

THE CATALYST

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“IGNITING THE MIND”

FREE

DISTANCE LEARNING ON THE RISE

By Nicole Hampson

While there are various ways to obtain an education at SUNY Old Westbury, distance learning appears to be increasing in the number of course offerings. The school's population of approximately 4,000 students are given the option of taking courses in classes on campus, online, and hybrid classes. While online courses are completed entirely at home, hybrid courses combine online coursework with scheduled on-campus classes. There is no added surcharge or tuition difference between these three class types.

In the Spring 2014 semester, Old Westbury offered 28 online courses, and 8 hybrids, far less than the 19 online classes and 57 hybrids offered this semester. While the strictly online courses decreased, the number of hybrid classes increased substantially. Overall, a total of 40 distance learning courses were added to Old Westbury's curriculum in just two years.

The school's director of distance learning, Dr. Edward Bever, stated "we're planning to schedule 30 online classes this coming summer, so the trend is clearly up."

"In blended learning, 'face time' between students and teachers is not replaced by online course delivery," according to the Panopto web site. "Rather, the online component of the learning experience usually consists of exercises or additional content that complement the in-class lesson."

"In hybrid learning, a significant portion of the course takes place online. In contrast with blended learning, a hybrid learning scenario replaces much of the student-teacher 'face time' in a brick-and-mortar location with online interaction."

Not all majors at Old Westbury offer an equal amount of hybrid and online
(Cont. on page 3.)

FASHION
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TRACY LEVELS UP AT THE APOLLO



Image from Apollo's Youtube Channel

The three sisters of the group named Tracy perform at the Apollo theater

By Marilynn Bonilla

Tracy, as they are known, levels up in the third round at the famous Apollo in Harlem, singing a soulful version of Drake's "Hotline Bling."

Tracy is a group of three sisters, two of which are SUNY Old Westbury's very own, Junior and Resident Assistant Shijuan Williams, 20 and Senior and former Safety Aide Sydney Williams, 21. They are in a musical group with their little sister Tyler-Lenai Williams, 18, who have been singing almost their "entire life."

Back in September 2015, their father, Anthony Williams, showed them a flyer to audition for Apollo's Amateur Night and he agreed to do so. "The audi-

tion process was really long, we got there at 5 in the morning and didn't leave till the evening... we waited on a long line outside then we got a number and waited around inside, and then we auditioned for about a minute and a half," said Tyler. According to Shijuan, the only the first 300 people on line were allowed to audition. It was not till three months later that Tracy got a call back saying they leveled up from the auditions.

In the first round, Tracy won second place and leveled up to the next round. After the second, they leveled up winning second place again, however much closer to first place this time. The girls

(Cont. on page 3.)

The Honors College: A Riveting Experience

By Dayna McNeil

The Social Media project is an innovation this semester of the Honors College. Students will identify a problem in the local community, the city, the state, the nation, or the world that needs attention. After identifying a social problem area, they will develop a social media site and then a campaign to educate people and to devise strategies for

"remedies" to the problems they have identified. The idea is to first "raise awareness" of a problem and then develop strategies to ameliorate or eliminate the problem.

Other innovations include a Mock Trial Team whereby students would compete against their peers at local and state colleges and universities.
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STUDENT THREATENED WITH ARREST AFTER REGISTERING VOTERS

By Laura DeMarzo and Marilynn Bonilla

Steven Abreu, a junior majoring in special education, was threatened with arrest on March 24th by the campus police while he was registering voters in the Campus Center. He videoed



Photo credit: Facebook

Steven Abreu registering voters at Old Westbury.

the incident which immediately went viral on the Internet. At press time, it had 50,000 views on Facebook and 4,000 views on YouTube.

According to Abreu, Michael Dolan, director of facilities rentals, asked him if he had received permission from either Suzanne McLaughlin, director of the Center for Student Leadership and

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Election Results from the Spring 2016 SGA elections

Referendum of Student Activity Fees:

Mandatory Fee 358

Voluntary 82

Executive Board:

President - Jeanette Adelson 357

Executive Vice President - Fernando Franco 301

Vice President of Business and Finance - Marina Jacques 256 Evan Rufrano 125

Vice President of Clubs and Organizations - Kareem Wike 325

Executive Secretary - Angela McCorkle 324

Student Senate:

Sophomore Class Representative - Treasure Mitchell 322

Junior Class Representative - Kai Stroud 344

Arts & Sciences - Olawale Orimogunje 336

Business - Michael Cernuto 325

In Memory of Harry Wasserman



On Monday, March 28th, SUNY Old Westbury student Harry Wasserman passed away due to natural causes.

As an older student, he was a model for those continuing their education despite their age. Wasserman was an active student who was in Men in Progress and the Resident Hall Council. He also resided in Tubman in the Academic Village. "He was a great, loving human being who loved being involved on campus and had the time of his life being in college. He loved putting smiles on people's faces and had a great sense of humor," said his suite mate Brandon Miller.

"He was always looking for a solution, he was always trying to remain positive. He never gave up and he always spoke about achieving goals," said Josefina Urbaez, who was a member of RHC with Wasserman.

President Butts sent an email expressing his condolences: "I know that each one of us will find a personal moment to remember Mr. Wasserman and to keep those closest to him foremost in our thoughts in the days ahead." He added, "Counselors and staff of the Office of Counseling and Psychological Wellness are available to any member of our campus community who might need support during this sad time."

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Student Threatened with Arrest After Registering Voters

Involvement, or from Omar Estrada Torres, dean of students, to register voters on campus. Allegedly Dolan then advised Abreu that he had already been told that he was not allowed to continue. Abreu denies that he was ever told this.

In an e-mail correspondence obtained by *The Catalyst*, it appears that Abreu was only advised that he had missed the deadline to start a club for presidential candidate Senator Bernie Sanders.

The video picks up after university police were called, apparently by Dolan. On the video, Lieutenant Luis Llano and another officer appear to be telling the student he cannot continue to register voters without permission. Threatened by the police with arrest, Abreu put away pamphlets and other materials, picked up the table he carries to school for registration purposes, and ceased his activities. While the immediate impression may seem to point to the officers simply following through with a complaint made by a member of administration, several faculty did not see it that way. Dr. Hedva Lewittes, professor of psychology, can be seen in the clip attempting to engage university police and obtain information on what exactly was happening. Lieutenant Llano can be seen telling her to “not worry about it.”

Lewittes said later that Abreu’s tabling had always been peaceful and that the police should have de-escalated the incident. Lewittes said, “By the time I came on the scene the police had been called and the tense and adversarial nature of the incident made it impossible to come up with a practical resolution.”

Abreu contacted his attorney Jonathan Clarke about possible legal action which he says is for justice and not money. He said his lawyers came to the campus on March 24th and were unable to come to an agreement that day. Michael Kinane, assistant to the president for advancement, sent an email stating, “Until such time as any legal proceeding is confirmed or concluded, there will be no further public comment on this matter.” Thus, all members of the faculty and staff could not comment on the matter.

On March 24th, President Calvin O. Butts, III sent an email to the campus community advising that “today an event on campus occurred that may lead some to question the College’s commitment to the rights afforded under the First Amendment to the U.S. Constitution for those who attend and work at SUNY Old Westbury.

“As an institution of higher education, SUNY Old Westbury respects and supports the right to free speech. Designated public space is provided on our campus to those who follow the appropriate Use of Facilities policy and procedure, which is available on the College website.

“Discussions involving this event are ongoing and have my full attention.”

Clarke said that a law suit has not yet been filed. “I’m disappointed that the administration hasn’t already settled the matter,” he said. He added that the situation did not have to get to legal matters, that school officials should’ve allowed Abreu to exercise his rights and register voters. “Not only did they violate his [Steven’s] rights, but they also violated every student’s right who wanted to register to vote that day,” he said.

The language on the website for all SUNY schools and the OW website do not really address the specific situation.

The SUNY website states: “The New York State Election Law mandates that State University campuses develop a program to provide each student with a voter registration application at the beginning of each school year and during January and February of a presidential election year.” The site goes on to suggest having voter registration stations in areas of high traffic (a campus center perhaps?).

The SUNY OW website simply lists the Office of Services for Students with Disabilities as a recognized voter registration agency. According to the outpouring of support on social media sites, many people believe that Abreu was essentially doing a service that SUNY OW was mandated to do but wasn’t implementing.

While his support is clearly for Sanders, Abreu’s efforts to register voters were non-partisan and he believes the prevention of registering voters speaks to minority voter suppression in this country. “I’m Latino myself so I identify hugely with the diverse population at this school,” he said. “Many just check out of voting. That’s what disenfranchisement is.”

Since September, Abreu has registered 350 people to vote and the majority have been African-Americans and Latinos, according to him.

Through his recent tribulations at school, Abreu still praises his experiences in higher learning and at OW: “I’m fighting for justice because of what I learned here.”

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The Honors College

The Honors College also offers work shops created by the students. They include dancing classes, book clubs, Henna demonstrations, faculty lectures and a Cultural Diversity Workshop that features information about the many cultures from which Honors College students come and a sampling of their delicious



Dr. Anthony DeLuca, Director of the Honors College

cuisines! The Honors College Art Alcove, the Art-Literary Magazine, the Honors College Journal, and Alumni Newsletter, the artists’ “Paint Night,” and a proposed “Study the States,” a domestic “study abroad” program, are some of the newest ideas generated by Honors College students.

The Honors College will also begin the “Save an East New York Garden” project this spring. Students will prepare a New York City garden located in East New York for spring. They will learn all about planting and growing organic vegetables and medicinal herbs and all about bees—the garden has its own apiary. They do all of this to provide nourishing foods to neighborhoods that do not have easy access to organic vegetables, herbs, and natural honey. Dr. Helidon Gjergi, a professor in the Department of Visual Arts, will design the garden and, as he states, “make it a work of beautiful art.”

The Honors College began at SUNY Old Westbury in Fall 2008 with 40 students, today the it has 235 members. When it began, the Honors College only admitted

freshmen. It now accepts applications from freshmen and sophomores. The program was formed to encourage highly motivated students and to provide them with “unique learning opportunities.” These students were expected to graduate “in 4 or fewer years” and go on to graduate school and/or productive careers after having

been “exposed to a rigorous academic college education.”

Before Dr. Anthony DeLuca became the current director of the Honors College, the requirement for students to remain in the Honors College was a 3.2 Grade Point Average. Dr. DeLuca believed that students were not being sufficiently challenged and within three years he increased the GPA requirement to remain in the Honors College

to a 3.5 Grade Point Average, which is equal to and higher than many honors programs within New York State, as well as nationally. The Honors College now offers twelve honors courses each year, ranging from introductory to 3000 level courses. This is a huge step up from the four to six courses the Honors College offered from 2008 to 2012. OW Faculty enjoy teaching Honors College courses and the students benefit greatly from the internship opportunities the Honors College offers. Internships, which are key to every student’s career goals, are another growing part of the Honors College. Honors College students have interned in law firms, hospitals, accounting offices, and county government among other venues. Students are able to get real world experience as they work towards their careers.

From just 40 students to 235, the Honors College has certainly grown and will keep progressing. With new programs, ideas, and enthusiasm from the Honors College faculty and students, the Honors College will continue to be an extraordinary part of an extraordinary college.

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Tracy Levels Up

now spend a lot of time practicing for their final round on May 11th, which will determine if they perform in the Apollo's Amateur night on November 23rd and have the chance to win \$10,000.

There are several shows held to determine who will perform in November. As the Apollo is known for, the winners are based on the audience's reaction. In each show, only the acts that place in top 3, move on to the next round, leading up to the chosen winners for the final show in November.

"If we win money, we'll probably put it towards Tracy getting like a tour bus, setting up concerts, making our

fan base grow with different kinds of T-Shirts and mix-tapes, and studio time," said Tyler.

Shijuan explained that her experience with going up against other talents is crazy. "You can see people singing their heart out, or dancing, or whatever their talent is and you never really know how talented people are until you see it," she said.

Tracy comes from a musically-inclined family from Freeport, Long Island. Their brother, Anthony Williams who is a SUNY Old Westbury Alumnus is known as "Too." He used to perform his poetry and rap at school events and still continues to showcase his talent.

They have a younger sister as well, Sincere Williams, 13 who sings. "She misses no beats what so ever, she can sing any note high or low," said Shijuan. Mr. Williams used to rap and he was known as "Poetry." "It's fantastic. Someone is always singing, spitting bars, or bouncing a freshly written lyrics off someone. It's our way of life. It's the one thing we all have in common, the love for music," said Anthony Williams. Mrs. Williams, Tijuana Williams, sings as well, however she's a bit more shy. "She is infamous for her duet with my father singing The Greatest Love of All [by Whitney Houston] on tape that we found lying around at home," said Shi-

juan.

The Williams sisters have always been singing at family occasions since they were young. However, they officially became Tracy three years ago. "Our bond as family and blend as vocalists just formulates so well, it's strange," said Shijuan, "it's like God made all three of us with different voice types to go together. Seriously amazing!"

"We take the best from each other and that's what makes us Tracy," said Sydney.

Support Tracy and purchase tickets for the May 11th to see them perform at the Apollo!

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Distance Learning on the Rise

courses. American Studies students were given the opportunity to participate in the greatest amount of distance courses this semester with a total of seven hybrid courses, six blended, and one Net.

While philosophy and business majors each offered 11 distance learning courses, the School of Education did not have any. These numbers vary are a result of some majors requiring more classroom experience than others.

According to Oldwestbury.edu, online learning was created for "the convenience of anytime, anywhere learning with the quality of Old Westbury academics provides a convenient, accessible means to higher education for students who seek or require it."

Old Westbury junior Jason Safuto agrees, "Online learning has helped me be able to continue my education and work at the same time. I really wish this school would offer even

more."

Education major Rosita Vasquez agrees, "Online courses are a great advantage as long as the student is disciplined and keeps up with the work."

OW student, Lauren Alexander feels that "Hybrid classes offer the best of both worlds. I get to sit at home and do my work, while still being able to interact with other students face to face."

These hybrid courses offer a balance between in class and online study by requiring students to attend one class meeting a week and completing the other via Blackboard.

But many students are opposed to distance learning. "I have taken two online classes. One at my previous college, and one here at Westbury," sophomore Jamie Burks said. "Both times the teachers were so unorganized, I could not wait for them to be over."

After taking two hybrid courses,

senior Mike Alperin was left with mixed feelings regarding distance learning. "Like any class, I think your experience really depends on the professor," he said. "I had one great class and one that was absolutely horrible."

"A truly memorable college class, even a large one, is a collaboration between teacher and students," writes Mark Edmundson, a professor of English at the University of Virginia, in the *New York Times*. "It's a one-time-only event. Learning at its best is a collective enterprise, something we've known since Socrates. You can get knowledge from an Internet course if you're highly motivated to learn. But in real courses the students and teachers come together and create an immediate and vital community of learning. A real course creates intellectual joy, at least in some. I don't think an Internet course ever will. Internet learning promises to make intellectual life more sterile and abstract than it already is — and also,

for teachers and for students alike, far more lonely."

While Bever is a strong advocate of online learning, he also acknowledges the disadvantages that come along with this course type. "The subtle interplay of expression, tone of voice, and body language aren't there, which is particularly important when someone doesn't understand something and the teacher is trying to convey the idea, so it can be harder for students with less background or weaker study skills to keep up," he explained.

Bever believes that "distance learning is an important part of the educational experience today, for the skills doing independent work online fosters are increasingly important for people in today's economy and today's world, and so we at the college have a responsibility to introduce our students to this form of learning and help them become proficient at it."

Chief Says SLOW DOWN

By DeShaun Riddick

Too fast and too furious causes injuries. Drivers entering the SUNY Old Westbury campus topping out at substantially higher speeds above the posted limit of thirty-miles an hour are being logged into a database, even though no tickets have been issued yet. "We share our roads with faculty and staff that are using the roads to walk or jog or exercise. Some of our neighbors use it as a jogging course," said the Chief of University Police Steven P. Siena. Students and faculty "should arrive early," to avoid running behind schedule, which is another cause of speeding on campus, the chief added.

The radar speed sign named Safe Pace 450 just at the top of the hill, can clock drivers from up to 1000 feet and log the speed of that vehicle. The Safe Pace 450, is designed to deter speeders and free-up man-power for the Univer-

sity Police. The sign can operate for up to two weeks autonomously. Sunlight provides an eco-friendly source of power making battery power optional, according to manufacture TRAFFIC LOGIX.

The sign has features that are visible to drivers who exceed the speed limit, such as an integrated flashing violator strobe light that flashes along with the detected speed displayed in fifteen inch digits. A high-ranking official at the college noted that drivers might believe the radar sign to be inactive due

to no posted numerical speed. However, the radar sign is operational, registering the vehicle's speed under stealth mode.

"It's very imperative that students and staff abide by the speed limit even if one is late or impatient. Driving a vehicle recklessly due to emotions is not more valuable than life," said alumnus and former safety Aide Keisha Jones.

"If you're driving 50-55-60 miles an hour, it's going to be very difficult and challenging to maintain the roadway in that vehicle. So

understand that you are not alone in the roads...slow down," Chief Siena said.

High-ranking officials said that this tool would encourage everybody to be mindful of their speed. A freedom of information law document showed that motor vehicle accidents have decreased over the past five years on campus. This year there have been only eight accidents. In 2015, there were thirty six.

Chief Siena said he is not "worried about generating revenue, only keeping the campus safe. My biggest fear for the student is that they are going to cause harm to themselves or someone-else." Driving at lower speed increases reaction time and maneuverability. "If everybody drove thirty-miles per hour, I would be a happy camper." Chief Siena said.



The Safe Pace 450 radar speed detector.

WHAT TO DO AFTER GRADUATION

By Galanaelle Georges

Many students are so focused on racing to the finish line to end their college career that they don't consider the question: What's next? This question is extremely important to answer well before graduation. I know, it's anxiety provoking. But not to worry. Take a deep breath and take a minute to think about it. One essential thing you should know is that success doesn't come immediately after college. Contrary to popular belief, your degree you've worked so diligently to receive doesn't offer instant gratification. I'm not downplaying a bachelor's degree by any means because it is still an extraordinary accomplishment. However, once your degree is in your possession the real work begins. Here are a few tips to help cope with the anxieties of life after college:

Stay motivated:

The same hunger and drive you possess now to finish your undergraduate career shouldn't die. Amp up your resume to make yourself as marketable as possible. It also helps to write down a list of books you would like to read to occupy yourself and keep your mind challenged. Vary your daily routine and try to include exercising to maintain your overall health. Pick up a productive hobby that will occupy your time.

Keep in touch:

I am sure we've all heard the expression, "It's not what you know it's whom you know." Well, that cliché holds much truth. Maintain friendships with people who want to see you grow and are willing to grow with you. Build friendships with people who are just as driven and motivated as you are. Healthy

friendships go a long way in your success after college.

Figure out if grad school is worth it:

Some people go on to pursue their masters after undergrad. However, others feel it may not be worth it based on their field of choice. Grad school is always an option but if you want to gain experience at a job I would recommend doing that. Only if you know exactly what you want and are positive it will supplement your income in that particular field is grad school for you.

Create a five year plan:

Write it down! Jot down where you would like to see yourself within the next five years. When you have a plan you are more likely to stick to that plan and not allow yourself to be deterred from your dreams. It can be anything from your relationship status, to your home, your

level of education, a job. Anything you want the world is yours to conquer!

Student loans:

Student loan debt can be frustrating but there are several ways to manage the debt. Some employers offer to assist in paying for it once you become employed. Other times you just have to manage your finances to the best of your ability. Make sure to stay proactive in keeping up with the payments because it can be a credit maker or breaker. Tackle those debts head on and don't try to avoid them because the sooner you begin, the sooner you'll be debt free.

Congratulations to the class of 2016. I wish you all the best of luck on all your future endeavors.

Pray For What? Hundreds of Unspoken Terrorist Attacks Since November

By Ozvaldo Nunez

Since the fateful Paris terrorist attacks in November, hundreds of other attacks have occurred around the world with ISIS and Al-Qaeda taking the brunt of the blame, willingly so. However, many of the attacks since November have flown under the radar. Bluntly put, most of the attacks that have avoided media headlines occurred everywhere besides the west.

Turkey, Somalia, Indonesia—who's to say that the western world seldom cares for these countries and the terrorist attacks they endure? Still, anyone conscious in the social media world can see that no one is "praying" for Bamako, Istanbul, or Jakarta.

Some can argue apathy, others can argue an institutionalized de-sensitization of third world affairs – as much as flags go up for Paris, Brussels or even San Bernardino, the rest of the world is going unnoticed on the topic of terrorist attacks. Numbers like Paris; 130 people dead in one night, have been unseen since then, but nonetheless, attacks worthy of mass media coverage have occurred.

Pri.org was courteous enough to provide a visual map, via Google, showcasing all of the places in the world that have endured a terrorist strike.



Jakarta, Bamako, Tunis, Istanbul, Ouagadougou, Ankara, Mogadishu, and Grand-Bassam are cities that suffered casualties in the high 30 numbers. Kenya, Mali, Bardo and Beyrouth were among many other cities that did not make the map.

DON'T LET EXPENSES STOP YOU FROM STUDYING ABROAD

By Anne Ligonde

Studying abroad is not as expensive as it seems. According to William Lynch, Senior Admissions Counselor and former Study Abroad Coordinator, students often don't study abroad because they are afraid of the expenses. But the fees and tuition for studying abroad including room and board are about the same as one would pay at SUNY Old Westbury.

Lynch explains that the amount of students studying abroad is about 20 to 25 students a year. Lynch pointed out that "statistics show that studying abroad can hugely impact in a positive way a student's prospect, for employment also students prospects to graduate school."

Students who have studied abroad said that it was a life changing experience. Many people miss out on this opportunity at SUNY Old Westbury but this is common nationally. Lynch said that less than ten percent of Americans students study abroad, about four percent of whom identify as black or African American and ten percent or less identify as Hispanic.. He said, "We are trying to get historically under represented students to study abroad."



Cherlin Pere is a junior who studied abroad in Alcala de Henares, Spain in 2015. Pere believes more students should study abroad, she states, "It's really not that expensive, it's so sad that people are afraid to do it. Like the summer ones are a little bit pricy so I don't recommend it; but the semester ones are basically what you are paying here!" As she did not qualify for Financial Aid, she paid for her trip with a loan. Pere expressed that it was the best time of her life even though she experienced a culture shock for not knowing Spanish and all her classes were in Spanish. Pere said that she worked hard and all went well. She added, "I cried when I had to come back."



Jamal Perry-Young, a junior who spent a semester in South Australia in Fall 2015 stated, "School is not as expensive in Australia it is a fraction of what we pay. They pay \$6000 a year, they finish their degree in three years." Perry-Young mentioned that it was a bit of a culture shock as the food is different, "I ate a kangaroo and thought it was good until I met a kangaroo and didn't like it any more." Despite the food, Perry-Young said he plans to move to Australia after he graduates.



Junior Zambrano a junior currently studying abroad in Beijing won the Benjamin A. Gilman Scholarship for studying abroad. Zambrano is one out of four Old Westbury students and one of 3000 students is America to win it this year. "It's a lot more affordable than you think and a whole lot possible even if you're disabled!" Zambrano added, "there's a lot of scholarships and grants that are available for students that want to study abroad and I would encourage them to follow in my steps and do it before it's too late. Especially if they're disabled like me; it didn't stop me from coming to China all by myself one handed. Don't be afraid to study abroad!"



Stephanie Lungo an alumna of SUNY Old Westbury studied abroad in Austria in 2014. Lungo was able to afford her semester abroad through EOP (Educational Opportunity Program), which covered most of it. She said, "Definitely go abroad. There is so much out there than just New York City and the U.S itself." Lungo added, "It definitely helped me professionally! I visited other countries when I was there including Germany. In Germany, I visited the BMW headquarters and now in New York I actually work for BMW." Lungo loved being in Austria as she made friends from all over the world whom she still keeps in touch with. Lungo said that studying abroad is "an investment in life."

FOOD FOR HEROES?

By Michel Alperin



Would you be able to eat the food in the picture above? Does it even look fit for human consumption? Well, that's what's being served to members of the Navy. The quality of the food which America's Navy consumes is dreadfully poor.

United States sailors, while aboard a ship, working around the clock twenty-four hours a day, have this non-descript slop to look forward to during meal breaks.

An aircraft carrier holds over five-thousand sailors. They consist of ship's company and the air-wing. The higher volume there is of mouths to feed, the more the quality of the food decreases.

While on board a ship, the Navy provides four meals a day. Breakfast, lunch, dinner and midnight rations (mid-rats). Breakfast consists of a selection of different cereals. The milk is powdered and comes in a brown cardboard box. There are omelets that don't look like eggs. Bacon which has a rubber texture and fruit.

Lunch can vary on the day, but mainly consisted of rice or pasta, chicken, tater tots and a salad bar. Dinner typically would be chicken tenders, tater tots, pasta, a salad bar and fruit. Mid-rats (which is around 0400 hours or 4 a.m) is a combination of the day's leftovers.

The "mess decks" (cafeteria) has four lines. For each line the wait is about an hour--just to get food! Many sailors are only given a half hour meal. Most sailors survive on ramen noodles that are sent via mail or by purchase in the ship's store. This is because the ship food is appalling.

The "CS" or culinary specialist, who are the cooks, boil all of the food. Everything including the meat comes in bags. "One day I opened a bag of rice and told

my chief there were weevils crawling around," said Michael Gregory, a Navy veteran "Anyway, it's protein," he answered.

"I served on the USS Enterprise, my favorite food was the steak, it was awful but at least it was meat," said Tim Steverding. The appeal of the food is so poor that even some sailors will stock up on cans of Chef Boyardee and will eat it cold.

"Food that prisons turn away are actually served on the tables of U.S Navy vessels, sailors claim.

On the A&E reality show "60 Days In" one former military man was into the Cook County jail as part of a study. He found that the food was often better than what he had in Iraq.

"They had a healthy selection in the Navy but most of the food tasted like crap," said Donald Martin, a Navy vet. "When you're hungry you eat anything." After working hard all day, training, wouldn't you want a delicious meal afterwards? The safest bet would be the "quick lines" but all they have are two trays of fried chicken tenders and tater tots. "I survived for six months of chicken tenders and tater tots," said Martin.

The company that contracts with the United States government to provide food is Sysco. Sysco is an international food distributor that provides food around the globe. While at sea, Sysco products are delivered through vertical replenishments. A cargo ship pulls alongside a navy vessel, they shoot cables across and once attached sends crates of food.

Once the crates reach the ship sailors then break it down and start distributing the contents. Most sailors see the grade of the food on the boxes. The food came in boxes and some said grade F," said Steverding. Grade F meat is not for human consumption.

I AM PRIVILEGED?

By Laura DeMarzo

You can dress it up. You can put a wig on it. You can unload mountains of money into invasive surgeries and change the name. but let's be honest with each other: White, upper class privilege, at the level of Caitlyn Jenner's, will always rear its sanctimonious head.

In the proceeding weeks before Ms. Jenner's explosive Vanity Fair issue

came out on June 25th, 2015, there was an excitement buzzing around the LGBTQ community. She sat down with Diane Sawyer that April (in an interview that garnered 17 million viewers) to tell the story of an olympiad and household name, known to the public as Bruce Jenner (or in later years on his time filming Keeping Up with the Kardashians, as Mr. Kris Kardashian)

would be soon going public with the bravery and tenacity exuded by people in said community for years. To say the least, this moment was huge: a figure who had already won the public in familiarity, would be the face to normalize the prevalence of what The Gender Centre quotes as 1 in 30,000 for male to female (MTF) transsexualism cases and 1 in 100,000 for female to male (FTM) in America alone.

Jenner accepted the Arthur Ashe award for courage at the ESPY's in the summer of 2015 and in her speech referenced the suicide rates of transgendered adolescents. Generally speaking, this was a huge moment in visibility for the trans-community. However, after the confetti flying and the fanfare quieted down, something peculiar happened. Jenner may have transitioned into Caitlyn but Bruce, a life long conservative's views came along for the ride.

Students at SUNY Old Westbury's Women's Center (headed by Professor Carol Quirke) recently brought light to the violence and plight surrounding this subset of the LGBTQ community. Outlining their bodies to symbolize victims on March 22nd. If only Jenner had seen.

During one especially awkward moment on her show "I am Cait," Jenner's group of trans-girlfriends sit and discuss the struggle for employment and livable wages for trans men and women around the United States. She meets one of her of friend's suggestions of a program that helps trans people get

entry level jobs with a reminder of how out-of-touch she is, asking: "Don't a lot of times they can make more not working with social programs than they can with an entry level job? You don't want people to get totally depend on it. That's when they get in trouble, [thinking] 'Why should I work?'" The more assimilated friends quickly dash down her dreams of there being an abundance of

transsexual-welfare-queens and assured her that most of the people using government assistance really need it. What wasn't mentioned to her were the number of transgendered people who are forced into fetishized sex work for survival.

In another display of an awful lack of self-awareness are Jenner's recent comments on making other people feel comfortable with your

choice of transitioning. During a 2015 interview with Time, Caitlyn expanded on what she feels is a "good image" to portray stating, "I think it's much easier for a trans woman or a trans man who authentically kind of looks and plays the role. So what I call my presentation, I try to take that seriously. I think it puts people at ease. If you look like a man in a dress, it makes people uncomfortable." Gender fluidity be damned!

What Jenner is suggesting with this shows the lack of knowledge of the disproportionate poverty level of trans adults, the fact that she is of a privileged few that can afford the exorbitant surgeries it takes to eliminate "masculine" features) and that what she is endorsing is no different than the implications of a lighter skinned or mixed race person "passing" during the times of segregation, Jim Crow laws and slavery. It creates a caste system of the haves-and-have nots.

Being conservative is not all bad, it is actually in a way speaking to the normalcy of people who feel they were simply born into the wrong body, but this lack of self awareness is dangerous to the community where the ignorance and intolerance according to the National Transgender Discrimination Survey equates to a 41% rate of people who have tried to take their own lives and a homicide rate that skyrocketed in 2015. Being in a cushy bubble cannot be enough for someone who has taken on being one of the most famous faces in the community



Love Song: Culture of a City

By Meleika Amos

Study abroad is often times more or less than what people make it seem, which of course, depends on the experiences you've had and how you let that mold you or possibly stunt your growth.

I honestly was so unaware and unprepared for what was about to be the next few months of my life in Paris, France. I had hustled so hard to make sure I was ready for anything and everything but I learned in the most beautiful way that you can never be prepared for something you've never done.

It is something I would recommend as a personal experience, that you would have to bare witness to firsthand but I can relay a glimpse of the a culture that truly captivated me.

Music: American popular culture is inescapable; in clubs or contemporary clothing stores you'll hear our singers and rappers. Though they try their best to maintain the bridge maintaining a strong French influence, this example served best when hearing the French version of "Trap Queen" which was interesting to say the least. Europe is possibly one of THE BEST places to go to catch any of your favorite American artists on tour. Concert tickets seemed to be never more than 40 euros (which is about \$44 US dollars) for talents like Miguel, Diplo, Kehlani...the list goes on!

Literature: With a lovely little bookstore on every corner or a grand historical library, Paris has a variety of literary outlets. Unfortunately, I did not have the pleasure to go to some of the more prestigious "Bibliothèques" (most were surrounded by universities and in warmer weather tourists flock so lines are always out the door). I found comfort in a majority of little bookstores. I researched or stumbled upon making a major RACK UP from a wide variety of classic literature, such as Things Fall Apart to small French poetry books, Le Sillon Des Jours.

Arts: Being a Visual Arts major in Paris, I was surely in heaven. Such an amazing display of culture as well as the warm embrace of other cultures! Most public museums are FREE for students and young people under the age of 26. On the first Sunday of every month everyone is permitted to enter with free admission.

Social Norms: It was quite refreshing to say, "Bonjour, Ça Va?" ("Hello, how are you?") to people in stores, on the street, faculty at school, and for people to genuinely reply! The misconception that everyone assumes is that people in France, more so Paris, are rude which I am here to dispel. Just imagine people saying hello to you just to be polite and someone coming into your place of business and NOT showing that common courtesy but yet expecting service? That just isn't the way they socialize, and that's all it is a different countries social tendencies. Another tendency: the double cheek kiss which took so long to adjust but now I actually miss greeting friends that way. One thing I learned to enjoy very much is my solitude. They say that Paris is for lovers but it isn't so hard to roam alone and they never make you feel indifferent for it. Cafés often seat you with strangers giving you a chance

to meet new people as well as the city providing a plethora of activities that work solo.

Politics: *Disclaimer: I was not in France at the time of the terrorist attacks, needless to say I don't have any first hand experience with the events that occurred.*

I had never understood or nor knew the example of a socialist government system. It was very admirable to see how that system branched out and trickled down to effect people on an everyday level. Strangers were always so ready and willing to assist other strangers be it an older woman needing her cart carried down the metro steps, or 3 people helping me claw my purse out of the metro door (on multiple accounts). The aftermath of the attacks showed to be ominous but people did not seem discouraged to change their mentalities of lending a helping hand when it seemed needed. International students I had met from other European countries had many questions to dispel any myths they may have heard and were left in utter dismay about the American rumors, the school system, and tuition fees.

Food: AMAZING. To sum it up, I decided to go into most of my excursions with an open mind and things seemed to always turn out for the best. Anywhere you go you'll could find a bakery "Boulangerie Patisserie" with a variety of pastries and daily fresh baked treats, most people start their mornings here with a bit of coffee. I also got into the trend of café au lait at a little place across the street from my apartment. I also tried a



Escargot in pesto sauce

few things I thought I would never like such as oysters "huître," chestnuts, "marrons," to escargot that turned out to be surprisingly delicious (don't knock it till you try it!)

Fashion: The vision that Paris is considered to be one of the fashion capitals of the world, in a sense is true but not as everyone would like to believe. Most people in Paris have this laid back sophistication to their style pulling off effortless elegance that some would not believe. The men are always sharp from head to toe; the suits, the watches, the shoes prim and polished, while young adults and middle aged women seem to all have a strong tie to sneaker culture. Every 7 out of 10 people I saw were always in sneakers, preferably roughed up, worn-in sneakers at that.

Nature: The one thing that separates this metropolis, giving it a more endearing, romantic aura is perhaps all of the gardens.



Poem by Emay
Photo Courtesy Polyvore

It takes patience, because it takes time. You sit and wait for something to grow from it, sprout out the ground and become this big beautiful masterpiece. So green so young so new that's when it's at its best.

With every beauty comes a flaw. The weeds get in the way twisting and twirling around, suffocating, destroying all that you longed for. Those weeds were placed there as a lesson, sometimes things of nature will try to destroy what's most precious to you. You must simply find your way around such things pull and pluck them out of your life.

And once all these things are done you stand to face what it is you have created. It is something far more than you could ever imagine and it is for the world to see but it is just for you.

Top 5 Museums & Exhibitions



A



B



C



D



E

A. Perspective Playground à Palais De Tokyo, B. Beauté Congo à Fondation Cartier pour l'Art Contemporain, C. African Artwork à Musée du quai Branly
D. Château de Versailles à Versailles E. Continental Statues à Musée d'Orsay

In the midst of Paris, you can turn a corner and find an intimate flower garden, or pick your gathering destination like the large Jardin de Tuilleries. In research, I stumbled upon the park Bois de Boulogne that is said to be two and a half times the area of Central Park!

My experience can be summed up and sound like Adele's rendition of "Love Song," "how etver far away I will always love you..."

Aside from discovering new parts of the

world, this journey became about me discovering myself as well as my place in the world. Everyday was a different adventure and Paris was sure not to disappoint. Traveling, but more so, living somewhere else at least once in your lifetime, is something I highly recommend. It reveals to you whom you might become and who you have been if you allow it and its something that no one could ever take away from you just like an education, a global education.

Men's Skincare!

By Ashley Mitchell

Men's skincare is just as important as women's skincare, if not more important! There are some men that are into skincare and some that are not. I would love for men to get more into skincare because your skin is very important; it is the first thing we see! For men, I like to keep it as simple as possible because most people do not like too many steps or too many products. There are also not too many brands that carry products for men, so I mix and mingle brands. I compiled a list of a few products that have been recommended, as well as skincare that I have used which can be used for men.

Moisturizer

For moisturizer my main point is to see if it addresses the areas I need targeted. My main areas include the smell, the texture, and its hydration. I am very big on smells. If it does not smell pleasant, chances are I will not be using it on my face. Belif's moisturizing bomb smells amazing and has great hydration for up to 26 hours for dry skin. The key ingredient is called a comfrey leaf which is used to help the skin retain moisture. This product retails for \$38.00.



global.belifcosmetic.com

Anthony is a line sold in Sephora specifically for men. It includes SPF to help protect your skin from the sun while hydrating and improving the appearance of your skin, smoothing fine lines and wrinkles. This moisturizer is oil free so it will not clog your pores to cause breakouts. This product retails for \$34.00.



www.tomford.com

Oils

There is one type of oil I recommend for men to use on their skin as well as their beards. I have been hearing a lot about the fragrances being too strong and it being overpowering. Coconut oil which smells great is great for moisture and hydration. You can use it on your face after you get a haircut at the barbershop, on your hair, on your beard, and after you shave. You can purchase coconut oil anywhere at grocery stores like Trader Joe's and even Costco, they have the giant jar. I use it on my skin and in my hair to keep both hydrated. This jar of coconut oil retails for \$5.99.



www.traderjoes.com

Masks

A mask is also great to add to your skincare routine. Yes, men can wear masks. This mask is great for the hardworking man. Say you do construction, the elements do a number on your skin. This will be great for you especially since you are around dust and impurities in the air can seep into your skin. This Irish Moor Mud Purifying mask by Peter Thomas Roth is great to unclog pores, detox your skin drawing out those impurities, and helps to hydrate and infuse your skin with vitamins. Black hijiki seaweed is a main ingredient used for nutrition and hydration of the skin. You leave this mask on for 15-20 minutes and use it three times a week. This product retails for \$58.



www.sephora.com

The next product which is strictly for your beard is by Tom Ford. Tom Ford makes great smelling beard oil that moisturizes and conditions your beard, as well as not overpowering it with a strong scent. It comes in three scents which gives you the option to pick the one to your liking. There is Neroli Portofino, Oud Wood, and Tobacco Vanille. If you are allergic to nuts I would not recommend these oils due to it being infused with almond oil. This product retails for \$50.



www.sephora.com

Color of the Year

By Meleika Amos

At the start of the year, Pantone, Inc., a color company, has a tradition of launching a color in which they predict will lead the trends in fashion, beauty, décor, and well, every aspect. As usual they do not disappoint, but this year seemed extra special as the company chose two colors that will flood 2016:

Rose Quartz, a soft rose tone that is fresh and elegant.

Serenity, a pale tranquil blue as the name speaks for itself.

This is groundbreaking, not only for the fact that they could not choose only one stand out, but this simple display of expression is following the transition in which our society is progressing. These two soft tones, of what are usually considered gender determiners, break barriers in self-identity and gender fluidity. There was a brief moment when pink was flagged "ok" for men but then hit a slight decline and now a revival shows the color with usage in athletic shoes,

coats, and caps.

As well as the pale blue that typically categorizes to boys when born, which ironically enough seems very soft and delicate. Dresses and heels in this color make for the perfect addition to spring attire!

The best part by far about having the two colors is the mixing and matching of both. How genius and sophisticated they look blended together or even next to one another. Sephora created a line in which every year they collaborate with Pantone.

From eyeshadow palettes and lip gloss collections as well as two amazing lipsticks with a sheer finish that you can mix and make into a gorgeous ombre!

This is by far my favorite trend spot from Pantone, I can say that I am very intrigued to see the colors out for spring collections and how the public will embrace and express themselves.

Here are a few pieces for spring which are interestingly enough gender neutral and overall cool pieces.



*Source: Pantone.com

From left clockwise: The Mouth Fulla Gold CODÉINE PARIS Beanie KARMALOO.COM \$24, Off-the-shoulder Dress HM.com \$25, Lacoste Since 1927 Embroidered Cap Lordandtaylor.com \$40, Curatore Curatore Men's Fisher Plain Derby Shoe Gilt.com \$229, "Daisy" Floral Skirt Popmap.com \$65, Plain Round Neck Half Sleeves High Low Tee BeautifulHalo.com \$16, Kate Spade New York Cobble Hill Stacy Wallet Macys.com \$85, Tod's Desert Boots Theclutcher.com \$353, SEPHORA+PANTONE UNIVERSE Color of the Year Matte Lipstick Sephora.com \$18, Pink Bomber Jacket Pxiemarket.com \$89, Pepe Jeans Miles Micro Dot Red Short Sleeve Slim Fit Shirt Asos.com \$81, Nike Blazers Outletbicocca.com \$97

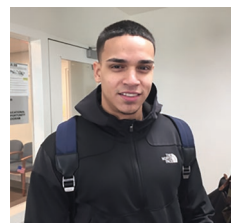


*Source: Pantone.com

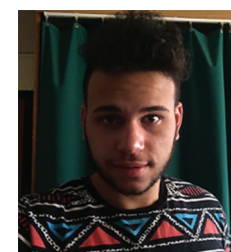
VOICE OF THE PEOPLE

By Freddie Valentin Jr.

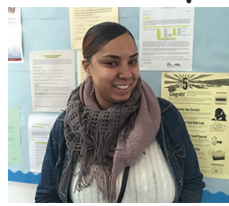
Question: What would you improve on this campus?



Bryan Rodriguez
The food! I would also like more activities on campus for commuters.



Yonathan Rodriguez
Just leave the old side alone man. Don't knock them down or whatever you guys plan to do to them. The old side is pretty much the only good thing about this school. Let them stay!



Melida Perez
We could have different and better options in the caf, everyday. We get tired of eating pizza and fries everyday. People try to eat healthy and just having a salad bar isn't enough. We end up spending all of our den points within a month or so because we prefer to eat junk from the den than eat at the cafe.



Omar Lafayette
Definitely the food. The perception of Greek Life on campus is not what it used to be. It used to be fun and everyone was unified. Now they don't do anything. There's barely any activities and no one participates in anything.



Christopher Ralton
I'd like to see more food options. Nathan's is tiring and the deli is expensive.



Samantha Williams
I would like to see more participation from students on campus. A lot of students complain about everything, but very few actually put in the effort to better the facilities or try to improve their situation. Life is about having transferrable skills and making the best out of what you are given. Stop complaining and do something.



Robinson Hernandez
The way activities are advertised. I can't begin to tell you how many events I missed or didn't hear about until last minute because of poor promotion. It's like they don't want us to engage on campus. This school doesn't make people want to stay and that's why so many people are leaving or going home every weekend. There's nothing to do!

Film Reviews

By Freddie Valentin Jr.

DEADPOOL:

Ryan Reynolds playing the role of rebellious superhero Deadpool is as fitting as Hugh Jackman playing Wolverine. The fans' favorite Marvel creation does a spectacular job hitting every moment of satire throughout the film as he continuously breaks the fourth wall to show viewers how much he cares about the "rules" your average superhero is expected to follow.

It is the ideal movie date for you and your significant other. However, the Marvel movie is rated R – as it should be – disappointing tons of kids who expected to watch another crime-fighting superhero in tights. Sorry kids, you'll just have to see *Batman vs. Superman: Dawn of Justice*. Director Tim Miller did an exceptional job casting roles for this project as actor Ed Skrein was fantastic playing the role of Ajax the nemesis. Well known for his lead role in *The Transporter Refueled*, Skrein shared the spotlight with Reynolds as he was the butt of many jokes throughout the film and absolutely captivated the audience with his stellar evil doctor performance.

Even if you aren't a fully devoted comic-geek, you can still enjoy this movie. There are several other superhero references that might fly right over your head, but don't worry, ask the person sitting right next to you what Reynolds meant when he subliminally commented on his disappointment with Green Lantern and the lack of other superheroes included in the film. Altogether, *Deadpool* was a fun film that was saved by Reynolds and his excel-

lent performance. Comedy in comics. What more can you ask for?

BROOKLYN

Soarsie Ronan, back at it again with the terrific performance! For those who still have yet to hear about this film because of its quiet announcement and low reception, you're missing out on something great here. The film about a young Irish immigrant finding her way in life through the harsh and busy streets of Brooklyn, New York, takes place during the 1950's and delivers a moving romance story that we all crave and love.

Ronan, well known for her lead roles in other movies such as *The Lovely Bones* and *Hanna*, often finds herself in a voyage of self-discovery. In *The Lovely Bones* she found herself caught between two worlds, heaven and actuality, after being gruesomely murdered by her pedophile killer. Similar to, yet different in its own respective way, is *Brooklyn*, as Ronan once again takes part on a journey to finding herself, but is caught between two worlds – her native land and her newly found home in Brooklyn after falling in love with two men who steal her heart. This movie offers people something they can relate to as it fully explains the difficulties that drag along with leaving behind a past relationship, home, family, and job in search for a brighter and promising future. The film dabbles back and forth between Ireland and Brooklyn showing the complexities many Americans here in our country may have dealt with or still are dealing with

today understanding that this nation was and is built by immigrants.

ROOM

After being kidnapped and placed in a shed for seven years, Brie Larson plays the young victim who is repeatedly raped and abused by her predator. She eventually ends up having a child as a product of her abuse. Her son Jacob Tremblay, who spends his entire five years of existence within a small 11 x 11 box with a high skylight window that only allows them a two-foot view of reality.

Larson along with Tremblay spend five years together in solitude with no access to the outside world aside from a small dusty television. Tremblay, who plays the role of Jack, is ultimately victimized by the tragedy of being held captive without any understanding of what lies beyond the walls in which he is confined. He is unable to fathom a world that does not include his Ma, Larson, or Room, for his reasonably naïve nature forces him to believe Room in its entirety is the outermost space of reality. This low-budget film, given the majority of it takes place within a small shed, delivers a powerfully emotional punch. There are several instances where Jack shows his traumatic abrasions and leaves viewers with goose-bumps and tear-filled eyes.

It is near impossible to watch this movie in its entirety without questioning. Who are we? Do we absolutely need everything around us or are most of these things luxuries? Is separating ourselves from the

outside world an absolutely terrible thing? Or does it ensure that we build stronger relationships with those around us instead of constantly attaching ourselves to other things? Must watch film.

SPOTLIGHT

The movie about already existing cases on priests' sexual abuse in churches is finally brought to the spotlight for a much larger audience. The case that originally landed in 2002 was investigated by the actual "Spotlight" team of *The Boston Globe* and written by reporter Michael Rezendes, played by Mark Ruffalo, who had a heartfelt performance as he convincingly brought us back to that dark period in time.

The investigation was attacked and split asunder for several reporters to dreadfully and meticulously interview each and every assailant and victim. Spotlight's team fully devoted themselves into making sure that everyone involved in this crime would be justifiably indicted. The film is able to make palpable the tension between the reporters and the mostly devout Catholic community. They attacked not only one Catholic priest, but the entire system, including Cardinal Bernard Law, who was later found to have known entirely of the situation at hand including sexual abuse cases all over Boston. Extremely informative and passion driven.

Hats off to Thomas McCarthy for delivering an important and enlightening film.

A Big Year for Marvel and DC Comics

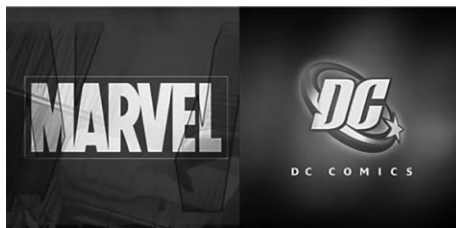
By Kevin Calderon

Ever since both companies were founded in the 1930s, DC Comics and Marvel Comics have had a big influence on readers of all ages. This genre of science fiction quickly became popular throughout the decades and to this day, it is still growing. While both Marvel and DC are the same concept for comic books, they both portray different styles of heroes. After years of attempting to perfect these heroes on the big screen, which some were successful but never crossed over with other heroes in their universe of Marvel or DC which would be the next step, both comic book companies have finally figured out how to do it with state of the art technology in the 21st century.

The Marvel Cinematic universe has had the head start over DC with their first films that were released in 2008 with Robert Downey Jr.'s portrayal of Tony Stark in *Iron Man* as well as Edward Norton's portrayal of Bruce Banner in *The Incredible Hulk*. Ever since then, Marvel has been able to expand the universe with other heroes in films such as Chris Hemsworth in *Thor*, and Chris Evans as Steve Rodgers in *Captain America: The First Avenger*, both in 2011, and with *Marvel's The Avengers* the following year in 2012, which has all heroes in the Marvel

Cinematic universe working together in order to save the world.

This year has several films coming out that will change the Marvel Universe



forever. The most anticipated film will be releasing May 6th, *Marvel's Captain America: Civil War*. This film has a storyline that splits the Avengers team into two teams, as point of views and perspective causes controversy for everyone. There are many heroes in this film, including the big introduction for the fan favorite Manhattan hero, Spiderman. Later in the year, they will introduce another hero in a film called *Doctor Strange*, as Marvel continues to build on adding more characters from the original comic book universe.

The DC cinematic universe has been a bit complicated over the past few decades. There have been many films portraying DC's most popular superheroes of Superman and Batman, or Clarke

Kent and Bruce Wayne. While many of the films were successful, some flopped at the box office. Even with the success of the other films, DC never attempted to take the extra step to unite the several heroes, including Superman and Batman, which would be the Justice League.

This all changed in 2013 as director Zack Snyder was hired for the new chapter in the DC cinematic universe. British actor Henry Cavill was hired to portray the new Clarke Kent or Superman in the film *Man of Steel*.

The DC universe was revamped, but there was a different plan this time,

as they finally plan to let their heroes crossover with each other, along with more movies in order to make the film *Justice League: Part One*, which is slated for a release next year in 2017. The next installment has finally arrived as Ben Affleck was casted to be the next Bruce Wayne or Batman, for *Batman V Superman: Dawn of Justice* that was released last month, which is the introduction for what is to come for future films.

The DC cinematic universe also has another film set to release in August, called *Suicide Squad*. This film takes place in the same as the other two films, but the twist is that this is a movie about in-prisoned convicts who are offered an oppor-

tunity to do something good rather than bad for their country, but the catch is that they will certainly be killed if someone decides to flee. This movie is great for the universe as it will introduce villains such as Jared Leto's the Joker, Will Smith's Deadshot, and Margot Robbie's Harley Quinn. DC has also released dates of



other heroes that plan to be members of the Justice League such as Jason Momoa as Arthur Curry or Aquaman and Ezra Miller as Barry Allen or The Flash.

2016 is a big year for both Marvel and DC as they plan to build new stories from the original comic books and bring them to life on the big screen. The continuity of all these films will make for some of the best trilogies in cinematic history. As all these films are released in the future, there will always be old and new fans content how much effort is being put into making all these films happen, at last.

PUZZLES

Medium

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		7		6	
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		9		4	2
	2		3	5	
	1				9

SUDOKU

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

Medium

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

Hard

From: www.Puzzles.ca

Hard

		2		6				
		6	9			7		
	1				3			4
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	9				5			
		7				8		
	5			7		4		
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Horoscopes for the Month of April

Compiled by Dayna McNeil



Aries
Mar. 21 - April 20

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.



Cancer
June 22 - July 22

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.



Libra
Sept. 23 - Oct. 22

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.



Capricorn
Dec. 22 - Jan. 20

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.



Taurus
Apr. 21 - May 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.



Leo
July 23 - Aug 22

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.



Scorpio
Oct. 23 - Nov. 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.



Aquarius
Jan. 21 - Feb. 19

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.



Gemini
May 22 - June 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



Virgo
Aug. 23 - Sept. 22

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.



Sagittarius
Nov. 22 - Dec. 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.



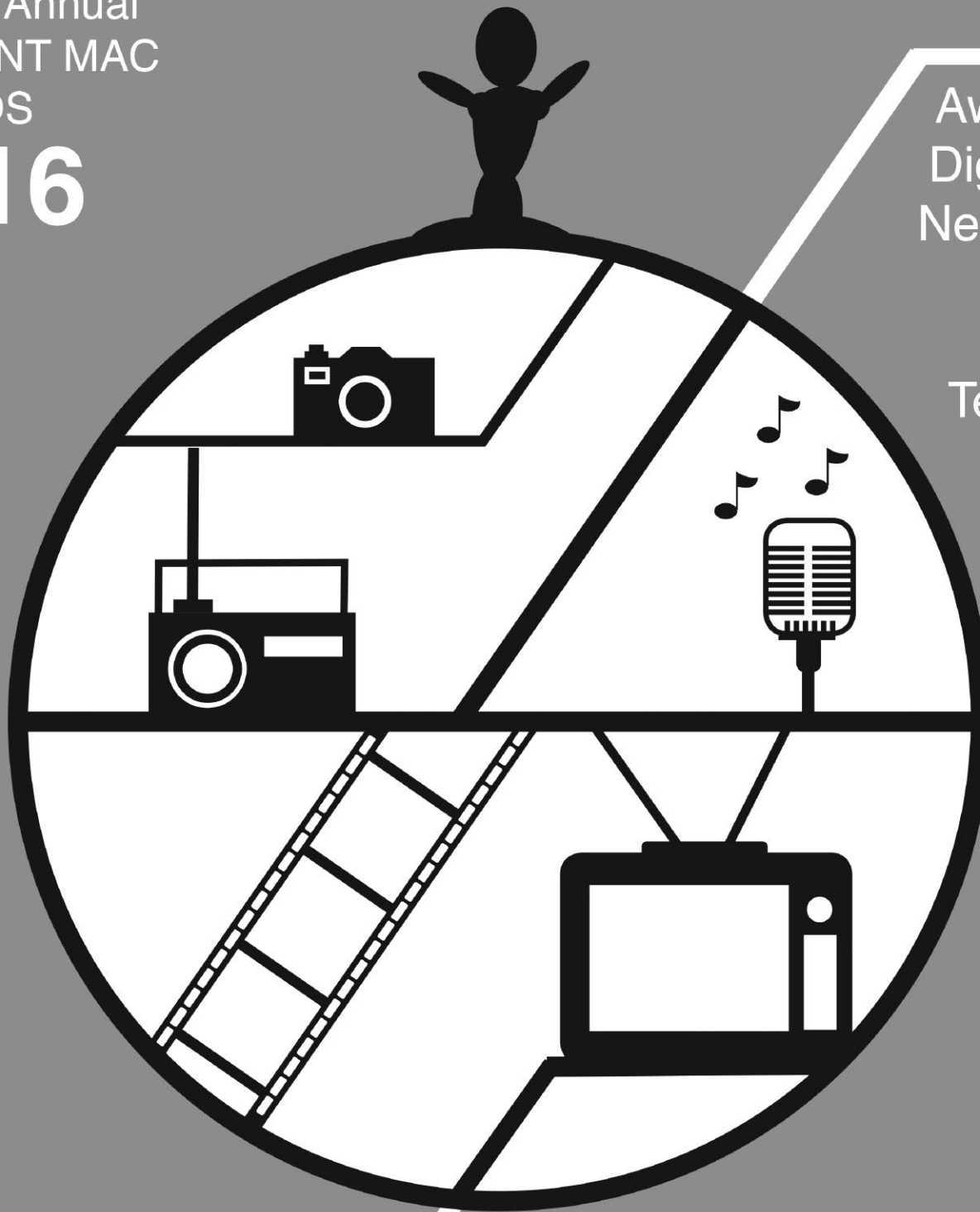
Pisces
Feb. 20 - Mar. 20

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.

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

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What Obama's Cuba Visit Means for Us

By Samuel Blanco

Among the many nations President Obama has visited during his tenure, none have raised more questions and concerns than his most recent visit to Cuba. This historical visit marks the first time a United States President has stepped foot on Cuban soil since 1928.

This does not mean Cuban Cigars will be readily available in American Cigar shops, or that you can plan your next vacation to Havana, there are still important implications in this changing relationship between the two former Cold War enemies.

One of the most important changes is that certain professionals such as journalists, scientists, performers and politicians will be allowed to travel to the island. More importantly, US citizens originally from Cuba will be allowed the chance to travel to Cuba as well to visit their families.

President Obama and Cuban President Raul Castro began discussions which included, release of political prisoners, human rights violations, as well as lifting the fifty-year old economic embargo, and the discussion of United States naval base at Guantanamo Bay which lies on Cuban land. Despite the turbulent history between these two nations, both leaders remain hopeful for future relations. In President Obama's words "What I have said to President Castro is that we are moving forward and not looking backwards; that we don't view Cuba as a threat to the United States. I hope that my visit here indicates the degree to which we're setting a new chapter in Cuban-American relations." President Obama further discussed how he himself is working towards doing all he can in easing the embargo until Congress officially lifts it. Despite some of these positive ideas, humans rights discussions raised tension between the two leaders. President Castro brought up issues in American culture, "Do you think that for equal work, men get paid better than women just for the fact of being a women? Well in Cuba, women get the same pay for the same work."

Furthering the discussion, President Castro also mentioned that unlike Cuba, the United States does not offer free higher education, universal health care as well as the wage differences among men and women. Obama diplomatically accepted the criticism, offering that the fact that both countries can speak openly to each other, already demonstrates the progress that can be made. Obama is encouraging other United States officials to visit Cuba, including Secretary of State John Kerry. There are no plans for President Castro to visit the White House, for now.

How to Prepare for the Phone Interview

By Samuel Blanco

As the temperature rises, and the days get longer, many students are already anticipating the end of the semester and the beginning of summer. For some students, summer means a break from all the books and time to relax at the beach or by the pool. For others it means a chance to add potential real world experience to their resume through a summer internship. As jobs are now requiring more than a college degree when considering new applicants, an internship offers students the opportunity to build a name for themselves in the industry they wish to pursue after graduation.

In the fall of 2015 it was estimated that 20.2 million students would be attending an American undergraduate institution, which was a 5 million student increase from 2000. With an ever increasing number of students applying for potential internships, many companies are required to come up with ways to sort out potential candidates, quickly and efficiently.

Online professional sites like LinkedIn, are one way employers can browse through different resumes and qualifications professionals post on their profiles, without having to actually meet any of them or contact them. A less technological method, yet still very efficient is the phone interview. Some refer to it as an exploratory phone interview, whose purpose is to allow the company to share info about their business, as well as dis-

cussing your own background and career interest. While the purpose might seem similar to an in person interview, the phone interviews ultimate difference is to eliminate anyone who may not sound like they would be a fit for the company right away. Since the phone interview narrows you down to simply the sound of your voice and the words you say, it is important to be prepared when this opportunity presents itself.

The first tip is to treat the day as you would a normal interview day. Go to bed at a reasonable time the night before, eat a filling breakfast, and although you might not want to wear a suit and tie, it is still important to freshen up and groom oneself as if you did need to make a good impression. If you are tired, and lounging around it will be noticeable when speaking to the interviewer, but it will also be easy for them to pick up on someone who is attentive and prepared.

The second tip is to have all you necessary paperwork in front of you. It is common advice to bring a copy of your resume to an in person interview, the same applies to one done via the phone. Print out a copy of your resume to have in front of you in case you need to refer to it. It is also recommended to print out a cheat sheet. A cheat sheet is essentially somewhere you have written key points or a list of prepared questions and answers and since most companies will set a time ahead of the date for when they want to call you, this allows you to

do your research ahead of time so you don't get caught off guard.

Third and final tip is concentrate and be attentive. It is a lot easier for us to get distracted if there isn't another person right in front of us, so the first thing to keep in mind is avoid sitting in front of a TV or your computer during this process. This is also not just a chance for the employer to weed you out, but it's also a chance for you to learn about the company, and ask questions. Maybe this isn't the company you dreamed of interning for, and it is better to get to that realization early on, then at the end of your internship. Be concise as well, the person on the other line also has potential distractions so your answers and comments should be kept short as to not lose their attention.

Preparation will ensure the phone interview process is not a stressful one, and will allow you to make a better impression if you know what to expect ahead of time. Always smile when speaking to the interviewer, don't forget to be polite, and if they have no further question for you, thank them for their time, and ask about when you should expect to hear back from them. When the phone call ends, review any notes you may have taken, and always send a thank you email as well, restating your interest in the company. Best of Luck.

Vaping: An Alternative to Cigarettes?

By Michael Alperin

Have you tried quitting smoking and nothing seems to work? Vaping has become a new popular tobacco alternative for people trying to quit. A vape pen consists of a battery, tank, and "juice", which is the tobacco alternative. The tank attaches to the battery, the top of the tank, which has a mouth piece, unscrews; this allows you to add the juice.

The "juices" come in assortment of flavors in the vaper's choice. There are menthol flavored, as well as many other fruit and candy flavors. The juice still contains nicotine so when you smoke it, still satiates the craving, but without the tobacco. There are also juices which contain no nicotine for people who simply enjoy the taste. A battery costs \$40, the tank is \$40: for a good one at least, the juices are \$21.99. Juices often sell more frequent than modules. In New York a pack of cigarettes costs \$10 a pack. By investing in a vape the juices although \$21.99 each, last far longer than five packs

of cigarettes.

The technology of a vape is simple

and straightforward. The module with a charged battery sends electricity up towards the tank, the tank has a build in cotton. Once the electricity hits the

cotton, which is saturated in the juice, it experiences resistance, hence causing the "vapor."

You may have seen vape shops popping up everywhere, but consider yourself warned: vaper's will tell you that these shops are not the friendliest atmosphere for people who are new to vaping. A typical shop will have employees hanging out like a club atmosphere, blow smoke clouds. This makes it hard to see when inside. It can deter someone who is novice.

According to a 2015 press release from the American Physiological Society, "Electronic cigarette (e-cig) use has now surpassed traditional cigarette use among middle and high school students, according to the Centers for Disease Control and Prevention. This leaves many parents, public health officials and consumers asking whether e-cigarettes are better or worse for lung health than traditional cigarettes. Now,

a team of researchers adds its findings to others that suggest nicotine in any form is damaging to lungs. This new research also suggests that non-nicotine-containing e-cig solutions have a damaging effect on lung health, leading researchers to call for more e-cig research. The researchers exposed mice and both human and mouse cells to cigarette smoke and e-cigarette solution that either contained nicotine or was nicotine-free....

"The effects of nicotine were seen both in cigarette smoke and in e-cig solutions that contained nicotine."

Interestingly, nicotine-free e-cig solutions were also found to include lung-harming substances, such as acrolein. "This substance, which is present in both e-cig solution and vapor, has been shown to damage the lungs by attacking the molecules that hold endothelial cells together."

Dr. Deb

Dear Dr. Deb,

My roommate stays up way too late at night. I'm having trouble sleeping and I'm scared it's going to hurt my grades. How should I deal with this?

Sincerely,
Sleep Deprived

Dear Sleep Deprived,

Living with a roommate can be quite an adjustment, especially for students for whom living with someone other than family members is new. Even when a college attempts to match students based on compatible interests, conflicts with roommates are commonplace though not easy to manage. The first step to resolving your conflict is open, honest and respectful communication. You need to let your roommate know that you are concerned about your grades since you are having a tough time sleeping with him/her staying up really late every night. It is difficult to concentrate in classes and study effectively without getting enough sleep on a regular basis. Let your roommate know that you respect his/her choices but are also concerned about his/her sleep patterns and whether that is affecting his/her grades. If your roommate chooses to stay up late, then ask if he/she could go to the student lounge when you are ready to go to sleep. If open, honest and respectful communication does not resolve this conflict, then the next step is to ask your Resident Advisor (RA) or Resident Director (RD) to mediate this situation. The RA or RD may need to draw up a contract between you and your roommate in order to set reasonable boundaries so that you can get some much needed sleep and be well-rested to focus on your studies.

Dear Dr. Deb,

My new girlfriend wants to start becoming sexually involved but I don't think it's the right time. How can I maintain the relationship and, at the same time, not go against my morals and values?

Best,
Consciously Conflicted

Dear Consciously Conflicted,

Deciding when it is the right time to have sex is a very personal choice. It sounds like you have already made your choice, to adhere to your morals and values and wait. It is important to discuss your views about sex with your girlfriend. If she loves you, she will respect your decision to abstain from sex. You both then can focus on developing a deep emotional connection which can be just as fulfilling. If she doesn't respect your choice, then she doesn't really love or respect you.

Dear Dr. Deb,

My boyfriend and I broke up a few months ago but he is emotionally abusing me, telling me no one else will be interested in me. I don't believe him but, at the same time, it hurts that he says that. What should I do?

Thank you,
Horribly Hurt

Dear Horribly Hurt,

Being in an emotionally abusive relationship can be damaging to one's confidence, self-esteem and ability to trust others. Those who are emotionally abused by partners may experience clinical depression, anxiety and post-traumatic stress disorder. According to the



Office on Women's Health in the U.S. Department of Health and Human Services, some signs of emotional abuse are:

- Monitors what you're doing all the time
- Unfairly accuses you of being unfaithful all the time
- Prevents or discourages you from seeing friends or family
- Tries to stop you from going to work or school
- Gets angry in a way that is frightening to you
- Controls how you spend your money
- Humiliates you in front of others
- Threatens to hurt you or people you care about
- Threatens to harm himself or herself when upset with you
- Says things like, "If I can't have you then no one can."
- Decides things for you that you should decide (like what to wear or eat)

You do not deserve to be demeaned by your ex-boyfriend. I understand that you may still care about him but the way he is treating you is not out of love and is not alright. You need to cut ties and stay away from him because his behavior towards you may not change. You deserve to be with someone who cares about you and treats you with respect and kindness. If you find that he does not leave you alone, it is important to tell someone of authority on campus (i.e., a professor, the Student Counseling Center, the Dean of Student Affairs, the University Police) to get help.

If you feel that you are overwhelmed or having difficulty coping with this situation, please contact the Student Counseling Center which 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.

Panthers Softball Wins Fourth Straight with Yeshiva Sweep

By Harris Rappel

Old Westbury softball (4-4, 2-4 Skyline) collected a pair of 9-1 Skyline Conference wins Friday morning over the visiting Yeshiva Maccabees (3-10, 2-6 Skyline) from Jackie Robinson Athletic Complex.

Game 1: Old Westbury 9, Yeshiva 1 (5 Inn.)

Gabriella Valdes (2-for-2, HR, 3 RBI, 3 R, 2 SB, BB) led off the first by reaching base for the fifth-straight game, drawing a walk off Yeshiva starter Rachel Mirsky (3-8, 4 IP, 9 H, 9 R, 4 BB). Valdes then stole second and advanced to third on a passed ball before Samantha Scharff (2-for-2, 3 RBI, R) stroked a two-run triple that also scored Katie Rizzo for the 2-0 lead. Amanda Fucci (1-for-2, 2 RBI, R) lifted a sacrifice fly to center to score Scharff to increase the Panther lead to three.

Valdes made it a 5-0 game with a two-run single in the second. Valdes scored two batters later on Scharff's sacrifice hit. Two batters later, Fucci doubled home Kaite Skelly (0-for-1, R, 2 BB), followed by Krysta Flareu's RBI single to push the lead to eight.

Valdes slapped a two-out inside the ballpark home run (first career) to right field to give Old Westbury a 9-0 advantage.

Mirsky hit a one-out single off Fucci in the fourth to end the no-hit bid. Two

batters later, Michal Alge doubled home Mirsky for Yeshiva's lone run.

Fucci (2-2) scattered two hits and tied a career high with nine strikeouts to secure Old Westbury's win.

Game 2: Old Westbury 9, Yeshiva 1 (5 Inn.)

Old Westbury scored five runs to grab an early 5-0 first-inning lead on Mirsky (3-9, 17 H, 9 R, 7 ER, BB, K). Valdes singled, stole second and scored on a wild pitch for the Panthers' initial run. Scharff (3-for-4, RBI, R, 2 3B) would then triple home Rizzo to double the lead. Skelly (3-for-4, 3 RBI, 2 R) followed with a RBI single to plate home Scharff, and Fucci (2-for-3, 2 RBI, 2 R, 2 2B) made it a 4-0 game with a RBI double before Delana Murray's (2-for-3, RBI) RBI single scored Old Westbury's fifth run.

Yeshiva responded in the fourth with a two-out RBI single by Annie Jaffe (2-for-2, RBI) to score Erin Potasnick.

Old Westbury tacked on two more runs in the fourth on back-to-back RBI doubles by Skelly and Fucci.

Skelly settled the scoring in the fifth with a two-out single to score Rizzo (3-for-4, 3 R) for the 9-1 final.

Nicole DeCola (2-2) cruised to her second-straight win, registering four strikeouts while allowing four hits in five innings of work.

Panthers Baseball Orchestrates Late Surge at Manhattanville

By Harris Rappel

SUNY Old Westbury baseball continued play on the road Wednesday, falling 11-8 in non-conference action against the Manhattanville Valiants in Purchase, New York.

Manhattanville (12-6) jumped on Panther (13-8) starter Trey Pizzutello (1-1, 3.2 IP, 11 R, 9 ER, 11 H, BB, 4 K) with a two-out RBI single by Jordanis Nunez (3-for-5, 2 RBI, 2 R, 2 SB) to score Robbie Lynch (2-for-4, 2 RBI, 2 R, 2 SB, BB) for the first inning lead.

Pizzutello ran into tough luck in the second inning as the Panthers committed two costly errors that led to three more runs crossing the plate for the Valiants' 4-0 lead.

Old Westbury's defense failed Pizzutello in the third on a fielding error by first baseman Dean Sheridan (2-for-5, RBI, R, SB) that allowed Nunez to score from third.

Sheridan respond by with a single in the fourth to reach base for the 20th straight game.

The Valiants tacked on five more runs in the fourth to end Pizzutello's outing

Reliever Nick Dorcean took over and settled Manhattanville's bats over the next 2.1 innings of work.

Down 11-0, Old Westbury's offense erupted for six runs on seven hits off Valiant

reliever Nick Simmons (0.1 IP, 6 R, BB) in the seventh inning. J.J. Lindgren Jr. (2-for-5, 2 RBI, R) stroked a two-run single to score Louis Sileno (0-for-1, R, 2 BB) and Michael Cardino. Jesse Russo (2-for-5, RBI, R), Joey Walsh, Tommy Ziegen (3-for-5, RBI, R, SB) and Sheridan all contributed RBI singles as part of the big inning.

Ziegen doubled to lead off the ninth. Cardino stepped to the plate three batters later with the bases loaded to deliver a sacrifice fly to score Ziegen. Paul Rapoli (4-for-5, RBI, R) would then single home Sheridan two batters later off reliever Dennis Berardi (2 IP, 2 R, 2 H, BB, 3 K) to make it a three-run game. Berardi stranded two Panthers after striking out Lindgren to escape out of the jam.

Manhattanville starter Josh Moschetti (2-0) tossed six scoreless innings of six-hit ball to snag the win.

Old Westbury reliever Ryan Mordecai fired two innings of no-hit ball with three strikeouts.

RAMAPO ROADRUNNERS UP NEXT FOR THE PANTHERS: Old Westbury remains on the road for next Wednesday's (Apr. 6) for a non-conference matchup against the Ramapo Roadrunners at 3:30 p.m. in Mahwah, New Jersey.

A NEW CHAPTER FOR MAJOR LEAGUE BASEBALL



By Kevin Calderon

The new year for professional baseball is finally here, and New York baseball fans can rejoice, as their teams are back to work chasing a World Series Championship. After the unexpected postseason run for the New York Mets last year, having made it all the way to the World Series just to fall short of the title against the Kansas City Royals, the Mets plan to return to the World Series with possibly an even scarier and stronger roster. The Bronx's own New York Yankees plan to return to the playoffs as well after falling extremely short last year in the one-and-done wildcard playoff game against the Houston Astros.

The New York Mets pulled off the impossible and fought off favored teams such as the Los Angeles Dodgers and the Chicago Cubs in order to reach the baseball club's first World Series since falling to the Yankees in 2000. Thanks to a big midseason trade for the Cuban outfielder and talented hitter, Yoenis Cespedes, along with their now-former second baseman, Daniel Murphy's unexplainable seven home runs in a single post-



season run, the New York Mets made it to the World Series, defying all odds.

Since falling to the Royals in a best out of seven games series, losing four games to one, The Mets seem much hungry and motivated this year and are going to play with a chip on their shoulder. While technically, opening day for the MLB was on April 4th, baseball fans are in for a treat as the night before on April 3rd, the World Series rematch will be hosted in Kansas City. Now that the Amazin' Mets are back, possibly stronger than ever, there will be no team underestimating this team just like in recent times.

The New York Yankees have been struggling the past couple of years to get deep into the playoffs, let alone make it to the postseason. After the last World Series title the Yankees won in 2009, the Yankees had lost their core four players of a five championship dynasty, which were Jorge Posada, Andy Pettitte, Marino Rivera, and the captain Derek Jeter. As each player retired, the Bronx bombers struggled to find replacements of such talented players that aren't easy to come by.



As the Yankees put together some quality players like veteran outfielder Carlos Beltran and Former Boston Red Sox star Jacoby Ellsbury, the Yankees made it back to the playoffs last year to fall to the Astros. This year, The Yankees made some big changes by acquiring left handed pitcher Aroldis Chapman from the Cincinnati Reds, along for trading for some young talent with the Chicago Cubs, Starlin Castro. Now that the Yankees have bolstered their bullpen and acquired a new bat in the lineup, the Bronx bombers are back and ready to compete for a championship. The Bronx Bombers are set for a wildcard rematch on opening day, facing the Houston Astros as the Yankees attempt to redeem themselves by getting a win the first game of the season.

New York is famously known for having a big market for sports, as it is always either a championship or bust. Regardless if someone is a Mets or Yankee fan, the goal is to get another championship for the big apple. As the Mets are due for one since their unforgettable World Series win in 1986 against the Red Sox, the Yankees are only seven years removed since their last, but will still strive to win big.

WOMEN'S LACROSSE



By Miguel Salcedo

The women's lacrosse team is entering its fourth season after being established in 2013 under the wing of coach Lauren Schneider and assistant coach, Bob Schmitt. After a few rough seasons the team is looking to build a successful season this year. Last year the Panthers showed a better defense than in its first two seasons. This year looks to be a promising one with a few exciting players on their roster.

In their first game of the season the Panthers showed that good defense by winning with a score of 17-10, the second straight

year the Panthers opened their season with a win. It was an unforgettable game for new player, Natasha Treuman, who had an outstanding collegiate debut with 10 goals on 11 shots, along with 11 points, both set records, according to oldwestburypanther.com. In her first season with the Panthers, Treuman is averaging a conference-leading 5.67 goals and 6.67 points per game.

The team is counting on several players who are key for the team success this season. One of these is co-captain Courtney Gallagher, who became the first ever Panther with 100

career ground balls in their season opener. "The team this year is a lot more experienced opposed to last year," said Gallagher. She is also expecting the team to do better this year than past seasons and is hoping to reach the playoffs.

"The key to beat some of the best teams this year is to play as a unit, take all of which we've learned from practices and games and bring it over to the next game," said Gallagher.

Other important players on this team are co-captain Sara Bey, Ashley Gugliuzzo, Danielle Weir, Taylor Guarneri and LaChaye Allen.