

THE CATALYST

OWCatalystwriters@gmail.com

“IGNITING THE MIND”

FREE

TOWARDS A BETTER RESIDENTIAL COMMUNITY

By Marilyn Bonilla

Despite the disappointment from students about the closing of the Academic Village, Director of Residential Life Gareth Shumack promises improvements in the Woodland Halls.

The first specific change that has been made is a renewed Wi-Fi connection in the lounges. As of next semester, there will be central Wi-Fi throughout the entire building, therefore, residents no will longer need to bring a router.

There will also be new water filtration stations. “The residence halls will be the first area on campus to have them,” said Shumack. The water stations will have a filter to refill water bottles. Shumack also hopes this will encourage residents to recycle. This project should be installed by this summer.

For the near future Shumack hopes to replace the carpets in the buildings as well, and there will be new mattresses in buildings three, four, and five. “Everything is budget and time constraint,” Schumack said.

Finally, housing selection will be done online by next year enabling residents to select their roommates and rooms online.

According to Shumack, the long-term goal is to improve the number of students living on campus. Although Shumack does not completely want to ignore the option of opening the AV again, he hopes to possibly build new residential halls once the long-term goals are met, rather than going back to the AV.

Officials in Residential Life are aware that closing the AV wasn't a popular decision, but they believe that the building is not in a stable condition for students to live in. It has limited wife access and non-existent kitchens with stoves and a sink,

Residential Life believes that more work could be put into the Woodlands. The biggest problem with students seemed to

(Cont. on page 3.)

2065 TIME CAPSULE



By Anne Ligonde

In honor of the 50th anniversary of SUNY at Old Westbury, the School of Arts and Sciences made a time capsule that is meant to be opened in 2065. The time capsule has contributions from all twelve departments in the Arts and Sciences.

“The capsule contains objects that represent the departments and that will hopefully fascinate the future generation in 50 years,” said Cristina Notaro, the Assistant Dean of the School of Arts and Sciences. Notaro confirmed that the time capsule will be on the third floor of the New Academic Building in a display case.

Inside the time capsule, the American Studies Department put in their oral

(Cont. on page 3.)

MICHAEL J. DOWLING TO SPEAK AT OLD WESTBURY'S 2016 COMMENCEMENT CEREMONIES

By Dayna McNeil

Michael J. Dowling, president and chief executive officer of Northwell Health, will be speaking at both 50th commencement ceremonies of SUNY Old Westbury on Sunday, May 22nd at which about 800 students are expected to graduate. (Cont. on page 3.)



Image from Apollo's Youtube Channel

CHANGES IN THE SCHOOL OF EDUCATION

By Nicole Hampson

Beginning this fall, SUNY Old Westbury will be applying a number of changes in the School of Education. Although the changes have been made for the benefit of future students, there have been a number of disagreements from students already enrolled in the program.

In the past, the School of Ed at Old Westbury has assigned participants a maximum of two classes while also completing their hundred hours of observation as a whole. These observation hours allow students to shadow a teacher while gaining experience in a public school setting.

(Cont. on page 3.)

The Catalyst Launches Its New Website

The Catalyst has launched its new and improved website. Visit oldwestburycatalyst.org to get the latest campus and national news, opinion pieces, sports, reviews, and arts and entertainment articles. The Catalyst will be updating the website frequently throughout the academic year while still printing monthly editions.

The Old Westbury College Foundation & Calvin O. Butts, III President, SUNY Old Westbury Present a

Tuesday, May 10, 2016 - 5:30-9:30 p.m.

Crest Hollow Country Club - Woodbury, New York

The State University of New York at Old Westbury is proud to be celebrating its 50th Anniversary across the 2015-16 academic year with an ongoing “Celebration of Educational Leadership and Empowerment.”

As the culminating event, the College and the Old Westbury College Foundation, Inc. will recognize “50 Alumni for 50 Years” at a special dinner celebration. Alumni, friends, faculty and staff are invited to enjoy a night of fine food, fellowship and dancing. Proceeds from this dinner will be used to fund scholarships to aid future students in the pursuit of their education at OW

The 9th Annual STUDENT MAC AWARDS 2016

Awards in: Digital Arts, New Media, Print, Radio, Television Video

Wednesday, May 4th, 2016 live webcast
Red Carpet @ 6pm Award Ceremony @ 7pm
Campus Center Maguire Theater
www.theoldwestbury.org

The MAC AWARDS

This year marks the Ninth Annual Media and Arts Celebration (MAC) Awards celebrating the best student work in digital arts, video, new media, television, print, and radio.

As in previous years, the MC will be Joe Manfredi, instructor in the American Studies/Media and Communications Department and Old Westbury Web Radio station manager.

The dinner will begin at 5:30 p.m.; the Red Carpet ceremony will begin at 6; and the awards event at 7 in the Maguire Theater in the Campus Center.

For a list of nominees, see pages 4 & 5.

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HARRY'S DIVERSITY LESSON

By Dr. Wayne Edwards

Assuming the role of the College's first chief diversity officer comes with challenges I wholeheartedly embrace. Addressing matters of diversity and, more importantly, inclusion, is a passion of mine born out of a unique upbringing. Raised in the Melrose Projects, a predominantly black and Latino low income housing development in the South Bronx, and educated primarily in Jewish schools ten blocks and a world away, I grew into adulthood with an appreciation for honoring differences.

As I like to say, being white by day and black & Latino by night allowed me access to two very different worlds. With friends in both, it was not unusual for me to bring my long-haired hippie Jewish friends to the projects or my urbanized neighborhood friends to hang out in Jewish communities. With me as the glue, these seemingly polar opposites not only got along, but developed a fondness for aspects of each other's cultures.

Therein lies my passion for the work of chief diversity officer, but passion alone does not get the job done. The spring 2016 semester was spent attending conferences from Albany to San Francisco to Philadelphia to Indianapolis and Long Island in order to become familiar with national best practices. Ironically, however, the most valuable lesson was taught right here at the College at Old Westbury – and it wasn't taught by an accomplished scholar/practitioner. Instead, Harry Wasserman, like so many others on our campus, was a dedicated student trying to find his way.

On March 28, 2016, two months into his second semester at Old Westbury, Harry, an obese older-student born of Jewish parents, died of natural causes. His grief-stricken Old Westbury friends organized a memorial service. Well attended by students, faculty, staff, along with his father and step-mother, the service brought to light Harry's impact on our college community.

One by one, people spoke about their encounters with Harry and how he touched them. Black and white. Latino and Asian. Male and female. Young and mature. LGBTQ and hetero. Christian and Muslim. Abled and disabled. And as the stories unfolded, there was one simple recurring theme. Harry talked. He talked to anybody, he talked to everybody. That's it. Who knew that with this one simple act Harry represented an encouraging first step to taking on this diversity thing?

"I was sitting on the shuttle bus minding my own business when Harry asked, 'what are you majoring in?' I was trying to listen to my music but he asked another question, and then another. I should have been annoyed but before I knew it we had talked the entire ride as if we were old friends. We talked all the time after that."

"I was walking by the Student Union when this guy calls out to me, 'Excuse me, but you dropped your wallet.' I turned around; it was Harry. I can't say we became best friends, but I would see him around and always appreciated him just being a caring individual."

"I was in the cafeteria and this big guy just approaches me and starts talking. Next thing I know, me and this complete stranger are sharing our most intimate life stories. Truthfully, I had never noticed Harry before that, but after that it was like I would run into him all the time and every time we saw each we talked. Not just hello and goodbye. We talked. You know, real conversations about important stuff."

And so it went. Regardless of race, creed, color, gender, sexual orientation, religion, all the testimonials started the same way. Harry spoke. What often stops us from speaking is not the reaction we receive, but the reaction we're conditioned to expect to receive. I'm sure not everybody took warmly to Harry, but Harry was a merchant of hope. It didn't matter who or what you were. For Harry, it was simple: if you were human you were OK until you proved otherwise. A wild guess says Harry had no idea his impact would be so much greater than his intent.

So yes, I'm anxious to implement some of the best practices discussed at the higher education conferences. Starting a Diversity & Inclusion Council in the fall 2016 semester will strengthen our OW community. When recruiting faculty and staff, advertising in print and online outlets that specifically target diverse populations should have a positive impact on our campus environment. Programming that intentionally brings together students of different backgrounds will undoubtedly foster some life-altering exchanges. But let's keep Harry's lesson in mind as we embark on this diversity journey because well-intentioned initiatives won't mean a thing if we don't talk.

(Dr. Edwards is vice president for student affairs and chief diversity officer at SUNY Old Westbury)

Email: edwardsw@oldwestbury.edu

Profile: Eduardo Espinoza

By Deshaun Riddick

SUNY at Old Westbury has a new service desk manager, Eduardo Espinoza. He holds a double major in economics and computer science from Hunter College and has a military background. Espinoza has set some goals to improve the customer service support via managing customer relationships. Being "flexible" is the key to creating a great customer experience he says.

His first day on the job was "very welcoming...everybody was open to me being their supervisor," he said. Espinoza has had people asking him for help since the moment he began. There is more to customer service than just providing a service; it is about providing a positive experience around resolving the customer's issue, Espinoza believes.

He used the example of prospective students having "a hard time logging in," with

their Panther ID, financial holds being placed on students accounts, and the faculty having issues logging in to the network to demonstrate the vast problems the IT Help Desk team has to solve daily.

A graduate of Hunter College in computer science and economics, Espinoza worked for eighteen years as a technical support specialist at the New York Public Library.

Espinoza has aspirations of improving WI-FI on the campus. He says it's a great tool and can use improvements to log in issues that occur for everyone on campus each semester. Espinoza says he is a "technician at heart," and he takes apart things and puts them back together. Smiling, he told this reporter a joke about being the first family on his block to have owned an Amiga computer.

Cont. from page 1

Changes in the School of Education

Students must complete these hundred hours before given permission to student teach. Student teaching, which consists entirely of classroom experience, is the last step of the program and takes place when all other courses have been completed.

Other SUNY schools throughout the state including; Buffalo, Cortland and Plattsburgh incorporate the 100 hours throughout the curriculum instead of one semester, Westbury will be adopting this method for the fall of 2016.

The observation hours will now be divided and attached to courses throughout the program.

An email was sent on March 24th by Amy Hsu, Chair of the Childhood Education and Literacy Department, stating: "Some classes have just changed their titles and course content has been modified to reflect new developments in education. Other courses have been changed considerably to best reflect the knowledge, skills, and dispositions candidates will need in order to be best prepared for the teaching profession. You will notice that

observation hours are now embedded into courses, rather than completed in one semester."

She added: "Teacher candidates who are currently in the SOE will have the option to follow the new courses with the embedded observation components or take 5930 (100 hours of observation), which will be offered for two more semesters."

While it looks like the program will be running smoothly within a couple of semesters, students currently enrolled in the School of Ed will be completing a different program than those entering next fall. Students have objected to the changes.

For example, Rosita Vasquez, a junior majoring in childhood education, believes, "Changes can be useful in order for education to progress but changes should only be done when it benefits the students and not the institution."

Like many students Vasquez believes, "The program changes are obviously beneficial, it was the lack of consideration for those already in it that has us all so upset.

As advised, I always planned two semesters ahead, however that is all messed up now."

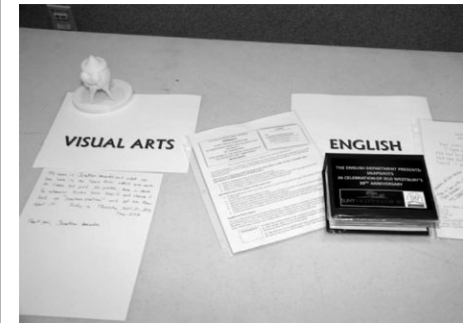
Diana Peralta, another junior in the program, stated, "The actions of the School of Education have been sneaky and deceitful. My main concern is that the School Of Education is not considering the students who have to juggle school and work as well as the students who have children. I completely understand that attending college requires some sacrifices however; I am not okay with sacrificing for changes that are not in my catalogue and that are being forced on me after I am deep in my educational career."

In hopes to defuse some of the confusion, the School of Ed offered Town Hall meetings on April 11, 2016 and April 14, 2016. At the meeting, Dean Nancy Brown stated that "they would work with all the students in the position of being caught between the new and old program."

Cont. from page 1

2065 Time Capsule

history project, which is the history of the college. "It was something they put a lot of work into but it also represented the past of the college," said Notaro. The



Sociology Department wrote a letter to the future generation while the biology department put some information about the Zika virus.

Professor Lee Blackstone, associate professor of Sociology, came up with the idea of a time capsule. Blackstone stated, "Originally, I thought of a time capsule that would be buried; But it's actually a complicated, and expensive, thing to do. We opted to store away a locked 'time capsule' instead." When asked what inspired the idea behind a time capsule, Blackstone responded, "I had heard tales that years ago, there used to be a May Day all-campus party at SUNY Old Westbury. Apparently, it was held outside, on the roof of the now-demolished Academic Village. When Dean Hillery was soliciting ideas for the 50th Anniversary, I was thinking about how the campus hadn't held a party-type event for the College's Anniversary that would be for faculty and students. I thought that if we were going to have a party, we could also lock away some mementos for the next anniversary."

In 50 years, when the next generation opens the time capsule, they will see firsthand the history of the college. All twelve departments left items that might no longer exist in 2065 like a chalk, as chalk board will no longer be in sight.

Cont. from page 1

Towards a Better Residential Community

be the lack of privacy offered in the Woodlands. "Lots of colleges around the country have DA's [desk attendants] to secure the building," said Shumack.

The Office of Residential Life sent a notice eight months in advanced informing that the AV will come to a close, therefore students have time to prepare for the change.

"We're spending a lot of time thinking of RA training," said Shumack. Residential Life is looking to also improve their on-campus living experience, through the connection between residential staff and residents. The main purpose of this decision is to have the resident community in one place, for a better sense of community.

Cont. from page 1

Michael J. Dowling To Speak at OW 2016 Commencement Ceremonies

Dowling graduated from University College Cork, Ireland with an undergraduate degree, and from Fordham University with a Master's degree. He served as a senior vice president at Empire Blue Cross/Blue Shield before he joined Northwell Health in 1995. He also worked for twelve years in the New York State government, serving as State Director of Health, Education, and Human Services, as well as deputy secretary to the governor.

The School of Arts and Sciences' morning ceremony will begin at 9 a.m. and guests will be admitted at 8 a.m. This ceremony will only allow degree candidates graduating from academic programs that are delivered primarily via departments within the School of Arts and Sciences.

The ceremony for the School of Business and the School of Education will

begin at 3 p.m. and guests will be admitted at 2 p.m. This ceremony will only allow degree candidates graduating from academic programs that are delivered primarily via departments within the School of Business and the School of Education.

Panther Park Athletic Field, an outside location, will hold both ceremonies. If there are any weather concerns, the ceremonies will be moved indoors to the F. Ambrose Clark Athletic Center.

Each student will receive four tickets for their guests. Tickets will be available for pick up with no charge at the "Comment Celebration" on either Wednesday, May 11th or Thursday, May 12th. During the "Commencement Celebration" students will also be able to pick up their caps and gowns in the Student Union. A cap and gown must be purchased by each student to obtain tickets.

50 year Anniversary: A reflection of the College's Past Present and Future

By Samuel Blanco

As part of its ongoing 50th Anniversary Celebration, the SUNY College at Old Westbury hosted two retrospective panels of speakers who have all had a history with the college. The panels were meant to serve as a demonstration to those who are still very much a part of Old Westbury, that the school has always had a history of men and women from all backgrounds who, as stated in the college's mission statement: endeavor to stimulate a passion for learning and a commitment to building a more just and sustainable world.

The first panel of speakers was moderated by Dr. Rose Muzio, assistant professor in the Politics, Economics, and Law department and the topic they discussed was the beginnings of Old Westbury as a college with a singular mission and vision. The four panelists included faculty that were present in the earliest days of SUNY Old Westbury Dr. Anne Barstow, Dr. Samuel Von Winbush, Dr. Phillip Harvey, and Dr. Naomi Rosenthal. Each panelist was given an opportunity to discuss their initial time at Old Westbury and describe the mission of the college. All 4 of the speakers emphasized that the colleges mission was a product of the era it was created in. When political turmoil surround-

ing the Vietnam war and the civil rights movement consumed the country. This was a time in which students all over the country were openly protesting these injustices on campuses, and despite being a new college, the students at Old Westbury were no different. Dr. Barstow who was a Comparative Humanities professor mentioned that when forming the curriculum, the faculty had to make a crucial decision. "Should we go very traditional in order to stabilize roots that have stood the test of time, or do we open up to the changes blazing through our society?" Dr. Barstow recalls asking herself at that time, "All of us were reaching for developing a political conscience."

The speakers all recalled the energy of the students at the time, and they described a student protest of 1977 when the students locked all faculty out of the campus, some of the faculty even joined. "Best years in my life were on strike, this embodied the spirit of the moment," Dr. Phillip Harvey recalls, describing the 1970s as the golden age of the college, due to the passion and political involvement of the students at the time.

The second panel of speakers was held later in the day, hosted by one of SUNY Old Westbury's current faculty, Karl Grossman, a

professor in the American Studies/Media and Communications department. This panel aimed to discuss An Old Westbury's Education's Relevance: Then and Now. Professor Grossman began by discussing Old Westbury's investigative reporting class, one of the first, and oldest classes of its type in the country, founded in the earlier days, still a relevant class which focuses on students doing hands-on work in journalism. The three panelists were Dr. Onita Este-Hicks, Dr. Eileen Landy, and Dr. Basillo Serrano.

Dr. Onita Estes-Hicks, emphasized the power of women at the time Old Westbury was first forming. "Women professors were powerful, they commanded the room," she recalls. "She argued that because of these professors, Women's Studies was made relevant, and that made Old Westbury a pioneer in making this curriculum available, which continues to be one of the most active departments in our college today. Dr. Serrano who was crucial in gaining funding for the bilingual studies at SUNY Old Westbury also touched upon student involvement. As he recalls, students were so involved in the beginning that they would fill up the room for new faculty interviews. He emphasized that in the beginning many

students were the ones who were responsible for writing proposals which became grants for the school. He noted that SUNY Old Westbury was responsible for providing qualified bilingual teachers to Long Island, New York, Florida, and even Puerto Rico.

Dr. Landy proposed in her own words that SUNY Old Westbury is "the way the world should be, its empowering being here." Even in its earliest days, she argued that Old Westbury aimed for diversity, not just with race but with sex as well. She felt that Old Westbury's population represented how the country really looked, including an equal number of white, black and Hispanic students, as well as including students of Asian and others.

Dr. Calvin O. Butts, III, the president of Old Westbury, was present in the audience and was invited to give his opinion on the college's relevancy, to which he discussed that Old Westbury provides students the necessary tools to be able to get a job out of college. Although a simple goal, he emphasized that getting a job is as revolutionary as participating in a protest. Dr. Butts emphasized that citizens with a job are able to provide better opportunities to their families, children and communities.

DIGITAL ARTS

Graphic Design

Jacquelyn Dias- "Research Day Poster"
Daniel C. Park- "Research Day Poster"
Avery Williams- "Type Map"

Digital Imaging

Danielle Carson- "Surrealism"
Audrey Hufsmith- "Step by Step"
Carmen Li- "Ronald"

Web Design

Tasha Boehm- "Portfolio Site"
Eric Espinoza- "Espinoza Art"
Paul Romero- "Paul Romero Art"

3D Design

Stephen Fiore- "Mars Living Unit"
Audrey Hufsmith – "Blimp Living"
Ethan Ramos- "Eco Friendly Hotel Living Unit on the Water"

Animation

Rosanna Baig- "Rebel"
Jonathan Gonzalez- "Viva La Break"
Zichao Rao- "1s"

Video Art

Tasha Boehm- "Nitrogen PSA"
Michelle Celi- "What Happens in Mars Stays in Mars"
Robbie Santos- "Green Screen Movie"

VIDEO

Best Portrait of a Place

Sydney Williams- "Behind the Stalls"
Jazmin Jones- "The Preserves"
Julia Sorto- "Once the Snow Melts"

Best Portrait of a Person

Natalie Kempijan- "American Dream- The Story of Two Romanian Immigrants"
Zach Feldman- "Looming Sisters"
Robert Vieira- "Portrait of Sabrina Smith"

Best Creative Video

Amari Browne- "Phenomenal Women"
Michelle Celi- "When I was Seven"
Matteo Di Fiore- "Water Goes On"

Best Documentary

Asha Johnson- "Caged"
Ronald Capobianco- "Mac Adams, Portrait of the Artist"

Areeba Qazi- "Adam"

Best Social Justice Video

Rigo Gary- "The Voice of Dreams"
Jamal Perry Young- "Terra Nullius"
Rosanna Baig- "My Religion and It's Normal"

NEW MEDIA

Interactive Project

Marilynn Bonilla- "First Generation College Students"
Nigel Shelby- "A Day in the Life of Street Vendors"
Nia Neal- "Hempstead, NY: An Interactive Walking Tour"

Multimedia Package

Kevin Calderon- "The Cinema Arts Center"
Morgan Pascucci- "Swept Unger the Rug"
Nicholas Rice- "High School Musical: Blondes Really Do Have More Fun"

Photo Slideshow

Kimani Williams- "The Sixth Borough: Far Rockaway, New York"
Dayna McNiel- "Virtually Not Verbally"
Julia Sorto- "What Does the Black Lives Matter Movement Mean to You?"

Web Portfolio or Blog

Jessie Leigh Russo- "Jessie Leigh"
Katie Karst- "Video Editing Portfolio"
Avery Williams- "Avery's Portfolio"

TELEVISION

Best News Package

Joshua Richter, Asha Johnson- "Old Westbury Alumni Return to Discuss Careers in Media"
T'khari Fisher, Catherine Fowler- "Omicron Delta Kappa Induction"
Zach Feldman, Michelle Purpura- "David Atkins- 2X Elite 7 Star Diamond Coach Highlight Reel"

Best Field Reporter

Jake Colletti, Asha Johnson- "Prof. Karl Grossman on Investigative Reporting"
Nia Niel, Christa Deshong- "Black History Month"
Areeba Qazi, Elyse Smith- "ARS Continuum: Amelie A. Wallace Gallery"
Naomi Corporan, T'khari Fisher, Joshua Richter- "A Conversation with Ricardo Pascoe"

Best Special Events Package

Christa Deshong, Nia Neal- "Panther Pep Rally"

MAC AWARDS

Areeba Qazi, Elyse Smith- “How Do You Show Your Panther Pride?”

Naomi Corporan, T’khari Fisher, Jane Kim- “HAPPY HOLIDAYS FROM OWTV”

Best Television Promo

Chase Dowdle- “Centerstage 2016 Promo”

Nia Neal- “9th Annual MAC Awards Promo”

Christa Deshong- “Don’t Miss This Year’s 9th Annual MAC Awards”

Jake Colletti, Joshua Richter, Asha Johnson, Chase Dowdle, Cheyanne Dowdle, T’khari Fisher, Josh Butensky- “MAC Award Promo 2016”

Best Creative Television Segment

Moses Nunez Jr., Rigo Garay, Joshua Richter- “Top Rope Talk”

Jake Colletti, Mike Gunshinan, Jenna Barbone, Moses Nunez, Asha Johnson, Josh Ritcher, Zac Feldman, Quincy Parish, Bobby Viera- “Centerstage with DJ Mikey Guns”

Asha Johnson, Osei M’bahso, Jake Colletti, Ashton Richards- “New Age Innovators”

PRINT

Best Feature

Nicole Hampson- “Distance Learning on the Rise”

Marilynn Bonilla- “Tracy Levels Up at the Apollo”

Meleika Amos- “Love Song: Culture of a City”

Oswaldo Nunez- “Richard Pascoe: From OW to Ambassador from Mexico”

Anne Ligonde- “It’s Not Easy for International Students”

Best Review

Freddie Valentine Jr- “Film Reviews”

Kevin Calderon “A Big Year for Marvel Comics”

Julia Sorto- “Martian is Out of this World”

Samuel Blanco- “Beauty Behind the Madness”

Laura DeMarzo- “Unity: The Latin Tribute to Michael Jackson”

Best Opinion Piece

Michael Alperin- “Food for Heroes?”

Laura DeMarzo- “I am Privileged?”

Samuel Blanco- “An Instagram Account Worth Following: *BlackJaguarWhiteTiger*”

Brianna Desir- “The Ugly Truth about the Shuttle Bus”

Dayna McNiel- “Are You a Taoist?”

Best News Story

Laura DeMarzo, Marilynn Bonilla- “Student Threatened with Arrest After Registering Voters”

Christine Mcketney- “Academic Village Residence Halls to Close”

DeShaun Riddick- “Groundwater Concerns on Long Island”

Dayna McNiel- “Number of Graduate Students Increases While Total Enrollment Decreases”

Marilynn Bonilla- “Deputy Chief Decides to Keep Campus Center Closed at Night”

RADIO

Best News Segment

Josiah Pierre- “Bullying of Call Center Employees”

Vanessa Gomez- “In The Know: Interview with Dr. Michael Rickenbach”

Peter Arriaga- “Long Island Harvest Food Bank”

Best Event Promo

Peter Arriaga- “Scott Weiland Ticket Giveaway”

Ryan Menig- “Panthers Baseball Doubleheader”

Jessie Russo- “The Glimmer Twins: DTS 2015”

Best Station Promo

Ryan Menig- “Top 25 Countdown on OWWR”

Joshua Richter- “The Curtain Call”

Jessie Russo- “FNL: Shinedown Giveaway”

Best Creative Production

Peter Arriaga- “Instagram OWWR”

Karen Isme- “Tweet OWWR”

Jessie Russo- “Instagram OWWR”

Best Show

T’khari Fisher, Shamane Smart, Vanessa Gomez,

Josiah Pierre, Deanna Bobadilla- “In The Know”

Darold Bien-Aime, Josiah Pierre- “Other Brother Radio”

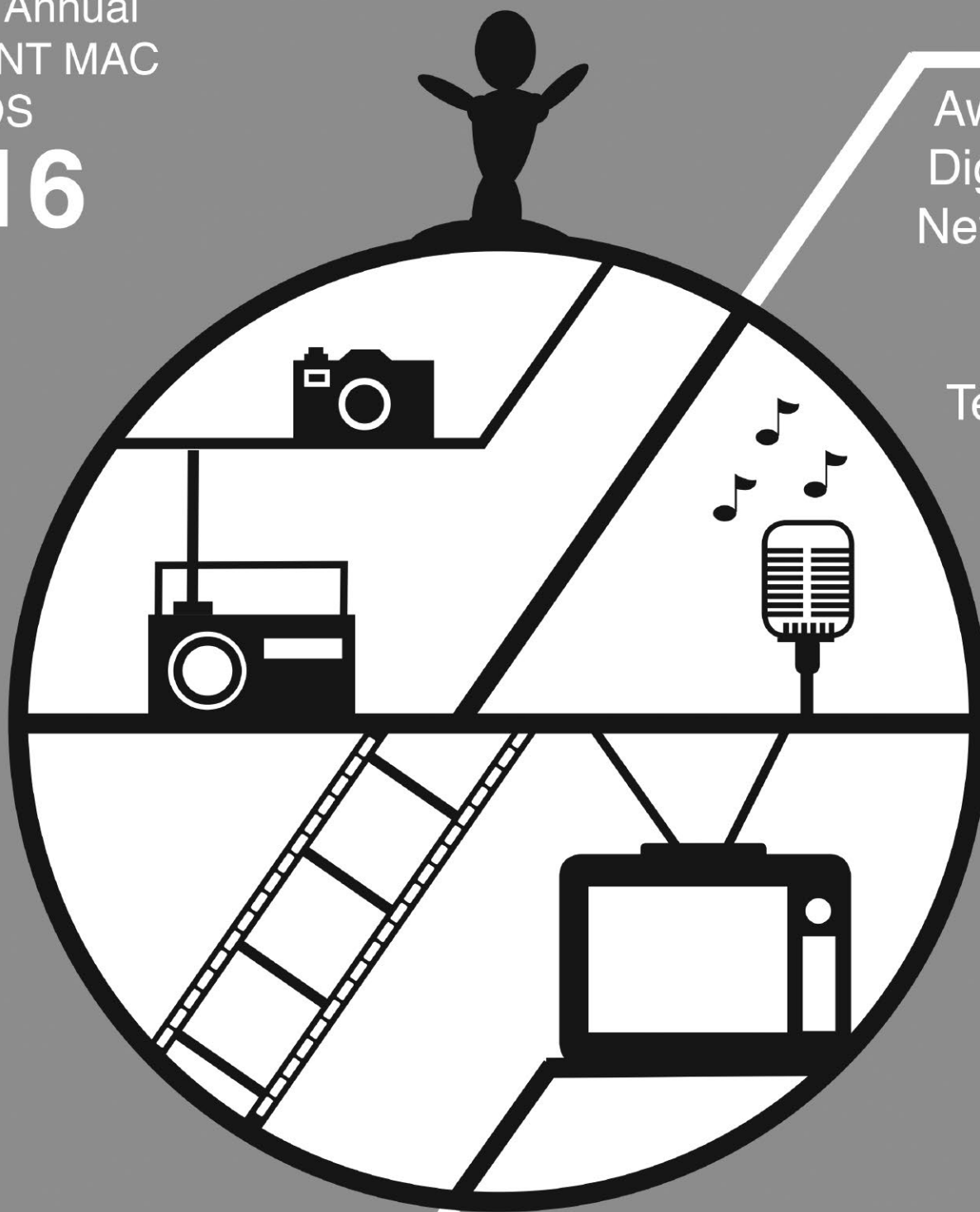
Joshua Richter- “Curtain Call Celebrates National Radio Day”

Jessie Leigh Russo- “FNL: The David Bowie Tribute”

See more at: <http://www.oldwestburycatalyst.org/2016/04/24/mac-awards-2016-nominees/#sthash.8rySli3s.dpuf>

Student Media Arts Celebration

The 9th Annual
STUDENT MAC
AWARDS
2016



Awards in:
Digital Arts
New Media
Print
Radio
Television
Video

Wednesday, May 4th, 2016 live webcast
Red Carpet @ 6pm Award Ceremony @ 7pm
Campus Center Maguire Theater

preview the nominees work at: macawards.org

The **MAC**
AWARDS

Gala Celebration

The Old Westbury
College Foundation

&

Calvin O. Butts, III

President, SUNY Old Westbury

Present a

50th Anniversary



SUNY OLD WESTBURY

Tuesday, May 10, 2016

5:30 p.m. - Cocktail Hour 6:30 p.m. - Dinner
Crest Hollow Country Club, Woodbury

Dr. Marnelle Alexis-Stephens '93
President
MacCormac College

Mr. Barry T. Allen '99
Manager, Facilities and Contracts
Long Island Rail Road

Mr. Robert G. Allen '85
President and CEO
Teachers Federal Credit Union

Ms. Beryl E. Bailey '83
Principal
P.S. 195 William Haberle

Mr. Scott A. Bell '03
Director, Internal Audit and
Financial Adviser
Protiviti

Hon. Dale Black-Pennington '83
Administrative Law Judge
U.S. Social Security Administration

Mr. Christopher D. Bloodworth '07
National Director
The Actors Fund

Mr. Steven J. Connolly, CPA '88
President and CEO
Co-Source Solutions

Mrs. Lisa A. Crawford-DeRoche '94
Vice President, Human Resources
Brightpoint Health

Ms. Naomi Cunningham '09
Program Coordinator
Planned Parenthood of
Nassau County

Mrs. Mary L. D'Antonio '94
Trustee, Hicksville Public Library

Ms. Maryann De Leo '77
President
Downtown TV Documentaries

Ms. Tracy L. DeAngelis '89
Executive Director
Estee Lauder Companies

Dr. Thomas DelGiudice '79
Professor, SUNY Old Westbury

Mr. Mohandas Dewese '87
"Kool Moe Dee"
Entertainer, Hip Hop Pioneer

Mr. Clifford O. Ejikeme '83
Vice President, Finance & Treasurer
A&E Television Networks LLC

Dr. Dolores M. Fernandez '78
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Eugenio Maria de Hostos CC

Dr. Georgette Grier-Key '02
Executive Director & Curator
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Historical Society

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Distinguished Teaching Professor
SUNY Empire State College

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Senior VP Wealth Management
The Hall Group at Morgan Stanley
Wealth Management

Mr. Craig S. Harris '76
Trombonist and Composer

Dr. Aurelia L. Henriquez '94
Assistant Superintendent for
Elementary Education and Personnel
Brentwood Union Free Schools

Mr. Carlos M. Hernandez '84
Head of Global Banking
JPMorgan Chase & Co.

Mr. Brian M. Hickey '89
Special Agent in Charge
Northeastern Region
US Department of Education

Mrs. Alexis Hoffman-Rodgers '07
Coordinator of Community
Outreach and Education
Association for Mental Health and
Wellness

Mr. Vinson "Wordsworth" Johnson '98
Chief Executive Officer
Wordsworth Production, LLC

Mr. Verone H. Kennedy '89
Director of School Quality/
Superintendent of NYC NHA Schools
National Heritage Academies

Mrs. Marie E. Knapp, Esq. '77
Town Attorney
Town of Islip

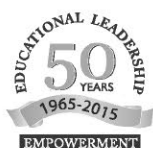
Mr. Larry Lawson '89
Director, News and
Coordinating Producer
NESN

Ms. Laura Lemus '13
Special Projects Coordinator
Long Island Wins

Ms. Andrea L. Malleria, CPA '97
Senior Manager
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Company, PC

Mr. James T. McCarthy '96
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Mr. Donald B. Meltzer '77
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Dr. Fasil B. Mesfin '96
Director of Complex Spine
and Spine Oncology
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Pediatric Attending
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Mrs. Tenya T. Steele '97
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WE ACT for Environmental
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Mr. Patrick C. Stines, CPA '98
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Mr. Ronald M. Terenzi, Esq. '77
Founding Partner
Stagg Terenzi Confusione
and Wabnik LLP

As the culminating event of SUNY Old Westbury's 50th Anniversary Celebration, the College and Old Westbury College Foundation will recognize "50 Alumni for 50 Years" at a special dinner. Alumni, friends, faculty and staff are invited to enjoy an evening of fine food, fellowship and dancing. Proceeds from this dinner will be used to fund scholarships to aid future students in the pursuit of their education at Old Westbury.

Tickets

Tickets are \$150 each however through the sponsorship of SUNY Old Westbury's Auxiliary Service Corporation, a special discounted rate of \$100 for faculty, students and staff is available. To purchase tickets please contact the Office of Institutional Advancement at 876-3207 or email Pritpal Kainth at kainthp@oldwestbury.edu

Student Raffle

Student raffle will also allow 30 students to receive complimentary tickets to attend the Dinner. To be entered in the Student Raffle please email Carolyn Bennett at bennetc@oldwestbury.edu by May 2nd.

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Mr. & Mrs. Michael Kinane

REVIEW

Sydney's Sweets

By Melissa Monteleone

Sydney's Sweets

465 Hempstead Ave. West Hempstead, NY

Sydney's Sweets is West Hempstead's best kept secret. This cupcake boutique serves an array of unique flavors weekly. Key lime pie and churro cupcakes are two of this month's specialty flavors, however there is limited availability. Specialty cupcakes at Sydney's Sweets are first come first serve.

The cupcakes are consistent, fresh and the decoration is simple and sweet. The "Ultimate Carrot Cake" is a must try. It's far from your average carrot cake, this cupcake is made with rich cream cheese frosting topped with walnuts and drizzled in caramel sauce.

One disappointment is their hours of operation. While they mainly focus on large cake orders, Sydney's only opens for cupcake tasting on Thursday, Friday and Saturday. You can grab a cupcake from 1:00- 8:00 PM. The pricing for a single cupcake is \$2.50. "The coconut cupcake was amazing but their prices are a little high," said customer Christine Powers. A half dozen will cost you \$15. Specialty cupcakes are an upcharge of \$18 for a dozen.

Sydney's is owned by an ambitious married couple. Jermaine and his wife Sydney opened the boutique in 2013. Don't let their appearance turn you away! The staff at Sydney's Sweet's keeps the pastry case minimally stocked in order to ensure freshness. Often, Jermaine will grab your cupcake order straight from the kitchen where Sydney herself is icing and decorating the cakes. The duo does however, keep at least one cupcake of each flavor on display.

The specialty cakes are chosen at random "We like to try new things," said Jermaine, "a lot of times customers recommend what we should make and we just go for it."

Sydney's posts their specialty flavors each week on Instagram. Follow @sydney_sweets for their latest creations. If you are looking for a cake for an upcoming celebration, be sure to check them out! www.sydneyssweets.com

REVIEW

Youtuber: Vsauce

By Andrew Willmarth

Ever wonder if it's possible to count past infinity? Or what the most dangerous place on earth is? The youtube channel "Vsauce" provides these answers in an easy to understand way. You do not need to be a science major to understand what he is conveying.

Vsauce creator, Michael, seeks to answer many of these questions through scientific and philosophical means, and often times comes up with logical answers to impossible-seeming questions. For example, in his video titled "How to Count Past Infinity" (which to our minds seems quite difficult) Michael explains the way that theoretical mathematicians sequence numbers, and then delves into the different ways to count to and past infinity, all the while keeping the subject interesting and easy to digest.

The channel also explains human behavioral habits, such as why humans kiss and why we clap. Many of the behavioral questions are ones that you may not have ever considered, but will increase your knowledge of trivia- sure to impress your friends and family.

Moving into the realm of philosophy, videos such as "Is your Red the Same as My Red?" seeks to answer age-old philosophical conundrums with scientific theories and studies. Michael does not provide answers without some kind of scientific-backing, and will not make things up- every conclusion requires some kind of real-world answer.

Also worth checking out are channels Vsauce2 and Vsauce3, which explore internet happening and pop culture. The main event however is "Vsauce."

Whether you're a business major or a media major you will find Vsauce's videos addicting, engaging and entertaining; it is an excellent way to waste time- but not your mind!

An Open Letter to BuzzFeed

By Brianna Desir

Dear BuzzFeed,

There has been some uproar about your recent video "27 questions black people have for black people." As someone who loves BuzzFeed, I knew this was going to be an interesting video because you always shed such wonderful light onto interesting topics such as gender pricing, short girl issues, social anxiety, things people really relate to. I couldn't wait to see this video, and that's where I made my mistake.

These 27 questions crossed so many lines I fail to understand why more people are not upset about this. So many stereotypes were spoken about in this video I had to double check and make sure it wasn't a joke. It is true that BuzzFeed has done many "questions [race] has for [race]" but this video had gone above and beyond with how offensive it became.

My question to BuzzFeed is, what reaction were you really expecting from this video? These questions were dripping in racist stereotypes for black people conceived by non-black people. Some questions were "why is growing up without a father so common in our race", "why does watermelon have to be our thing", and "why do black people look at your shoes before they greet you". Did you expect the answers to be laughs and a happy sit-down discussion because it was a fellow black person asking the questions? It is quite clear the person who made these questions is very uneducated about the black community as a whole if they really believed these would be legitimate questions to ask without upsetting someone.

So if BuzzFeed expected the entire black community to come together and respond to these racist stereotypical questions I have your answer right here. Yes, there are people who will fit the stereotypes; there are black people who like fried chicken, watermelon, and Kool-Aid and grew up without a father.

There are black people who will embrace the newest dance trend before they have a political argument and there are black people who will look at your shoes before greeting you, but there are people of other races who do the same. There is no checklist for being black no one is going to welcome you into the black community with open arms just because your "dab" is "on fleek".

If you're affluent and black you still know what it's like to be black because being affluent doesn't change the color of your skin it might just change the kinds of adversities you face as a black person. You cannot use the one person who fits the black stereotypes as the ideal black person, it only causes terrible assumptions to be made. As a matter of fact, it would be smart to leave race out of questions if you're just going to refer to the stereotypes of the race.

This video was a tragic experience, and there are people somewhere who honestly believe all black people behave this way. With such a large social media presence BuzzFeed only got away with this because black people asked these questions. Regardless it was wrong and as an actual black person who goes against every stereotype they questioned about I'm ashamed and still hoping it's a late April fools joke.

Sincerely,
An ACTUAL Black person

Summer Makeup Trends

By Ashley Mitchell

The old saying is "out with the old, in with the new" but a lot of old makeup trends are surfacing as new trends. Bold brows and matte lips have found their way back into the top makeup trends. They used to be a thing of the past while being bronzer and color correcting are being used more and more. For some, you may think you are too fair skinned to use bronzer or you may think you are too dark skinned to use bronzer. There are so many brands out there that create many shade options for us.

Brows

Natural thick brows are back! Your natural brow brushed and groomed into place with a clear brow gel or lightly filled in is all the rage.



Hoola by Benefit

Matte lips

Matte (pronounced like mat) lips have had a strong influence in the makeup world. Matte is a dull finish on the lips almost resembling a lip stain. Every brand has a form of a matte lipstick either liquid or the standard lipstick in a tube. Even drug store brands have matte lipsticks if you cannot afford Stila or Kat Von D. Maybelline has new matte vivid lipsticks that are long lasting with bright bold colors.

Bronzer

Tanning is a major part of summer. During this time we get darker, you should have 2 shades of foundation your winter color and your summer color. I recommend 3 types of bronzers, Hoola by Benefit for fair skin, Toofaced Chocolate bronzers for medium and tan tones, and Covergirl Queen Collection bronzers for dark skin. These bronzers will compliment all tones.



Toofaced Bronzers



CoverGirl Queen Collection
Natural Hue Bronzer

Covergirl Queen Collection Bronzers

Color Correcting

Color correcting is the art of muting out any discoloration you have on areas of your face. Discoloration can be redness, dark under circles, and darkness around the mouth or chin. You can have acne scarring but the concerns you have can be corrected. NYX Cosmetics has affordable concealer palettes to correct and conceal these concerns. If you are a beginner here is a guide to help you if you get confused. Yellow or salmon corrects darkness on tan and dark skin, green corrects redness, purple corrects light yellow skin undertones, and pink corrects darkness on fair skin. The NYX palette retails for around \$8.99.



Tiana Marcano 18 Bronx, NY

MA: So would you say that anything or anyone inspires you and your style?

TM: Uhm.. I would say my previous friend definitely did get me into, I guess, styling the way I sort of am styled currently. Because, well before I used to have a very, sort of like, I guess masculine approach to -my appearance. I just used to wear normal like baggy stuff kind of like..

MA: Like me today?

Both laugh

TM: But uhm ever since I like met her she sort of like, not taught me, but I guess like showed me how to sort of be feminine and it kind of inspired me to dress more I guess uhm..feminine! With dresses and skirts since I always kind of wanted to but I never had like the confidence to actually go out and do it mostly because uhm, I was always afraid of like men's remarks like towards me but then after a while I was kind of just like.. f**k it.

Hmph .That's really interesting.

Yeah!

MA:I know before you said that you were like.. you weren't as confident to be your inner self, be who you really wanted to be, wear what you wanted to wear. So do you have any advice for people who aren't as confident? Or they might not really wanna express themselves or they're scared?

TM: Uh. The advice I would give to people who uhm- don't have the confidence to actually wear what they really want to wear deep down inside I'd give them the advice, you just find yourself kind of in a sense. Do that soul searching, that everyone sort of yearns for. Actually sort of like- take at least a day off or like the whole week just to be by yourself and sort of get to know who you are as a person and also to.. I guess like love yourself in a sense, like definitely self-love plays a huge factor in self-esteem and uhm I know it sounds much more easier said than done but if you uhm put that energy into like actually loving yourself, actually taking those little steps, to uhm promoting that self-love you can actually like-the outcome will be beautiful and it will be a positive impact upon like everyone's lives. Cause I would say like currently as of right now.. I love myself 75%, which is more than half! But it's less than 100 but I'm still working towards there.



By Meleika Amos



Daniel Ross 24 Hicksville, NY @SPEKTRUMXIII

MA: Tell me, Who or what inspires your style?

DR: 80s, glam punk and glam rock.

Is there anyone specifically or just that era overall?

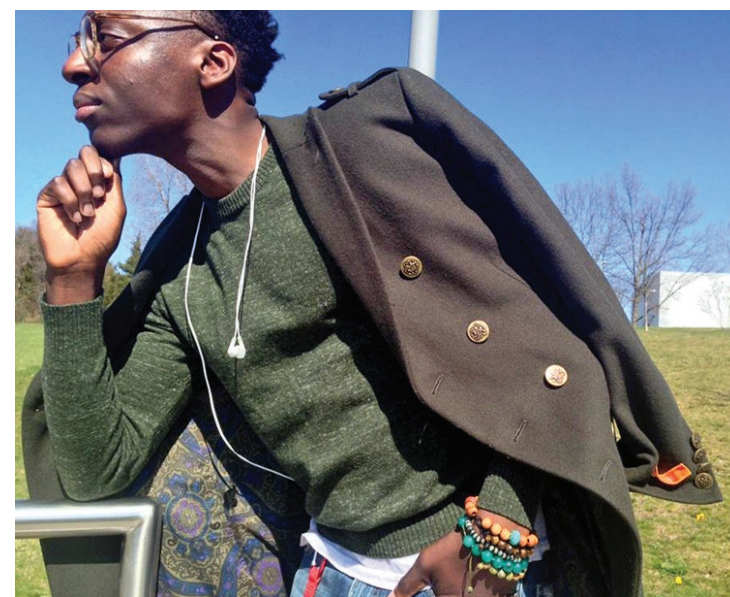
DR: 80s era overall, yeah.

MA: What would you say is your favorite accessory in your closet?

DR: Besides my hat, my pants (I don't have them on today), my earrings, and just my eccentric clothes.

MA: How would you describe your style in three words?

DR: Uhm rad, macaroni, unique. I like to think of myself as a modern dandy.



Oladoyin "Doyin" Olaitan 24, Staten Island @OladoyinOlaitan

MA: So do you have any specific person or like a certain thing that inspires your style?

ODO: uhm- it's a lot in one. Cause I will say that I'm not where I want to be financially so I can't afford everything that I want. We're all college students!

Exactly so I would say really like the thing for me that I like is I'm really inspired by that 1920s look. How everyone despite their finances wore a suit. I feel like that's the most- it's just epic because everyone looks tailored and well put together. But then again I love street style, the A\$AP Rocky's the Kanye West's and it's more things like that.

MA: Okay! Is there anything you're looking forward to for the spring? Or something that you have to bring out for spring?

ODO: You know what yes! Actually I'm not gonna lie. Cause I am Nigerian, so I can't wait to wear just more my uhm- you know cloths from back at home cause they're very, very thin so I can't wear them in winter at all. I'll freeze to death! And then I have this colorful Ralph Lauren shirt I think I might wanna pull that out...

MA: Is there a color for spring that you would say is your favorite to wear?

ODO: I don't believe in particular color for seasons, I don't believe in that. I believe it's all more so again you really do go by like your mood.

THE PRIMARIES

By Yanelis Martinez

The primary elections have been anything short than uneventful this year. From Trump's reality TV to Sanders and Clinton going at it during debates, one can expect the unexpected from our presidential candidates.

The battle for the nomination of the Democratic Party was originally between Bernie Sanders, Hillary Clinton and former governor of Maryland, Martin O'Malley. However, the former governor withdrew from the race this past February.

The Republican Party on the other hand, had a very colorful ballot with candidates such as Carly Fiorina, Rick Santorum, Jim Gilmore, Mike Huckabee, Chris Christie, Rand Paul, Jeb Bush, Ben Carson, Marco Rubio, John Kasich, Ted Cruz, and last but not least Donald Trump. Out of the 12 original candidates, the only ones that have not withdrawn their candidacy are Donald Trump, Ted Cruz, and John Kasich, with Donald Trump currently leading the race.

But, where does this leave Bernie Sanders?

Donald Trump rallies are usually filled with violence, xenophobia, racist chants and homophobic rhetoric. Hillary Clinton on the other hand, has been bashed for not only kicking out #blacklivesmatter protesters and for receiving endorsements from big corporations, but also because she has been changing her view points on certain topics in order to please the masses. In other words, millennia's think she is shady. And then we have Bernie Sanders, the working class man who is arduously working towards free college education, universal health care and a stable middle class. He can do no wrong, for he is the savior millennia's have been waiting for.

But, is Sanders really any better than Trump or Clinton?

Donald Trump is a rich bigot who

uses his money to control the media and spread his hateful message, which is supposed to "Make America Great Again." And then we have Hillary Clinton who pretended to be my Abuela, attempted to 'nae nae' and claims she has "Hot Sauce in her bag." #noswag

And then we have Sanders, whose campaign has been entirely made up of what we as a people want to hear. He has used the current social justice movements to mobilize people in his favor, and sadly it is working. During the month of March, he was able to raise 44 million dollars, breaking a record. This money came from donations of regular people, which compared Clintons 29 million during the same month, which according to some, says a lot about what the country and people want.

It is my opinion that we as a nation have a misguided idea of what it is we want in a president. We allow ourselves to be corroded into voting for people who are not running for office with the intention of helping people like ourselves. We let the media tell us we need to vote for someone based solely on how likeable they are. Political news coverage has become an absolute and this is completely reflective of the fact that our current election cycle is an absolute joke as well.

The one thing we can all be certain of during the next couple of months is that we will have infinite hours of entertainment from the past and upcoming debates from our presidential candidates, but we must also remember that nothing else is certain. There is no certain way for us to know who will be a better president between Sanders, Clinton, or Trump (definitely not Trump), but we can make our way to the voting sites and exercise this very important right not all of us have. Stay informed and do your research, do not let media to tell you who to vote for.

Spring Break in Dubai

By Danielle Joseph

Spring Break as it's known today, commenced in the 1950's. What began with a few colleges students heading to Florida for some fun in the sun, has evolved into millions of college students flocking to various locations for a week of tanning, socializing, drinking, and utter debauchery. Today, many students choose destinations outside of the United States, in search of an exotic island getaway. According to USA Today Travel, "Cabo San Lucas and Cancun, Mexico," topped the 2016 list of places Spring Breakers visit.

This Spring Break, I visited Dubai, "the second largest of the seven United Arab Emirates," according to Dubai.com. With ample beaches, vibrant nightlife and restaurants, Dubai has transformed from desolate deserts to a burgeoning tourist destination catering to an expanding population interested in contemporary art, film and fashion. Dubai hosted the seventh annual Fashion Forward where well-known designers, Amato and Soltana had catwalk shows.

In Dubai, most tourist and ex-pats stay in, "The New Dubai" or the "Dubai

Marina," a mini-city that surrounds a two-mile man-made canal, situated on the Persian Gulf shoreline. Visitors can dine on street food: gyros and kebabs to seafood: lobster and tuna tarare at The Maine or Senara, which both offers beautiful water views. Nightclubs and bars offer tourists an opportunity to mingle and dance the night away among the city skyline. Reminiscent of New York City or Las Vegas, Dubai seemingly never sleeps. With a plethora of sites to see, tourist can curtail their experience to their individual preferences.

Shopaholics can stroll through one of Dubai's luxury malls, while bargain shoppers can haggle the prices for cashmere pashminas, t-shirts and trinkets at the Old Souk. Sun and sea lovers, can take advantage of one of Dubai's free beaches which are all covered in yellow sand, crystal clear water and offers opportunities to lay out and relax, swim or take a boat tour around The Palms; Dubai's man made islands in the shape of a palm tree. To escape the heat for a day, visit Ski Dubai to ski, snowboard or play in the snow among Snow Penguins. Adventure seekers can tandem jump at Sky

FEATURE

Building Our Tomorrow

By Meleika Amos

1.) **What is Building Our Tomorrow?** Building Our Tomorrow is a 501c3 Not for profit organization which was created for the purpose to increase the experiential opportunities for students to prepare them for college and the work field.

2.) **Who does it cater to?** Building Our Tomorrow caters to a wide variety of individuals. We currently have a focus on high school students but have the intention to expand our programs to college students as well.

3.) **How can people get involved?**

You can become involved as a volunteer with our organization by visiting our site at buildingourtomorrow.org and filling out a volunteer form. In the coming future we will be looking to bring on individuals who are interested in planning and executing summer

internship programs for high school students

4.) **Hot will volunteering help? (Individual and community)** Volunteering is an excellent opportunity for an individual to building on their experiences by exposing them to different situations and allowing them with the opportunity to work closely with the executive board of a small organization. On a community level, volunteering is the basis of our organization, the executive board, all of the board members and founders volunteer their time and efforts to push the mission of the organization. With more volunteers we are able to start more internship programs as we have the crucial team of "on the ground" representatives of Building Our Tomorrow.

REVIEW

Ocean... Wherefore Art Thou Frank Ocean

By Ashnelle Hall

Okay Frank Ocean, we get it. We (your devoted fans) have been patiently waiting for your next project and we just cannot wait any longer. WHERE IS THE ALBUM?

Of course I'm talking about singer and songwriter, Frank Ocean. He made his debut in 2012 with his melodic album "Channel ORANGE" through his label Def Jam Recording which included his ever so popular song that had everyone emotional "Thinkin Bout You" and "Pyramids" that made us fall in love with him even more.

Before Ocean became the Grammy award winning artist that he is today he has had a pretty star studded past. Frank Ocean has worked with various artist such as Justin Bieber for his 2008 album. In 2009 he co-wrote the song "I Miss You" for Beyonce ; he then went on to work with others like Brandy and Nas just to name a few. He then joined the rap collective Odd Future Kill Them All (OFWGKTA a.k.a GOLF WANG) and dropped his mixtape "Nolaga, ULTRA" in 2011 through his blog on Tumblr.

Moving forward to today, the critically acclaimed album "Channel ORANGE" has still held it's own but that is not enough anymore we just want more. Fans have been tweeting him and contacting him through all other social media to let the artist know how much they have been anticipating his next move since 2012. In 2014 everyone thought that their prayers have been answered when Frank Ocean released a solo track "Memrise" and "Wise Man"; hopes were high again when

he dropped solo song "At Your Best (You Are Love)" in 2015 as a tribute to Aaliyah on her birthday. But again, there was no follow up with anything related to a project release date. Then later that year something great happened. According to Rolling Stone, in summer of 2015 Frank set a release date in July for the long awaited album which would include a magazine to accompany it- titled "Boys Don't Cry." On his official website boysdontcry.co Frank holds the first few publications of the magazine which made fans believe that things were in the works and coming soon so fans could take a sigh of relief right?

It has now almost been a whole year from when Frank said that the album was coming out and we're tired of waiting. Even though we have not heard any new information about his music whereabouts, Ocean has come in and out of his rock to take part in regular civilian life a few of times this year. He appeared at Kanye West's Yeezy Season 3 show during New York Fashion Week at Madison Square Garden and again at the event for the launch of Dazed 100 list organized by Calvin Klein and Dazed magazine.

Until Frank actually decides to release his new album, I guess we die-hard-fans will have to continue to hold on to our "Channel, ORANGE" albums and reminisce about "Nostalgia, Ultra." Hopefully before 2016 is done we all can be sitting in our rooms content with a new Frank Ocean album and say we persevered the drought without the Ocean, Frank Ocean.

Dubai, zipline at XLine or take a helicopter ride at helidubai.com.

If one would like to do something that can't be done anywhere else in the world, visit The Burj Khalifa, the tallest building in the world, towering at 2,716 feet above the city. The observation decks on levels 125 and 148 offer 360 degree breathtaking aerial views of the city below. One could spend hours taking pictures, enjoying the view and staring out in amazement at how high in the air the structure stands.

Home of oil and real estates tycoons, five-star hotels and restaurants, Dubai is not as expensive as one may think. Students can take advantage of visiting foreign shores through the study abroad program offered at SUNY Old Westbury. Students will receive college credits, have an opportunity to visit countries around the world including: Asia, Europe and the Caribbean. For program locations, dates and requirements, visit www.oldwestbury.edu/study-abroad.

Can't Fix What's Broken

By Michael Alperin

How can one change a system that is broken? In what seems to be a case of David vs. Goliath, American politics seems to be headed down a daunting path.

The American democratic system failed New York during the primary. In order to vote for a politician, one must register to vote as either Republican, Democrat or Independent. Once registered one would be able to cast a vote. Sanders, who is the least talked about candidate via the media had an overwhelming number of supporters, was doomed from the beginning. On Tuesday April, 19th residents of New York State went to vote in the primary. A copious amount of the Bernie Sanders supporters were registered as independents. The people who registered as independent were shafted by the system. Many people in New York were turned away when attempting to practice their democratic right. "I am a big Bernie supporter and because I am registered independent they turned me away," said Rachael Spinner

Hilary Clinton took New York. She won by 58% to Bernie Sanders' 42%. Would she have won if Sanders supporters were actually allowed to vote? It seems as if Clinton won based on a flawed system: a technicality that allowed her to win by less than ten points.

"This was my first time voting and I'm just disgusted with the process," said Ryan Cohen.

America failed Bernie Sanders in New York. While losing the state may have trumped the Sanders campaign, he plans to fight on. Something broken cannot be fixed if it is neglected. Sanders' ideals many view as once in a lifetime. "I haven't seen a candidate like Sanders since JFK," said Kevin Brown. People feel as if they were cheated because their voice was not heard.

BERNIE'S GRASSROOTS CAMPAIGN AND ITS INFLUENCE

By Andrew Willmarth

The Democratic Party's primary election is essentially over; three full months before the Democratic National Convention. Even so, the 2016 primary has been incredibly interesting and has shown a profound change in the Democratic Party.

The "winning" candidate, as reported by practically every media outlet, is Hillary Clinton. Clinton's campaign is being funded by big businesses, such as Goldman Sachs and JP Morgan Chase & Co. She has been successful at defeating her only relevant opponent, Senator Bernie Sanders. She has been cited as being the "safe" candidate throughout the primary and is seen as the strongest option to go against Donald Trump.

What makes the primary so interesting though is the campaign for Bernie Sanders.

Besides fighting against "Citizens United," the conservative group that fought for Super PACs, Sanders' election has attracted a swath of new voters. His campaign is the most successful one in recent election years that did not receive any funds from big businesses, and did not have a political action committee.

Sanders himself is an Independent/Socialist Senator from Vermont, and his campaign has focused on promoting Socialistic ideals; among these are an increase of minimum wage to \$15 an hour and a promise of free, public education. His campaign has been wildly

successful with young voters due to these points especially.

Even on SUNY Old Westbury's campus his impression with students is apparent. On April 6th, a meeting was held by Sander's campaign staff and several students who support him. The beginning of the event involved everyone in the room mentioning why they support him. The most cited reasons were for his policies on the economy and his fight against social injustices, especially immigrant deportation.

Among the staff was Erika Andiola, an undocumented immigrant who is Sanders' "Latino Outreach Strategist for the Southwestern Region."

Although she mentioned her immigrant story, Andiola's focus that day was not Latino outreach but was rather student outreach and how students can help with promoting Sanders before the New York primary election. This included phone banking and canvassing, which most of the students at the event signed up for. Also at the event was Francisco Díez, another member of Sanders' campaign, who summed up the event and Sanders' campaign by saying, "Politics is about everyday life, it's about people having their voices heard."

Also at the event was SUNY Old Westbury student, Steven Abreu. Abreu, a Sanders supporter, was threatened with arrest this past late March after setting up a table to promote voter registra-



tion on campus. He was apparently not slowed down by this and continued his support.

Even though Sanders will not win this primary, his voters' voice will be heard. A grassroots campaign that has gained this much traction cannot be ignored by the Democratic Party and will certainly have a lasting impression.

POEMS

WHO HURT YOU?

By Earl Thomason
Who hurt you, my sister?
Who took the glister out of the eyes
Of someone with a spark
That could make the stars look deprived?
Who made such a warm heart so cold?
Who could make someone so hot so winter?
You're bitter.
You've been infected with this disease,
Pain.
And when you are the host of such an illness you may believe
That the only way to be okay with yourself
Is if you infect someone else
But you're wrong, luckily.
Everyone says misery loves company but
No one ever says why.
The reason lies within the question you can't seem to answer.
Who hurt you?
Give me something!
You're a dancer
Who doesn't know the lyrics to the music she's dancing too.
You're an open textbook
With questions, you yourself don't even know the answers too
And still, I want to read you.
But I can never know the full story without knowing the author

And I will never recognize your scars
If I don't know everything you fought through
And what you fought for
So I'll ask you again
Who Hurt You?
And you'll reply...

In Heaven's Arms

by Brianna Desir
I wonder if in heaven
Trayvon Martin can buy skittles and an Arizona
Without suddenly being a black man with a death wish?
Without being accused of making lean?
Can he live like a normal 17-year-old boy
Who isn't seen as black druggie
Do you think Tamir Rice runs around with other 12-year-olds
Playing cops and robbers?
Without feeling like a robber when faced by the cops
Can he hold his toy gun and pretend to blow up people
Like other little boys do
Without ending up with a bullet in the torso
In heaven, Eric Garner gets into confrontations that don't result in his death
Even if he was selling cigarettes
because in heaven people don't kill unnecessarily
Even if he was doing something wrong
He's not the first person to sell loosesies

I didn't know the result of one under aged smoker should be the death of his seller
It's not like we kill bartenders when they give us the elixir
That poisons our livers
So why kill a man who was ACCUSED of selling cigs
I bet in heaven
"I.CANT.BREATHE." Isn't a thing
but it's all his family can remember
So I know
In heaven
All the little black boys who were unarmed and murdered
Can rest easy
And in heaven
Kids aren't told of ways to not resist police
And to be complacent
Even if you weren't in the wrong
Because if there's justice anywhere
It has to be in heaven
Where all the good people go
Because here in hell we still have
Zimmerman, Corrupt police,
Donald Trump
He didn't kill anyone but I just don't like him
So I can say Rest easy babies
To the men who've been wrongly murdered over the years
I hope heaven treats you well.

Sunflower

by Jabari Curry
All it takes is a seed
Buried deep, beneath your

knees,
And the roots of the trees
Hidden far beneath your feet.
All it took was a breeze.
To cradle the scent of your flower
So intoxicatingly sweet,
Compelling me
To race to your garden,
Just to grasp at your leaves.
All I wanted was your heat.
That warm nectar
And the rustling of sheets.
The soft songs from your lips,
When you call out for me.
But I was shaded by your trees.
Blinded to the forest
Your treachery and darkness.
Your selfishness and deceit.
Tangled up in the rotted roots
You kept hidden from me.

Rape Culture

I was always taught that rape was a stranger in the alley at 3 am in the morning when you decided to take a quick way home by yourself
I was taught arms would reach out from within the darkness and grab you and you'd be screwed figuratively and literally.
Then it would be done, he'd leave you in the alley feeling like trash but you could pull up your panties go home and shower never having to see your assailant again.
I never knew rape could be so close
Like a friend, family member, or even significant other

Rape wasn't always at 3 am in an alley
Sometimes it's at 10pm at night
When you're both watching cartoons in bed and he starts asking about sex
But you clearly don't give consent
There's no way No could be misunderstood
But he's insistent on changing your mind
Because he's horny and you'll want it once you start
So he touches you even though you said no
We're so used to the idea of the stranger in the alley I never believed rape could be else
Like a boyfriend at home
It couldn't have been rape because I knew and loved him
Rape was by the dirty stranger in the ally who you didn't spend all that time falling in love with
There's no way your boyfriend could rape you because you never knew your assailant
You didn't text him good morning and kiss him goodnight
He was supposed to be nameless and faceless
But the truth is most rapists are brothers, sisters, cousins, jimmy from work, or even Bobby the love of your life.
Most rapes don't even happen in ally ways at 3 am

when you're walking about in the skimpiest outfit you own
So can we stop teaching people about the stranger from the bar, the person on the stoop, and the figure in the alleyway
Because your rapist has a name
And in my case it was baby.

Who Have I Become

Alita P. (Turtle)
Gangs are like animals disappearing
People are becoming extinct
Making mothers and father's disappointed
What happened to the person that was trying to ride a bike
Or the Person who had a goal to being successful.
Now you're the opposite of what you wanted to be.
Guns are yelling at somebody
Then, the person hits the floor
People see the gun in your hand,
Your mother said you are not the same person anymore
Then, you thought about it
Yeah, you're Right!
Next thing you know, you're on the floor
This is not who I wanted to be.
I should have listened to my mother and father
And be who I wanted to be

PUZZLES

Medium

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

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

Medium

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

Hard

From: www.Puzzles.ca

Hard

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

Horoscopes for the Month of May

Compiled by Dayna McNeil



Aries
Mar. 21 - April 20

At 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, 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.



Cancer
June 22 - July 22

Widening the vistas of your very existence is what this month makes you do. You still extend warmth and friendship, as well as cooperation at work. All the trends – which started last month will now gain momentum, focus and direction. You reach out to people in a rare show of warmth, connubial bliss and

friendship. This is a rather happy, goal-oriented month. A lively agenda is promised, you're attracting quite a bit of interest, and your energy for making contact with others is high. This is a time to follow your dreams and ideals, and to plant a seed in the form of a wish for the future.



Libra
Sept. 23 - Oct. 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.



Capricorn
Dec. 22 - Jan. 20

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.



Taurus
Apr. 21 - May 21

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.



Leo
July 23 - Aug 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.



Scorpio
Oct. 23 - Nov. 21

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.



Aquarius
Jan. 21 - Feb. 19

Your 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.



Gemini
May 22 - June 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.



Virgo
Aug. 23 - Sept. 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.



Sagittarius
Nov. 22 - Dec. 21

Ou 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.



Pisces
Feb. 20 - Mar. 20

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.

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

THE BEST OF ASK DR. DEB

With this last issue of *The Catalyst* for the spring, 2016 semester, so too this is my last column of "Ask Dr. Deb". Since I started this column in the fall of 2008, I always have been amazed at how willing students have been to share their own personal stories. They have shared their stories not only as a means to seek advice but to show others that it is all right to ask for help. I also have found that there is often commonality among the issues that students face. I have learned that, by valuing students' voices, they will share their voices with one another and will value themselves.

I want to thank the students, staff, faculty and administration who have supported this column for the past eight years. I also want to thank those students who generously have shared their own personal stories because, without them, there would never have been a column. There also never would have been a column without Faith Rackoff, a former student, who first asked me to write this column. Most importantly, I want to wholeheartedly thank John Friedman who graciously let me have this column and put up with me month after month. Thank you for all that I have learned and for all that you have given.



Fall, 2008

Dear Dr. Deb,
How do you keep your mind off of sex if you want to remain celibate?
Thank you,
Mind over Matter

Dear Mind over Matter,
You have made a very personal and commendable choice, especially in a society which seems to promote early sexual activity through TV, films and online outlets. To remain celibate in the face of temptation requires a daily affirmation of your beliefs and your choice. It is understandable that you may not have the purest of thoughts all of the time but it is important to remember that having thoughts does not mean that you will act on those thoughts. Here are a couple of suggestions to help keep your mind off of sex:

- Keep busy by focusing on your work or a hobby
- Develop a new talent or skill
- Get involved with community service
- Connect with friends and family that support your choice of celibacy

When you just can't seem to distract that itch, there is another option: masturbation. Masturbation is a normal activity that can relieve tension and give you some sexual pleasure without violating your commitment to celibacy. Because you are taking care of you sexually, this may keep you from seeking out someone else for sex.

These recommendations will give you some relief from thinking about sex but keep in mind that thinking about sex is natural. Just because you think about sex doesn't mean that you are more likely to do it.

Spring, 2009

Dear Dr. Deb,
I am in lust with this girl but she has a boyfriend. I have no intention of making her my girlfriend but I enjoy fooling around with her. What should I do?
Sincerely,
Lustful Thinking

Dear Lustful Thinking,
To help you make a decision, you need to think about what type of man you want to be. You can choose to be a man who takes advantage of women by deceiving them, hurting them and using them for your own sexual pleasure. Or you can choose to be a man who is honest and treats women with respect, kindness and consideration. The choice is up to you.

Fall, 2010

Dear Dr. Deb,
My boyfriend goes to another school and dorms. I know that he really cares about me. Does trusting him to be faithful make me stupid?
Sincerely,
Stupid

Dear (Not) Stupid,
Trusting your boyfriend who is supposed to love you,

care about you, and have your best interests at heart does not make you stupid. It makes you a committed, caring, and loving person. If he cannot be faithful to you, then he really does not care about you. It also makes him stupid.

Spring, 2011

Dear Dr. Deb,
Why don't people get tested for STDs and HIV/AIDS? Are people too scared to get tested?
Thank you,
A Concerned Citizen

Dear A Concerned Citizen,
I think there are a few common reasons why people do not get tested for sexually transmitted diseases and HIV/AIDS.

- People assume that they are not at-risk. They assume that they are not the type of person to contract a sexually transmitted disease and HIV/AIDS.
- If they are in a relationship, they often feel uncomfortable asking if and when their partner has been tested for sexually transmitted diseases. They also feel uncomfortable asking their partner to get tested, especially prior to sexual activity.
- Many people avoid getting tested because they would rather not know whether they have a sexually transmitted disease or HIV/AIDS. They assume that what they do not know will not hurt them.
- One of the biggest reasons people do not get tested is because of the stigma attached to walking into a clinic or health center to get tested. They are afraid that others will judge them and think that, because they are getting tested, they must have engaged in risky sexual behavior.

It is understandable that people are scared to get tested. However, I think it is even scarier not to get tested considering that

- about one in four college students have a sexually transmitted disease (www.nursingschools.net) and
- about one in five people in the United States do not know that they are infected with HIV or AIDS (www.womenshealth.gov).

So which is scarier, not getting tested or not knowing that you have a sexually transmitted disease or HIV/AIDS?

Spring 2012

Dear Dr. Deb,
I live in the residence halls and have a great relationship with my roommate except for one thing, her odor. She really smells really bad at times and the problem has escalated since we have become roommates. How can I confront her while saving our friendship?
Best,
Trouble in Paradise

Dear Trouble in Paradise,
It certainly is difficult to approach a friend, let alone a roommate, to tell her that her hygiene is less than pleasant. This could be due to excessive sweating, diet, medical issues or poor hygiene. I suggest that you surprise your roommate with a basket of savory soaps, luscious lotions and sweet scents to let her know how much you treasure your friendship. If this gift does not give her the

hint to change her hygiene from odorous to aromatic, then you are going to need to take a more direct approach. I recommend that you first let her know that you care about her and value her friendship. Then politely and courteously let her know that she does not always smell good. My hope is that she would rather hear this from someone who cares enough about her to let her know the unpleasant truth than from a complete stranger.

Fall, 2013

Dear Dr. Deb,
I'm in a relationship but I have an issue with my girlfriend. I don't want anyone to know about our relationship. Am I wrong?
Thank you,
Relationship Ruse

Dear Relationship Ruse,
The issue is not with your girlfriend but with you. A true, healthy, committed relationship requires honesty and openness. Hiding your "girlfriend" from others is not honest. It also is not fair to her. You are treating her as a concubine rather than as someone you care about and respect. Your behavior suggests that you do not care about her at all. Perhaps you only care about what you can get from her but you are not giving her what she deserves, an honest, loving boyfriend who respects her and respects women. She should give you what you deserve, to be dumped.

Spring, 2014

Dear Dr. Deb,
I have a boyfriend who I have been dating for two years. I recently found myself being attracted to women. What should I do?
Sincerely,
Surprised and Confused

Dear Surprised and Confused,
Before I provide my recommendation, I want to point out an important school of thought on human sexuality. According to the Kinsey Scale (1948), individuals do not necessarily fit into discrete and exclusive heterosexual or homosexual categories. A person's sexuality may change over time (The Kinsey Institute for Research in Sex, Gender and Reproduction, 1996-2014). Your sudden attraction to women may suggest that your sexuality is fluctuating, which is a common and normal experience.

For the sake of your boyfriend, it is important to consider whether this newfound attraction to women is fleeting or significant. If your attraction to women is fleeting, then it should not be a threat to your relationship but being honest with your boyfriend about this attraction is important. If your boyfriend is threatening by this disclosure, then he clearly is not secure enough to handle an insignificant attraction. Frankly, being attracted to someone else, male or female, while being in a committed relationship is common and normal. However, what matters is what you do with that attraction while being in a committed relationship. Therefore, if your attraction is significant, then you need to decide whether this is something you want to pursue. If so, then it is time to call it quits with your boyfriend. (Cont. on page 14.)

DR. DEB

Cont. from page 13

Fall, 2015

Dear Dr. Deb,

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

Thank you,
Stressed Out

Dear Stressed Out,

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

- Go to sleep each night at a consistently reasonable hour so you will feel clear-headed, refreshed and ready to focus in class and to study
- Eat healthy, well-balanced meals packed with fruits, vegetables, whole grains and protein. Eating junk food can make you feel sluggish, tired and even

depressed.

- Schedule a half hour each day to exercise, whether it is going to the gym or taking a walk with a friend
- Set aside some quiet, private time away from roommates, friends and technological distractions, including cell phones. Some peace and quiet can help you feel more calm and relaxed.
- Take a break from studying by getting involved in extracurricular activities as well as getting together with friends and enjoying your social life
- Plan a trip off-campus to explore your surroundings

Spring, 2016

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 dealing with issues that are interfering with your mental health, academic studies and/or personal life, 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.

Dr. Deb is an educational psychologist who received her doctorate from UCLA. She can be seen on Awareness Avenue every Wednesday at 9 pm on Cablevision Channel 115. Please look for the launch of her website, www.awarenessave.com, this summer. All questions that appear in this column are from actual students at SUNY College at Old Westbury.

You Have Been Invited
Send-Off Celebration
For
Debra Lynn Kaplan, Ph.D.

Date:
Wednesday,
May 4

Time:
Common
Hour

Location:
First Year
Experience
Office

David Ortiz to Retire After the 2016 Season

By Miguel Salcedo

Boston Red Sox slugger David Ortiz, known as “Big Papi” to baseball fans worldwide, will walk away as one of the best baseball players to ever play the game. He is considered by many to be the best designated hitter in the history of major league baseball.

When asked about his decision to retire after this season, the Red Sox designated hitter said, “I thought a lot about it... every single one of us, athletes-wise, we run out of time at some point. Life is based on different chapters and I think I’m ready to experience the next one in my life.”

David Ortiz, is a nine-times All-Star and six-time Silver Slugger Award winner, an award given to the best offensive players at each position that is determined by coaches and managers of major league baseball (MLB).

Ortiz started his career off with the Minnesota Twins, where he played from 1997 to 2002. In Minnesota, Ortiz’s career did not start as expected and injuries limited him to play in less than 100 games in four of those seasons. The results were just not there and Ortiz inconsistency in the field led Minnesota to take the decision of releasing Ortiz from his contract in 2002. Even though Ortiz enjoyed his best season in a Minnesota uniform in 2002, he was still dealing with knee injuries and Minnesota just gave up on Ortiz.

In 2003, the Boston Red Sox decided to give Ortiz a chance and signed him to a major league contract. Ortiz’s main role in Boston was to be a pinch hitter and an occasional start as a designated hitter. However, after two months into the season in 2003, Red



Photo: Getty Images

Boston Red Sox slugger David Ortiz Sox manager Grady Little inserted Ortiz in the everyday lineup and gave him the chance to be their full time designated hitter. This was just the beginning of the David Ortiz success in a Red Sox uniform and Ortiz hit eight home runs in the month of July and followed up by hitting 11 home runs in August. Ortiz concluded his first year in Boston with 31 homers and helped the Red Sox reach the postseason where he hit 2 more home runs. After only a few seasons in Boston, Ortiz became one of the game best hitters and led the league in home runs in 2006 with 54 and finished third in the MVP voting polls.

Ortiz has played thirteen seasons in Boston and has become one of the most important players in Red Sox history and major league baseball. In those thirteen seasons Ortiz has helped the Boston Red Sox to win three World Series championships. The Red Sox swept the St. Louis Cardinals in four games to win the World Series in 2004, it was the first time the Red Sox won a World Series Championship since 1918 when they defeat-

ed the Chicago Cubs.

In 2007, the Red Sox and Ortiz made it to the World Series once again and swept their opponent in four games, this time the Colorado Rockies, making the Red Sox world champions for the second time in four years. In both World Series, Ortiz played a major role and had an average over .300 in both World Series. In 2013, the Red Sox made it to the World Series again and faced the National League Champions the St. Louis Cardinals, where David Ortiz was awarded the MVP of the series. Ortiz was the best player in the series after hitting .688 by getting eleven hits in sixteen at bats along with two home runs in just six games.

Ortiz has truly become a great player in Boston and the best designated hitter of all time, every season Ortiz is a year older but his contribution is still the same and every season he seen to be getting better. Ortiz is a member of the prestigious 500 home runs clubs after reaching that milestone last year, becoming the 27th player in Major League Baseball history to hit 500 or more homers. “Big Papi” has also hit over twenty homers in his last fourteen seasons and last year he finished the 2015 season with last season with thirty-seven home runs, his most for a season since 2006 when he set the team record with fifty-four.

This season Ortiz is entering his 19th and last season in the major league after announcing his retirement following the 2016 season. Many baseball fans are still in shock with “Big Papi’s” decision to leave

baseball after just having another strong season last year. Every baseball fan will miss David Ortiz’s presence and even rival’s fans recognize Ortiz career and the player he has become across the years. In a recent interview for MLB.com Ortiz stated, “I’m going to be done with my career and playing baseball... I would like people to remember me as a guy that was just part of the family, a guy that was trying to do the best, not only on the field, with everyone around him.”

Many baseball players from around the world look up to Ortiz or want to be a good baseball player like “Big Papi” one day. Some of these players that look up to Ortiz are some of our own Old Westbury Baseball players. The Panthers catcher, Carlos Balmaceda is a fan of the Red Sox rivals New York Yankees but he is one of those people that tip their hats to David Ortiz for his impressive career. “I think David Ortiz is a great player and could go down as one of the best designated hitters of all time. He played the game with respect and added his Latin flare. It sucked being a Yankees fan because when he play against us, he always do well.”

This is how you know the legacy that Ortiz is leaving in baseball fans, when even rival’s fans appreciated what he has contribute to the game. The Panthers catcher also added that Ortiz will probably get inducted into the Hall Of Fame for his great career and for playing the game the right way.

The final regular season game of Ortiz’s career is set for Oct. 2, 2016 at Fenway Park in Boston against the Toronto Blue Jays. According to Ortiz, he hopes to can play some more games in October if the Red Sox make it to the playoff.

Panthers Women’s Lacrosse heads into Skyline Conference Championship with convincing win

By Harris Rappel

SUNY Old Westbury women’s lacrosse (6-11, 4-3 Skyline) closed out the regular season Saturday with an 18-5 Skyline Conference road win over the Mount Saint Vincent Dolphins (0-13, 0-7 Skyline) in Riverdale, New York. Old Westbury will now make its first-ever Skyline Conference Championship appearance Wednesday (May 4), and will travel as the No. 4 seed to the top-seeded St. Joseph’s (L.I.) Golden Eagles for semifinal round action at 7:30 PM in Patchogue, New

York. Old Westbury also tied a program record with its sixth win of the season.

Sara Bey broke the scoring ice 23 seconds in to give Old Westbury the early advantage. Molly Francis halted Old Westbury’s 3-0 run to put the Dolphins on the board with 25:19 left to make it a 3-1 game. Bey secured her 12th career hat trick to ignite a 4-0 Panther run with 19:55 left while also assisting on Halle Johnson’s game-winning goal with 16:56 remaining. Johnson

would later find Natasha Treuman at 2:58 to sent the Panthers into intermission with a 10-3 lead.

Old Westbury opened the second-half scoring books with Bey’s fourth goal 1:43 in that sparked an 8-0 run. O’Boyle responded with a pair of goals in the final minutes to settle the 18-5 final.

Bey finished with a game-high six goals to go along with one assist, three ground balls, three caused turnovers and three draw

controls to lead Old Westbury. Treuman chipped in with four goals, five ground balls, four caused turnovers and two draw controls. Danielle Weir registered three goals, three assists, four ground balls, two caused turnovers and five draw controls. Johnson and Taylor Guarneri added to the scoring with two goals apiece. Old Westbury tied a program record (2015) with its sixth win of the season as Ashley Gugliuzzo (6-10) made three saves to secure the victory.

NHL, NBA Playoffs Are Off to an Auspicious Start

By Kevin Calderon

All year long, teams in the National Basketball Association and the National Hockey League have been fighting for a spot in the playoffs in order to compete for a championship. Each year, after the regular season comes to an end, the best 16 teams from each league face off in some of the biggest tournaments to take place in sports history in order to have a chance to achieve greatness. While the NHL teams will be chasing the Stanley Cup Championship Trophy, the NBA teams will be playing for the Larry O’Brien Championship Trophy.

While April 13th was the beginning of the NHL playoffs, the NBA was a tad bit behind, starting a few days later on the 16th. Those who share a love for both sports, or just one, have been in for a treat the past few weeks. While all teams play a best 4 games out of 7 series in every round, in both leagues as well, each team has come out strong playing their hearts out and trying to give their teams the best chance at a championship.

Both the NHL and the NBA, set up the playoff standings with seeding, the number

1 seed ranks as the best team of their conference, east or west, and it ranks all the way down to the lowest number seeds.

The NHL started the playoffs with the The Dallas Stars and the Washington Capitals being the top seed in their respected conferences. While both teams are projected to be the best, most people projected the Stanley Cup finals to be the Los Angeles Kings against the Capitals. Ironically enough, The Kings were quickly eliminated by the San Jose Sharks, losing in the series 4 wins to 1. The Stars have advanced from the first round winning their series 4 wins to 2 against the Minnesota Wild, while the Capitals advanced as well, winning their series 4 wins to 2 against the Philadelphia Flyers.

This year, there are two out of the three New York teams who made it to the NHL playoff picture. The New York Islanders and the New York Rangers both punched their ticket for the playoff run, while the Buffalo Sabres had another underwhelming season. While the Rangers came out as the high seed in the playoffs than the Islanders, both have shown some unexpected results. The Rang-

ers and Henrik Lundqvist were surprisingly eliminated by the Pittsburgh Penguins, losing in a series 4 wins to 1. The New York Islanders have come out strong winning in the first round series against the Florida Panthers, 4 wins to 2, thanks to the late heroics of John Tavares, as he scored the game winner in double overtime in game 6. This series win ended the 23-year playoff series drought that has been active since 1993.

The NBA has a similar setup as they both have an east and west conference, with the best eight teams on both sides. While the Golden State Warriors locked up the 1 seed in the west with their historic NBA record of 73-9, beating Michael Jordan’s Chicago Bulls record of 72-10 in the 1995-1996 season, the Cleveland Cavaliers locked up the 1 seed with their respected record of 57-25. Both teams are projected to face off in the NBA finals, but anything can happen, especially when the western conference have some worthy teams such as the San Antonio Spurs and the Oklahoma City Thunder. The East is less top heavy than the west, but still have some intimidating teams in the Toronto

Raptors, Miami Heat and the Atlanta Hawks.

Unfortunately there are no New York teams that were consistent enough this season to earn a playoff spot. The New York Knicks and the Brooklyn Nets both fell short this year. The Knicks were only able to capture 32 wins this season while the Nets won 21 games. These underwhelming stats just aren’t enough to make it to the playoffs, as both New York teams look to improve next season.

As crazy as the playoffs have started, there is still much more to be played. The NHL and the NBA both have the same bracket format, which is the first round, quarter finals, followed by the semi finals, and then if a team is fortunate enough to come this far, then comes the Finals. Regardless of how each team performed throughout the regular season, every team has the same opportunity to advance in the playoff picture, but it all depends on what level they perform at and of course, with a little bit of luck.

Panthers Baseball Earns No. 2 Seed with Mount Saint Vincent Senior Day Sweep

By Harris Rappel

SUNY Old Westbury baseball collected 18-0 and 15-4 Senior Day wins over the Mount Saint Vincent Dolphins Saturday afternoon from Jackie Robinson Athletic Complex to secure the No. 2 seed in the upcoming Skyline Conference Championship hosted by Farmingdale State.

Vincent Dolphins Saturday afternoon from Jackie Robinson Athletic Complex to secure the No. 2 seed in the upcoming Skyline Conference Championship hosted by Farmingdale State.

Prior to first pitch, Old Westbury celebrated its 2015 Skyline Conference Baseball Championship with a banner ceremony. Seniors Vinny Caputo (2016), Jeremy Charles (2016), Tyler Kapela (2013-16), and Joey Walsh (2013-16) were then honored with Old Westbury's annual Senior Day Ceremony for their dedication to SUNY Old Westbury Athletics.

Game 1: Old Westbury 18, Mount Saint Vincent 0 (7 Inn.)

Paul Rapoli (1-for-2, 3B, RBI, 2 R, 2 BB, SB) worked a leadoff walk in the second inning off Dolphin starter Evan Brown (2-5, 1.1 8 H, 8 R, 6 ER, 4 BB, 1 K) before advancing home on a throw to second two batters later for Old Westbury's early lead. Brown recorded one out before exiting during the Panthers' 10-run inning. Joey Walsh (3-for-4, 2 RBI, R, 2 SB) broke the game open with a two-run single for the 4-0 lead



2015 Skyline Conference Baseball Championship Banner Ceremony

and Michael Cardino (1-for-2, 3 RBI, R, BB) tripled home two for the eight-run advantage. Joe Boscia (3-for-5, 2 RBI, 2 R) added a RBI single followed by Louis Sileno's (2-for-3, R, SB) RBI double for the 10-0 lead.

Old Westbury tacked on three more runs in the third, four in the fourth and closed out the scoring with one more in the sixth to earn the run-rule victory.

Panther starter Jeremy Charles (6-2) finished with a career-

high 11 strikeouts (one walk) to record the two-hit shutout.

Kevin Lao (3-for-4, 3 RBI, 3B, 2 R, SB) collected his third three-hit game of the season as part of Old Westbury's 19-hit attack.

Game 2: Old Westbury 15, Mount Saint Vincent 4

The Dolphins opened the scoring with two first-inning runs off Panther starter Daniel Aguilo (6-3, 4 IP, 8 H, 4 R, 3 ER, 3 BB, 3 K).

Old Westbury answered with five runs off Dolphin starter Michael

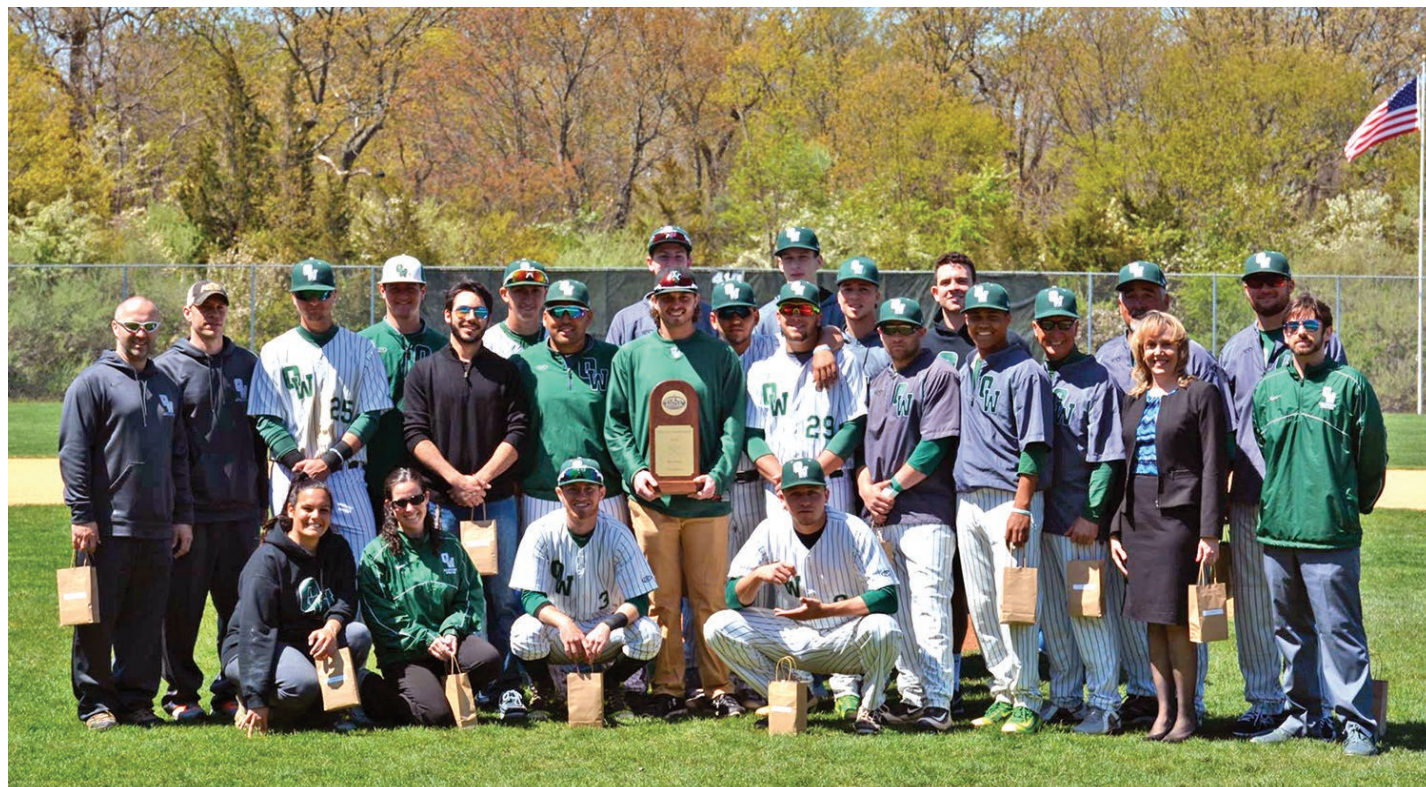
Kochen (1-5, 0.1, 6 H, 5 R, BB) to take hold of the game for good in the first inning. Tommy Ziegen (4-for-4, 3 R, 2 RBI, SB) broke the Panthers' scoring ice with a two-run single. Three batters later, Rapoli (3-for-4, 2B, RBI, R, SB) and Cardino (2-for-3, 2 RBI, R) went back-to-back with RBI singles before Tyler Roberts (2-for-3, 3 RBI) followed with a sacrifice fly to score Lao (0-for-0, 2 RBI, R, 2 BB) for Old Westbury's fifth run.

The Panthers put the game away with a big second inning as Old Westbury extended its lead to seven with five hits in the stanza. Dean Sheridan's (2-for-4, 2 RBI, 2 R, SB) RBI triple and Roberts' RBI single highlighted the four-run frame.

Walsh (3-for-5, 3 R, RBI, 3 SB) made it a 10-3 game in the third by singling home Jesse Russo (2-for-5, 2 R, SB) for his 100th career hit.

Relievers Nick Dorcean (2 K), Vinny Caputo (1 H, 1 K) and Ryan Mordecai (1 H, 2 K) combined for three innings of scoreless relief for Old Westbury.

UNITED STATES MERCHANT MARINE ACADEMY MARINERS UP NEXT FOR THE PANTHERS: Old Westbury remains at home Tuesday (May 3) to close out the regular season with a 6:30 p.m. non-conference showdown against the United States Merchant Marine Academy Mariners from Jackie Robinson Athletic Complex.



Baseball Senior Class of 2016