

THE CATALYST

Catalyst@oldwestbury.edu

“IGNITING THE MIND”

OldWestburyCatalyst.org

Bursar Problems

By Brianna Knibbs and Jalen Michael

Students at SUNY Old Westbury are complaining about problems they face with the Office of the Bursar. The office handles all the payments made on student accounts, including managing payment plans, financial aid payments and refunds from overpayments. These complaints from students range from the office not answering its phones, confusion and delays regarding payments, and misplaced files.

For instance, Kayla Mcleod, sophomore and a biology major, recalled two instances where she had encountered trouble with bursar. “They tried to charge me and put a hold on my account when I fully had the excelsior scholarship,” she complained. As a result, she wasn’t able to see her grades and the classes she registered for.

Eventually, she went to the bursar and explained her situation. They were able to clear the hold off of her account, but without any explanation as to why the problem existed. The bursar placed another hold on her account after they told Mcleod that they didn’t have any proof of her high school diploma. Mcleod stated that she already had sent her high school diploma during her senior year in high school. “They gave me a run around.”

Christina DeSantis, a senior media and communications major, also had trouble with the bursar. Her advisor suggested she register for American People II, and on the first day of class, she realized she had taken a similar course she had previously passed at Nassau Community College. She was later advised to drop the class but was in the 50% refund period. When she went to register for another class, the bursar waited too long to refund her money, so by the time she did receive it, all of the other classes she could have registered for were full.

“My only goal was to graduate in the class of 2019,” she said. “This situation set me back a whole semester.”
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Looking Back and Looking Forward: An Interview with Dr. Calvin O. Butts III



Dr. Butts when he was interviewed at 1010 WINS a few years ago with SUNY OW alumnus Ed Easton Jr.

Photo by Ben Meworach



Dr. Butts at a 2016 SUNY OW convocation to honor excellence with Brigette Riley-White.

Photo by John Butler

By Jalen Michael and Brianna Knibbs

After serving twenty years, Dr. Calvin O. Butts III announced in the spring that he will retire as president of SUNY Old Westbury on January 21st, 2020. Dr. Butts is widely recognized as “the man who saved SUNY OW” and brought the college to its current admired position. A university president, a pastor, an activist, a fan of jazz, Dr. Butts recently sat down with The Catalyst in his Campus Center office to reflect on his tenure at OW, the challenges he faced along the way, and what he expects in the future. (Some of the questions and answers have been edited for brevity and clarity.)

The Catalyst: You’ve brought a lot of great changes to the campus. Please discuss some of the biggest changes you’ve made.

Dr. Butts: Some of the biggest changes that have taken place during this administration include the buildings, the capital improvements. We built a student union, the new academic building, built a new headquarters for the police, and we made new dormitories. So we’ve improved dramatically. We’ve improved the overall condition of the

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Renovations at the Clark Athletic Center Will Include Dance Rooms and Exercise Space

By Monica Crespo and Jalen Michael

During the fall 2019 semester, SUNY Old Westbury saw great changes to its infrastructure around campus, from the new design of “The Market” in the Student Union, to the implementation of the new virtual reality lab in the NAB. One of the biggest and most time consuming projects on the campus are the various renovations coming to the Clark Athletic Center.

By the spring 2020 semester, students will see at least three new changes coming to the Athletic Center. The first one is a change to the racquetball courts, that, according to the Director of Athletics, Lenore Walsh, were not in use. “There are four racquetball courts downstairs that are no longer being used for racquetball,” she said. “We are converting two of them into a plyometric room. One of them is going to have more of a Turf floor and the other room is going to have a mat floor like a weight room type of floor in those two rooms.” Walsh said that students have complained about there not being enough room to exercise in the weight rooms, so this project is to accommodate everyone. With this extra space, students will now have room for more physically demanding activities such as being able to take “weight balls and [throw] them against the wall more of that type of physical activity there the other to act,” according to Walsh.

The other racquetball court rooms are going to be converted into dance rooms for dance classes. Walsh stated, “Those rooms will be outfitted with bars and mirrors and also audio equipment and screens so that they can per-

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and

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MEN'S BASKETBALL PREVIEW

To the Editors:

I am writing this letter because my time here at SUNY Old Westbury is over. As past Catalyst articles have shown, you know there have been many problems within the College's ITS Department, I am writing to not only say goodbye but because the school deserves better technology solutions.

Going into this job, I had a lot of great ideas to help SUNY OW like redoing the classrooms, revamping the recital hall, helping the TV department to properly redo its studio, and starting an A/V club where I would be able to direct a team of employees and student workers to manage the events on campus as well as Maguire Theater. All of which I was not able to accomplish due to poor ITS senior management and an abusive work environment I had to endure during my time here.

Professionally, one should not write a statement like this, but I need to explain why I and so many others have recently left ITS at SUNY OW.

I suggest that management heed this warning and learn to listen more than talk. I say this because management isn't listening and I will be about the 5th employee to leave this year. Additionally, I can think of at least three more who are currently interviewing and if they leave in the next few months it will cripple the ITS department. That is very sad turnover rate that is not being addressed.

Senior ITS management does not understand emerging technologies. Example: The network that was installed in the library cannot handle the amount of traffic that it is being asked it to process. Ever notice pages loading slowly or the new interactive learning tools not streaming correctly. It's because of poor network management. This collaborative learning solution was approved, but there have been many instances that our management still does not know how to use it.

When I attempted to advise the issues that were wrong with both the network and the Sony Vision Exchange software, management looked the other way and didn't heed my warning. Such narrow-minded thinking will run ITS into the ground.

This department lacks many features to run successfully, like a vision and mission statement to adhere to. This would help us in ITS so we don't feel like we are always running around with our heads cut off, not knowing what direction management wants us to go or what to tackle next. Thus, the birth of useless projects like the Chat Bots, VR Lab (video game lab) that is unused and the department purchasing a drone for no reason and asking us in a team meeting what to use it for. This is wasting taxpayers' money on toys and ego.

Senior ITS management wastes a lot of time also reprimanding their employees than trying to understand how to fix the technical problems that are at OW. Moreover, speaking as a professional A/V technician, if the college of SUNY Old Westbury thinks they are getting new, future-proof, A/V technology in their classrooms anytime soon, I would not hold my breath!

While I am not a network administrator, I am an A/V technician. After new network admins have been hired and the network infrastructure is replaced the college still needs to find at least a half million dollars to do a renovation of upgrading of the A/V infrastructure throughout the campus. Management may state this is not happening now because of personnel reasons, but the real reason can be explained by conditions in the NAB.

I have learned that the wireless and wired network are not bridged and do not talk to each other. This means that if anyone wants to broadcast content from their smart devices on to the screen in the classroom, it cannot be done currently in the NAB. I was brought in to bring this A/V technology to Old Westbury and was not told of the network limitations, but yet I was reprimanded for a setup that was implemented years before I was hired. However it was not all bad. I met some wonderful people and I would like to end this on a positive note.

I would like to thank many people on campus. First and foremost my brothers and sisters of ITS. You not only endure the craziness that ITS Management expects you to fix, but you are all really nice people that are very talented. The management of ITS doesn't see it, but trust me the rest of the school appreciates the hard work that you do,

I also would like to say goodbye to the library staff, third floor administration and to all at Chartwells. I would also like to thank the Dean of Students office and the Visual Arts Department for being there for me during this difficult time. I left before the holidays began because the work situation became unbearable and I wanted to spend time with my family.

Once again thank you to all I befriended. I wish you a happy holiday and the best of luck in the future.

Your Former Digital Media Services Manager

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Looking Back and Looking Forward: An Interview with Dr. Calvin O. Butts III

buildings that were here. The Campus Center, the front of it, the roof all that's been renovated, the second floor, and the third floor of the Campus Center totally renovated and repurposed for use by the college, technology in terms of IT. Information Technology was non-existent. So we put that here and tried to improve it.

We're in the process now trying to build a STEM center so that we might have better lab space, more modern and up-to-date state-of-the-art equipment for the campus. We've improved changes a better relationship between our campus community and the towns and homes and businesses that surround us. And I think major change has been a better relationship between the faculty and the administration. Things like that. We rebuilt the foundation that raises money for scholarships and faculty development.

We want students to enjoy themselves, you know have great times socially with each other but know some of the things that I discovered going on in the old dorms, some of the ways that students were behaving. We couldn't tolerate that. So we improved the relationship between the students and campus police. We strengthened the campus police. We got rid of some of the people who claimed to be students but were not. We created a new atmosphere on the campus one that's more conducive to learning.

The Catalyst: Where do you see the school ten years from now?

Dr. Butts: I want to emphasize the new STEM Center. This is very important because as you know everything is around STEM: Science, Technology, Engineering, Math. (STEAM if you add the arts.) Our students have great opportunities available to them particularly in the Health Professions. More and more people are seeking out ways to improve the health and I'm not just talking about doctors. I'm talking about physician's assistants, nurses, and radiologists and a whole host of professions.

I don't know that I want the campus population to grow as dramatically. One of the great changes we put in place that came under this administration was the growth in enrollment. So we went from 2,000 and we're now over 5,000, so we more than doubled our numbers and I've always said and hope that we would remain a small college. So maybe we get up to six, maybe, but I would like us not to get up into the high numbers of ten and twelve, fifteen, even though that would mean greater revenue, but I think it's important that we have the relationship between the students and the faculty that come as a result of small classes.

One of the things I'd like to see happen is that we increase our residential students, the number of our residential students so that there's more of a consistent campus life, so students do more on campus. It's a beautiful campus but a lot of students are commuters and many of the students who reside here in the weekend are gone. I would like to double the number of our residential students. I don't think the population should grow much bigger than 5,000, but certainly the residential students number could improve to build some more dorms.

The Catalyst: Can you talk about some of the difficulties that you have faced while you were a President here at SUNY Old Westbury?

Dr. Butts: During my time as president. I faced a number of difficult challenges. One was the need to be away from the campus. I had to be in Albany and I had to be in the City of New York. I had to interact with political leaders. I had to interact with philanthropist people who give money both on the island as well as in the city and other

places and so that kept me moving. And not able to spend as much time with the students as I would have like to.

I think there was a great deal of distrust between the faculty and the administration. Because of previous leadership on the campus, the faculty didn't trust the administration. I'm in line with the concept of shared governance. The faculty has a lot to say about what happens on the campus and that should be respected.

Adelphi, Farmingdale, Hofstra, Stony Brook. They were all more stable when I arrived in Old Westbury, so they already had a kind of a head start in fundraising. So I had to knock on doors and say we need some money.

People believed that this was a "black school" -- people who went here were mainly black. They didn't care so they wanted first of all to close it. When you go out to meet people you could feel it. You still feel it. I feel it. I mean that's the curse on American society and racism, you know, the black skin represents criminality. It represents inferiority. I'm the wrong guy to say that to people. So that was a challenge.

We're still wrestling with that issue and that's why I say to all of our students, black, white, brown, doesn't matter, but particularly to our black and brown students. You have to put forth at all times: excellence. You can't pay attention to what people say or think that's based on ignorance and racism. The other thing is poverty. Our students white and black are poor. You know, they're poor and you have to convince the powers-that-be, politicians, everybody, that poor people need the same opportunity that everybody else has. Then politically, you know, I didn't have a lot of friends politically out here. You know, Peter King is retiring. He wasn't necessarily friendly to our college. There's another politician who is [a] little better now. When I first met him further east in Suffolk County. I walked inside his office. He reached up grab his coat and said he had a luncheon engagement, walked out. Those kind of challenges.

The Catalyst: Why do you think SUNY Old Westbury is unique and stands out from other campuses?

Dr. Butts: SUNY Old Westbury is unique because of its mission to serve. It's really the mission of the State University, provide access and affordability but more so. It made a commitment to reach out to people of color who have been marginalized, ostracized, and it made a commitment to reach out to women. It made a commitment to reach out to older students, which is extremely important today because you have a lot of men and women who are being displaced by technology, and need retraining. They had families to raise, they had to go to work right away and now they want to come back and they're a little older but that's part of why we're here. There's an understanding here. We're close to New York City which provides a campus experience away from home, but it doesn't involve huge costs in terms of transportation. Historically black colleges, universities are wonderful. I'm a graduate of one. But they cost much more than Old Westbury so we have access and affordability and a commitment to those who have traditionally been left out.

I would add our commitment to social justice, creating a better world for everybody, having students think we provide a very diverse environment so you can walk around here and see black people, brown people, Asian people, and hear different languages, and you can feel like you're part of a world class institution right here on Long Island.

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Looking Back and Looking Forward: An Interview with Dr. Calvin O. Butts III

The Catalyst: As an alumni of Morehouse and a pastor of the Abyssinian Baptist Church, were there any ideas or ideologies you've learned from your experiences that you tried applying on this campus?

Dr. Butts: Well, this is a state university so we have to be very careful of the separation of church and state. I'm not here to proselytize people to come into the Christian faith. I'm a Christian minister, and there are students and faculty here with very different opinions and thinking. I try to live according to that which I believe, so everybody should be treated the same, you know do unto others. You try to argue for justice for all. You try to represent in your public stands a sense of appreciation for the globe on which we live, to protect the environment. So, theologically, I don't talk much about God because this is a state university, but I tried to live publicly the best life that I can so that people will look at me and maybe say this is what we like to be or he represents something that we think is good.

The Catalyst: What's next for you after retiring as president?

Dr. Butts: After retiring as president, I'll still be the pastor of the Abyssinian Baptist Church, which is a substantial job and I still will be the chairman of the Abyssinian Development Corporation which owns buildings and properties. But the things I want to do most is teach. So I think that after maybe a leave to study so that I can prepare myself, I'll probably try to teach somewhere. I was thinking about here and I have opportunities here and maybe in the city where I live. I think teaching in the area of ethics and values clarification-- trying to help young men and women, particularly young men and women of color of African descent, get some focus on how to live a spiritual life if you will, a moral and ethical life in today's world.

How to discern between truth and falsehood? You know when you see what's going on with the President of the United States. And we see too many of our young men and women embrace the negative aspects of our culture into their lifestyle and the disrespect for women, and thinking that violence is the only way to solve a dispute.

The whole drug culture. Marijuana is going to be legalized everywhere, I believe, but how do you say to people look, you know just because it's legal doesn't take away from the fact that it's lethal, it'll kill you. So I want to teach and I want to help, I'm not saying I'm going to tell people what's right and wrong, but I'm going to try to direct people to some of the great thinkers and books.

The Catalyst: How would you say the role of a university president has changed throughout the years?

Dr. Butts: For me being a university president is drastically different from what I have known. Today, it's all about raising money. So the role of the college President in terms of a state university has changed dramatically so that the burden of fundraising is now on the president, and that was not the case because the government was funding the university so that it would be affordable.

The Catalyst: How can universities attract more minority students?

Dr. Butts: The State University of New York is trying very hard. They'll have a difficult time because even at a low tuition the bigger universities and more affluent universities can discount tuition so that if

they got a top-notch student who's got an A average and you know blowing everybody away, they'll just go to college for nothing. Harvard does that, Princeton does that. You know we'll pay everything. That's one way, have enough money to pay your way through. The other way is in whatever ways this is school is noted for, to provide a quality education. I think the biggest impediment is affordability.

In the past, presidents used to get in their cars and drive down into the rural districts of Virginia and Georgia and North Carolina to find a young black person who was really smart and put them in their cars and drove back to the campus, enrolled them, get them set. I think another way is recruiting and actually going out, trying to find the top students. And then once the student is here particularly if they are in the sciences, help them to deal with the challenges. Many students have to work and go to school. And if you're in medicine or biology or something like that, it can be very challenging. So providing that support. People talk about reparations: that would be one way that would be it but it would be one way to begin to address that.

The Catalyst: Do you think colleges should have free tuition?

Dr. Butts: Yes, I think that the State University and the City University, should be free.

The Catalyst: So what is your opinion on distance learning certification programs and other non-traditional programs?

Dr. Butts: I support distance learning. I support certification programs and I support non-traditional programming because in their own ways they offer opportunities for young men and women to learn and older men and women to learn.

Of the certificate program, so you are here in school and somebody needs a technician to run a machine or a computer. It does not take the humanities to run that machine. You get a certificate may be after a year or two and you could be earning money while getting your liberal arts degree. And I'm working now to see if I can develop the dexterity of mind and hand to teach an online course.

The Catalyst: What do you think about The Catalyst?

Dr. Butts: I think The Catalyst provides a good training ground for our students.

You got to be able to write, and have a fundamental appreciation for basics, grammar. The stuff you do with texting you can't [do in other writing]. Writing is especially important. And so I would say for those of us who work with The Catalyst to pay attention. But I think it's a college paper, like anything else, like this presidency, like a professor in class, it can improve.

The Catalyst: So last semester during your town hall meeting, you expressed interest in Performing Arts Programs on campus. Do you think that SUNY OW will have more programs and courses in the performing arts?

Dr. Butts: I want it to. It's always a question of money. A few years before I got here there were budgetary concerns. They decided to deep-six those programs. Talk about spiritually. Music is crucial. I don't know who the favorites artists are today, but some of the music history; spirituals, gospel, bebop, hip-hop to jazz. To fill the campus with those expressions.

Remember the whole Civil Rights Movement was reinforced and

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kept going through song. Yes, we need that desperately on our campus as well as theater. You have to have a patron of the arts. Somebody who'll give you the money to do it. Here we have a beautiful theater, an orchestra pit, that will keep students on the campus.

The Catalyst: What kind of legacy do you hope to leave behind at OW?

Dr. Butts: If people remember anything at all they will remember that this was an administration that saved the school. I'm sure they were going to close the school. We got here, turned it around, built it up, kept the mission alive. We try for excellence and have a good time doing it.

The Catalyst: Thank you.

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Bursar Problems

Another student, Jamie Levine, has also had issues dealing with bursar. Levine is a media and communication major who is set to graduate in December 2019. She wanted to pay the \$10 graduation fee, but was having issues and tried reaching out to the Office of the Bursar. However, upon calling them, no one picked up, forcing her to drive to the school and meet with the Bursar's Office face to face to resolve her issue.

Susan Anderson, the Bursar at SUNY OW, says that while she is unaware of these particular issues, she and her team are constantly trying to improve their system. "We're trying to do a lot of things electronically," she said. "So we're doing everything online that you could possibly do [including] e-refunds, e-deposits payments online via credit cards and e-checks." Anderson hopes for more students to utilize this to make it easier for all parties. "We would also like to see students using that more."

"We do emails to try to get the information out there that they need to pay," she added "It's also posted on the website. We review the accounts with financial aid to make sure they'll be able to finance."

As far as the phones not being answered at the office, Anderson said that they are working on a better system to rectify that. "Our phones are actually answered by a contact center as well as the financial aid. So they're not answered directly by the office. There is

another office that answers them and we have sent information and talked with the other office about looking into a better system to be applied for that."

Other grievances involve the process of student residents being flagged as out-of-state residents. Apparently, people take issue with the committee that operates that; however, Anderson said that the bursar is not in charge of that committee. "[Students] are flagged as in state or out of state [and] enrollment services handles it from the beginning," she said. "When you're flagged and submit applications to become in state, there is a committee to review that, but not in-state or out-of-state." Asked to identify members of the committee, Anderson declined.

Students also have had issues where the bursar would accidentally misplace certain documents after receiving them, though Anderson said she is unaware of such situations.

"It would be easier for students to send us emails, because sometimes when the phones are busy, we do have people on the phones, but we have someone who looks at the emails as well to answer emails," said Anderson.

Syed Haq, assistant bursar, says that they hear these complaints, and are willing to work with students to fix them. "We're trying to make it convenient for the students and for everybody," he said. "We're doing our best, but we need support from the students also."

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Renovations at the Clark Athletic Center Will Include Dance Rooms and Exercise Space

form and conduct those dance classes here on campus."

Another project that was recently completed was the renovation of the gym floor. Over the summer, the floors began to warp and buckle due to the humidity and high temperatures. This made it impossible for the sports teams to play on those courts for the majority of this semester. "We realized that it was going to be a tripping hazard," said Walsh. "It was then a health and safety issue for our students and our for our student-athletes and certainly did not want to put any of our students and student athletes as an injury risk. So the floor had to be replaced that was an emergency issue that we had to do before it got any worse."

This project happened during the beginning of October, therefore, the volleyball and basketball team had to practice and play games off-site during that period. The project

is currently finished, and the gym has been reopened since early November.

The gym also had issues with roof leaks as well. Renovations towards that have also been ongoing. Walsh said, "We won't have to worry about if it's going to be raining in the gym. We won't have to be canceling games. We won't have to be diving and using garbage pails as conditioning skills techniques because we won't have to have those anymore in the way. So we're really excited."

Walsh believes that these changes will benefit the entire campus community. "When I see construction on a campus whether it's not just athletics when I look at the library and I look at what's happening to the science building, even the construction on the road right now...it's all benefiting everybody," she said. "So what's happening right now in Clark Center is benefiting the entire student community -- faculty, staff, and students."

Ring Road Closed for Construction



Photo Credit: Jalen Michael

By Kyle Berthoud

This past month part of the road known as the Ring Road people take to the SUNY Old Westbury campus was closed due to construction. Students, faculty, and others had to take a different route in order to get to the campus. The work is expected to continue until mid-January 2020.

However, some light has been shed on this matter, as Assistant Vice President of Capital Planning Raymond Maggiore stated when asked about the goals of the construction. "The goal of the Ring Road rehabilitation project is to rebuild a depreciating roadway system and make traveling around the campus easier through improved access to connecting roads. Phase 1 of the project is underway and additional phases will encompass the total Ring Road loop around campus and areas of access roads B and C.

Additional phases of work are likely to be done within the next five to seven years depending on future NY State Capital Budget allocations." Maggiore also mentioned the factor of potential bad weather, as he added, "We hope to get this completed very shortly but are moving the project along as fast as weather permits."

Going further, when asked how long he expects the construction to last, Maggiore commented, "Phase 1 of the Ring Road project is scheduled for completion by mid-January 2020 but we expect to finish ahead of schedule." Maggiore further went on to state that he expects the project to meet his expectations, and that, for those whose commutes may be affected, "we highly recommend that entering and exiting through Gate A will cause the least amount of inconvenience."

According to the last email that was sent out to students and faculty from Maggiore, Road sections one and two are substantially complete. Section three is currently closed until December 12th. Maggiore advised commuters to turn left when reaching to the Ring Road "via access roads B and C (from the L.I.E. service road)" and follow the Ring Road all the way around past Clark Athletic Center to reach Clark Athletic Center, Woodlands Halls, and Campus Center or the Student Union Building parking lots.

Maggiore suggested that commuters should plan ahead of time to campus destinations in order to adjust to the road improvement work being done. "Ultimately, this work is part of ongoing replacements of outdated infrastructure that we seek to replace as expeditiously as the State Capital Budget will allow."

Meet the Honors College's New Coordinator: Nicole Zinerco

By Brianna Knibbs

SUNY Old Westbury's Honors College welcomed the new Honors College Coordinator, Nicole Zinerco for the fall 2019 semester.

A former academic advisor, Zinerco earned her bachelor's and master's degree from Stony Brook University where she double majored in Studio Art and Art History and earning her master's in Higher Education Administration.

Zinerco expressed her passion for art which made her apply to many art schools and was eventually accepted to Stony Brook University. "I applied to a lot of art programs and I got into some of them, and then I decided to leave the door open for something else. So at the last minute, I applied to Stony Brook and I got in," she said.

Besides art, she had a vision that she wanted to become a marine scientist which led her to take some classes in not only art, but chemistry as well. She quickly realized that she didn't enjoy the chemistry classes as much as her art classes, and switched to solely focusing on majoring in art: in which she decided to double major in Studio Art and Art History. "I was someone who maybe wasn't sure what I want



Photo Credit: Nicole Zinerco

Nicole Zinerco

to do, and then I found an idea and I kind of ran with it," said Zinerco.

During her last years as an undergraduate student, Zinerco wanted to work with students after being involved in peer learning programs. She decided to go for her master's in Higher Education. While a graduate student, Zinerco became an academic advisor for five years.

Zinerco wanted to search for other jobs at Stony Brook University or another

SUNY school. While she was searching for jobs on the web, she saw an Honors College Coordinator job opening. "I was looking at positions [in not only] Stony Brook but also Farmingdale or Old Westbury, and it was just by chance that I saw this position came up and I was really excited because it sounded like exactly what I wanted to do," she explained.

Since her new role as an Honors College Coordinator, she not only interacts and help students, but also is able to plan and hold events which is something that she wasn't able to do as an academic advisor at Stony Brook University.

Her day to day duties include working with staff to plan events and represent the Honors College, assist in running the E-Council, teaching an internship seminar, helping and guiding students as well as recruiting students to join the Honors College. Zinerco enjoys being able to get to know the students and see them on a regular basis.

What she admired most about SUNY OW is the small environment where she not only gets to know the staff at the Honors College but also at

other departments. "Old Westbury has this small town vibe that Stony Brook definitely does not have. "It's really nice to see other people who work here," said Zinerco. "Here, you walk around and it feels like you know everybody."

Zinerco has big hopes for the Honors College in the future. She and Honors College Director, Dr. Anthony DeLuca spoke about expanding the Honors College curriculum. She wants to do more outreach by speaking to students and informing them on their eligibility to join the Honors College and revamping the Peer Mentor Program, which currently serves to help students at OW with questions they have about the college. Her hopes and expectations for the students are feeling like a community. "I want [students] to be able to leave the Honors College and graduate, knowing that it was something valuable to you. Knowing that you learn something or it was an experience that added value to your life and to your college degree," she said. "I also want [students] to articulate how awesome [they] are."

Zinerco's philosophy in higher education is the importance of everybody doing their best.

Profile: Chuck Honan

By Selena Valentin

Chuck Honan has been an employee at SUNY Old Westbury for the last twelve years as a custodian who plays a vital role in the environmental services department.

He was born and raised on Ditmars Boulevard, in Astoria on a snowy day in 1957. He has five brothers, and is the second oldest,

He previously spent eleven years working in the public school system, however as the commute became a stretch, he applied for the custodial position in 2007 and within four months he received a call which commenced his career at OW.

One of the greatest challenges he faced within the transition from working in an atmosphere which consisted of younger students, to a state university where everyone is beginning their adulthood he says, "When I got to the college there was a lot of exchange of ideas and I got to know the students. This is my twelfth year and I've seen freshmen turn to seniors, I've seen three cycles and I like the students and the students seem to like me."

Within the elementary and high school environments, he said, there is very little interaction or feedback you just clean and learn not to take any of it personally. Other faculty within the Student Union say Honan is very accommodating, helpful and friendly.

A media and communications professor, who preferred to remain anonymous, said that Honan can always be counted on to raise stimulating questions that reflect ongoing curiosity and empathy.

Honan's responsibilities include managing the top floor of the Student Union and he says the best part is setting up and breaking down events in the multi-purpose rooms. This allows him the opportunity to see and meet the faculty from within the campus, and describes it as, "it's rewarding setting up events, its hard work—people really do appreciate it when you go the extra yard."

Honan explains how multiple faculty show their gratitude for his contribution to the campus, and his supervisor Charles Cosgrove who also has a similar employment history has learned a lot from him and has encouraged him the most.

He is just three years away from retirement, and is considering moving to San Diego. He admires the Zen philosophy, follows politics and current events closely, and is a fan of jazz and "mellow music," particularly Frank Sinatra.

He is a contented person for as he says, his goals are neither too large or too small.

Profile: SGA President Kalief Metellus

By Brianna Knibbs

Ever since the last Student Government Association election, Kalief Metellus is always busy as a SGA president, from his daily duties at his own office everyday to traveling in Albany for SUNY events while balancing being a student.

Metellus' journey leading to become SGA president started when he heard a lot of students complaints and concerns. He didn't see any students taking initiative to address their issues: "I felt like me having the position would help me bring students together to voice their concerns and be active in changes that they would like to see around them."

It wasn't always easy for Metellus for running for SGA president as the election wasn't promoted as much on their social media. He was able to campaign and reach out to many students to see what changes students want to see implemented on campus. "I had a lot of friends support, from regular people. I was able to post my flyers around campus," he said. Metellus was very excited when he found out that he won SGA president. "I just knew that I worked hard. I knew that when it comes down to the voting, students are going to vote for somebody that looks like them and can resonate and help with their concerns."

There are many goals that Metellus wanted to achieve during his tenure which includes installing computers in the Woodlands Residence Halls, having more variety of food in the cafeteria to



Kalief Metellus

represent diversity of every student, create a parking app for commuters to cut the time wasted looking for parking, creating a textbook scholarship for next semester. This semester, Metellus passed two resolutions which includes providing funding for the fraternities and the food pantry to activate next semester.

Metellus touched upon the importance of advocacy. "Advocacy plays a big part because you're taking a lead and you're getting a group of people to follow you behind. With me being SGA president, without the students, I'm nothing, without me, the students are nothing."

Before becoming SGA president, Metellus was the former president of a student club on campus called Hairitage, a club that teaches and empowers people to love their hair and how to manage it.

Did You Know?

New York recently passed SB S2833, which will raise the tobacco/vape purchase age from 18 to 21

This bill is expected to have numerous public health benefits

Smoking and vaping nicotine causes a host of negative health consequences:

- Lung Cancer
- Heart Disease
- Chronic Obstructive Pulmonary Disease
- Withdrawal
- Memory Lapses
- Disruption of Brain Development & more

Anyone under 21 caught with tobacco/vape products will be charged with a Class C Misdemeanor and a fine of up to \$500

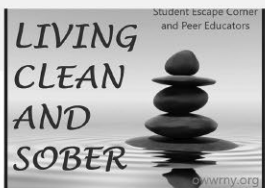
SPREAD THE WORD!

For more information contact:

Blanca Schneider LCSW, Senior Counselor / Drug & Alcohol Educator

"Student Escape Corner" Student Union Rm 303-I

516-876-3054 schneiderb@oldwestbury.edu



POEMS

Dream

By Bernie

Dream, Dream, I have a dream.
 Words once said, so it seems.
 What dreams we treasure, secretly hide.
 Emotions, excitement running wild.
 Obstacles, come shatter the dream in mind.
 Tears of frustration, who to find.
 Torn, twisted, mingled set me free.
 A nightmare, a storm, is coming for me.
 THE TUNNEL!!! THE TUNNEL!!!
 a light shine bright.
 Got to climb, got to get out reach that sight.
 Steps to redemption, calling my name.
 WHERE!! WHERE!!, I see the flame.
 Cut loose the binders, break the chains.
 Seek self worth, plenty to gain.
 Smiling faces, tears flows fast.
 JOY!! JOY!! release at last.
 Winning circle embrace me now
 The right timing, hats off take a bow.
 The sparks, the heart beating loud.
 No more sadness, no more clouds.

Strength of a Woman

By Bernie

Tall vibrant, strong with poise,
 WOMAN!!! my name by choice.
 Heart unbroken, pain is rare.
 Head upright, so much she bare.
 Straight ahead, focus is her path.
 Steps so strong, pounding heart.
 Set on what she wants to do.
 No swaying, saying "who."
 Shows care and compassion for all.
 Holding on, mind set, never to fall.
 Hip, chic, turning heads
 where ever she goes.
 Graceful, talented from head to toes.
 Love her, embrace her, support her too.
 Speak good of her, because there's few.
 Watch her grow, to the peak of success.
 Highly favored, and forever blessed.

REVIEW

Is Disney Plus Worth It?

By Brian Ramanand

There is no arguing that Disney is one of the biggest companies out right now. They recently have been involved in buying the rights to things like Star Wars and Marvel, so it comes as no surprise that they are now entering the streaming race with their brand new Disney Plus streaming service. The streaming service is priced at \$6.99 a month or can also be bundled with Hulu and ESPN Plus for \$12.99 a month. This all leaves us with one question, is it really worth it?

You might not be the biggest Disney fan or maybe not even a Disney fan at all but they have carefully created this streaming platform for years we just never noticed it. See Disney holds the rights to Star Wars, Fox, National Geographic and Marvel and what they are able to do with this is to create a streaming platform with something for everyone. From a personal standpoint I would have never considered subscribing to another streaming service just strictly off

the concept of streaming only Disney content. I love Disney movies but I just feel like another monthly subscription would be unnecessary. However, Disney holding the rights to my favorite franchise, Star Wars won me over very easily. Toss in the fact that not only can you watch almost all the Star Wars movies and previous television series but Disney is creating original shows exclusive to Disney Plus and I was one hundred percent sold. The new Star Wars show, The Mandalorian alone is \$6.99 a month. These are high budget shows that are shot so well with each episode feeling like a small Star Wars movie.

I truly believe this platform has something for everyone and keeping the cost at under ten dollars a month makes it very accessible to almost every budget. I found myself watching random Disney Christmas specials with my family as well just because they happened to be on the homepage when I logged in. The nostal-

gic feeling is something that really works in favor of this Disney Plus streaming service. It makes it super easy to travel through memory lane with some of the shows and movies that you most likely grew up with.

Now it's not all magic and castles because there are a few negative things. The first being, that the launch day for the service was a mess. With many users not even being able to access the service they were paying. While it's understandable that day one there would be some problems it leaves a bad taste in ones mouth knowing that a company as big as Disney couldn't prevent that. Another thing is that even though they have all the seasons of The Simpsons, they aren't formatted correctly therefore cutting off some of the images in the show. Now Disney has addressed this and the issue is being corrected but it's still worth noting. The last small thing is that not every movie is available to be streamed immediately. So

if you were trying to watch all the Star Wars movies you'd get stuck when you reach The Last Jedi due to Disney's existing contract for Netflix to stream that particular movie. While it does stink that you have to switch platforms or find another way to watch a particular movie the good thing Disney does is gives a date when the movie will be available on Disney Plus which is a convenience to have.

Overall Disney Plus is a streaming platform worth investing in, I personally believe many will be taken back once they sign up for a free trial because of how much different content they have for the various subscribers. Not to mention they still have a great amount of original content that is unreleased. I can see this particular streaming platform only getting better from this point on.

WINTER FASHION TRENDS

By Alyssa Allwood



Have you ever noticed that covering your ears in the winter can make you significantly warmer? One of the latest fashion trends for the winter season are a pair of cute fuzzy earmuffs! You can find them at local clothing stores in a variety of colors.



Turtle Necks are a debatable trend of the winter season. Some love them while others could go without it. Whichever side of this spectrum you fall on, turtle necks have begun to vary in so many styles that you should be able to find a turtleneck for you! You can find turtle necks any local clothing store.



Winter is all about staying warm and what better way to do that than with a cute matching scarf, hat, and glove set. You can find sets like these in local clothing stores.



Timberland boots are both durable and war. They protect your feet in the winter while still providing a fashion accent to your outfit. Nothing says New Yorker like a pair of fresh timbs! Timberland boots can be found in your local shoe stores, Timberland outlets, or the Timberland website.

Top 5 Brands to Know About

By Brian Ramanand

Fashion is something that is forever changing. While some trends come and go, one thing that never changes about fashion is that there are always new brands to discover. These are some new brands that are making an impact in the fashion world right now that you should know about.

Rhude: Rhude is a brand that is fairly new being that it was only started back in 2015. But don't let that take away from the fact that Rhude has made quite an impact in a small amount of time. The brand was founded by Rhuigi Villaseñor with a concept of creating streetwear using luxury fashion techniques. His collections feature tops such as hoodies and t-shirts crafted to create a vintage aesthetic, all while using premium materials. One of Rhude's most popular items is their cargo pants which feature snap closures on bottom of the legs recreating that vintage basketball warm up pant aesthetic. Rhude continues to grow as they were recently able to collaborate on a collection with iconic German sportswear brand Puma.



Rhude shirt image from Selfridges

Palm Angels: Palm Angels is a brand that is already growing rapidly due to the sheer amount of celebrities sporting their clothing. The brand was created from a published book of photographs that was put together by founder Francesco Ragazzi. In 2015 Palm Angels put out their first fall/winter collection following the release of the mentioned book. Their clothing plays into the Los Angeles lifestyle while mixing the skateboarding culture that Ragazzi was so interested in. Their most iconic piece are their tracksuits that fit very slim and tapered sporting their Palm Angels logo.



Palm Angels image from Hypebeast

A Cold Wall: Virgil Abloh is a household name to anyone who has the slightest interest in the world of fashion. Now imagine if he asked you to quit your day job and become his right hand man, well that's exactly what happened for A Cold Wall's founder Samuel Ross. Ross used what he learned during that time to form the brand which focuses on abstract utilitarian pieces of clothing. He experiments with things like mismatched hems and different material to create pieces that really are eye catching. His work is creating such a buzz that he was able to collaborate with the sportswear icon Nike on multiple occasions.



A Cold Wall image from End clothing

Aimé Leon Dore: Aimé Leon Dore founded in 2014 is a brand that is being praised by anyone who follows the world of streetwear. Some streetwear fans are even going as far to say that this brand is the new Polo. The Queens started brand was founded by Teddy Santis. Santis wanted to create clothing that reflected his memories of growing up in Queens but at the same time are extremely wearable. Aimé makes a large range of items from anorak jackets to sweat-pants all in simple easy to wear looks. The brand has gained a large following and the attention of prominent streetwear figures like Ronnie Fieg.



Aimé Leon Dore from Aimé Leon Dore's official website

Alyx: Matthew Williams is a veteran of everything and anything fashion related. After All the man has worked alongside Kanye West and co-founded Been Trill with Virgil Abloh. Williams was destined to be successful and when he founded Alyx in 2015 as his own clothing label it was received with great excitement. Though Williams only focused on womenswear for the first two years Alyx was able to create a buzz. In 2017 when he launched his first men's line the brand completely went forward full steam ahead. Alyx makes simple clothing a tad unconventional. The easiest example being their popular roller coaster belt. Alyx shows no sign of slowing down, especially since they too have got a collaborative collection with Nike on multiple occasions.



Alyx Belt from Alyx Studio's official site

Old Westbury Performing Arts Spotlight: Step Tunes Inc. and A.T.R.M (All the Right Moves)

By **Derbie Pierre-Louis**

SUNY Old Westbury has had some spectacular memorable performances over the years. As for the performers themselves, the presidents of Step Tunes Inc and ATRM which are the two well-known groups on campus share the history and background on how they came to be a part of the Old Westbury's performing arts family.

Odaïne Hayles, a sophomore majoring in Childhood Special Education, has been part of the step team since his freshman year and now is the new president of Step Tunes Inc. Hayles tells the story on the step team being born in 2000 by five girls that attend here at Old Westbury that love to step, thus forming Step Tunes Inc. He also mentioned how they received their team name. "The name of the team was given by the five girls and has been passed down since," said Hayles. There are nine members currently on the team. Hayles said that two years ago, Step Tunes had about fifteen members. The nineteen years that Step Tunes Inc. has been a part of Old Westbury, Hayles shares the best moment the team shares together. "After practice, we have team bonding..., the parts where we don't always have to step, I feel that is what builds us as a family and give that connection as a team."

Hayles gave an inside look at their day-to-day practices. "Practice is Monday-Wednesday 8-10 pm. The first ten minutes we warm up with stretching and drills that are steps we do over and over to build up muscle memories. Also, on Tuesday we work on creating steps if we don't have any show to practice for the following day." Hayles stated that students can connect with Step Tunes Inc and look out for upcoming events on their social media.

Maya Holder, a senior who is also majoring in Childhood Special Education, is the current president of the dance team All the Right Moves (ATRM). Like Hayles, Holder has also been part of the dance team since her freshman year, and president for two years. When asked about the name given to the dance team, Holder said "The club has been around since 1979, it wasn't the only dance team on campus, but the only one that stayed around because it had the best and all the right moves compared to the others, thus the name All the Right Moves." ATRM is not only known for their great dance moves, but their large team. "Currently we have thirty members, in previous years the max was forty-five/fifty," said Holder, they grow, laugh and dance together, also make great memories during their

"May Show."

Keeping the tradition alive at the end of every spring semester, ATRM host a big recital for the students at Old Westbury. "Staying up till all hours, coming up with ideas, looking for costumes, and traveling to get other people to be a part of the show..., the turnout and afterward is always the best because of all the hard work, we bound so much." Maya also gave a peek on their practices. "We have practice Monday - Wednesday 7-10 pm, at 7:15 we stretch until 7:30. We hop into learning choreo, or going over choreo." Holder definitely loves what she does, and her team even more. Her and other dancers always practicing and advancing on their dance moves, which they have to keep up with their forty-year-old name.

Although Old Westbury has many more talented students to showcase, the history and legacy Step Tunes Inc. and ATRM have made on campus has definitely been marvelous. Either stepping by your own beat or moving your body to the beat, these two performing groups have kept us entertained and impressed.

International Student Profile: Summer Huynh



Photo Credit: Summer Huynh

Summer Huynh

By **Laura Francavilla**

SUNY Old Westbury is called home by many students each semester. Many of them are from the surrounding area, but it is also home to some international students. One such student is twenty year old junior, Summer Huynh.

Born in Vietnam, Huynh heard about Old Westbury when they came to visit her school in Vietnam. "Old Westbury came to Vietnam and I met them, and I started applying to many schools, and I ended up here [Old Westbury]," she said.

Out of several other schools Huynh applied to, she likes Old Westbury the best. "It is close to New York City, which has so much opportunity for you after you graduate," she said. "And also there's more classes and friendly professors."

She is a media and communication major, which allows her to get involved with Old Westbury Web Radio (OWWR). "I started by doing production programming, and now I'm an assistant director for the news department," Summer said. "[We do] weekly news every Monday till Friday at 6 pm and then we're planning, scheduling, and also writing scripts and summarize the news."

Moving from one country to another isn't easy, and Huynh has found the United States to be quite different from Vietnam. "It's totally different compared to back home but it's kind of cool, you know, I feel like here is really good for young generations like me, and especially media and communications majors," she said. "And the education here is focused on the real thing, like you apply to it, while in Vietnam, it's for you to study the whole thing, and then you've got nothing after that."

While many students have the advantage of having family close by, Huynh's family is still in Vietnam. "They call me everyday, so it makes me feel like 'oh I'm still home'... it makes me feel like I'm still close to them and we're connected, so it's not that bad," she said.

Huynh has already planned what she would like to do after she graduates from college. Her plans include getting a job, and also moving to either a new state or country. "I would rather stay in another state, but work in New York," she said.

For now, she is enjoying her time here at Old Westbury. "I want to do more internships at school because it's really difficult for us, being an international student, getting a job, and getting a paid internship... but I try to do as much as I can while I'm in school, so that will build up my resume," Summer said.

Having international students at SUNY Old Westbury only adds to its diversity, and makes for lasting impressions and better learning.



Photo Credit: Step Tunes Instagram

Odaïne Hayles,
President of Step Tunes Inc



Photo Credit: Step Tunes Instagram

Step Tunes Inc



Photo Credit: Step Tunes Instagram

Step Tunes Inc



Photo Credit: ATRM's Instagram

Maya Holder, President of All
The Right Moves



Photo Credit: ATRM's Instagram

All the Right Moves(ATRM)



Photo Credit: ATRM's Instagram

All the Right Moves(ATRM)

Renowned London play *Betrayal* takes over Broadway

By Laura Francavilla

Broadway has always left audiences floored with each performance, and the new play *Betrayal* is no different. Coming from London, the drama was acted out in the Bernard B. Jacobs Theatre and has three main characters (and one waiter) who capture the stage for 90 minutes with no intermission.

The play follows the tragic story of Robert (Tom Hiddleston), his wife Emma (Zawe Ashton) and their friend Jerry (Charlie Cox), who all become unfaithful at some point in their life. Viewers are aware from the beginning that Emma and Jerry have had an affair, as they share drinks and talk about their lives.

Beginning the story at the present moment, the audience is left with many questions about their relationship. However, everything is answered and cleared up by the play's end. Hiddleston brings dry

humor into the show, with his desire to play a game of Squash and his repeated attempts to make Jerry uncomfortable since he knows about the affair. The play ends right at the beginning of the affair, and offers no resolution.

Robert is a man with an ego, and seems at first to be the victim of an affair. As the play goes on, it is revealed that he hasn't been so faithful either. Emma is most of the time is detached from her reality and Jerry, in the end, comes across as a weak and unloyal friend to Robert.

The play was written by Harold Pinter, and was directed by Jamie Lloyd. As is common with many Broadway productions, the stage was equipped with rotating circles in the floor, which helped each scene flow back in time.

What is also worthy to note about the play is that very rarely is one of the charac-

ters off the stage. In the beginning, Ashton and Cox have dialogue back and forth, with Hiddleston looming in the background. Each character does this at different scenes, to make it seem as if someone is always watching each other's movements.

Since the play uses little props and has few characters, lighting played a huge role. Lighting designer Jon Clark played with shadows from all sides. The audience in the center gets the full effect of seeing each character straight on, but to the sides, the audience gets to see shadows on the walls. The actors placement is very particular in the play, and by the way the silhouettes are cast onto the walls, the audience can see the power dynamic between the characters.

Although *Betrayal* left audiences captivated, its run on the American stage is



short lived. With a preview date of August 14, an opening date of September 5 and closing on December 8, 2019, each show was packed with spectators.

Betrayal took a simple theme of being unfaithful and captured the audience's attention for an hour and a half. From minimal props and characters, dry humor and dramatic dialogue, it is no wonder that the London drama made a huge mark in American theatres.

Photo Source: Courtesy of Broadwayworld.com

Knives Out brings back the classic "whodunit" mystery

By Laura Francavilla

Cinephile's across America were treated to a brand new murder mystery this Thanksgiving weekend with the release of *Knives Out*. Released on November 27 with a Rotten Tomatoes score of 96%, the Agatha Christie-esque film follows the story of the Thrombey family and as they come to terms with the death of 85-year-old Harlan Thrombey (Christopher Plummer). At the center of the film is Marta Cabrera (Ana de Armas), Harlan's nurse, as she also deals with his death.

Originally thought to be a suicide, Harlan's death quickly turns into a murder investigation when detective Mr. Benoit Blanc (Daniel Craig) is called in by an unknown party to investigate. Working with Marta, Lieutenant Elliot (LaKeith Stanfield) and Trooper Wagner (Noah Segan), the four piece together the night

of Harlan's 85th birthday (when he died) and also uncover the secrets of the Thrombey family.

The film boasts big name actors in its cast. Captain America himself, Chris Evans, traded in his stars and stripes for fancy sweaters and coats for his role as Ransom Drysdale. Evans' character is a huge step away from his previous roles as he is now playing the spoiled and entitled grandson of Harlan.

Jamie Lee Curtis plays Linda Drysdale, Ransom's mother and Harlan's daughter. Her weak younger brother, Walt Thrombey, is played by Michael Shannon and her husband, Richard Drysdale, is played by Don Johnson.

The iconic voice actor known for his roles as Master Yoda in Star Wars and his work on Sesame Street and The Muppets, Frank Oz plays Alan Stevens, the Throm-

bey family lawyer. While his role is small, he delivers the biggest punch to the plot—who isn't in Harlan's will, and, more importantly, who is.

Katherine Langford plays Meg Thrombey, daughter of Joni Thrombey (Toni Collette), the widow of Harlan's other son. Joni relies on Harlan to survive and send her daughter to college.

The film is a true mystery through and through. Director Rian Johnson keeps things simple and perfectly delivers subtle plot twists and hidden clues only viewers paying attention to the film will notice. *Knives Out* brought back the classic murder mystery with characters who only look out for themselves, a charming Southern detective, and a house straight from a *Clue* board with secrets waiting to be told.



Photo Source: Courtesy of Lionsgate

Queen and Slim

By Lauren De Leon

The story of a first date gone wrong, *Queen and Slim* have been a hit since its release on November 27, 2019. The film stars Slim, a retail worker from Ohio, (Academy Award winner David Kaluuya, *Get Out*) and Queen (Jodie Turner-Smith) whose occupation is a criminal defense lawyer. The plot starts when a minor traffic stop turns into Slim shooting the police officer in defense. The couple decides to run for their lives until they realize that the whole incident was caught on camera. Throughout their escapade the couple became known as "The Black Bonnie and Clyde." While are on the run they meet people who are both for them and against them. To some people they became a symbol of hope and change, while to others they were seen as criminals and rebellious. Their trip from Ohio to the South and Florida results in them becoming heroes and also lovers. The Universal Studios Production was directed by Melina Matsoukas and was rated R for violence, some strong sexuality, nudity, pervasive language, and brief drug use. *Queen & Slim* also has an 82% rating on Rotten Tomatoes and is currently number five in the Top Box Office.

Need For Speed Heat Review

By Brian Ramanand

Often I think back to when the first *Fast and the Furious* films came out and the interest that sparked for many to partake in car culture. One thing that came as a direct result of those films were video games that focused more on street racing. Among those games was the iconic *Need For Speed: Underground* games that were incredibly well received. However, the following years were tough on the franchise as many would say they haven't produce a great game since then. Well, I'm glad to say that the newest game from the franchise, *Need for Speed Heat* is not only a great game but one of the best in the franchise's long lasting history being that *Heat* is the twenty fourth installment. The game also is released with perfect timing for the franchise's rival *Forza*



Photo courtesy of USA Today

Queen & Slim

Motorsport, has been quiet and has no game planned for release.

Need for Speed Heat takes place in Palm City which is a fictional version of Miami. The storyline follows a character you choose to represent you. Then try to move up the ranks as a new racer and form a crew all while battling corrupt cops who are trying to end street racing at any cost. To be honest the story was the least interesting part of this game, which is understandable being that most car enthusiasts don't really enter a car video game looking for an exhilarating story. The *Heat* storyline really feels like a low budget *Fast and Furious* rip off but I'm okay with this because everything else about this game is great.

The game is broken down into two ways to play, day time events which are closed coursed legal races that will earn you money while the night is broken into high risk races with the risk of being busted by the cops. While the day races are fun and there are plenty of variety, the night is what I found to be the most fun to play. Drifting down hills with cops trying to stop me using spike strips gave me the outlaw feeling that the game tries so hard to create overall. It's the night races that will have any car enthusiasts coming back for more. The game also

boasts a large roster of cars ranging from things like the beloved Mazda Rx-7 all the way to cars like the Alfa Romeo Giulia and even the exotics like the Pagani Huayra. Toyota however is absent from the roster, standing behind their claim that racing games are creating a negative image for their motor company. Despite the game allows you to customize your cars in ways never done before. Of course you can customize the performance of your car as well as things like paint and decals but the level of attention to detail *Heat* takes is something unseen. You can fine tune your car exhaust sound, your license plate frame, and even your brake calipers with branded ones from brands like endless, stoptech and Brembo. To most, these things won't matter but to anyone who's a car geek they will go crazy by just how much you can customize.

Overall *Need For Speed Heat* is a great installment in what could be considered a struggle franchise. It's a game that creates the rush of what it feels like to be a street racer all while allowing you to craft your dream car and become attached to it. It's a game that I continue to play despite the fact that I've long completed the main storyline, and one I can confidently say I will continue playing for a long time.

Movie Picks of the Month

By Jalen Michael

As we inch closer to the end of the year, more heavy hitters are being released both in theaters and at home. November saw the release of great cinematic experiences such as *Knives Out* and *Queen and Slim*. However, just as interesting was the heated battle between the home streaming services with the release of Disney+ as well as huge Oscar contenders from Netflix, Apple, and Amazon. Here are just a few of my favorite films released in November that I think are worth checking out.

The Irishman (on Netflix)



Photo Source: Courtesy of Netflix

Martin Scorsese returns to direct Robert De Niro, Al Pacino and Joe Pesci in a three hour crime epic about the disappearance of Jimmy Hoffa. Is there really anything more to say? The characters are sharp, the dialogue is hilarious, and the story (while bloated at times) is told at a very neat pace. It's impressive how all these years later, Scorsese has yet to lose his touch. What he does throughout this film (and specifically in the last hour of the film) is something spectacular, as he practically deconstructs the structure and ideals portrayed in his previous "organized crime" dramas. This is without a doubt one of the best films of the year, and to witness four legends create something this good is very monumental in film history.

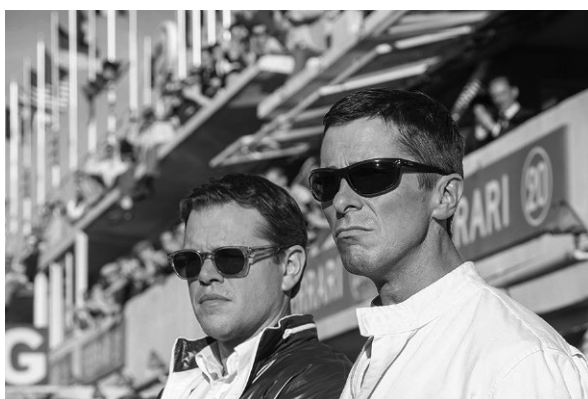
A Beautiful Day in the Neighborhood (in theaters)



Photo Source: Courtesy of Sony Pictures Releasing

On paper, a biopic about Fred Rogers that's not really a biopic about Fred Rogers just sounds stupid. But this film really works because it is not a biopic. In fact, Rogers is a supporting character in this movie about a cynical and jaded journalist who finds a new meaning in life after spending time with Mr. Rogers. It's a drama that's propelled with strong performances and great characterization. As well as some neat filmmaking tricks that bring a surrealistic mood to the classic style of a Mister Rogers' Neighborhood episode. Terrific film all around, there were a few moments where I felt the dialogue was a bit hammy (or maybe it was the delivery of those lines) but beginning to end I enjoyed this very much.

Ford v. Ferrari (in theaters)



Courtesy of 20th Century Fox

I thought this movie was fantastic. Bale and Damon lead with great performances. James Mangold directs with his signature warm flare to the frame, and it tells a really remarkable story at a really neat pace. For a movie about racing, it is about so much more than just racing. It is a story of a large corporate business with small ideas shadowing the little guy with the bigger ideas, and the conflict arises there. Something that is applicable to a lot these days. But the racing in this movie is not to be taken for granted. It's energetic and exciting, and make sure to see it in a theater with the best sound, because it is loud and just a fun time overall. *Ford v. Ferrari* is one of my favorite experiences at the movies this year, and I can't wait to see it again and again. I can't speak too much of James Mangold's earlier films—since I haven't seen a lot of them—but he's been very consistent for the past fifteen years or so and yes, I'm including that Tom Cruise and Cameron Diaz movie that everyone forgets about because that is a huge guilty pleasure of mine. Regardless, I highly recommend this film.

Marriage Story (on Netflix)



Photo Source: Courtesy of Netflix

Marriage Story is a drama about a couple going through an uncomfortable divorce. Directed by Noah Baumbach, this movie brings out great performances from Scarlett Johansson and Adam Driver with very complex and realistic characters. It is a wonderfully written story that carries themes of double standards and how we view traditional gender roles. I think this is one of the major front runners for the awards race. I highly recommend checking this out.

Frozen II (in theaters)



Photo Source: Courtesy of Disney

The first *Frozen* was somewhat of an unexpected phenomenon back in 2013. Six years later, its sequel follows suit quite nicely. This film tells a much darker story as we follow fan favorites Elsa, Anna, Kristoff, Olaf and Sven on a whole new adventure with catchy songs and cool looking set pieces. A fun trip to the theater for the whole family. Chances are, with the amount of money this movie is making at the box office, you've probably seen it already...so see it again!

The Report (on Amazon Prime)

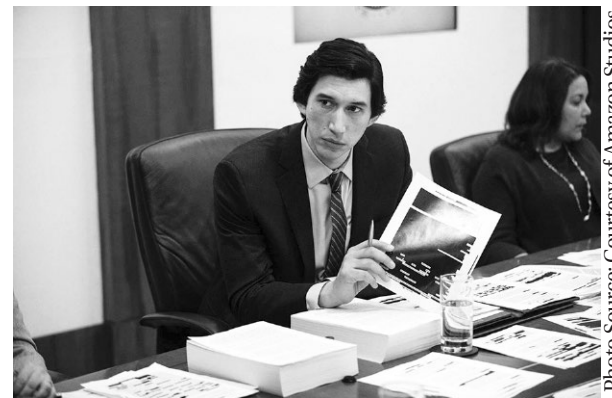


Photo Source: Courtesy of Amazon Studios

This film (based on a true story) follows the Senate Intelligence Committee and their lead investigator Daniel Jones as they investigate the CIA's torture methods following the 9/11 attacks. I always have a soft spot for films that are able to call out corruption in government in the past, and relate to what's going on in modern day politics. I also liked the fact that they showed the actual torture methods that were used rather than just mentioning it. It brings everything into perspective, just how the whole country relied on fear mongering for political gains. It's a fairly straightforward movie to follow, especially because the events are fairly recent. Definitely recommend checking this one out.

Ariana Grande's Sweetener Tour (Third Leg)

By Megan Ramanand

Ariana Grande performed at the Nassau Veterans Memorial Coliseum in Uniondale, New York on Saturday, November 9th. Grande's Sweetener Tour is on its third leg, after performing in North America from March-June 2019, then traveling to Europe from August-October leading to the final leg of the tour back in the states on November-December. Grande is a Grammy Award-winning recording artist and actress known for her pop hit singles such as "Dangerous Woman", "No Tears Left To Cry," "7 Rings," "Thank U, Next" and many more. Based on the streaming platform Spotify, she is ranked as the ninth most streamed artist in the world.

Social House, an American musical duo were openers of the concert. For most concerts, openers are not given much attention. However, Social House definitely had the crowd pumped up. They performed all six songs off their latest EP, Everything's Changed, for only about forty-five minutes. Both Mikey Foster and Scootie Anderson shared the stage equally, dancing and interacting with the crowd. They were genuinely having fun and pumping the crowd yelling "Are y'all ready for Ariana Grande?" For openers, they definitely

did a well done job for getting the crowd awake and ready for Ariana Grande.

Grande enters the stage from a rising platform with her first song, "God is a Women", including many backup dancers. During her set, she takes the time to introduce each dancer and let them throw in their own personal freestyle dance to show the audience. This was a nice gesture to make, being that no one gives credit to the dancers during a show. Grande's performances also include multiple lights, confetti and a visual screen that makes the stage very unique from others. Her stage is one of the best experiences to visualize by far, the set and creativity are unlike any other. Each song has a different image projected such as clouds, colors, and images of her. She keeps the majority of the same setlist from her last two previous tours includ-



Photo Credit: Megan Ramanand

Ariana Grande's Sweetener Tour at Nassau Veterans Memorial Coliseum

ing the albums, Sweetener and Thank U, Next. Surprising the audience, Grande also plays Christmas theme songs from her Christmas EP's, Christmas Kisses, and Christmas & Chill, resulting in a total of twenty-two songs. During the performance of the song "Santa Tell Me," Grande and her dancers threw presents into the crowd (some reported contained Starbucks gift cards, one-hundred-dollar gift cards and one pair of Tiffany & Co earrings). She also had three outfit changes including two new ones, for her Christmas performance and her Santa outfit from the music video, "Thank U, Next."

Being that I went to the first leg of her tour, this concert had more of a connection with her and the fans, just from the energy level both parts were projecting. Grande thanked her fans

multiple times throughout the concert, "Thank you so much, New York. It's so good to be back. I love y'all so much, thank you for making this happen. I'm so thankful to share this chapter of my life with you." She also makes the performance feel professional but also fun such as if she messes up or laughs, she moves past it. In reality, although she is performing, she is also having fun with the crowd and her dancers. The last song was her most popular hit, "Thank U, Next," which was my favorite performance. In conclusion of her performance, Grande projected all her 2019 accomplishments on the screen as well as images of things and people she loved.

Although my experience could've been better regarding organization of the lines leading inside the venue, Ariana Grande definitely put on a concert worth attending. Her unique voice, visuals, and performance are worth watching. Not only Grande, but her openers had a great amount of energy that kept the night going. Having an artist who can not only perform their songs but make the crowd have fun with them, is someone worth checking out.

Raising Dion Review

By Alyssa Allwood

In October, Netflix premiered a brand new original series titled "Raising Dion." Raising Dion is a nine episode



Picture credit: Jackson, Panama

Very Smart Brothas

series that will keep you on the edge of your seat. The series stars Alisha Wainwright, Jason Ritter, Ja'Siah Young and Michael B. Jordan. The series focuses on a young widowed single mother Nicole, played by Alisha Wainwright, who must hide her son Dion's powers in order to protect him. The family dynamic of the story helps to invite viewers into the story. The compassion that Nicole has toward her son creates a clear relationship between the two. The innocence of Dion automatically makes him a loveable lead to follow. The series uses flashbacks and imagery to explain how Dion got his powers in relation to his deceased father Mark, played by Michael B. Jordan. Mark is the secret

weapon that writers use to tie the story together. The Antagonist of the series is Pat, played by Jason Ritter, who was Mark's best friend. Pat, being a scientist and comic book fanatic causes a stir in the development of Dion's powers. Writer Carolee Barbee does a great job at keeping the viewer entertained by his questionable comments and behaviors. Unlike most Super Hero stories this story focuses in on the mother of the super hero as she tries to figure out what has been going on with her child. I recommend this series to anyone who is a fan of action and suspense. Get caught up! Fans are hoping that Netflix will release a second season!

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Image by IMDb

Charlie's Angels Reboot

By Michael Devlin

The newest incarnation of Charlie's Angels comes in the form of a slight reboot of the original 2000 and 2003 movies and stays within the continuity of both them and the original 1976 - 1981 television series. The Elizabeth Banks written and directed movie features angels Sabina played by Kristen Stewart and Jane by Ella Balinska working for the European division of the Townsend Agency and there are now more than just three angels working in the whole world. Shortly after the retirement of their boss Bosley; Patrick Stewart, they find themselves under the leadership of a new Bosley; Elizabeth Banks and Bosley is no longer a single person but more of the name and therefore, title of a person's job. After scientist Elena; Naomi Scott finds her technology within the wrong hands, Bosley and the angels recruit her to help get it

back and find who has stolen it before anyone's lives are endangered. This mission finds the three angels traveling throughout Europe while kicking some butt and forming bonds with each other.

While it is hard to beat the fun of the original movies' campy and vibrantly colorful take on the Aaron Spelling classic, the new movie doesn't try to emulate or recreate it but is instead its own entity. Charlie's Angels has toned down the overt sexuality of the original movies so no sexed-up milkmaid disguises or burlesque show dances the camp and has instead opted for a more grounded -or as grounded as an action movie can get- version. The three angels are all smart, strong, and capable women that work together under a woman. Charlie is oddly or maybe purposely, almost non-existent in the

movie, minus two or three of his famous speakerphone calls. Instead almost all the angels' directions come from Banks' Bosley. The movie manages to blend comedy and action well together and is able to seamlessly go back and forth between the two at the drop of a hat.

Kristen Stewart gives a surprisingly lively performance as impulsive and rebellious Sabina, while Ella Balinska is able to bring some heart to stone cold ex-MI-6 agent Jane. The real standout though, is Naomi Scott, whose charismatic performance as apprehensive newcomer Elena functions as the viewers' POV into the crazy world of the Townsend Agency's dangerous change-on-a-whim dealings. While recognizable faces such as Elizabeth Banks, Patrick Stewart, Djimon Hounsou, and Noah Centineo round out the supporting cast, their characters are never



Photo Credit: Nina Stamer

really given a combination of enough development or screen time for us to fully invest or truly care about them in the movie's almost-two hour runtime.

While it's still too soon to tell if it will have audiences as nostalgic as the original movies come nineteen years from now, Charlie's Angels is still a fun thrill ride and current take on an iconic franchise spanning forty-three years.

BAD BUNNY X100PRE CONCERT

By Selena Valentin

Straight from Vega Baja, Puerto Rico to Brooklyn, New York Bad Bunny take the Barclays Center and leaves a genuine, honest and once in a lifetime energy at his show. For starters he had well renowned DJ FunkMaster Flex to open his show, whilst he too is very talented, Bad Bunny really sets the bar as he took the crowd by storm with his authenticity. As the crowd floods in and fans await his presence, surprisingly he enters the arena concealed in a closed black box, as the video playing on the screen allows for a great skit entrance. Styling a black denim jacket, jeans emblazoned with skulls that lit up, and a black surgical mask to boot, to reflect

his uniqueness he comes on filling the room with realness, appalling confidence and well deserved recognition from the audience. Making a name for himself, the artist has won Best Urban Music Album for his debut album, X100Pre, at the 2019 Latin GRAMMYs, also won top latin song for his appearance on "Te bote" and top rap song for "I like it" at the 2019 Billboard Music awards. He deserves all the glory for his successes, not only being an



Bad Bunny Press by: Alejandro Pedrosa

artist he remains loyal to his homeland explaining to his fans at Barclays, that he has enough money to live anywhere in the world but will always live in Puerto Rico and part of his success means being happy and humble as he's given back to the island, especially during a time of despair when Hurricane Maria left many without electricity. He has also defended the LGBTQ community with his remark to another latin artist, Don Omar, Bad

Bunny responded by tweeting "Homophobia, in this day and age? How embarrassing, loco." In many aspects the artist shows that he is who he is and will be that regardless of what is demanded or expected of him which shows in the way he delivers his messages throughout the concert, showing love to all the latin races, being grateful and thankful for everyone who was in the crowd, that type of authenticity is too rare to find in an industry that plays heavily into trends and societal standards, Bad Bunny sticks his feet in his person and that alone sets him apart.

OPINION

CHRISTMAS IS ALMOST HERE, AND SO IS THE EXCITEMENT

By Kyle Berthoud

Well, folks, believe it or not, it is coming up to that time of year once again. It is almost Christmas and people have different views on this special holiday. There are those out there who enjoy spending Christmas with their families along with receiving and exchanging gifts. Then, there may be people who don't enjoy it so much, whether it's because of the weather, the toll the holiday takes on them work-wise, etc.

However, I am not one of the latter as I truly enjoy Christmas very much. It is the holiday I look forward to every year. But, the question is, exactly why do I enjoy it? Well, I enjoy it for many reasons. I enjoy watching Christmas commercials before the holiday, such as the classic M&M's advertisement where the yellow and red M&M meets Santa Claus, a Hershey's Kisses old-timer

where little candies perform "We Wish You a Merry Christmas", and a more recent animated Sprite Cranberry with a song calling Christmas the "thirstiest time of the year" along with an appearance from NBA player, LeBron James. I find enjoyment in all of these commercials, because they get me even more excited and anticipatory for Christmas, and make me wish the holiday would get here sooner.

Additionally, this is the same reason why I take pleasure in watching Christmas movies, including *Christmas with the Kranks*, *National Lampoon's Christmas Vacation*, *Home Alone one*



and two, and my personal all-time favorite, *Elf*.

Another reason why I love Christmas is that I am a big fan of basketball, and on Christmas day, a total of five basketball games play on ESPN/ABC. I love watching basketball on Christmas because I typically find the games entertaining and usually, the best teams in basketball play on the holiday, which makes it all the more fun and exciting in terms of quality.

Also, Christmas is enjoyable for me, because I love receiving gifts from people and giving, as well. I get such a happy feeling opening things such as

video games, sports jerseys, and electronics, that I am admittedly kind of sad when all of the gift-opening ends. However, I love seeing the looks on the faces of my closest relatives when they see the gifts that I have gotten for them. It makes me feel as good as I feel when I find out what is inside of my presents. Finally, one big reason why I look forward to Christmas every single year is because I love getting together with my aunts, uncles, and cousins, exchanging gifts, and just having fun in general. I enjoy spending time with my family, especially during this holiday. It is something that I have always enjoyed doing. Therefore, I find Christmas extremely meaningful because it brings me joy, excitement, and happiness every year.

How to Keep Your Pet Safe During the Holidays

By Michael Devlin

With the way that we think of our pets as part of our families, it's sometimes easy to forget that our furry friends have different dietary restrictions than we do and food that can be a commonplace for us isn't always healthy or safe for them. With many friends and family coming over for the holidays (and pets, particularly always-eager-to-eat dogs at their feet looking for food), it is important to keep in mind what these things are so as to keep the food being given under the table or scraps after meals to things we can be sure are safe for both our own pets and those of people we will be visiting.

As controversial as it is for us humans, something that should always be a definite "no" for dogs is fruitcake. Many fruitcakes contain raisins and since raisins are just dried up or dehydrated grapes, this is an automatic no-no. Ingestion of grapes can be fatal to dogs and lead to kidney failure. According to the American Kennel

Club, turkey should only be given to dogs if it is cooked separately and plain. While turkey isn't inherently bad for dogs, all the seasoning that we do to the turkey while cooking it can make it a digestive nightmare for our little buddies. All the butter, salt, and spices that we use can very easily upset a dog's stomach, so it is only good to give them plain cooked turkey meat without any skin. While it may also seem like an okay idea to give them a turkey bone after you have cooked your bird (most dogs do love bones, after all), you should refrain and have them stick to their usual store-bought bones. Most poultry bones can be small and sharp and can puncture your friend's digestive track should they swallow any small piece when chewing on it. There is also the chance of choking should this happen. While a Christmas ham may be a tradition in many households, it shouldn't become one for your pet. While ham isn't necessarily bad if having a nibble here and there, large

amounts are not good for your pooch. Since ham is very high in sodium and fat, it can cause problems during the digestion process and lead to things like vomiting and diarrhea. It's probably best to just play it safe and not introduce them to ham. If your dog (or any of your animals) becomes sick or has a negative reaction to any food, make sure to get them treatment at the nearest open animal hospital.

Instead of letting them have some of your people food, a good alternative way to let them participate during your holiday celebration with you is to get something made specifically for them. Instead of giving them any bones from your food, get them a new bone from the store. Plenty of dog food companies also make holiday themed goodies and treats that they will be surprised to receive. Of course, these are still just treats, so they should be given in moderation. Small gestures like these can go a long way in a dog's eyes. Happy holidays! Woof! Woof!



Photo by ModernDog Magazine

Horoscopes

HOROSCOPES FOR THE MONTH OF DECEMBER

Compiled by Lauren De Leon

ARIES

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. The month brings social opportunities to your occupation. Satisfaction comes through your career, your vocation and your business. It follows that now, it will be your profession and work, the recognition of your worth, skills and abilities that is the first yardstick of success, but more vital, relevant a measure will be how you feel about it?" and that's what is truly important this whole month. You are coming across well at work now, and romantic opportunities, or simply more chances to mingle and network, are likely.

TAURUS

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. If a romance were to begin now, it is more possible to be with someone from a different background or educational level, or someone you meet through travel. A love interest who attracts you this month may be somebody who you previously wouldn't consider striking, or someone whose cultural background is very different than yours. You have a taste for the unusual and the spirit to match. There could be especial understanding with foreigners and with women if you are traveling this month. You are all the more attractive and charismatic with this position, which increases your popularity, 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.

GEMINI

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. A full of meaning and warm relationship made now could be stimulating and even healing. You draw closer to a loved one/partner/spouse even as circumstances pull you apart. You will also concern yourself with future finances. This will be a good time for money matters pertaining to fund-raising, capital-formation and long-range investments. Debts may happen, if you don't do your homework in financial matters. There is tendency to be carefree (or careless). You may be distressed with matters related to death/separation?" either of a loved one or a relationship.

CANCER

You may be making changes in your job/profession, in your relationships with colleagues and co-workers, health and diet. There may be some mental strain, or per-

haps 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. You focus strongly on relationships?" some good and some not so good. While there will be tremendous togetherness and warmth with close companions and loved ones, at the same time there can be rivalry bordering on open animosity with an adversary. Special attention to and from a partner is in focus, and flattery will get you everywhere if you use it wisely. At the same time you're also advised to slow down a bit and don't get carried away in emotions or excitement.

LEO

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 anger 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. It is your work that you'll focus on this month, but more in terms of what you gain from it. You will be looking at both employment benefits as well as job-satisfaction and of course, striving towards both, and achieving them for the most part. Romantic and social activities may revolve around your working environment. You are generally well liked and respected socially on the job right now. Some laziness is possible now, as you tend to associate pleasure with work! Perhaps you are socializing more than usual on the job. You will also be looking at working for the community and for society at large.

VIRGO

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. This is an animated period to love and be loved! You are especially fascinated to visual forms of amusement and activities. Creative self-expression of any kind is favored at this time. You feel a little more playful now, and love matters tend to be exaggerated with a shade of excitement. That shouldn't be a problem, as you kind of like it that way for the time being. Yet, you are not aggressive in your approach to love. Instead, you attract more if you allow yourself to be pursued this month.

LIBRA

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, paper-

work, 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. At home, you are mentally very active, making interesting changes and turning the daily friend of domesticity into fun and pleasure. A second home/retreat/vacation is also possible. But avoid over-spending on holidays and extravagance in general. That's not the way, even if you're spending on adding beauty, comfort and luxury to your home and family. Over-extending yourself will actually detract from the ambience, not add to it. You may particularly value the aesthetics in and around your home during this month. If things are out of whack on the home front, you will do whatever you can to create a peaceful and stable atmosphere.

SCORPIO

A time when you will truly need to "walk the talk", stand by your beliefs and convictions. You will have a lot on your plate and most of it will pertain to money?" both for immediate needs and future gains. Financial matters become important or at least the main focus, but good moves have to be thought out. Property and possessions, rentals, funds, investments, and even cash transactions. There may be profits or income from property, land and real estate. Don't try for fast cash or the quick buck. That doesn't last and can give you a sense of false security. In fact, you might just be barking up the wrong tree in terms of career or personal gains through sheer pride or ego. Back your own judgment, but do so with caution and restraint. You know instinctively what works best for you. Just go ahead sensibly, keeping your own counsel as far as possible. You realize that what matters is the closeness of bonds and ties with those you love. Friends are always important to you, and more so now. You are, therefore, not just willing but eager to maintain friendships and acquaintances. Essentially, you are quite companionable now. You enjoy talking about what interests you, and you find great value in the exchange of ideas. Sometimes this phase brings benefits/pleasure through siblings, communications, or short trips.

SAGITTARIUS

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. Optimism increases now as self-assurance in your effectiveness builds. This is an excellent time to take steps to grow/build something — your business, your significant relationships, and so forth. The realization of long-term goals may come now. You now experience a lot of things and might gain admiration or distinction in some way. You are more inclined to philosophize and seek out bigger and better experiences which hopefully leads to greater care in handling money matters like taxes, funds and also in handling the people around you. You may find yourself in a position in which there is a blending of financial matters with social or public affairs. You may tend to be carefree (or careless), if not uncaring in your attitude.

CAPRICORN

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. Some of you are likely to fall in love with yourself. This is not a weird thing, in fact, it will help in boosting your own self esteem. This is a time when you naturally let loose your softer, receptive side. Romantic matters, as well as pleasure-seeking activities, come to the fore now. You are more likely to pay closer attention to your physical appearance and mannerisms, aiming to improve and enhance your attractiveness. You'll learn that it actually pays off to trust yourself, forgive yourself and be truthful to yourself. Lessons learned now will help you project yourself confidently to the world.

AQUARIUS

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. A pleasing mindset comes as the result of your past activities now?" a rise in your self-esteem and self-worth. You feel you deserve to live better, head for the right opportunities, inspire respect in people both for your persona and your ideas. This is a lively and stimulating period, one in which taking advantage of unusual or unconventional opportunities may bring in growth and success. Personal and social contacts may be mysterious, and there can be secret love affairs, or at least very private love feelings and longings. Shyness can lead to some seclusion or romantic frustration. Attention to subconscious romantic and sexual dreams and desires comes to the forefront. Perhaps it allows you to play out certain fantasies that you are unable to play out consciously; when your whole being is completely aware of the consequences. Try to sustain a balance between inner and outer world.

PISCES

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. Demands and responsibilities in professional work as well as financial ones are likely to increase very suddenly and rapidly. You are confused about what future directions to take. You want both absence of worry, and at least some, if not all, the good things of life. You may have to wait longer than you thought because that's how situations are shaping up now. You will be more friendly, more magnanimous but also more extravagant. In fact, you will join a club, action group or gathering of like-minded people even at work. Those who please you in terms of your ideas as well as ideals will be the ones you interact with. If a romance were to begin this month, it would be characterized by a strong feeling of companionship, but it could also be to a certain extent impersonal and perhaps lacking in intensity and intimacy.

Holiday Recipe Potluck

By Alyssa Allwood, Laura Francavilla, Lauren DeLeon & Selena Valentin

It's that time of year and the holidays are upon us! On the list of things that families and friends do during the holiday season, eating is definitely one of them! Thanksgiving sparks the feast of the season but you can continue to see families make traditional and cultural meals all season long! Here at the Catalyst we'd like to celebrate with you and below are some of our staple Holiday Recipes!

Oxtail with Rice and peas

By: Alyssa Allwood



INGREDIENTS

2 lbs oxtails (chopped into small to medium pieces)
 2 tbsp vegetable oil may be substituted with olive oil
 1 tbsp black pepper
 1 whole yellow onion cut in half moon slices
 2 cloves garlic chopped
 1 whole scotch bonnet pepper (chopped and de-seeded)
 1 tsp paprika
 2 stalks scallions chopped (Also known as green onions)
 7 whole allspice seeds also known as pimento seeds)
 1 1/2 tbsp ketchup
 1 tbsp Worcestershire sauce
 1 can butter beans
 1 tbsp browning sauce

INSTRUCTIONS

The first thing to do is clean the oxtails. Start by trimming the excess fat from your chopped oxtails with a knife. Then soak them in a solution of lemon juice, and water, you can also use salt, or white vinegar as a substitute for lemon juice. Let the oxtails sit in this solution for about an hour. Then rinse the oxtails in freshwater. The oxtails are now ready to be seasoned so in a large mixing bowl, add 1 tablespoon of black pepper to your oxtails. Then add 1 teaspoon of paprika, add your chopped onion, scallions (green onions), chopped garlic, scotch bonnet (habanero) pepper, thyme, and allspice seeds. Add Worcestershire sauce and browning sauce to your oxtails. Rub vigorously until your oxtails are completely coated and infused by the seasonings you've just added. Let sit for 1 hour (overnight is ideal for the best marinade).

Add 3 tablespoons of vegetable oil to a large saucepan on a medium flame. When the oil becomes hot (approximately 5 minutes), place your seasoned oxtails in the saucepan until your oxtails become brown (approximately 5 minutes).

Add 3 cups of water and add your beef bullion cube. Stir occasionally and let cook under a medium flame for about 2 hrs while stirring intermittently. Add the butter beans, remember to drain the water from the can after about 1/2 hr. Let simmer and add a little water if needed.

You've just made Jamaican oxtails. Enjoy and don't forget to share it, this dish is a favorite in my household. Relatives and friends come over to enjoy it together.

Coquito Recipe

By: Selena Valentin



Coquito is an extremely popular drink during the holiday season, I know in my house we always get our bottles of coquito prepared to be served nice and chilled. Coquito meaning "Little Coconut" in Spanish is a traditional Christmas drink originally from Puerto Rico. The coconut-based alcoholic beverage is similar to eggnog, sometimes being called the Puerto Rican Eggnog. Being that I come from a Puerto Rican household and since I'm old enough to responsibly enjoy this beverage I can honestly say I understand why this drink is so significant to have during the holidays. Not only does it taste delicious but there's always a sense of being back in the motherland whenever you drink it. It tastes like you're having a little cup of Puerto Rico at home.

INGREDIENTS

4 oz raisins
 1 1/2 cups dark rum
 2 cinnamon sticks
 1 (14 oz) can sweetened condensed milk
 1 (15 oz) can cream of coconut (Coco Lopez)
 1 (13.5 oz) can coconut milk
 4 oz evaporated milk
 1/2 teaspoon nutmeg
 1/2 teaspoon ground cinnamon
 1/2 teaspoon vanilla extract
 4 tablespoons shredded coconut, optional

INSTRUCTIONS

In a large pitcher with a lid (or two large jars with lids - this will make about 56 oz of liquid) add raisins, dark rum and cinnamon sticks. Let sit for 1 hour.

In a blender, puree all the other ingredients. Pour into the bottle and shake well to combine with rum/raisins mixture. Chill for at least 4 hours and store in airtight container in refrigerator for up to a month.. You have to shake vigorously before pouring.

Thumbprint Cookies

Laura Francavilla



INGREDIENTS

1/2 cup butter, softened
 1/4 cup packed brown sugar
 1 egg
 1/2 teaspoon vanilla extract
 1 cup all-purpose flour
 1/4 cup finely chopped walnuts
 1 cup jam or preserve of choice
 1/4 teaspoon salt

INSTRUCTIONS

Preheat oven to 300 degrees F. Grease cookie sheets.

Separate egg, reserving egg whites. Cream butter, sugar, and egg yolk.

Add vanilla, flour, and salt. Mix well.

Shape the dough into small balls. Roll the balls in the egg whites, then in walnuts. Place on cookie sheets (about 2 inches apart) and bake for 5 minutes.

After removing cookies from the oven, gently place thumb in the center and lightly dent the cookie. Add jelly or another preserve into the dent and bake for another 8 minutes. Enjoy!

Tamalitos de Chipilin

By Lauren De Leon



INGREDIENTS

10 ounces leaf chipilin
 4 ounces lard or shortening
 1 / 2 pound of cheese (feta cheese can be used [Greek] or cheese tropical)
 2 1 / 2 pound of corn flour (Maseca)
 salt to taste.

To wrap:

1 bag of dried leaves of corn enough to wrap sheet 30 servings

INSTRUCTIONS

Wash and dry chipilin leaves.

Mix the flour with water until you can form balls. Then add remaining ingredients. well blended. If using sheet bender soaked in hot water for a few minutes until soft, then take them out of the water and dry them.

Place the dough formed in the bender and close it. The size is about 4 oz or as big or small as you wish. Cook steamed about 40 minutes. Serve warm. Serving Size for recipe: 30 15

Men's Basketball Preview



By Cedric Pompey

The SUNY Old Westbury men's basketball team is entering the 2019-20 season with four returning members. Last season, the men's basketball team was 16-11 in the season and they were in the Skyline Conference Championship, losing to Yeshiva University in the semifinals. The team is coached by Bernard Tomlin, who enters his nineteenth season leading SUNY OW. The team currently has two returning seniors Justin Alleyne and Pedro Marquez and they already played five games, currently 1-4. The team also has sophomores

Shakirro Samuels and Andrew Buskey who are expected to contribute to the prospective championship.

When Tomlin was asked about his record, he stated that the team is fresh and is ever evolving. "We have a lot of new players and we are playing against very good competition," he said. "I am looking forward to the evolution of this team." Tomlin also mentioned that the team has a strong commitment to practice, they have shown competitiveness and he feels very excited about the team. "They have already shown that they

can face adverse situations and come out to compete every night. We began our practice season October 15. Off campus because the Clark Center gym was being repaired," said Tomlin.

In their latest game on December 7th, SUNY OW played against DeSales University and won, 81-76. The teams played at the Clark Athletic Center here on campus, with Justin Alleyne-Washington leading with a total of thirty-one points.

Coach Tomlin discussed that the team has many fresh newcomers. He stated that

Charles Wingate and Cameron Winston are expected to have an immediate impact on the team. The coach also mentioned players Jacob Coston, Perrice Perry, Jordan Johnson Radar, Jonathan Jamieson, Michael Green and Carl Damour who have significant potential. When asked about the team atmosphere he said, "All our men have a passion for the game and the college." He hopes for the upperclassmen to lead the team and hopes that the students, faculty, and staff support our athletes.

