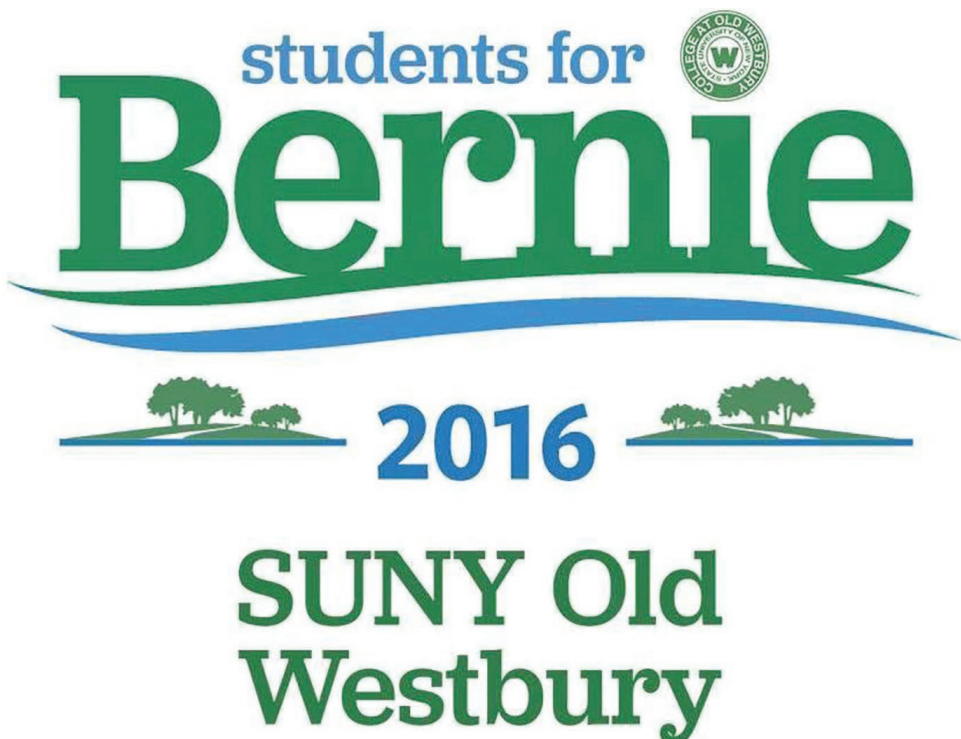
Sanders, an Independent Senator from Vermont, is running as a Democratic Candidate for President of the United States as the only candidate who has adamantly refused corporate donations, accepting only small, indi-

vidual contributions from the American people and their respective labor unions. Despite this, he managed to raise over \$15 million in his first two months of running, and over \$28 million within the past three months from over 650,000 individuals with an average contribution of just \$30 from working class people like you and me.

When politicians are accepting large sums of wealth from corporations, they end up representing corporate interests instead of the people they are supposed to represent. When a politician refuses corporate donations and lobbying, they are in a better position to best represent their constituents.

Sanders has proven his integrity and overall genuine character throughout his years as a politician, voting consistently in favor of his constituents and taking on the real issues that plague working class families, such as racial, gender, and income inequality, stagnant wages, corporate welfare, rising tuition costs as well as student loan interest rates and debts, outsourcing of jobs (thanks to Free Trade Agreements) and much more.

These are just a few reasons why I support Bernie Sanders for president and have taken the initiative to start a grassroots campaign on campus known as "SUNY Old Westbury For Bernie Sanders." We have our table set up in the Atrium every Tuesday and Thursday during Common Hour where we tell people about Bernie, register voters, sign up volunteers and sometimes give away some Bernie swag! We will also be hosting a Debate Watch Party in Multi-Purpose Room C in the Student Union for the first Democratic Presidential Debate **Tuesday, October 13th which meets at 8p.m.**, The debate airs at 9 p.m. on CNN. Any questions: Facebook.com/SUNYOWforSanders e-mail: SUNYOW4Sanders@gmail.com. Feel the Bern!!



Beauty Behind The Madness

By Samuel Blanco

"I'll be different, I think I'll be different I hope I'm not different," Sings Abel Tesayefe on "Rolling Stone" from his 2011 Thursday mixtape, anticipating his own inevitable rise to fame, apologizing to his



core fans for any potential differences the fame may have on his music. Following up his underrated album Kiss Land from 2012 and long string of features including Wiz Khalifas "Remember You", and Ty Dolla Sign's "Or Nah Remix," his curious experimentation of the mainstream finally lead to his success as a pop star on the Ariana Grande feature "Love Me Harder." His mainstream success was further solidified when he was commissioned to create the haunting song to one of the year's biggest movies, *50 Shades of Grey*, which resulted in the number one song "Earned it," conveniently included on his album.

No longer hiding behind album covers and videos full of American Apparel-esque girls, the singer known better as The Weeknd, finally exposes his mysterious persona which initially made him popular, and fully embraced the spotlight. This sudden shift in MO had many fans worried in anticipation of *Beauty Behind The Madness*, and although he is no longer shrouded behind a veil of weed smoke, and 2 am darkness, Abel continues to prove he has not completely immersed himself in the spotlight continues to remain R&Bs reigning Sith Lord.

The Weeknd seems fully self aware and in-tune with the critics as he addresses them on the first three songs of the album. He speaks on his persona as an artist, his rise to fame, and public rumors. For those who are just entering the the past-midnight realm that The Weeknd so comfortably resides in, "Real Life" serves as his warning as he states *"Tell 'em this boy wasn't made for lovin' Tell 'em this heart doesn't stay to one."* This heartless Abel is the one his *Trilogy* fans have come to admire as well as respect, and he furthers this theme on the next track. On the high school drop out anthem "Losers", he justifies dropping out because *"How can you show me, what my heart already knows?"*, teaching himself how to find his own success, as well as offering us his most valuable lesson, *"Stupid is next to I love you."* The Kanye West produced, jazzy yet mellow "Tell Your Friends" sounds like a beat you would expect

Yeezus himself to jump on if he had produced this back for *Late Registration*. This song is openly directed to the public—fans and critics alike, where he himself states he is the same guy *"Singing 'bout, poppin pills, f**** b*tches, living life so trill."*

This is followed by a told-you-so moment as the next two songs: the sexually explicit "Often" and the shrieking-ly haunting "The Hills" are reminiscent of his 2011 Thursday mixtape. "Acquainted" and "As You Are" are personal favorites as they are both blueprint Weeknd songs. Both songs find Abel treading between love and avoidance, each one including a transition similar to "Loft Music" or "Glass Table Girls." "Acquainted" devolves into an empty, echoing outro concluding with The Weeknd addressing a chunk of his fan base and alluding to his only kryptonite, *"I got them wanting to embrace their sins, these girls born in the 90's are dangerous."*

"Shameless" is the could-be sleeper hit of this album, although it has not yet been released as a single. The string based track, which includes an explosive guitar solo halfway through, has the most potential to become the next hit off this album, as it settles on the charts.

The popular, cocaine double entendre, "Can't Feel My Face", finds the Weeknd channeling his inner King of Pop, as does "In The Night" which sounds like a 2015's version of Michael Jackson's "Billie Jean." The albums two mainstream features are not included until the last three songs on the album, which helps to show The Weeknd is able to carry a full album on his own—not needing pop star names, despite this being his most pop album to date.

The Ed Sheeren assisted "Dark Times" is the weakest link on the album, followed by the highly anticipated "Prisoner" featuring the femme fatale version of The Weeknd: Lana Del Rey. This match made in the dark corners of fame, is exactly what one would expect from both artists. A duet which finds both artists singing in a regretful, self-loathing tone, not unlike Abel's 2011 "Hollywood or Las Vegas.". Had The Weeknd ended his album on this song, it would have felt as if the listener had just finished one of his original mixtapes, but as stated it's title, this album is about finding the beauty behind the dark as opposed to embracing his insanity. "Angel" perfectly sums this up, as Abel powerfully sings over a rock style beat urging his acquaintance to *"find somebody to love."* With *Beauty Behind the Madness*, The Weeknd finds a middle ground between his past and potential future. Although this album is a departure from *Trilogy* material, as some fans feared, he is still the same mysterious, under-the-influence singer, but instead of singing from a dark hotel loft in Toronto, he is telling his story from on top of the world, trying to embrace it and make sense of his new found stardom and as he states on his final album cut *"Only time will tell, If were meant for this."*

The Ugly Truth about the Shuttle Bus

By Brianna Desir

The shuttle bus has a new schedule. The shuttle bus is supposed to be a reliable form of transportation for people who need to travel anywhere between campus and the Hicksville Long Island Rail Road station.

In the mornings this is a way for commuters who don't have cars to get to school on time for classes. Basically the shuttle bus is a necessity for students who don't have the means to get to campus on their own. To residents the shuttle bus is considered a luxury, it is something that they don't need to use. But to commuters the shuttle bus is very much needed.

It's not surprising that the shuttle bus has a horrible reputation. It is known for never being on time, often over crowded, an absolutely horrible experience. In the simple words of one commuter the schedule is basically "Garbage, Terrible, Disgusting, Trash."

The new schedule does not accommodate the needs of the commuters, unlike last year the bus schedule does not coincide with the train schedule so commuters are stuck taking early trains so they can catch the shuttle. "Now commuters have to wake up extra early...the

changes in the schedules don't even make sense. I have to get a ride to school so I can make it to my first class," said Matiar, a commuter who can't make the 7:35 shuttle to get to her 8:00am class. Instead of coming every hour as it used to there are only three buses in the morning: 7:35, 9:10, and 10:55.

In the mornings there will be a large group of students waiting for the small bus. Someone please tell me how will all of us fit in the small shuttle bus, which is often compared to a train cart? Although it is completely understandable that the drivers have to get into the rhythm of things especially at the start of a new school year, we aren't asking for much. With the amount of money we spend on tuition shouldn't we at least get a good ride to school?

In the afternoon the school uses a minivan of sorts which has been considered "cool and rather low key" but also "rapey" like the vans my mom always warned me about growing up. Then finally after 3:45 the schedule returns to normal being only a few minutes off from the schedule last year.

In order to get to the bottom of the



situation I decided to try to reach out to the office of transportation but in the words of an angered commuter, "Isn't it funny how there's an office of transportation on campus but no one knows where it's at." She was right, the Office of Transportation has a number, Facebook page, even a website but none of them state exactly where the office is. So we are unable to hear their side on exactly what is going on with the shuttle buses. Therefore to make it easier for them to hear our voices I collected complaints from stu-

dents about the bus and its schedule:

"It was way better last year and I think it should run every 30 minutes instead of every hour." Monique L.

I have become fed up with the irregular schedule in which it runs. For instance, one afternoon I was unfortunate enough to have wait an entire hour in the blazing sun because of this lackluster service. My frustration with the shuttle bus continued, so much so, I now rely on private transportation." Jabari C.

"It doesn't align with the trains so in the night you'll have to wait 30 minutes for the train. It's supposed to come at a designated time but it's always late. So there's a small bus and a big bus why use the small bus at night when there are so many people going home at that time." D'Andre

"I don't like it. It makes lives difficult for students especially when they have the tendency to continuously be late and the bus schedule doesn't blend well with the horrible new schedule that was forced upon on us." Alita

Hopefully our voices will be heard but if not Oyster and Yellow Cab offer specials for parties of four or more.

Interview with a NYFW Intern

By Brianna Desir



Tiffany Brown, a student at Long Island University, Brooklyn was given the opportunity to work at New York Fashion Week. She gives a behind the scenes look at what really happens during New York Fashion Week. She tells what it's like to intern for a fashion magazine during fashion week.

Tell me a little about yourself. Who are you? Who do you work for? Most importantly how did you land a job at Fashion Week?

I'm Tiffany Brown a Student at LIU Brooklyn, I intern for Sofia Davis who is Chief Editor of Fashion Avenue News Magazine. My boss got in contact with a few producers who needed extra help for their shows and we were more than willing to help. I worked for Floss Magazine on Friday 9/11. Kenya Smith, Owner of Motor Sports on 9/13 and on 9/14-9/15 I did ICU which is a branding company that helps with any event."

What do you do at each show?

It depends on what the producers want my coworkers and I to do. For Floss Magazine and Kenya Smith I was backstage helping the models get dressed. While I was doing ICU I was helping with the flipping of the room because there were three shows in one day on both days. Oh I also helped with checking guests in as well as seating.

Wow that sounds really busy, so what exactly is a typical day for you during fashion week?

In the beginning, like when you first arrive you just have to help with setting up. Whether it's with the runway room or helping the designers prepare the clothes. However once the show starts its chaos, but when it's over it kind of just hits you that you just played a part in NYFW. It's sort of an OMG moment every time I work a show.

When you started your internship did you ever think one day you would be working NYFW? What was your immediate reaction when you found out?

I actually thought about it but I never thought she would give us that opportunity. Fashion Week is huge and we never actually do big time fashion shows. I was so excited and surprised I had an internship that gave us the hands on experience in the industry we love. Instead of just giving us a desk and saying "Intern, File these papers" she says "Hey, we got a fashion show this day or a photoshoot that day". She definitely gives us what we need.

That sounds pretty cool, makes me want an internship now. So tell me what was the craziest thing you encountered during NYFW?

The craziest thing for me was at Kenya Smith's show. I was helping the model get dressed and I was like "Okay you need to take your pants off" and he got really excited and was like "OKAY!" It may not seem crazy to some people but to me it was because I never really had a model do that.

That sounds awkward, I'm so sorry. Do you have any advice for any one with hopes of working NYFW in the spring?

It's okay I laughed with him but it was kind of weird on the inside I was like 'Whoa! I'm on the clock'. My advice for people trying to work NYFW in the spring is to prepare yourself. Do not get offensive when a designer, producer, or even a model decides to get snippy. They are in show mode and they need things to go perfectly. Also if you get assigned to dressing the models know whose garment belong to who and you have to be fast when changing them.

That sounds tough. It had to have paid off, did you meet any celebrities? Go to any parties?

It's really hard but once it is over you feel like you have accomplished something great. The parties were fun. Yesterday after ICU's final fashion show of the day they had an after party, Margeaux from Love and Hip Hop Atlanta was there. Margeaux was very nice, she took pictures and talked with everyone who approached her. Some clothes from her line were shown at the show and she sung "Start a War" at the after party.

Sounds really fun. Before you go can you tell us what trends to expect for spring 2016?

Well based on what I saw prints are in. The clothes were very colorful and full of prints. The clothes expressed individuality.

So prints are in?

Yes. Prints, bright colors, dark colors, and abstracts. Think Individuality.

DR. DEB



Dear Dr. Deb,

My boyfriend and I trust each other but I know that he is flirting with other women. Every once in a while, is it okay for me to check his phone and activity on social media to find out what he is doing?

Sincerely,
Secretively Snooping

Dear Secretively Snooping,

Though you may think that the primary issue is the fact that your boyfriend is flirting with other women, the bigger issue is that you do not trust him. I am not saying that it is all right for your boyfriend to flirt with other women. However, is it possible that this is who he was when you met him, a flirtatious, attention-seeking, potentially charming guy? If this is true, then his flirtatious nature may not have anything to do with you personally. This may be just who he is. Furthermore, to think that he would change because he is in a relationship with you is not realistic. If he wants to change this behavior, then he will change but, to expect him to do this because you want him to, most likely will not work or at least not for very long. On the other hand, if his flirtations are a new behavior, it may mean that he is not getting what he needs from you and he is seeking attention and positive reinforcement elsewhere. Regardless of why he is being flirtatious with other women, you have choices about how you deal with this behavior. In a calm moment, you can ask him about this and tell him how you feel. You also can work on trusting him even if he is flirtatious with other women. However, given that you are not respectful of his privacy by spying on him, your choice seems clear. You do not trust him and, without trust, it is difficult if not impossible to build a healthy relationship.

Dear Dr. Deb,

I have been having a difficult time at school lately. I guess all the work and the peer pressure are becoming pretty overwhelming. I often even question whether or not I should take a semester off. I then tell myself that I can get through this. How should I deal with this?

Thank you,
Stressed Out

Dear Stressed Out,

It is common and understandable to feel stressed out in college. College can be a very challenging time. As a college student, you are expected to be responsible for yourself, from getting to class on time, doing your own laundry and determining your daily priorities. You also are expected to manage your classes, studies and social activities. Between the academic and social pressures of college, this can be overwhelming for even the most organized and responsible student. Deciding whether to take a semester off should not be done so lightly. This requires careful consideration and introspection. Before you decide whether to take a semester off, I recommend that you implement some of these coping strategies to help you manage your stress:

- Go to sleep each night at a consistently reasonable hour so you will feel clear-headed, refreshed and ready to focus in class and to study
- Eat healthy, well-balanced meals packed with fruits, vegetables, whole grains and protein. Eating junk food can make you feel sluggish, tired and even depressed.
- Schedule a half hour each day to exercise, whether it is going to the gym or taking a walk with a friend
- Set aside some quiet, private time away from roommates, friends and technological distractions, including cell phones. Some peace and quiet can help you feel more calm and relaxed.
- Take a break from studying by getting involved in extracurricular activities as well as getting together with friends and enjoying your social life
- Plan a trip off-campus to explore your surroundings

Most importantly, if you feel overwhelmed and need help, the Student Counseling Center offers free, confidential, therapeutic services. To make an appointment, you can visit the lower level of the Student Union between 9 am and 5 pm or call 516-876-3053.

Dear Dr. Deb,

I am interested in someone who is extremely nice and a gentleman. However, he is a freshman and I am a sophomore. I have always preferred guys who are older than me. Do you think that our age difference should matter in terms of a relationship?

Take care,
Older and Wiser

Dear Older and Wiser,

I do not think the age difference should matter as long as you share a connection and some commonality together. The age difference does not preclude you from having a happy, healthy, equal relationship. If you are concerned about the appearance of you dating a freshman, ignore the naysayers. What matters is what is going on inside of the relationship not what it appears to others on the outside.

Dr. Deb is an educational psychologist who received her doctorate from UCLA. She can be seen on Awareness Avenue every Wednesday at 9 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 to The Catalyst office. All questions that appear in this column are from actual students at SUNY College at Old Westbury.

The Truth Beneath the Tree

By Brianna Desir



It's not okay to change the pronouns into he
Because I love the way it feels when her lips touch mine
It feels like we're lost in time

And I love it when she says my name
It's the rhythmic chiming of church bells

And I couldn't imagine if she was a he
Because I love her curly long brown hair

And the girly way she dresses up
And how even the way she speaks sounds girly
Like sunflowers, daffodils, freshly picked red roses

Her voice is temptation
She is the snake that tempted Eve

See Eve was like me
Except she felt like she had to fit everyone's expectation
But the snake was a she

A vixen

Who refused to pretend that she was a he
Who embraced her in all of her female glory

From her mind all the way to her womanhood
She loved a woman the way women were supposed to be loved
And she did it without having to change she into he

Or her into him
Because his smile

Isn't as perfect as
The way her rosy lips curled upwards.

Saving the Ta-Tas, One Shower at a Time

By Laura DeMarzo

As many of you know, October is National Breast Cancer Awareness Month and as a continuing effort to keep our mothers, sisters, friends, loved ones and ourselves safe, The Catalyst turned to NationalBreastCancer.org for an easy way to self-exam. Monthly examinations are an imperative part of heightening a cancer survival rate, as early detection is key. According to Johns Hopkins Medical center, "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important." Self-examinations should be done once a month and are relatively simple. Per the National Breast Cancer site, there are three easy locations in which one should execute their breast examination and they are during things you'd find yourself doing anyway, like showering or laying down:

1. In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

2. In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

3. Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers.



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October Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13 Business Club: Primerica Investor Info NAB 1115 @ 2:30-350pm ΑΣΥ : Spanish, Hispanic, Latino...Know the Difference SU 311 @ 8-10pm ΑΥΑ : Career Fair SU MPR A @ 8-10pm	14 ΜΣΥ: Breast Cancer Bake Sale CC F-Wing @12-6pm ASA: Movie Night SU MPRA @9-11pm	15 ΑΦΑ: Wild'n Out CC Recital Hall @7:30-10pm	16 SGA: LNP Clark Center @11pm-2am	17 SGA: LNP MPR ABC @11pm-2am
18 World Changers: Bible Study CC Recital Hall @7-8:30pm ΩΦΒ: Betas Recycle Woodlands Residence Halls	19 Shekinah Chorale: Know Your Boobies CC F-Wing @2:30-3:30pm ΩΦΒ: Not A Wife Beater SU 311 @8-11PM ΑΦΑ: APE Visions SU 209 @8-10pm	20	21 ΖΦΒ: Save the Boobies CC Atrium @2:30-4pm	22 ΣΙΑ:Kama Sutra SU MPR C @8:30-11pm ΖΦΒ: Empire State of Mind SU MPR A @8:30-10pm	23 SGA: LNP SU MPR ABC @11pm-2am	24 SGA: LNP SU MPR ABC @11pm-2am
25 World Changers: Bible Study CC Recital Hall @7-8:30pm	26 Alianza Latina: 4 th Annual Sabor Latino SU MPR B @8-10:30pm	27 ΜΣΥ: Halloween Bake Sale CC F-Wing @12-6pm	28 ΜΣΥ: Halloween Bake Sale CC F-Wing @12-6pm ΔΣΘ: Halloween Fundraiser CC F-Wing @2:30-3:30pm Men In Progress: Are You A Real Man? SU MPR B @8-10pm ΑΥΑ: Truth Hurts SU MPR C @8-10pm ΚΑΨ: Zodiak SU 312 @ 9-11pm ASA: Are You Afraid of the Dark? SU MPR A @9-10:30pm	29 Career Plan & Dev: Gearing Up for Grad School SU 312 @ 2:30-3:30pm ΔΣΘ: Halloween Fundraiser CC F-Wing @2:30-3:30pm	30 SGA: LNP SU MPR ABC @11pm-2am	31 SGA: LNP SU MPR ABC @11pm-2am

PUZZLES

Medium

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	6		2	4		5	
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			8			1	4

Medium

Hard

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Hard

October

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

AWARENESS
CANDY
DOWN
HERITAGE
SYNDROME

BREAST
DOMESTIC
HALLOWEEN
LATINO
VIOLENCE

CANCER
DONATE
HARVEST
PUMPKIN
WALK

Horoscopes for the Month of May

Compiled by Dayna McNeil



Aries
Mar. 21 - April 20

Now the focus shifts on people and relationships, ranging from personal to platonic to just professional. You will realize that to help you achieve success your people skills need to be honed. You will need to be sharp-witted and alert in order to identify potential (or even actual) threats to your welfare/progress. It may not happen but it is good to be prepared. In spite of all this, this month brings you caring and sharing, that is, fine companionship, close ties with loved ones and an overall feeling of both togetherness and contentment. The emphasis is on "us" rather than "me". This may be an especially busy time for people who consult or work with clients one-on-one.



Cancer
June 22 - July 22

House or office may require renovation, refurbishing or expansion. Perhaps even a shift for either the office home factory/workplace. You want working conditions that satisfy you in every way, physically, technically and in the prevailing atmosphere and will take pains to achieve just that. You may also decide to invest in labor-saving devices/ gadgets to streamline your efficiency both at home and in the office. At the same time, there is a desire to retrace your roots and origins, to go back in time. This is a time to do what you can to build trust in your family life and a strong foundation within yourself, so that regardless of what you meet in the outside world over the next months, you have a secure place to return to.



Libra
Sept. 23 - Oct. 22

It might be a good time to make a thorough scrutiny of the real you, an honest assessment of your face, figure, health and assets and seek to implement a make-over where necessary. The truly intimate and personal you, needs to be examined minutely and where there is room for improvement, positive action be taken. You'll need to establish good working relationships with colleagues, subordinates and bosses as well. It's NOT a time to challenge the system! Stress and neglect both need to be guarded against too. A time for introspective self-assessment with a degree of honesty and objectivity. That way lies contentment, success, happiness - any or all of them, and it will come from your own changed attitude.



Capricorn
Dec. 22 - Jan. 20

Recognition, rewards, greater power and prestige, even your assets, property, belongings are enhanced greatly. The time is being truly generous, and you deserve it. Your vision is practical right now, and you want to see tangible results for your efforts. More contact with authority figures is likely during this period. Recognition is likely to come your way whether you ask for it or not, and the responsibility that comes right along with it! Do what you feel is right, keeping in mind that you are at your most visible during this month in the year.



Taurus
Apr. 21 - May 21

You may be making changes in your job/profession, in your relationships with colleagues and co-workers, health and diet. There may be some mental strain, or perhaps financial difficulties, particularly relating to held-up payments that are still pending, salaries, servants, health and employee benefits or perhaps a bad debt and/or a check. Willingness to help and serve will pay dividends, both materially and in terms of a "feel-good" factor. Don't expect gratitude and appreciation - just go ahead and do whatever needs to be done. This phase presents an opportunity to get rid of what doesn't work in your life, while also discovering what does. You could seek distinction and strive towards perfection in your work. Efficiency should be your goal now.



Leo
July 23 - Aug 22

You still need to learn to relate better with others, but now it's more on the intimate and personal level - the exchange of ideas, innermost thoughts, personal beliefs rather than the emotions. Family ties, linkages of loving and caring now become sharing. Vital correspondence and contacts must not be neglected, or the necessary inputs, data and information for work-related projects, plans or activities. No carelessness of any kind to be made if you want to achieve your goals. You are more curious and alert than usual, and you could be quite busy with errands, paperwork, phone calls, and light socializing. Much energy is expended in understanding and adapting to your immediate environment. Siblings, neighbors, close relatives, friends, and co-workers may play a more important role than usual in your life.



Scorpio
Oct. 23 - Nov. 21

You will have a sense of awareness of your own limitations this month, leading up to your birthday phase, be they physical, emotional or even financial, as well as a sense of being confined and restricted. There could be some rivalry, hard feelings generated that could trigger off either of these reactions. NOT a time to go overboard, in terms of self-pity, to see troubles where none exist, or attempt to solve the world's problems. It might be a good idea to maintain a low profile and be less vocal. A time to make special efforts to get along with others - both professionally and personally. Changes initiated now may prove beneficial in the long run, both materially and otherwise.



Aquarius
Jan. 21 - Feb. 19

Long-distance and foreign connections, exchange and trade will be favored. You'll travel a fair amount and may strike up a chance acquaintance who shares your views, ideals and ideas. Also, you deal with a kind of weariness, even disillusionment, that sets in. A month of exaltation, true spirituality, intellectual and moral growth - a truly cosmic gift comes to you. The preceding month had lots of highs and lows for you to reckon with. This month reorients you to your lasting values, and greater idealism is the result, in conjunction with heightened consciousness and conscience, that come hand in hand with true and sincere spirituality and faith.



Gemini
May 22 - June 21

This is a very playful period of the year, when you are inspired creatively and emotionally. After a period of self-protectiveness, you are now more spontaneous and more willing to take risks. A rich, fruitful and happy phase comes to you and you're enjoying it. The spice of life is there for you in the variety of interests, activities, and feelings that you are bound to experience this month. Don't fly too high or too far - risky moves, rashness, over-confidence that nothing can go wrong or just foolhardy behavior. Some danger or possible mishap may be lurking. Risk-taking, speculation must be avoided. Also rashness in an affair of the heart which might leave you hurt and scattered, if not shattered.



Virgo
Aug. 23 - Sept. 22

A time when you will truly need to "walk the talk", stand by your beliefs and convictions. You will have a lot on your plate and most of it will pertain to money - both for immediate needs and future gains. Financial matters become important or at least the main focus, but good moves have to be thought out. Property and possessions, rentals, funds, investments, and even cash transactions. There may be profits or income from property, land and real estate. Don't try for fast cash or the quick buck. That doesn't last and can give you a sense of false security. In fact, you might just be barking up the wrong tree in terms of career or personal gains through sheer pride or ego. Back your own judgment, but do so with caution and restraint. You know instinctively what works best for you. Just go ahead sensibly, keeping your own counsel as far as possible.



Sagittarius
Nov. 22 - Dec. 21

Widening the vistas of your very existence is what this month makes you do. You still extend warmth and friendship, as well as cooperation at work. All the trends - which started last month will now gain momentum, focus and direction. You reach out to people in a rare show of warmth, connubial bliss and friendship. This is a rather happy, goal-oriented month. A lively agenda is promised, you're attracting quite a bit of interest, and your energy for making contact with others is high. This is a time to follow your dreams and ideals, and to plant a seed in the form of a wish for the future.



Pisces
Feb. 20 - Mar. 20

Once again, you'll have to focus your attention on money matters (legacies, trusts, loans or fund-raising) even though there may still be some health problems nagging at you. Pending matters may come to an end; there could be a death, a legacy causing you sorrow and joy/relief at the same time. Clearing out psychic "junk" or ridding yourself of bad habits may be part of the picture now. You are more willing than usual to explore life's secrets. This is an especially introspective month during which you have the chance to truly uncover your personal strengths and talents.

From <http://www.ask-oracle.com/horoscope/monthly/>

NEW YORK METS EARN FIRST POSTSEASON BIRTH SINCE 2006

By Robert Mantesta

Carlos Beltran looking at a called third strike is what New York Mets fans think of when they talk about the last time the Mets were in the post-season. Some may even talk about the amazing catch by Left Fielder Endy Chavez going to waste in that same series against the St. Louis Cardinals. This year didn't start out as planned when expected ace Zach Wheeler injured himself in spring training requiring the prolific Tommy John Surgery.

Mets fans saw expected closer Jenrry Mejia suspended two different times adding up to a whole season for performance enhancing drugs.

When you talk to a Mets fan nowadays, its all positive and all about the pitching staff or Yoenis Cespedes.

The year started with a 3-1 win in Washington. That eventually escalated a week later when the Mets went on an 11 game winning streak. The win streak however, happened without Captain David Wright who would end up missing almost two-thirds of the season.

The Season went on as any Mets season has The Mets were in the playoff picture at the All-Star break. The only thing different happened to be that this year felt more like a team and front office willing to do anything to become the best it can be. Acquired in the offseason, outfielder Michael Cuddyer came to the ball club as a respected hitter who has had a productive career with multiple teams his latest last year leading the National League in hitting with the Colorado Rockies.

Cuddyer has had problems in the past with injuries as seen this year but was able to produce in times he played. His leadership added a whole dimension to this team and young players.

Although the Mets seemed to be having a good year and playing better baseball than previous seasons, they were still missing a key ingredient. This ingredient came

PANTHERS MEN'S SOCCER WINS 1-0 OVERTIME THRILLER AT PURCHASE

By Harris Rappel

Adilson Reyes scored the first goal of his career as the SUNY Old Westbury men's soccer team captured a 1-0 Skyline Conference overtime victory Saturday afternoon on the road against the Purchase Panthers. Old Westbury (4-7-0) has now won four games in a row and sits at 4-1-0 in conference play while sending Purchase (4-10-0) to 3-3-0 in the standings.

Following a Purchase foul with just 2:09 remaining in the first overtime period, Reyes squared up a penalty kick that landed past a diving Estaban Aguilar for the game-winning goal. Prior to the

game's lone goal, Purchase attempted three corner kicks and took one shot on goal during the extra frame. Purchase's lone shot was saved by Peter Sicardi for his 200th career save at the 96:33 mark.

Old Westbury's Dominick Guidice had a chance at the game-winning goal with seven seconds left in the second half, but Aguilar turned away the attempt to force the extra stanza.

Old Westbury finished with the edge in shots (17-15) and shots on target (8-6) while Purchase held a 9-4 advantage in corner kicks.

Guidice led all players with five shots,

including three on target. Tana Weekes, Jorge Rodriguez and Seaton Cole followed with two shots apiece.

Sicardi (4-7-0) was solid in between Old Westbury's pipes, totaling six saves to secure his third shutout of the season (sixth career). Aguilar (4-10-0) made seven stops in defeat for Purchase.

FARMINGDALE STATE RAMS UP NEXT FOR OLD WESTBURY: Old Westbury remains on the road for Wednesday's (Oct. 14) Skyline Conference showdown with the Farmingdale State Rams at 7 p.m. from Rams Field in Farmingdale, New York.

PANTHERS WOMEN'S VOLLEYBALL COMPETES AT BARD TRI-MATCH

By Harris Rappel

SUNY Old Westbury women's volleyball competed at Saturday's Bard College tri-match against the host Raptors (9-13) and the Castleton State Spartans (8-6), from Stevenson Gymnasium in Annandale-on-Hudson, New York. Unfortunately, things did not go well for the Panthers (4-9), as they lost both matches by a 3-0 scoreline to Bard (25-16, 25-8, 25-13) and Castleton State (25-13, 25-13, 25-17).

Old Westbury had its best attacking set of the day in the opener against Bard, nailing down four kills on 18 swings to hit .056 during the first stanza. Chelsey Hoffmanserved the Panthers to three-straight points to knot the game at 15-all. Bard answered with a 10-1 run to close out the set.

Bard carried its momentum into the second set where they took an early 5-1 lead, and later created separation with a 14-3 spurt to for the 25-8 win.

Sofia Goris served Old Westbury to the 1-0 lead in the third set. Trailing 13-8, Goris then served the Panthers to three-straight points to make it a 13-11 game.

Bard answered with a 12-2 rally to close out the three-set sweep.

Rayn Brown and Brittany Buchanan tallied three kills apiece as Hoffman dished out eight assists and scooped up 10 digs to pace the Panthers. Olivia O'Keefe chipped in with a career-best 10 digs and Brown followed with eight.

Sofia Koukia was on the receiving end for nine of Victoria Chou's game-high 24 assists that captained Bard's offense. Chou, Kaylynn Tran and Julie Berry combined to total nine of Bard's 17 aces.

Against Castleton State, Shanayia Lloyd served the Panthers to three-straight points to put Old Westbury ahead, 9-8. The Spartans hit .407 to Old Westbury's -.043 in the opening set as Castleton State later created a 16-3 run to claim the opening set win.

Old Westbury won the opening point in the second set and held a brief 4-3 lead. Castleton State used key 5-0 and 6-0 runs to create separation for the win.

Goris served Old Westbury to a 2-0 lead to open the third set. Following four

lead changes, Castleton State used a 4-0 spurt to take the lead for good at 11-9. The Spartans put together a pair of 6-0 runs to go up 24-13. Old Westbury replied with four-straight points, but were unable to overcome the deficit.

Brown compiled five kills to lead the Panthers in that department for the ninth-straight game. Lloyd added eight digs and two aces. O'Keefe paced Old Westbury with nine digs and Goris chipped in with eight. Hoffman's seven assists directed the offense.

Amanda Chambers smashed down 13 kills to lead the Spartans to victory. Michaela Babineau dished out 17 assists and Alex Madsen added 11 to move the offense. Babineau contributed three of the team's 12 aces.

SAINT ELIZABETH EAGLES UP NEXT FOR THE PANTHERS: Old Westbury returns home for Tuesday's (Oct. 13) non-conference battle with the Saint Elizabeth Eagles at 7 p.m. from Clark Athletic Center.

to them with an hour left of the trade deadline on July 31st. Yoenis Cespedes was acquired from the Detroit Tigers for two minor league pitchers.

The funny part about this trade was that it may have not have happened if the Mets and Brewers finalized the trade to bring back outfielder Carlos Gomez. The trade included Zach Wheeler and shortstop Wilmer Flores who eventually had an emotional rollercoaster the same night he thought he was traded.

The rest of season saw Cespedes turn in an MVP like performance

down the stretch and Flores became a fan favorite with big hits as well as game winners.

Not only did the Mets add Cespedes, but they also brought back Eric Young Jr, and acquired setup man Tyler Clippard, reliever Addison Reed, and utility players Juan Uribe and Kelly Johnson.

However, when it felt like the Mets could cruise to an easy National League East Division Win, the Mets still faced a problem. Star pitcher Matt Harvey who was coming off Tommy John Surgery had been talked about whether or not his innings limit would keep

him from pitching in the postseason.

That all changed when a plan of him throwing mini outings came into effect starting with a 5 inning outing against the Yankees on September 20th.

The time had come when the magic number to clinch the NL East Title and earn a playoff berth when the Mets were in Cincinnati. On September 26th the Mets won 10-2 against the Reds and earned their first playoff berth since 2006.

Five-Game Winning Streak for Women's Soccer Ends



Melissa Muller

<http://www.oldwestburypanthers.com/>

By Harris Rappel

The visiting Mount Saint Mary Knights ended a five-game winning streak for SUNY Old Westbury women's soccer with a 2-0 Skyline Conference final Saturday afternoon from Panther Park.

Mount Saint Mary (9-5-1, 5-1-0 Skyline) scored on its first shot of the game 2:47 into play when Alaina Neddermann collected a loose ball in the box following Distiny Ribadeneyra's corner kick for the early lead. Old Westbury (7-4-0, 4-1-0

Skyline) then pressured the Knights with shots from Edania Martinez and Dana Yool, in addition to a corner kick in the early going, but could not convert the equalizer.

Old Westbury's netminder Melissa Muller was tested often in the first half, and came away with eight stops on nine of the Knights' shots on goal.

The Panthers were unable to capitalize on a number of opportunities in the second half, including three-straight

corner kicks from Martinez in the 73rd and 74th minutes. Mayra Bonilla notched Old Westbury's final shot of the contest in the 76th minute, but Mary Riley (9-5-1) parried it away.

Moments after Old Westbury's final scoring opportunity, Maeve O'Sullivan fed Melissa Guillemette for the break-away goal to settle the score at 2-0.

Muller (6-4-0) nabbed 11 saves in her 11th career start. Riley finished with four saves to earn the Knights' clean sheet.

In the end, Mount Saint Mary held the edge in shots (24-6), shots on goal (14-4) and corner kicks (8-5).

FARMINGDALE STATE RAMS UP NEXT FOR THE PANTHERS: Old Westbury remains at home for Friday's (Oct. 16) Skyline Conference showdown with the Farmingdale State Rams at 3 p.m. from Panther Park in Old Westbury, New York.

Bill Murphy named Panthers Men's Soccer Assistant Coach



By Harris Rappel

Bill Murphy arrives at Old Westbury with over 20 years of team and individual training experience. Murphy posted a 22-16-4 career record as Hofstra's netminder from 1993-95, where he ranked third on the program's career shutout (13) list. Murphy dominated his junior season, posting a 12-4-3 record with seven clean sheets while racking up a streak of 573 consecutive minutes of shutout soccer to finish the year ranked sixth in the nation with a 0.73 goals against average. Murphy transferred to Hofstra in 1992 after spending the 1991 season at the U.S. Coast Guard Academy.

Murphy went on to earn his undergraduate degree in Business Administration from Hofstra in 1996.

Prior to his collegiate career, Murphy starred at St. Mary's High School, where he was a three-year starter. As a senior,

Murphy was named All-Catholic High School Athletic Association (CHSAA) and CHSAA Goalie of the Year.

Residing in West Babylon, New York, Murphy currently holds National Soccer Coaches Association of America (NSCAA) B, C and D licenses.

His coaching experience includes stops at Noga Soccer Camp, Sure Save Goalkeeper Camp, West Islip Soccer Club U9-U12, Bohemia Soccer Club U13-U14, HBC Soccer Club U14-U17. Murphy has also served as an individual goalkeeper trainer for Long Island Junior Soccer League (LIJSL), National Premier League (NPL), Region One, and academy level players.

Since 2007, Murphy has built a career as a strategic financial advisory consultant. Murphy currently works as an Insurance Consultant for State Farm Insurance.