



SUNY OLD WESTBURY

“IN THE NEWS”

SEPTEMBER TO OCTOBER 2018

Prepared by
The Office of Public and Media Relations
SUNY Old Westbury

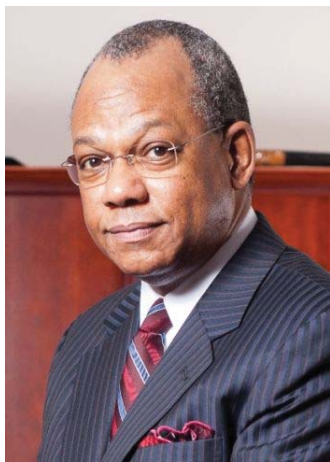
Record Enrollment Keeps SUNY-Old Westbury Buzzing

OCTOBER 22, 2018

By GREGORY ZELLER //



Hot spot: The (increasingly) crowded Campus Center Atrium at SUNY College at Old Westbury, which has set a new student-enrollment record this semester.



They're packing them in at SUNY College at Old Westbury.

The public college, which boasts facilities in both Old Westbury and neighboring Jericho, has achieved a significant milestone this Fall 2018 semester: 5,077 students enrolled, marking the first time SUNY-Old Westbury has surpassed the 5,000-student plateau.

Notching its largest-ever student body continues an impressive trend for Long Island's only public liberal arts college, which increased enrollment more than 3 percent from its previous highwater mark (4,911 in Fall 2017) and has beefed up its headcount by roughly 45 percent over the last decade (the college reported 3,505 enrollees in Fall 2008).

SUNY-Old Westbury President Calvin Butts III credited a "simple formula" for the spiking enrollment, noting "when our students succeed, we succeed."

"Our growth is a byproduct of the efforts to continually enhance our offerings and services ... and to ensure more and more students complete their degrees," Butts said. "The future is bright for our students and our college."

This semester's total enrollment of 5,077 students includes the largest freshman class in SUNY-Old Westbury history – 751 students, which according to the school marks the third straight fall semester where a new incoming-class record has been set.

The college – one of only 96 institutions of higher education across the nation to receive the prestigious 2018 Higher Education Excellence in Diversity Award from INSIGHT Into Diversity magazine – also this semester welcomed the first students into its new graduate-degree programs in Childhood Special Education and Forensic Accounting.

That 12-month, 30-credit forensic accounting master class is particularly rare: With its kickoff this semester, SUNY-Old Westbury became one of only four New York colleges or universities offering a specific forensic accounting master of science degree.

Innovation like that is another reason enrollment is swelling, according to Butts, who noted that efforts to "raise our profile across Long Island and the metropolitan area" are beginning to resonate with potential students.

"We are proud that students and families are recognizing that SUNY-Old Westbury offers the best of both worlds – a small college environment with academic programs that challenge the mind and prepare students to own their futures," the president added.

Calvin Butts III: Spreading the word.

TOC support program helps aspiring teachers every step of the way

Author: By Sylvia Saunders Source: NYSUT United



Caption: SUNY Old Westbury's Michelle Wohlman-Izakson, center, works with TOC students during a popular "Facing Fractions without Fear" workshop. Photo provided.

For Manuela Hurtado, a student in **SUNY Old Westbury's Teacher Opportunity Corps (TOC)**, seeing is believing — and motivational.

An aspiring bilingual teacher, Hurtado said the TOC program's intensive, hands-on approach gave her an early chance to see what a bilingual classroom looks like.

"TOC gives us a head start on student teaching by allowing us to see what actually goes on inside the classroom, not just read about it in a textbook," Hurtado said. After entering TOC in her sophomore year, Hurtado was amazed when she got to see a bilingual kindergarten in action.

"Sitting in on that classroom expanded my vision of the bilingual educator I would like to be one day," said Hurtado, who came to this country at the age of 3 but never had the chance to attend a bilingual program.

"I saw myself in many of these students and I know they will be so much more prepared than I was."

For TOC intern Joshua Barrett, his special ed fieldwork with one of Freeport's mentor teachers has been such a positive experience that he's chosen to continue his placements in her grade 3–4 inclusion class. "I really like her teaching style and I've learned so much," Barrett said.

The early field placements, which continue each semester right up until the traditional student teaching placement senior year, are among the many supportive activities under a statewide grant program to 16 public and private colleges.

"The purpose of TOC is to increase the number of historically underrepresented and economically disadvantaged individuals in teaching careers," said Nancy Brown, dean of Old Westbury's School of Education.

TOC interns, who must meet admission requirements including a 3.0 grade point average, must be full-time students taking at least 12 credits per semester.

"Our goal is to recruit and support high quality teacher candidates and create a supportive learning community," said Michelle Wohlman- Izakson, an adjunct professor and assistant director of **SUNY Old Westbury's TOC**. "We emphasize important lifelong skills and culturally responsive teaching. We want to give them all the tools they need to hit the ground running and be successful."

To do this, TOC offers a wide range of support, including tutoring, mentoring, ongoing professional enrichment and leadership opportunities.

TOC grants

The state's Teacher Opportunity Corps II program provides \$3 million annually to 16 public and private colleges, including: SUNY Cortland, Oswego and **Old Westbury**; and CUNY Brooklyn, Hunter, Medgar Evers, Lehman and Queens colleges.

Aside from the traditional teacher education coursework, interns attend "professional polish" seminars every semester, which include guest speakers and practical workshops such as how to set up a classroom — and tips on how to pay for it.

"The workshops are really valuable," Barrett said. "Last year, we had a resume workshop with a number of principals who came in and told us what they look for, what stands out."

Student interns are encouraged to submit ideas for future seminars, and at times, lead them themselves. They attend various professional learning events sponsored by area schools, colleges and organizations such as The Regional Center for Autism.

"The financial support TOC offers our interns toward tuition, books, certification exam fees, etc., is important; however, our TOC has grown to offer more," said Project Co-Director Jeanne Shimizu, a member of **UPOld Westbury**.

Hurtado agreed, saying the TOC support system is crucial to getting over all the hurdles to becoming a teacher. "Being part of TOC allows us to network with students and faculty on a deeper level," she said. "We are brought into a community of advisers and professionals who help us get through every step of the process."

NYSUT Executive Vice President Jolene DiBrango said expanding promising programs like TOC is essential if the state wants to recruit and retain a more diverse teaching pool.

"All students, whether in urban, suburban or rural schools, benefit from a diverse teacher workforce."

New degrees of preparation

By: Bernadette Starzee

September 21, 2018

Farmingdale State College is launching five new majors next fall – in the areas of healthcare, technology and data analytics – as changes in those industries have led to demand for new skill sets. Other Long Island colleges and universities have also added majors to prepare the next generation of workers for growing opportunities in the sciences.

“It has been a while since we had new programs, and we are very excited about our new majors,” said Laura Joseph, provost at Farmingdale State College, who noted the new programs are “relevant” to the needs of employers in the region and beyond.

“All of our departments have advisory boards, with members of industry playing a strong role in guiding us,” Joseph said.

Nutrition Science and Health Promotion and Wellness will be the first new majors in Farmingdale’s School of Health Sciences in more than 40 years.

“Healthcare is an area that is continuing to expand,” Joseph said. “Growth in job opportunities in the industry continues, and we felt it was important to offer additional options for students [beyond the existing signature programs of Nursing, Dental Hygiene and Medical Laboratory Technology].”

The other new majors are Geographic Information Systems, Computer Security Technology and Business Analytics.

The need for geographic information systems specialists is growing as advances in global positioning have resulted in expanded uses and applications for geographic data. And with the explosion in data in recent years, “how we protect that data is more important than ever,” Joseph said, in explaining the addition of the Computer Security Technology major.

The Business Analytics program focuses on “big data, which is changing the landscape in the business industry,” Joseph said. “Companies are looking for people with expertise in this area to mine data, identify and interpret the information that is important and then make predictions.”

The data revolution has led to the creation of master’s degree programs at several local institutions. New York Institute of Technology has a new Master of Science in Data Science, while Long Island University in Brookville launched a Master of Science in Data Analytics and Strategic Business Intelligence this fall. [SUNY Old Westbury](#) announced it will begin a Master of Science in Data Analytics program next year.

Hofstra University in Hempstead recently added a Bachelor of Business Administration in Business Analytics, and four of the five other majors added by Hofstra over the last year or so were in the area science and technology: Bachelor of Science programs in Civil Engineering, BioEngineering, Geographic Information Systems, and Computer Science and Cybersecurity.

Stony Brook University added a Bachelor of Arts in Biology within its College of Arts and Sciences this fall. The major allows students to complete all of the science and math requirements for medical school, while offering them the opportunity to study the arts as well.

“Marrying a major in biology with complementary training in writing, a language, history, literature or other options will both offer a well-rounded education and offer skills in the humanities, arts and social sciences that employers and graduate programs tell us are the keys to success,” according to Sacha Kopp, former dean of the College of Arts and Sciences.

With scientific discovery and technological innovation driving the economy, Adelphi University launched an accelerated (4 + 1) dual Bachelor of Science/Master of Business Administration in Business of Science. The program is designed to prepare students for executive careers in fields such as pharmaceuticals, biotechnology and computer science.

Long Island University started a Bachelor of Science in Veterinary Technology program this fall, responding to demand for vet techs and the lack of four-year programs in the region.

“There is a need both regionally and nationally for more trained vet techs,” said Jon Schneider, an LIU spokesperson.

The university is also planning to launch a veterinary college of medicine next year – which would be the first in the New York metropolitan area.

No. 342: Bill Murray Ages, IDAs Erupt, China Conquers The World And Cider Rules (And Cider Donuts, Mmmm...)

SEPTEMBER 21, 2018

HEED these words: Two Long Island universities have earned a coveted diversity award from INSIGHT Into Diversity magazine, higher education's oldest and largest inclusion-focused publication.

Stony Brook University and SUNY Old Westbury both earned 2018 Higher Education Excellence in Diversity Awards. Open to all colleges and universities in the United States and Canada, the HEED awards are the only North American honor recognizing colleges and universities for demonstrating a commitment to diversity via recruitment, student initiatives and hiring practices. Lenore Pearlstein, co-publisher of INSIGHT Into Diversity, noted "a comprehensive and rigorous application that includes questions relating to the recruitment and retention of students and employees," among other critical metrics.

Since its founding, SUNY Old Westbury has "[sought] to serve a diverse and dynamic student body that reflects the world we live in," noted College President Calvin Butts III, while SBU President Samuel Stanley Jr. said his university has been "working diligently to improve the diversity of the Stony Brook community through enhanced recruitment and retention, new grants, expanding educational research, healthcare and other strategic initiatives."

LONG ISLAND

A15

BOOSTING NYS GRADS BY DEGREE

In SUNY chancellor's 2nd year, she is focused on wider college access

BY KESHIA CLUKEY
keshia.clukey@newsday.com

SUNY Chancellor Kristina M. Johnson, heading into her second year as leader of the 64-campus state system, is focused on making college possible for more students, boosting completion of degrees and building a talented and sufficient workforce.

Johnson, 61, who succeeded Nancy L. Zimpher, will be officially inaugurated Friday in Manhattan as the State University of New York's 13th chancellor. She has been running the nation's largest comprehensive system since last September.

In an interview with Newsday this week, she reflected on her own experience, when a family and financial situation almost derailed her ambitious college career and how she brings that personal lens to SUNY's 430,000 students in four-year and two-year schools.

When she was a freshman at Stanford University more than four decades ago, her father, Robert G. Johnson, was diagnosed with cancer. At the start of her sophomore year, he took a turn for the worse.

"I thought about leaving school and just going home and being with my mom," Johnson said. When she didn't have the money to fly home to Denver, a counselor at the school found a loan for her flight.

Her father died on Oct. 17, 1976. She then found out she would no longer have access to funds they had set aside for college. Finding scholarships, she returned to school that year and de-

clared as an engineering major, following in her father's footsteps.

One of her goals, Johnson said, is to help students in similar situations.

To do that, she plans to expand upon the SUNY Impact Foundation, started by Zimpher, to bring in private-sector investments, allowing SUNY to take individual campus programs to scale systemwide.

Under Johnson, SUNY and the foundation launched a student emergency aid pilot program in December at seven campuses. The Gerstner Family Foundation and the Heckscher Foundation for Children donated more than \$600,000, so participating campuses can provide grants for students experiencing unforeseen situations to keep them on track toward graduation.

Helping even "one kid is big," she said. "Last year we started to prime the pump for philanthropic raising." It can take a number of years to raise a seven-figure gift, she said, "so you've got to develop relationships, you've got to show that what you have is worthy."

On Long Island, SUNY's multi-campus footprint includes more than 41,000 students at the four-year schools — Farmingdale State, **SUNY Old Westbury** and Stony Brook University — and more than 45,000 students enrolled at the two-year schools, Nassau Community College and Suffolk County Community College, according to preliminary fall data.

Along with increased private and philanthropic partnerships



SUNY Chancellor
Kristina Johnson
speaks at
Farmingdale State
College on Sept. 4.

and investments, Johnson said she will push to expand SUNY's "re-enroll to complete" program. It was piloted in the 2014-15 school year by 29 campuses, including **SUNY Old Westbury** and NCC. Through a student loan partner, school representatives reach out to former students who didn't finish degrees and encourage their return.

In March, the program was scaled up to 40 participating campuses, with Farmingdale State and SCCC among the additions.

The effort is showing success, she said. Between March and July, of 9,778 students on participating campuses who were reported as having withdrawn, more than 300 re-enrolled as a result, according to SUNY. More are expected to do so this fall.

"We didn't even have any money to give them. What if we

had some money to help them out and get them back in school," Johnson said, pointing to the emergency aid pilot program as a mechanism that eventually could be used in tandem with the re-enrollment program.

Johnson said she is putting her corporate and academic experience to use in moving the system forward.

Before becoming chancellor, she founded and led Cube Hydro Partners LLC, which operates hydroelectric generation facilities on rivers in five states, including New York. She is a senior adviser to the company. Johnson also served as undersecretary of energy with the U.S. Department of Energy during President Barack Obama's administration from 2009 to 2010.

Johnson spent much of her first year visiting campuses statewide and across Long Is-

land, listening to students, faculty and staff. One of her biggest take-aways is the need for more full-time faculty and diversity, Johnson said.

Statewide, 40 percent of the 33,000-plus full-time and part-time faculty members are above the age of 55 and eligible for retirement, according to SUNY. On the Island, more than 41 percent, 1,609 of the 3,909 full- and part-time faculty, are eligible to retire.

Johnson on Friday plans to announce a program, Promoting Retention and Opportunity for Diversity, Inclusion and Growth — PRODIG, an intentional acronym — to create named professorships through partnerships between the system, individual campuses and donors. The goal is to hire 1,000 faculty members with named chairs within the next decade, she said.

Area STEM Programs Increase Exposure To New Careers And Opportunities

By Kelly Martin -

September 18, 2018

Recently, there has been a trend in the science, technology, engineering and mathematics (STEM) fields to encourage young women to pursue these types of careers professionally during and after college. While the numbers of women joining the STEM field has risen, it seems as though there are still groups that lack the encouragement and resources necessary to be able to choose to pursue that as well.

Underrepresented and economically disadvantaged populations tend not to choose to pursue careers in the STEM fields due to general lack of access to the proper education or programs that encourage exploring these career options. Programs like the Long Island STEM Hub, We Connect the Dots, and the Collegiate Science and Technology Entry Program (CSTEP) look to influence minority populations like women and people of color by showing how STEM is important in real life, and how careers in such fields are obtainable.

We Connect the Dots (WCTD) is a program that encourages students into STEAM—science, technology, engineering, art and math—fields through facilitating engagement with other students, and working to change the perception of what STEAM is. They also try to show how technology is changing jobs, and what skills will be needed in the future to keep up with these changes.

“It’s all about learning how to embrace technology in positive ways, and learning how to be a lifelong learner,” Laurie Carey, the executive director of WCTD said. “Encouraging students to pursue STEAM fields can only have positive impacts on our future and the future of these students.”

WCTD is sponsoring a summer program called CreatingSTEAM, where students learn how to build a 3-D printer, and create blueprints to print devices that will help solve a problem they have noticed. Amanda, a high school student from Long Island, loves the program.

“It helps me meet people that I can stay in contact with and we can help support each other,” Amanda said. “I want to work in social media and learning about how to code and work with others is valuable experience.”

Rhaming, a middle school student from the Bronx, aspires to be in the business sphere, and knows that technology is an ever-growing part of it. “It is good to know as much as possible about technology, because the more you know the more successful you can become,” Rhaming said. “We all know what a big part technology plays in life so I am trying to take advantage of programs like these and learn everything I can so I can be successful after school.”

The Long Island STEM Hub is also involved in encouraging youth, from elementary school ages all the way to university students, into STEM fields. The Hub holds events that help teachers and students understand jobs in STEM, how academics are related to them, and what opportunities are available to them.

“There are young people who are starting to understand and feel the excitement of the types of jobs, kids doing research and finding new opportunities they didn’t previously know about,” said Ken White, co-steward of the Long Island STEM Hub.

The Hub holds four-week programs for underrepresented minorities in the ninth and tenth grade to encourage their involvement in STEM, and give them a better idea of what jobs and industries are benefited through having STEM knowledge. In these programs, students meet with scientists and watch and participate in work with the experts. Through these programs, the Hub hopes to “align and make sure that as the industries grow, [they] are preparing young people to keep students on the island and help make businesses successful.”

The Collegiate Science and Technology Entry Program (CSTEP) is a statewide program that is funded by the New York State Education Department, with the overall goal of increasing the number of underrepresented students in STEM fields by introducing and exposing college students to gateway math and science programs. Freshmen orientation programs, workshops for upperclassmen about how to apply for graduate school, and research opportunities at the Brookhaven National Laboratory help get students involved in the programs offered at the [SUNY College at Old Westbury](#) and beyond. CSTEP serves around 7,900 students throughout New York State, and 328 participants in the Old Westbury program.

“The support that the program provides [the students] is like a family and they stick together and encourage each other,” said Monique Clark, the program’s codirector.

These programs have been influential in bringing minorities to STEM fields, and students have responded well in the previous years. The programs all hope to be able to continue to grow and influence minorities and economically disadvantaged young adults into STEM fields in coming years as successfully as they have been.

The Washington Post

Want to stop students from using their smartphones in class? Ironically, there's an app for that.

By Tara Bahrapour September 18

Like many educators, Lorenz Neuwirth, a professor of biopsychology and neuropsychology at [SUNY Old Westbury](#), was tired of his students scrolling through their phones during class. The students were physically present, but mentally many were miles away — and their class participation and grades reflected that.

So two years ago, Neuwirth used his own money to pay for his students to download a new app called Flipd, which monitors the amount of time users spend on their phones. If students engaged with their phones during his classes, Neuwirth could see and track it, and it affected their final grades.

Flipd, which launched in 2016, was originally designed as a parental control app. From one phone, a parent could remotely lock a child's phone. Not surprisingly, that got bad reviews from kids. But then a different use for the technology emerged. Similar to Fitbit, the app could be used to set goals for how much time a user wanted to spend off the phone, and then track the person's minutes away from the screen.

Unlike other approaches to smartphone overuse that lock away phones or censure users for time spent online, Flipd rewards them for minutes spent offline. Success or failure notifications let them know if they have met their goals.

Flipd has over 500,000 users globally, including 60,000 in North America, and has been used at over 100 colleges across the United States, said its co-founder Alanna Harvey. Sixty percent of users are in classes where students have been asked to use it. It is free to download, but for more personalized use, including seeing your history over time, non-students pay \$6 a month or \$24 per year.

During the time users are supposed to be off their phone, it is not locked; they can still use it. But if they do, the app will stop counting their minutes away and will send them a message indicating that they failed to meet their goal.

Parents, teachers and psychologists have voiced growing concern that smartphone addiction is undermining young people. Studies have shown a correlation between the onset of widespread smartphone use and increased depression and anxiety among teens. Former tech executives have spoken out against the tactics their former employers use to make screens addictive, and some tech companies have started offering users the ability to track how long they spend in a given app.

In July, France banned cellphone use in schools for children between 3 and 15. But in the United States, high school, middle school and even elementary school students are increasingly bringing them to school. For many, college is the first time no one is regulating their screen time, and some have a hard time adjusting.

Using Flipd, professors can tie students' grades to how well they succeed in staying off their phones during class. In Neuwirth's class, 5 percent of their final grade is docked if they don't use the app.

He has noticed a marked change since getting it for his students. Attendance rates increased. "Their heads are not engaged in their cellphones," he said. "Their hands are free to take notes. There's increased active learning ... and students became more involved in their own education."

Kivanc Avrenli, a professor of analytics and statistics at Syracuse University, said he also had a hard time capturing the attention of all his students before he started using the app.

"Even if you're a stand-up comedian, even if you're the most engaging teacher on Earth, there would still be a few students who are constantly on their smartphones," he said. Now, 5 percent of their grade is based on attendance, and if he sees they have used phones in class, points are deducted. Using Flipd, he said, "We can use mobile technology against distraction by mobile technology."

Although Avrenli met with some resistance at first, "It turned out way more successful than I thought," he said. "Students were excited to use it, especially when I explained to them why we were doing it, that [using phones in class] means they're wasting their time, they're wasting their money, and they get lost during lecture time."



Lorenz Neuwirth, a professor at [SUNY Old Westbury](#), said his students are much more engaged in class since he started asking them to use Flipd, which monitors how much time users spend off their phones. (F.J. Gaylor/SUNY Old Westbury)

Now, he said, "Distraction by cellphones has completely gone away. They got to see that they can survive without checking their messages or emails during lecture time."

Harvey said young people have been surprisingly receptive to the technology. "We found there were a lot of people who were voluntarily locking themselves out of their phones, and they were younger than we expected," she said. "College and even high

school students were using the app to unplug during a lecture or for a few hours at a time when they needed to focus on homework."

That may seem counterintuitive, but a recent study from the Pew Research Center found that even in these hyperwired times, 53 percent of U.S. teenagers report taking steps to reduce their own cellphone use and more than half have tried to limit their use of social media and video games.

Matthew Feldman, 21, a senior at Syracuse, first used the app in Avrenli's class this past spring. Previously, "if there were some down time, I would pull out my phone, look at notifications," he said. "Most of us would text our friends, check Snapchat, check Instagram. It would be sitting in my pocket, I'd feel it vibrate, I'd pull it out and check messages."

Feldman was hesitant at first about using the app, but he said it was helpful for him not only to stay off his own phone but it also eliminated the distraction of having students around him using theirs.

With everyone off their phones, "It promotes more of a sense of class involvement, it creates a lot more of a collaborative environment," he said. "I wasn't getting bored anymore because the students around me were also not on their phones."

Feldman also likes that the app allows him to track how he's doing. "Like, 'Oh, this week I spent six hours off my phone' — which is cool."

Flipd tells users when they have failed or succeeded in meeting their goals for staying off their phones. (Alanna Harvey/Flipd)

For some students, the ability to keep track and compete with peers is an appealing part of the app; in some classes, Harvey said, professors have gamified it, allowing students to see how many off-screen hours their classmates have racked up.

Not all students love it. A small percent refuse to use Flipd, saying it is an invasion of privacy or it takes up too much space on their phone, said Neuwirth, who is working on a study of the effectiveness of the app.

But many thank him for it. "By the end of the semester or partway through they start to realize, 'This is a bad habit,' " he said. "Once they're off their phones, you can actually get their attention to teach them."

These Before-and-After Stories Are Way More Inspirational Than Weight-Loss Ones

By Anna Medaris Miller, Staff Writer Oct. 30, 2018, at 3:27 p.m.

JENNA HOLLENSTEIN didn't appear to need a health transformation – she was already living an “after” picture. She was a grad student at a top dietetics school, thin and “looked like someone who knew what the hell she was doing,” Hollenstein recalls.

Cut to about 10 years later, and some might think a curvier Hollenstein more closely resembled a “before” picture – her aunt even thought she was pregnant when she wasn't.

But in reality, the pictures were reversed. Hollenstein's grad school self drank too much, ate too little and was struggling with depression, loneliness and uncertainty about what to do with her life. Her more recent life is rich with a husband, children, confidence, a business and the right amount of food and drink for her body (which, when it comes to alcohol, is none).

“I saw so many things as flaws that I now see as strengths,” says Hollenstein, a non-diet dietitian and meditation guide in New York City whose book, “Eat to Love: A Mindful Guide to Transforming Your Relationship with Food, Body, and Life” comes out in January.

Hollenstein's before-and-after story, which is more like an ongoing balancing act, isn't as easily captured in photos as many weight-loss transformations celebrated on social media (and in traditional media as well), but it's a whole lot more honest.

“While your body size may shrink, you're definitely not (always) healthier,” Hollenstein says. “I always wonder: What's going on with their neurotransmitters and their cortisol? Are they feeling more themselves sexually, or have they withdrawn? What are their thoughts like? Are they using supplements that could cause organ damage? Has (maintaining a certain body size) become an addiction in its own right?”

Contrary to popular perception, too, health transformations aren't rare. In fact, up to 90 percent of people who've dealt with alcohol, cocaine or heroin, smoking and gambling problems moderate or stop their unhealthy behaviors as they age, research on “self-guided change” suggests. The exception, not surprisingly, is weight-related: Only 20 percent of people who try to curb overeating maintain weight loss.

What's more, health transformations aren't typically facilitated by outside interventions, the same review of “self-guided change” found. “The reality is that most people get better on their own,” says study author Michler Bishop, an associate professor of psychology at the [State University of New York at Old Westbury](#) in Long Island, New York. Yes, that's even the case with heroin.

Here, four more people share their real “before and after” stories:

Liz Lajoie, 42, chief financial officer and business strategist in Center Conway, New Hampshire

Before: Lajoie was working 60 hour weeks – on top of caring for two small kids and earning an MBA at night. She exercised regularly and drank wine regularly too. She began suffering from body aches, brain fog and “complete and utter fatigue,” which, despite trying everything from conventional treatments to diet changes to yoga, lasted for more than three years.

After: “I'm truly healthy on all levels now,” says Lajoie, who has since built a business and written two books about financial management for entrepreneurs. “I have a lot of flexibility around how I spend my time.”

How: A Lyme disease diagnosis led Lajoie to experiment with different types of self-care and work environments (office versus home) to see what best supported her body. Today, she spends two to four hours daily on techniques like meditation, light exercise and mineral baths. “It's important for me to check in regularly to what my system is telling me ... to be able to show up for my family and clients the way I want.”

Erin Donnelley, 29-year-old strategic consultant in New York City

Before: Donnelley lacked confidence and avoided social and physical activities. She gained weight, which fueled her low confidence, which triggered deeper isolation, and the cycle continued. Trying expensive workouts, “fancy doctors” and a personal

trainer didn't help. “I couldn't look at myself in the mirror, nor could I accept the physical challenges he was giving me,” says Donnelley, whose trainer eventually walked out on her and refused to work with her until she changed her attitude.

After: “I make healthier choices in all aspects of my life,” Donnelley says. She makes a point to take the stairs in buildings, and to say yes to new health and wellness activities like electrical muscle stimulation and cryotherapy. “I am more open-minded, determined and positive than I have ever been before.” Though she has lost 80 pounds, that's only reflective of – not the cause of – her newfound confidence.

How: Donnelley's wakeup call came when her trainer cut the cord. “What I immediately thought was, ‘How embarrassing is it that I can't pay someone to work out with me?’” she says. So she went to community classes, where she was inspired by people working hard without elite one-on-one attention. She realized it was her mindset – not the wrong doctor, trainer or class – that was holding her back. She stopped complaining, and began appreciating what her body could do and what her trainer had offered. “I learned a valuable lesson to be thankful for people's time and commitment towards me,” she says.

Nina Camille, 32, yoga instructor, life coach and author in San Diego, California

Before: “I was the perfect example of ‘work hard, play harder,’” Camille says about her 20s, when she traveled the world working on yachts. “I had a lot of fun, but always felt like something was missing” – namely energy, creativity and focus.

After: “I wake up every morning excited to be alive, to serve others, to experience life full of creative energy, vigor and love,” says Camille, who teaches yoga, offers nutrition and other types of health coaching and leads retreats all over the world. “I get to feel fully me.”

How: “Using my ability to become the ‘popular party girl’ to recover from a heartbreak at 31 made me quickly realize how damaging that lifestyle is to my spirit and service to the world,” says Camille, who gave up alcohol and learned to tune into and work through her feelings more healthfully. She also adopted a vegan diet and distanced herself from relationships that were only fueled by partying. Today, when making a decision, she asks herself, “Is this the most loving choice for me and my body?”

Anna Szarnicki, 34, psychiatric nurse practitioner in New York City

Before: Every Sunday, Szarnicki, would come down with the “Sunday scaries” in anticipation of the week ahead, which involved working at (and traveling to) five different sites around the city, and not much else. “I really love my job,” she says, “but it can get pretty intense sometimes.” While she'd sometimes see friends or dabble in art projects at night or on weekends, those activities never fully recharged her. She took medication for depression, but still had some mood, concentration and energy problems.

After: Szarnicki has the same job, but no longer feels a pit in her stomach about tackling it on Monday morning, thanks to her involvement in a community theater program. “The added commitment on my schedule has actually helped me re-prioritize,” says Szarnicki, who has found that doing something she loves with a new group of supportive, creative friends eased her depression enough that she doesn't need to take additional medication. “I'm busier, but I'm happier.”

How: After attending a friend of a friend's show, and learning that she didn't need to audition to join, Szarnicki enrolled in the program, AfterWork Theater, herself. In retrospect, her mood boost makes sense: “I've seen with my own clients how their moods can greatly improve after becoming involved in a job, hobby or activity they enjoy,” she says. “I suppose I finally started practicing what I preach.” Rev. Calvin O. Butts III, Judith Livingston, Thomas Moore and Scott Rechler, Pierre Hotel, 2 E. 61st St., Manhattan.



POLITICO New York Education

*Digest of the day's top education news, condensed
from New York Pro's essential early morning brief*

Students launch 'SUNY Votes' campaign ahead of midterm elections

By ANNA GRONEWOLD and MADINA TOURÉ | 10/01/2018 09:59 AM EDT

Students launch 'SUNY Votes' campaign ahead of midterm elections

By ANNA GRONEWOLD and MADINA TOURÉ 10/01/2018 09:59 AM EDT

STUDENTS LAUNCH #SUNYVOTES CAMPAIGN AHEAD OF MIDTERMS — Newsday's Keshia Clukey: "SUNY student leaders on Long Island and across the state will kick off a campaign Monday aimed at increasing voter registration and participation among college students before the Nov. 6 midterm elections. 'Historically there's been low turnout from young voters at midterm elections,' said Michael Braun, 23, an Elmont native and president of the SUNY Student Assembly.

The outcome of midterm elections can have a critical impact on federal and state policies that impact students, such as student debt, campus safety and environmental sustainability, the student-led organization said. The Student Assembly officially will kick off the #SUNYvotes campaign as it aims to engage the more than 600,000 students across the 64-campus system. More than 86,000 are enrolled in the five state institutions on the Island — Farmingdale State, SUNY Old Westbury, Nassau Community College, Stony Brook University and Suffolk County Community College, according to preliminary fall data. ...

The deadline for voter registration before the midterm elections is Oct. 12. Student governments are setting up voter registration tables at local campuses and are pushing the message on social media. A key aspect of the effort is the Student Assembly's partnership with BallotReady, a data aggregation service that aims to educate young voters about candidates and issues in a nonpartisan way. BallotReady provides student organizers with QR codes that can appear on posters and be embedded in social media posts. Starting Monday, when students scan the QR code with their smartphones, they'll be directed to a website where they can type in their address and see the names of candidates who will be on their ballot." Read more here.

newsday.com
\$2.50 | LI EDITION
Friday
Sept. 28, 2018

Newsday

SPORTS FINAL

THE LONG ISLAND NEWSPAPER



weekend! formore

POLO MATCH. SUNY Old Westbury and the Old Westbury College Foundation fundraiser polo match, 2:30-6 p.m. Sunday at Bethpage State Park, 99 Quaker Meetinghouse Rd., Farmingdale, \$95 includes food and wine tasting, \$10 younger than 18, free younger than 5, oldwestbury.edu/polo, 516-876-3207.

B5

Epinec LI NY

newsday.com
NEWSPACK FROM: SEPTEMBER 28, 2018

The Westbury Times

Also Serving New Cassel, Carle Place, Salisbury & Westbury
An Anton Media Group Publication

Ghostly Gala
on page 1A



Vol. 112, No. 43

TheWestburyTimes.com

October 17 - 23, 2018

FREE SUBSCRIPTION OFFER - SEE INSIDE FOR DETAILS!

\$1.00

THEWESTBURYTIMES.COM

THE WESTBURY TIMES • OCTOBER 17 - 23, 2018 27A

AROUND TOWN

Business Bootcamp Offers Practical Skills For Success

The Long Island African American Chamber of Commerce, Inc. (LIAACC) and **SUNY Old Westbury** are offering a Business Bootcamp on Friday, Oct. 19, and Saturday, Oct. 20, from 8 a.m. to 5 p.m. at SUNY Old Westbury.

Corporations, small business owners, professionals, service providers, chamber leaders and chamber members and local leaders of a wide cross-section of industries in the New York Metropolitan region will be participating in the upcoming boot camp.

The theme is "Stay on Track and Take Your Business To The Next Level." The bootcamp will cover

several topics that will help entrepreneurs stay focused on ideas and strategies that will make an impact on the future of their business.

Some topics that will be covered are selecting the business structure that best supports your business model and protects your interest; branding your business effectively; using digital marketing to promote business and attracting customers; building relationships with procurement officers and getting contracts; having a business plan; and business etiquette.

A panel discussion, "How I Stayed on Track," will be moderated by

Terri-Arnold McKenzie of TAM Consulting, Inc. The panel will include Barbara Armand, CEO of Armand Corporation; Deidre Helberg, CEO of Helberg Electrical Supplies; Lloyd Clarke, president of Money Can Hear; Frantz Pierre-Louis, President of Pierre-Louis and Associates, and Dr. Linval Frazer of **SUNY Old Westbury** School of Business. The panelists will share stories about their journey and strategies that worked for them.

The keynote speaker is Deb Ingino, executive director of the John Maxwell Leadership team, and a worldwide motivational speaker. She is a mentor

and consultant to business leaders who want to move into a higher level of performance.

All speakers and vendors have been asked to share how their product and services will help businesses "Stay on Track and Take Their Business To The Next Level."

Registration is \$75, which includes two days of workshops, meals and a participant workbook.

To find out more about registering, vendor opportunities and sponsorship, go to www.liaacc.org or contact Sharon Davis, VP, LIAACC at 888-512-7175.

LIAACC and SUNY Old Westbury Business Bootcamp Oct. 2018

The purpose of the Bootcamp is to empower and motivate business owners, so that they take their business to the next level.

By WA Andrews, Patch Poster | Sep 25, 2018 6:43 pm ET



**LIAACC & SUNY OLD WESTBURY
BUSINESS BOOTCAMP**

**OCTOBER 19 - 8:00AM-5:00PM
OCTOBER 20 - 8:00AM-5:00PM**

Registration - \$75
Vendor Table - \$75
Registration & Vendor Table - \$125
Registration fee covers two-day admission and meals.

Join us for LIAACC & SUNY Old Westbury's Business Bootcamp, focused on helping you take your business to the next level! Topics such as branding, digital marketing, procurement, access to capital and exit planning are but a few that will be covered. You will

**OVERCOMING
HURDLES
CROSSING
THE FINISH LINE**

LOCATION
SUNY OLD WESTBURY
Student Union Bldg
223 Store Hill Road
Westbury, NY 11568

SPONSORS





Long Island, New York - The Long Island African American Chamber of Commerce, Inc. (LIAACC) and SUNY Old Westbury are offering a Business Bootcamp on Friday, October 19, 2018 from 8am-5pm and Saturday, October 20th from 8am-5pm at SUNY Old Westbury. Corporations, Small Business Owners, Professionals, Service Providers, Chamber Leaders and Chamber Members and Local Leaders of a wide cross section of industries in the New York Metropolitan region will be participating in the upcoming boot camp.

The purpose of the Bootcamp is to empower and motivate business owners, so that they take their business to the next level. No matter what stage a business is in (start up, growth stage or established stage), it is important to set goals and move to the next level. It is like having a business "GPS" that recalculates your route when you make a wrong turn.

The Theme is "Stay on Track and Take Your Business To The Next Level". We will cover several topics that will help entrepreneurs stay focused on ideas and strategies that will make an impact on the future of their business.

Register today online: <https://liaacc.org/events-cale...>

Some topics that will be covered are:

Selecting the Business structure that best supports your business model and protects your interest. Frantz Pierre-Louis, CPA, President of Pierre-Louis and Associates.

Nicole Caesar Mitchell, of Yes, Please Etiquette will discuss the importance of Business Etiquette

- How to Brand your Business Effectively will be presented by Winnie Benjamin, a Business Performance Advisor, and graduate of the John Maxwell Leadership certification program.
- Sue Glenn, a social media trainer will teach how to effectively use Digital Marketing to promote business and attract customers.
- Barbara Brudie, Supplier Diversity Manager from PSEG will talk about how to build relationships with procurement officers and get contracts.
- Kyle Griffith and Anthony Citrolo of New York Business Brokerage will discuss How To Prepare And Stay On Track For A Profitable Exit.
- Dr. Shalei Simms, Associate Professor and Assistant Vice President for Academic Affairs from SUNY Old Westbury School of Business, will present on the importance of having a Business Plan.

Our panel discussion "How I Stayed on Track" will be moderated by Terri-Arnold McKenzie of TAM Consulting, Inc. The panel will include Barbara Armand, CEO of Armand Corporation; Deidre Helberg, CEO of Helberg Electrical Supplies; Lloyd Clarke, President of Money Can Hear; Frantz Pierre-Louis, President of Pierre-Louis and Associates, and Dr. Linval Frazer of SUNY Old Westbury School of Business. They will empower their peers by sharing stories about their journey and strategies that worked for them.

The keynote speaker is Deb Ingino, Executive Director of the John Maxwell Leadership team, and a sought after worldwide motivational speaker. She is a mentor and consultant to business leaders who want to move into a higher level of performance.

All speakers and vendors have been asked to share how their product and services will help businesses "Stay on Track and Take Their Business To The Next Level." That is one of the unique aspects of the Bootcamp.

Our sponsors include, SUNY Old Westbury; Armand Corporation; PSEG Long Island; SJ Edwards, Inc., Hofstra National Center for Suburban Studies; NYC Small Business Services; Long Island Development Corporation and Bethpage Federal Credit Union. The registration fee is \$75.00, which includes 2 days of workshops, meals and a participant workbook.

Each registered attendee will leave with action steps they can apply right away and start to see results. Our goal is to provide them with as many tools and resources as possible, so they can increase their market share, generate more revenue, get more customers and impact the economic condition of their communities. All of that is possible if they "Stay on Track and Take Their Business To The Next Level."

To find out more about registering, vendor opportunities and

sponsorship go to our website liaacc.org; or

contact Sharon Davis, VP, LIAACC at: 888-512-7175

LI BUSINESS

LI People ON THE MOVE

BOARDS

Old Westbury College Foundation Inc. has elected two new trustees to its board.



Alton Byrd of Mineola, vice president of business operations for the Long Island Nets in Uniondale



Viviana Russell of New Cassel, town councilwoman of North Hempstead in Manhasset

The Westbury Times

Also Serving New Cassel, Carle Place, Salisbury & Old Westbury
An Anton Media Group Publication

Fall Foliage
on page 1A

Vol. 112, No. 45

TheWestburyTimes.com

October 31 - November 6, 2018

FREE SUBSCRIPTION OFFER - SEE INSIDE FOR DETAILS!

\$1.00

THEWESTBURYTIMES.COM

THE WESTBURY TIMES • OCTOBER 31 - NOVEMBER 6, 2018 15

ELECTION NEWS

Councilwoman Russell Named Board Trustee

The Old Westbury College Foundation, Inc. has announced the election of Alton Byrd and Viviana Russell as new members to its board of Trustees. Byrd currently serves as vice president of business operations for the Long Island Nets while Russell is a town councilwoman for the Town of North Hempstead.

"I am very pleased that Alton Byrd and Viviana Russell have agreed to serve our campus through their important work with the Old Westbury College Foundation," said SUNY Old Westbury President Calvin O. Butts, III. "I look forward to working with them and all of our Trustees to continue to move SUNY Old Westbury forward."

The Old Westbury College Foundation, Inc. is a not-for-profit organization dedicated to raising funds to support the growth and development of the State University of New York at Old Westbury. As Foundation trustees, Byrd and Russell will work with other board members to raise funds to support such College needs as student scholarships, faculty development

programs, and capital improvements.

"Throughout her tenure as a town councilwoman, [Russell] has shown her commitment to improve both our communities and the programs and services available to help her constituents prosper," said Butts.

Russell holds the distinction of making history by becoming the first African American woman ever elected to the North Hempstead Town Board. Elected in November 2009 and now in her third term as Councilwoman for the 1st District, Russell serves the Hamlets of New Cassel and Carle Place as well as the Villages of Westbury and Old Westbury. Prior to becoming Councilwoman, she gained governmental experience working at the Town of North Hempstead's 311 Call Center from its inception, aiding residents with service requests and later as a Constituent Liaison for New York State 13th Assembly District.

Before entering public service, Russell was the professional development and communications manager for Mom-mentum (formerly the National Association of Mothers' Centers), an organization focused

Viviana Russell



on engaging, enriching and empowering women through personal and professional development and public policy. Born and raised in East Elmhurst, Queens, Russell has been a resident of the New Cassel/Westbury community since 1999.

As vice president of business operations for the Long Island Nets, Byrd oversees strategic and operational activities for the NBA G League team of the Brooklyn Nets. Byrd has led the launch of the team's inaugural season at Barclays Center in Brooklyn and

the team's permanent move to NYCB LIVE, home of the Nassau Veterans Memorial Coliseum, on Long Island.

"As a key player in broadening the reach and profile of the Long Island Nets across our region, Alton Byrd is uniquely positioned to help us expand the network of friends and influencers who support our College," said Butts.

Prior to joining the Long Island Nets in April 2016, Byrd accumulated more than 25 years of sports and brand marketing experience as a professional basketball player, coach, entrepreneur and business executive. He most recently served as Chief Revenue Officer for the Atlanta Dream of the WNBA where he grew the team's sponsorship, merchandise and ticket sales, including the WNBA's Atlanta Dream, Maloof Sports & Entertainment and the London Monarchs of NFL Europe.

A resident of Mineola, New York, Byrd holds a degree in Urban Studies and Economics from Columbia University, where he was also inducted into the university's Athletics Hall of Fame for his accomplishments on the Men's Basketball Team.

—Submitted by SUNY Old Westbury

Long Island BusinessNEWS

OCTOBER 26-NOVEMBER 1, 2018 | OUR 65TH YEAR | NO. 43 | \$2.00 | LIBN.COM

22 | LONG ISLAND BUSINESS NEWS | October 26-November 1, 2018 | LIBN.COM

MOVERS&SHAKERS

► NONPROFITS



Alton Byrd

The Old Westbury College Foundation announced the election of Byrd as a member of its board of trustees. Byrd currently serves as vice president of business operations for the Long Island Nets.



LI BUSINESS

LI People ON THE MOVE

SUNY Old Westbury has made three new leadership appointments.



Wayne Edwards of Manhattan, vice president for student affairs and chief diversity officer, has been appointed VP for institutional advancement and executive director of the Old Westbury College Foundation Inc.



Michael Kinane of Smithtown, assistant to the president for advancement, has been appointed vice president for communications and chief communications officer.



Usama Shaikh of Kew Gardens, Queens, assistant vice president for student affairs, has been appointed VP for student affairs and chief diversity officer.



WNBA President Named CEO of Time's Up Legal Defense Fund

By M.J. Prest

More New CEOs

Wayne Edwards, vice president for student affairs and chief diversity officer at the [State University of New York College at Old Westbury](#), has been promoted to vice president for institutional advancement and executive director of the Old Westbury College Foundation.



LI BUSINESS

A33

LI People ON THE MOVE

EDUCATION

SUNY Old Westbury has a promotion and two new hires.



Jacob Heller of Stony Brook, associate sociology professor, has been promoted to assistant vice president for institutional research and assessment.



Claudia Marin Andrade of Wheatley Heights, hired as dean of students, was assistant dean of students and director of student advocacy at Hofstra University in Hempstead.



Rossano Rovello of Wantagh, hired as director of advancement initiatives, was associate director of individual giving at St. Francis College in Brooklyn.

— DIANE DANIELS

Long Island Business NEWS

OCTOBER 12-18, 2018 | OUR 65TH YEAR | NO. 41 | \$2.00 | LIBN.COM



20 | LONG ISLAND BUSINESS NEWS | October 12-18, 2018 | LIBN.COM

MOVERS & SHAKERS

► EDUCATION



Jacob Heller

SUNY Old Westbury named Heller assistant vice president for institutional research and assessment. Heller was previously an associate professor in the sociology department.



Claudia Marin Andrade

Andrade joined SUNY Old Westbury as dean of students. She was previously Hofstra University's assistant dean of students and director of the office of student advocacy and prevention awareness.



Rossano Rovello

Rovello is the new director of advancement initiatives for SUNY Old Westbury. He most recently served as associate director of individual giving at St. Francis College.

No. 348: Lobsters And Babies In Huntington, A No-Fly Zone In Riverhead And Gunning For Greatness With Janam Tech

ON THE MOVE

OCTOBER 12, 2018

+ SUNY Old Westbury has announced three personnel moves: Jacob Heller has been promoted to assistant vice president for institutional research and assessment; he was formerly an associate sociology professor. Claudia Marin Andrade has been hired as dean of students; she previously served as assistant dean of students and director of student advocacy at Hofstra University. Rossano Rovello has been hired as director of advancement initiatives; she previously served as associate director of individual giving at St. Francis College in Brooklyn.

LONG ISLAND / LI LIFE

Arthur Kalish inducted into NYS Mathematics Educators Hall of Fame

By Michael R. Ebert

michael.ebert@newsday.com

Updated October 16, 2018 6:04 PM

Arthur Kalish

Educator

Arthur Kalish of Huntington has been inducted into the New York State Mathematics Educators Hall of Fame for demonstrating “outstanding leadership and dedication to mathematic education,” the organization said. Kalish, who taught secondary math at Syosset High School for 42 years before retiring in 2010, is the [director of the Institute of MERIT \(Mathematics Education, Research, and Instruction Technology\) at SUNY Old Westbury](#) and project director for SUNY Old Westbury’s Institute of Creative Problem Solving for Gifted and Talented Students. His other involvements include being chief editor for the Math Olympiads for Elementary and Middle Schools, an inductee of the Long Island Mathematics Hall of Fame, and being involved in the development of the National Museum of Mathematics.

newsday.com
\$4.99 | LI EDITION
Sunday
Oct. 21, 2018

Newsday

SPORTS FINAL

THE LONG ISLAND NEWSPAPER



HI 50° LO 32°
CHANCE OF SHOWERS

E22

OURTOWNS

newsday.com/lilife

WINNERS

Compiled by Michael R. Ebert

BARBARA HILLERY

Dean

Barbara Hillery of Shirley has been named a fellow of the American Chemical Society for her “outstanding achievements and contributions to science and the society,” the organization said. Hillery, a society member, is dean of the School of Arts and Sciences at SUNY Old Westbury and also has served as chair of the Chemistry and Physics Department. In addition, she is a member of the Eastern Analytical Symposium’s governing board, the Council of Colleges of Arts and Sciences and the Association of American Colleges and Universities.



SUNY Old Westbury Dean Earns ACS Fellowship

OCTOBER 3, 2018

By GREGORY ZELLER //



Chemical bond: Barbara Hillery (left), dean of SUNY Old Westbury's School of Arts and Sciences, is welcomed into the American Chemical Society Fellows Program by ACS Immediate Past President Allison Campbell.

the efforts of the longtime scientist, according to SUNY Old Westbury President Calvin Butts III, who trumpeted the “many impacts she has made in her career as an educator and chemist.”

“I’ve had the opportunity to see firsthand the impacts Dr. Hillery has made on our campus, from developing new STEM-related majors and enrolling the college’s first graduate students to increasing support for student and faculty research, and growing academic support services,” Butts said in a statement.

According to the ACS, Hillery was chosen for her “excellence in teaching, educational leadership and significant contributions to the measurement of ubiquitous anthropogenic environmental contaminants,” among other achievements.

The Shirley resident, who is also a professor of chemistry, joined the SUNY Old Westbury faculty in 1997 and was named chairwoman of the Chemistry and Physics Department in 2003.

She rose to dean of the School of Arts and Sciences in 2012 (after serving two years as interim dean) and currently oversees 12 academic departments serving more than 4,000 students pursuing undergraduate and graduate degrees in various disciplines.

Hillery has been honored with numerous teaching and service awards prior to being named an ACS Fellow, including a 2004 SUNY Chancellor’s Award for Excellence in Teaching. In 2017, she was elected as a councilor for the ACS New York Section and participated in an environmental research project in the Amazon Rainforest including students of New Jersey’s Saint Peter’s University.

The freshly minted ACS Fellow, who has authored numerous publications, has received research support from the National Science Foundation, the Carnegie Corporation of New York and the Environmental Protection Agency, among others prestigious organizations.

She earned her PhD in analytical chemistry at American University and did her post-doctoral work in environmental chemistry at Indiana University-Bloomington. Hillery also earned a bachelor’s degree in biology from the University of Virginia.

Founded in 1876, chartered by the U.S. Congress and recognized as a leading publisher of authoritative scientific information, the ACS boasts 150,000-plus members from more than 140 countries. Its primary missions are to empower its membership, advance chemical sciences and inspire future generations of chemists in pursuit of new scientific solutions.

A SUNY Old Westbury dean has joined the ranks of a select group of national scientists.

Barbara Hillery, dean of the college’s School of Arts and Sciences, has been chosen for inclusion in the 2018 American Chemical Society Fellows Program. Now in its 10th year, the ACS Fellows Program recognizes existing ACS members for “outstanding achievements in and contributions to science, the profession and the ACS,” according to a statement issued this week by SUNY Old Westbury.

The new fellows were named this summer and celebrated at the ACS fall national meeting, held earlier this year in Boston. Only 51 scientists from around the world made the 2018 cut, according to SUNY Old Westbury.

The fellowship means “the wider scientific community” has recognized



Calvin Butts: Hillery has had an impact.

SUNY Old Westbury Dean Named Prestigious Chemical Society Fellow

Shirley resident, Arts & Sciences School Dean and Chemistry Professor Barbara Hillery was named an American Chemical Society 2018 Fellow

By Danielle Collins, Patch Contributor | Sep 25, 2018 1:39 pm ET



SUNY Old Westbury Dean of the School of Arts and Sciences Barbara Hillery has been named among a select group of scientists to the 2018 American Chemical Society (ACS) Fellows Program. The new fellows were celebrated at the Society's fall national meeting in Boston in August.

The ACS Fellows Program, in its tenth year, recognizes ACS members for outstanding achievements in and contributions to science, the profession and ACS, the world's largest scientific society. Only 51 scientists from around the world are being inducted this year.

"I've had the opportunity to see firsthand the impacts Dr. Hillery has made on our campus - from developing new STEM-related majors, and enrolling the College's first graduate students to increasing support for student and faculty research, and growing academic support services," said College President Dr. Calvin O. Butts, III. "Being named to this prestigious ACS Fellow Program means that the wider scientific community too recognizes the many impacts she has made in her career as an educator and chemist."

According to ACS, Hillery was chosen for her "excellence in teaching, educational leadership, and significant contributions to the measurement of ubiquitous anthropogenic environmental contaminants," and her sustained and dedicated service to local ACS sections.

A resident of Shirley, NY, Hillery, who is also a Professor of Chemistry, joined Old Westbury's faculty in 1997 before becoming Chair of the Chemistry and Physics Department in 2003, and Dean in 2010. She oversees 12 academic departments and approximately 4,600 students pursuing undergraduate and graduate degrees in various disciplines.

In addition to being named an ACS Fellow, she has received various teaching and service awards, and has authored several publications and presentations relating to her research and educational activities. Hillery's research has received support from the National Science Foundation, the Carnegie Corporation, and the Environmental Protection Agency, among others.

About ACS: Founded in 1876 and chartered by the U.S. Congress, the American Chemical Society has more than 150,000 members in 140+ countries. The mission is to advance the broader chemistry enterprise and its practitioners for the benefit of Earth and its people. The vision is to improve people's lives through the transforming power of chemistry.



WINNERS

Compiled by Michael R. Ebert

ANNETTE JOHNSON
Secretary



Annette Johnson of Huntington Station has received the 2018 Chancellor's Award for Excellence in Classified Service from the State University of New York Board of Trustees for "continuously demonstrating outstanding achievement, skill and commitment" to her position, SUNY officials said. Johnson is a secretary in the English Department at SUNY Old Westbury, where she has worked in various capacities since 1991. She also has served on the board of directors of the Civil Service Employees Association's Old Westbury Chapter.

Huntington Station Resident Earns Classified Service Award

Annette Johnson, who serves as a secretary at SUNY Old Westbury has been recognized by the State University of New York Board of Trustees.

By Danielle Collins, Patch Contributor | Sep 21, 2018 11:08 am ET | Updated Oct 11, 2018 1:09 am ET



Ms. Annette Johnson, who serves as the secretary for the English Department at SUNY Old Westbury has been recognized by the State University of New York Board of Trustees with a 2018 Chancellor's Award for Excellence in Classified Service. The Award recognizes individuals who continuously demonstrate outstanding achievement, skill and commitment to their respective positions across the SUNY system, and excellence in activities beyond the scope of the job description.

"Ms. Johnson has served our College for more than 25 years in various capacities, but one commonality in my discussions with her colleagues about her work is her willingness to always go above what is asked of her, with pride and devotion," said College President Dr. Calvin O. Butts, III. "Annette represents the best qualities of what makes Old Westbury work behind the scenes - a dependability and resilience that places the best interests of students, faculty and the College at the forefront of her efforts every day."

Johnson, a resident of Huntington Station, New York, has worked for the university since 1991, having served in the offices of Bursar, Public and Media Relations and Human Resources, before joining the English Department in 2007. She has grown the English Department's orientation program for its own faculty, and taken on mentorship roles across campus for newly hired secretaries and administrative staff. She has also served on the board of directors of the Old Westbury chapter of the Civil Service Employees Association (CSEA).



[News](#) [Government](#) [Education](#) [Police](#) [Sports](#) [Community](#) [Obituaries](#) [Real Estate](#) [Our Sites](#) ▾ [Subscriptions](#) ▾

10/22/18 2:00pm

Reporter columnist interviewed by Iranian TV

by Reporter Staff

Reporter Columnist Karl Grossman — a professor of journalism for 40 years at the [State University of New York/College at Old Westbury](#) — was interviewed by Iran’s international TV network, PressTV, on Sunday, October 28 about the murder of journalist Jamal Khashoggi.



Karl Grossman

Mr. Grossman said the explanations that have been coming out of Saudi Arabia about what happened to Khashoggi, a Saudi who wrote a column for The Washington Post, after he entered the Saudi embassy in Turkey, have brought “Pinocchio to a international level.”

Citing the 2018 report of Reporters Without Borders — the world’s largest NGO specializing in the defense of media freedom as a “basic human right” — Mr. Grossman said the regard for a free press held by the Saudi government is among the lowest in the world, rated 169 among 180 countries.

He added that Iran “is not much better,” with a 164 rating.

And, Mr. Grossman noted, the press freedom rating in the United States has been lowered by Reporters Without Borders to a 45 mark because of President Trump’s verbal attacks on journalists, according to the organization, including describing them as the “enemy of the people.”

Iconic Gardiner Estates Topic Of Talk

Publication: The East Hampton Press & The Southampton Press

Oct 5, 2018 4:34 PM



The East Hampton Library will be wrapping up its annual Tom Twomey lecture series with a discussion of two famous estates of the Gardiner family, which has remained a dominant family name with long lineages on Main Street.

After an introduction by Richard Barons, the former executive director of the East Hampton Historical Society, much of the conversation will center around Gardiner's Island, the oldest family estate in the United States, led by Karl Grossman, a veteran journalist and the Suffolk Closeup columnist for a number of Long Island publications. In the 1970s, Mr. Grossman, who's now a professor at [SUNY College of Old Westbury](#), reported on the build-out of the East End and was featured in a documentary interviewing Robert David Lion Gardiner.

Chip Rae, a library board member and the series chairman, will lead the talk on the second estate at 95 Main Street—the notable home of Winthrop Gardiner, which is now home to the Ladies Village Improvement Society.

The Press: What makes the Gardiner family such a hot topic?

Chip Rae: The Gardiner family? There can't be a more prominent family that has been involved in East Hampton for nearly four centuries. Gardiner's Island is reasonably well-known. But not much lately because the folks that own it are very private. And the LVIS uses the Main Street estate as an institutional building, but in its day it was a remarkable country estate right smack in the middle of East Hampton.

How did the estate come to be what it is today?

When it was built in 1747, it was the largest and fanciest and the first Georgian house in East Hampton. So, it was a remarkable house in the day it was put up.

The Gardiner house was inherited by Winthrop Gardiner Sr. in 1924. He lived down the street in a very reasonable house over on James Lane, and was extremely land rich with some money from inheritances. Over the next 10 years, he took this ancient, ancient house and moved it back from the sidewalk, built an incredible sunken garden, restored some of the barn buildings for staff, built a six-car garage, and really lived in the center of the village as a country squire until he sold the house in 1950.

My talk is going to be about what happened to it. For instance, it was purchased by the Baker family who lived there for 30 years. And then it had a terrible fire in '79, which burned off the back of the house. It went through a period of six or seven years where it became the most controversial topic in East Hampton Village. In the 1980s, Mayor Douglas Dayton wanted to move the house forward and make it a town hall, building a parking lot over most of the property. He was effectively ousted and not re-elected.

The East Hampton Village Preservation Society was formed as a result of the controversy in moving this house. And in 1987, the LVIS stepped in and bought the house and renovated it. It was in bad shape.

In the last year, they had Ben Krupinski's firm—one of the last things Ben donated before he passed away—redo the interior and polish it up. It really is spectacular, again.

What features of the estate stand out to you?

The sunken garden—they became very popular in the 1920s, particularly out here on large estates because the wind is so bad. A sunken garden would be six, seven feet below the grade of the land and the plantings would not get wind whipped, and created a warmer environment for them. There are a lot of things you can do with a sunken garden like steps and water features. There's an amazing bench that is still there.

Winthrop added two wings to the house by 1927, a huge living room and master bedroom that opened on to the sunken garden with a stone terrace. And this was a pretty spectacular thing. When his daughter was married there in the '30s, the wedding was at St. Luke's and they floored over the sunken garden for a dance floor for 150 people.

The house was massively altered by Joseph Greenleaf Thorpe, the local darling architect of the summer colony. He radically changed the inside of the house but it became a really substantial house in the center of the village. When similar people were building country houses on Further Lane, for some reason Winthrop Gardiner wanted to live in the center of town. Of course, everyone wants to live there today, but he was just 90 years ahead of everyone else.

So, here's a house that's from the 1740s, a residence up until 1979 and the fire, and now it is entering a new century as an institutional use. It is incredibly relevant and anchor to the center of the village.

The lecture begins at 6 p.m. on Saturday, October 13, at the East Hampton Library. Reservations can be made at tomtwomeyseries.org or by calling 631-324-0222



How Nike Uses Liberal Multiculturalism to Hide Abuse

September 14, 2018

BY Nicholas Powers - Truthout

"If people say your dreams are crazy..." an unseen man says in the new Nike ad. On screen, a child wrestler with a leg amputation goes for the win, a Muslim woman boxes and a refugee scores for the national team. "Good," the voice says. "Stay that way."

The ad cuts to Colin Kaepernick, the NFL quarterback blacklisted for kneeling during the national anthem to protest the police killings of unarmed Black people. It is a breathtaking moment. It is also a liberal alibi for massive, ongoing harm.

Behind the Nike swoosh is the struggle of a million workers who stitch Nike shoes and gear. They are part of the 70 million-strong global garment industry workforce, fighting for better pay and conditions even as their jobs are automated. When we buy Nike's seemingly rebellious liberalism, we buy into reformist politics that excludes their dream, which is to earn a living wage.

Express Yourself

"Yo man, your Jordans are fucked up," the friend taunted Buggin Out, whose Nikes were scuffed by a passerby. Everyone in the theater laughed. It was 1989 and we sat spellbound by Spike Lee's *Do the Right Thing* because the scene reflected our lives. People took their shoes way too seriously. It was why I never wore Nikes. I had friends who were robbed at gunpoint and walked home in socks.

Why the violence? It's not just a '90s thing. It happens now. The answer: People hunger for status. They stare at athletes and celebrities, who float in a world of wealth. Stars wear nice clothes and glittering watches. They drive cars like spaceships on wheels. If we can't be them, we can at least wear what they wear and borrow the décor of their lifestyles.

Since the 1920s advertising revolution, capitalism has sold commodities by associating them with an identity. Edward Bernays, "the father of public relations," began this with World War I propaganda and then sold his "psychological warfare" to American companies. He framed their products not as things to answer needs but as symbols to satisfy desires. He wrote in his 1928 book *Propaganda*, "A thing may be desired not for its intrinsic worth or usefulness, but because [a person] has unconsciously come to see in it a symbol."

Advertising sold people symbols like instant food, which signified modern convenience, or soap "scientifically" guaranteed to kill germs. Each generation found its desire for safety or upward mobility or rebellion quickly commodified. In the television series *Mad Men*, 1960s ad executive Don Draper's meditation led to the "I Like to Buy the World a Coke" commercial. A Coke is just corn syrup and water in a bottle, but in the alchemy of advertising, it was reborn as a symbol of the Hippie Counter Culture.

Six decades after the release of Bernays's book, Nike tapped into his propaganda model for its 1988 Just Do It campaign. It made sneakers into symbols of American independence. The first ad showed an 80-year-old man cheerfully jogging the Golden Gate Bridge. Nike sold an athletic Horatio Alger story where normal people lift themselves up with extreme effort. The human spirit shined through sweat-soaked faces.

Three decades later, Nike relaunched the Just Do It campaign. Today, capitalism is global and it must respond to the collective desire of an audience beyond America. Again, Nike tapped into the Horatio Alger lift-yourself-up mythos, but now the achievement is not just athletic prowess but a multicultural liberalism. In Nike's new ad, refugees become national superstars. A young woman is both homecoming queen and football player. A young Black girl from Compton reigns supreme in tennis. Finally, Colin Kaepernick looks into the camera and poof, Nike becomes a symbol of justice.

Yet it isn't. Take a look at the label. You can read where the factories are located. They are where a struggle involving millions of people won't be made into any commercial.

Behind the Swoosh

Indonesia. Vietnam. Honduras. I thumbed through labels at Macy's. Every shoe had a Nike swoosh. Every shirt had a number like Michael Jordan's 23 or a famous American face on the front. Yet when I looked inside, the labels all pointed back to Global South nations.

Nike sells rebellion to Global North consumers through the faces of well-paid celebrities on its apparel while its goods are made primarily by people in the Global South who barely eke out a living. When they fight for better wages or working conditions, their heroism does not make them eligible to become rebels, mythologized in Nike's ads.

Nike is a criminal enterprise. Capitalism is a system of theft and Nike is a near-perfect model of it. Phil Knight, the founder and CEO has a net worth of nearly \$35 billion. Jordan earned \$100 million from Nike and other deals. LeBron James signed a lifetime deal with Nike worth over a billion. Now Kaepernick is next in line for more ads, a sneaker line and jerseys — all of which will add up to a pretty penny.

Where does this vast sum of money come from? Nike is a corporate vacuum sucking up the surplus value from workers. It has a million laborers, mostly women, in 42 nations, including Indonesia, Vietnam and Bangladesh. Each country gets paid its own rate. Workers line up in rows near conveyor belts or sewing machines for long hours. In Indonesia, the assemblers get paid \$3.50 per day. In Vietnam, they are paid around \$42 a week or \$171 per month.

The workers receive anything close to the product's final value. When a Nike sneaker is put on the store shelf, it gets a near 43 percent retail markup and consumers in the Global North buy it for nearly a \$100. Our money goes to store employees, managers, regional managers, the CEO, celebrity advertising and the accounts of stockholders. The workers — mainly women in the Global South — who are exposed to toxic chemicals, faint from heat, forced to work overtime and whose wages are sometimes stolen — never see that much-needed money.

This system has many apologists, including among liberals. The New York Times' Nicholas Kristoff infamously wrote a series of articles saying in essence, sweatshops are good. "People always ask me: But would you want to work in a sweatshop," he wrote in a 2009 Op-Ed, "No, of course not. But I would want even less to pull a rickshaw. In the hierarchy of jobs in poor countries, sweltering at a sewing machine isn't the bottom."

He is right in the short term, but his limited, liberal imagination doesn't see the longer trajectory of capitalism. Nike already has enough money to raise the pay of workers to more than a living wage. Instead, it chose to move out of nations with rising wage demands like China to go to Vietnam, where labor is cheaper.

Meanwhile, new 3D printing technology is making fully automated factories possible. Sweatshops could become obsolete — along with the workers who currently depend on them for survival. Against this, people protest. They fight to keep the jobs they have. In Indonesia, demonstrations against Nike cutting orders were held in 2007. One sign read, "Nike is a Blood Sucking Vampire." In July 2017, workers and students held a Global Day of Action Against Nike after a watchdog group, Workers Rights Consortium, got inside a Nike plant in Hanoi, Vietnam, and found wage theft, padlocked doors and workers fainting from heat.

In San Pedro Sula, Honduras, the SITRASTAR union protested outside of the Nike factory and store after the company stopped production at their factory. More than 350 union members were jobless. "If there is no peace for us," union leader Waldin Reyes shouted, "Let there be no peace for them."

It shows the double bind of Global South workers. They have to fight for higher pay and humane conditions and fight to keep the sweatshops. Without them, they'd plummet into severe poverty.

Unlike the customers buying Nike for an imaginary status of rebellion, here are people fighting for a very real goal: survival.

The People's Shoe

"Don't believe you have to be like anybody," Kaepernick says in the ad, "To be somebody." We see a brain tumor survivor who ran the Ironman race and LeBron opening a new school. Each mini-story is a triumph over great odds. Kaepernick's soulful stare sells the ad because he sacrificed his career to silently protest innocent Black people being killed by the state.

It worked. Once more, Americans line up to buy Nike's symbolic rebellion. Sales spiked after the new ad. It makes me uneasy. In the '90s, impressionable youth bought Nikes because they represented athletic glory and status. Now I fear some will buy them because they're convinced by Nike's suggestion that they represent the struggle against anti-Black police violence.

Too often, they can't afford the sneakers. Nike's CEO and the stockholders are at the center of a vast money vacuum. They exploit low-wage workers at the factory floor and exploit customers, many of whom are youth of color, who are desperate to buy meaning for their lives.

Imagine a different ad. One where a union leader like Waldin Reyes smiles on screen and proudly holds up The People's Shoe, a sneaker line made by a worker's cooperative. No billion-dollar CEO. No billion-dollar celebrities. Instead the workers wave to the camera as they leave the shop early to see their children. The camera follows one woman to her brightly lit home. Her clothes are drying on the line as her family sits at a long table, laughing and eating. She takes a People's Shoe, shows it to the camera and says, "Just Organize."

Nicholas Powers

Nicholas Powers is the author of *The Ground Below Zero: 9/11 to Burning Man*, New Orleans to Darfur, Haiti to Occupy Wall Street, published by Upset Press. He is an associate professor of English at [SUNY Old Westbury](#) and has been writing for Truthout since 2011. His article, "Killing the Future: The Theft of Black Life" in the Truthout anthology *Who Do You Serve, Who Do You Protect?* coalesces his years of reporting on police brutality.

Black Americans Are Building A Space In Psychedelic Drug Culture After Being Ignored For Decades

POSTED BY ELIJAH C. WATSON

Oct 29, 2018

Psychedelic drug culture in America has been whitewashed since it rose to prominence in the '60s. Now, black people are trying to cultivate their own space.

A Google search for black researchers in the field of psychedelic therapy will yield a single result — Dr. Monnica T. Williams. At a time where terms like diversity and inclusion have become buzzwords in work environments across the country, research on psychedelic drugs continues to be led by white men.

Williams hopes to change that. A therapist and researcher at the University of Connecticut, Williams is leading the first-ever MDMA study to focus on the traumatic experiences of black, brown, and other minority groups. Assisting her is a group of therapists of color who work with communities of color. The study is one of 14 currently sponsored throughout the United States and overseas by the Multidisciplinary Association for Psychedelic Studies (MAPS).

But being the first of something like this has been a challenge for Williams, her study unraveling more and more problems that are the result of the racial disparity in psychedelic research.

"It's definitely more challenging than I thought, just because there have been so many layers of racialized stuff to get through," Williams said. "It's an ongoing struggle."

Psychedelic drugs are defined as: "mind-expanding drugs that are able to induce states of altered perception and thought, frequently with heightened awareness of sensory input but with diminished control over what is being experienced." Major psychedelic drugs include DMT, LSD, and psilocybin (commonly known as "magic mushrooms"). But it's LSD that's commonly associated with inciting the United States' interest in psychedelics when the drug first rose to prominence during the counterculture of the 1960s.

Timothy Leary became a well-known figure of the counterculture era, publicly promoting the use of psychedelics after using the drugs himself and conducting experiments with them as a clinical psychologist at Harvard University. Ken Kesey, who wrote *One Flew Over the Cuckoo's Nest*, also contributed to psychedelics' rising popularity. He traveled throughout the country with a group of friends called the Merry Pranksters doing LSD, with their journey chronicled in Tom Wolfe's book *The Electric Kool-Aid Acid Test*. Bands and musicians like the Grateful Dead and Jefferson Airplane added to that rise as well, pioneering a sub-genre of rock music inspired by these mind-expanding drugs — psychedelic rock.

By the late 1960s, politicians became concerned about the drugs' impact on American culture. In the spring of 1966, conservative Democrat senator and chairman of the Senate subcommittee on juvenile delinquency Thomas Dodd held emergency hearings on LSD. Dodd claimed that the drug "was literally driving America's youth mad and turning them into violent criminals," alluding to the horror stories — everything from a student almost getting struck by a car while walking into rush-hour traffic to someone who "was impelled on a compulsive search for someone to rape" — that were being reported on the drug.

Leary stressed the value in conducting more research on LSD, even suggesting that legislation be made that would require users of the drug to be trained and licensed. But Leary's testimony didn't sway Dodd; by fall 1968, LSD was banned in the U.S. by the Staggers-Dodd Bill. In 1970, psychedelic drugs were labeled under the Controlled Substances Act as Schedule I, the most restrictive legal category.

Psychedelic research came to an abrupt halt, its end giving rise to the War on Drugs in the 1970s. "It was as if psychedelic drugs had become undiscovered," a researcher said at the time.

By the '90s, attitudes toward psychedelics had changed, allowing research to make a return. Since the early 2000s, over 26 studies have been approved, including psilocybin-assisted therapy for people with life-threatening cancer and landmark research on MDMA-assisted therapy for veterans suffering from PTSD. However, like its '60s counterculture predecessor, the psychedelic research renaissance that's happening at the moment is noticeably white.

In Leary's absence has come Michael Pollan, Michael Mithoefer, and other white men who are supporting the use of psychedelic drugs to combat mental health issues. The problem goes beyond researchers too: raters (people who subjectively evaluate a patient's response to a medical treatment); sponsors (an individual, institution, company or organization that takes the responsibility to initiate, manage or finance a clinical trial but doesn't conduct it); participants — the whitewashing of psychedelic research has, and continues, to omit people of color.

The irony of this is that indigenous cultures have worked with psychedelics — from Bwiti practitioners in Africa who take Iboga to the people of the Amazon basin who take Ayahuasca — for thousands of years. Leary's first experience with psychedelics — mushrooms in Mexico — was prompted by an article Robert Gordon Wasson wrote called "Seeking the Magic Mushroom," where the author wrote about Mexican medicine woman Maria Sabina after taking mushrooms himself.

"Indigenous cultures and black people have a legacy with psychedelics. Iboga is presumed to have been used by Bwiti practitioners for their religious rituals for centuries," Abdul Wilkins, an intuitive healer and supporter of psychedelics from Boston, said.

Also known as the "Beantown Ghetto Shaman," Wilkins also facilitates psychedelic ceremonies geared toward people of color and low-income communities. He claimed the first time he helped organize a ceremony — with Ayahuasca — close to 40 people participated, his work as a healer, as well as a massage therapist and yoga teacher, compelling his clients to try it out. He recounted one moment where a woman, grieving the death of her mother, ended up having a spiritual conversation with her.

"It was like in Black Panther when T'Challa drinks the heart-shaped plant and he gets direct contact with his deceased father," Wilkins said. "It's very liberating because it not only heals them but helps them gain spiritual insight."

In February, an article titled "Inclusion of people of color in psychedelic-assisted psychotherapy: a review of the literature" was released. The article, written by Monnica Williams and three other researchers, serves as a "comprehensive review of inclusion and recruitment across ethnic/racial groups in current (1993-present) psychedelic-assisted psychotherapy studies."

The team concluded that future studies need to be more inclusive of minorities and improve recruitment strategies, while also addressing the possible reasons why inclusiveness is a problem (lack of diversity among psychedelic researchers; the harrowing history of exploitative experiments conducted on black people by white researchers like the Tuskegee Syphilis study).

"Because of the criminalization of all these substances and the fallout from the war on drugs, African-Americans face a lot of danger when it comes to using drugs or even talking about them in a way that isn't true for white people," Williams said. "There isn't a lot of interest in busting white kids who are trying

different drugs but the same cannot be said for black kids."

The double standard also applies to academia. Williams noted how academics of color are more cautious about speaking on their experiences with psychedelics than their white counterparts, referencing a recent talk she saw Michael Pollan give at the Horizons Conference, an annual forum on psychedelic drugs.

"Black people have to be a lot more careful, and particularly those of us, for example, who are clinicians and are licensed," Williams said. "We can't really talk in that way about experimenting with these substances."

Some black academics have talked about their use of psychedelics candidly though. Nicholas Powers, a poet and Associate Professor of English at [SUNY Old Westbury](#), gave a presentation at last year's Horizons Conference titled "Black Masks, Rainbow Bodies: Race and Psychedelics." He talked about how black people adorn figurative masks, shielding their true emotions from themselves and others as a means of survival from racial and systemic violence. Which is why there's an apprehension when trying psychedelics — the fear of being vulnerable while under the influence.

"Psychedelics melt masks and if you're wearing a mask to protect yourself the very last thing you would want is an experience where the mask is gone," Powers said. "You're exposing yourself without protection."

Williams experienced this firsthand when she participated in an optional MDMA session after joining MAPS. A member of MAPS recognized Williams' work studying racial trauma and reached out asking her to lead a study as they launched their Phase III MDMA trials.

Williams, who had never used psychedelics prior to the session, described it as "pretty deep" and said she spent most of the session crying, the drug bringing back past trauma she endured as a child.

"We started talking about that kid that was me," she said in an interview with *Psychedelic Times*. "My therapist asked if I could find some love in my heart for her, and I said 'No; I hate her.'"

"She asked, 'Why do you hate her so much?' And I said — with tears streaming down my face — 'Because she was so vulnerable. It was intolerable. Black people are taught we have to be strong — all the time. But no one can be strong all the time. And no one should have to be.'"

Previous studies of MDMA were to demonstrate the safety of the drug. For the Phase III trials, Williams is demonstrating the drug's effectiveness in addressing post-traumatic stress disorder (PTSD). This study will be randomized, meaning half of the participants will get MDMA while the rest will get a placebo.

Officiating participants for the trials is an arduous process. Conducting multiple interviews and physical exams, as well as combing through medical records, researchers have to do so much before a participant is approved.

"What I think is particularly tough for our participants is a lot of them don't really trust the medical system, let alone a medical research study," Williams said. "We're getting all this detailed information from them before we've really even had the chance to build a rapport. With participants of color, we do need to work a lot harder to build the trust. Often they have not felt respected or given the same courtesy that a lot of the white participants have always taken for granted."

In taking on this study, Williams has realized that there's not an infrastructure for people of color in psychedelic research. The lack of minority participants and researchers is only one part of a larger problem. There's the lack of raters of color as well as recruitment materials that specifically cater to minority groups. Even payment — commonly a check — can be a dilemma, considering some participants don't have a checking account.

"The foundation that was built for the study really needs to be completely torn down and rebuilt with diverse participants in mind. The problem is that takes time and energy and money so we've had to make a lot of compromises to even be able to do what we are doing."

The setbacks have been valuable for Williams though because she can use these instances to show sponsors why outreach for people of color needs to be better. She referenced an incident where a woman who was selected to be a part of the Phase III trials dropped out because they couldn't get a black woman as her rater.

"I think a lot of the things, they don't get it because they've never had to think about those things before," Williams said. "So, sometimes, it actually takes, you know, the unwanted thing happening to show people that it is a really important issue."

Through word of mouth and speaking at lectures and public events in Connecticut, Williams found people of color to participate in the Phase III trials which will begin next month. During the session, which is six to eight hours long, the patients will receive 100-125 milligrams of MDMA and sit with their therapists in a room designed to be comfortable. The patient may speak or remain silent throughout the experience. The process is repeated three times before the patient is re-evaluated for symptoms of PTSD.

Aside from the trials, Williams and MAPS are fundraising for a special program to train therapists of color on how to administer MDMA. The week-long workshop would hopefully increase the number of therapists of color a part of MAPS (22 out of the organization's 221 therapists — which also includes international researchers — are of color) and make them eligible to be a part of Expanded Access. Also known as Compassionate Use, the program will make MDMA available next year for special use, although Williams expects the FDA to legalize the drug sometime in 2021.

Williams' pioneering study has shown how people of color have been disregarded in psychedelic culture and research for decades, and it seems the more progress she makes the more problems she discovers. But she's aware of the challenges and wants to build a foundation that future researchers of color can refer to and contribute to.

"If someone had told me, 'In five years you're gonna be a psychedelic therapist,' I would have been like 'Oh my gosh, you're not,'" Williams said. "But I think that our little site is making a big impact on the larger psychedelic community and the larger psychedelic medicine scene, and it's important for me that we keep moving forward even though this has been really, really hard."

A28

OUR TOWNS

NORTH HEMPSTEAD

Town officials build a panel to advise on labor issues

BY CHRISTINE CHUNG
christine.chung@newsday.com

North Hempstead Town officials have created a labor advisory board of representatives from local unions who will help develop labor policy and legislation.

The town board voted 5-0 at a Sept. 6 meeting to create the eight-member board. Its members are not town staff but belong to various unions, such as the CSEA, International Union of Operating Engineers and International Brotherhood of Electrical Workers.

Supervisor Judi Bosworth said the board was intended to “start an ongoing dialogue with labor.”

“We’ll tap into their expertise, and hopefully we’ll learn from them and they’ll learn from us,” Bosworth added.

The advisory board will not be involved in union contract negotiations, said town spokeswoman Carole Trottere. In November, the town and its union, CSEA Unit 7555, finalized a six-year contract that included a 1.75 percent salary increase this year. CSEA members are employed in town depart-

ments including Buildings, Comptroller, Parks, Public Safety, Public Works and Highways.

The advisory board’s first meeting has not been scheduled, Trottere said.

The town joins other municipalities on the Island that have formed formal committees to consult on labor. Babylon, Hempstead and Smithtown have advisory boards that meet monthly to discuss workplace issues, town officials said. Oyster Bay is in the process of establishing a board and is selecting members, said town spokesman Brian Nevin.

Lillian Dudkiewicz-Clayman, an adjunct professor of labor studies at SUNY Old Westbury, said she thinks labor advisory boards are a productive way of “broadening the level of communications between administrators and unions.”

“The only time you have conflict is when people are not communicating effectively, so it [an advisory board] can lead to nothing but good things,” said Dudkiewicz-Clayman, of Port Jefferson. “It would eliminate a whole host of bad feelings and misunderstandings.”

Finding their voices: Oceanside High School media graduates achieve success in their fields

By Matthew D'Onofrio

September 13, 2018



Michelle Purpura

she said that Miller was a big inspiration. She took what she learned in broadcasting and video production classes at Oceanside High and applied it to filming her own TV show called "Center Stage" at [SUNY Old Westbury](#) in 2016.

"I definitely had a creative side, but she taught me how to pick up a camera, set exposure, balance the sound, edit and more," Purpura said.

"I'm really lucky I was a part of Oceanside."

The sports broadcaster

Evan Pivnick attended Miller's classes, and graduated from OHS in 2012. He said she helped fuel his passion. He was also "the PA guy" for school sports games, giving play-by-play commentary over the field loud speakers. During that time, he was featured on the TV network MSG Varsity (now News 21 Varsity) in 2011, when he and a friend broadcast an OHS hockey game at the Long Beach Ice Arena — the first student-run broadcast to do so, he said. In 2012, he won the network's V Award for Best Student Play-By-Play in New Jersey, New York and Connecticut.

"I'm thankful for my time at OHS; it was a lot of fun," Pivnick said. "And I am humble for that."

He went on to major in media production and studies at Bowling Green State University where he was a broadcaster for its Division I hockey program. Pivnick also interned at SiriusXM. After graduating college, he was hired by ECHL's Adirondack Thunder, a minor-league affiliate of the New Jersey Devils, as the director of broadcasting and community relations — the youngest in its history, he said.

"I learned a lot of very necessary skills in Ms. Miller's classes, and I made friendships that I still hold to this day," Pivnick said.

The video editor

Zach Feldman graduated from OHS in 2013, a year after he won the Ocean-side Film Festival award, and the same year he was named Sailor of the Year. In high school, Miller "taught him the ropes," how to present and market himself, "and actually edit correctly," he said.

After high school, Feldman worked for WRHU, Radio Hofstra University, and WBLI 106.1 as an on-air personality and video producer. Through his own company, ZLF Productions, he created content for productions such as "The Howard Stern Show" and organizations like the Long Island Nets. Feldman graduated from [SUNY Old Westbury](#), where he also worked with NY1, News 12 Long Island and 95.5 PLJ's "Todd & Jayde in the Morning."

Feldman went on to work with Todd Pettengill and John Mingione, radio disc jockeys for WPLJ 95.5, and he is currently a digital video production assistant for the WWE.

He said he owes much of his success to Miller. "[Film] was a way for me to excel in something in school . . . I wasn't much of a book nerd; I was more hands-on and creative," Feldman said. "Without her knowledge and inspiration every day in the classroom, I don't know if I would have ever been able to secure my dream job straight out of school."

The news documentarian

Amy Gardner graduated from OHS in 2010. She is currently an administrative assistant for Susan Zirinsky, the senior executive producer for the CBS News program "48 Hours."

It all started with Miller's introduction to film class in 11th grade, she said, where she discovered her talent. "At first, I wanted to be an astronaut, but I was really garbage at math," Gardner said. "[Then] I stumbled on film . . . I liked that it brought me outside, talking with people, yet I could still be technical."

After OHS, she studied film, video and interactive media, and minored in political science at Quinnipiac University, graduating in 2014. Since working for CBS News, Gardner has been a part of documentaries based on investigative, crime and justice storytelling, involving the Parkland, Fla., school shooting, the Royal Wedding, real "NCIS" (the TV show) murder cases and whistleblowers.

She said Miller sparked her "undeniable love for the craft" and taught her lessons that she applies to her job today. "I know for certain I would not be where I am today," she said, "if it was not for her endless help, inspiration and genuine interest in the success of her students."

"The way I run the classes is the way you would run a media business," said Audrey Miller, an instructor at Oceanside High School for the past 31 years — the last 10 of which she has spent teaching introductory and advanced broadcasting and video production. She said that in her classes, the students experience hands-on lessons that emphasize teamwork.

The approach appears to have worked, with numerous former students currently working in the field.

"The opportunity for them to express themselves applies here," Miller said. "You can be passionate about math, but there are rules . . . With the media, the rules are always changing." In Miller's class, there are no grades — it's pass or fail — depending on whether the finished product is "showable" or not.

Even if the students do not make a career out of the course work, she said, she believes they still take with them valuable professional knowledge. For those who do find a passion in media through her class — whether in music, film, radio or TV — Miller said, "I just help them find their voice."

The film producer

Michelle Purpura, OHS class of 2011, graduated with honors from [SUNY Old Westbury](#) in 2015 with a bachelor's in media and communications. She worked on "The Bill Cunningham Show" in 2014, and a production for Womenworking.com in 2015.

Currently, she is the post-production supervisor and associate producer for Cabin Creek Films, a position she has held since 2016. Additionally, she freelances with her own company, Hand to Heart Productions. Purpura has participated in projects that have earned awards and premiered at film festivals, such as Sundance.

"I had a pretty wild experience in high school because I was able to start my film career," she said, adding that she took as many of Miller's classes as possible. Purpura was inducted into the OHS Hall of Fame in 2011, the first year it included film. Although she "found her passion" as a kid making YouTube videos with her friends,



Zach Feldman

Long Island BusinessNEWS

SEPTEMBER 14-20, 2018 | OUR 65TH YEAR | NO. 37 | \$2.00 | LIBN.COM

44 | LONG ISLAND BUSINESS NEWS | 30 UNDER 30 Event Honoree Publication | September 13, 2018



PJ MANCHANDA

Company: Mazars USA LLP

Title: Tax Manager

Education: Masters of Science in Taxation, SUNY Old Westbury, Bachelors of Science in Accounting, SUNY Old Westbury

What (or who) inspires you? My ideal is my dad, Davinder Manchanda who is my real hero. As a first-generation immigrant to the United States of America, he has worked extremely hard to support the family while I was still in school. I look up to him for all the great things he has done and still doing in his life. He is leading the field in my family.

What about your job most excites you? Professionals at level across my firm, my clients, the changing tax laws which keeps me on my toes and the best of all, continuous room for improvement.

What do you look for in an employer? Helping professionals develop and enhance skills in their interest.

Where do you prefer to work? My home office aka "PJ's Tax Garage"

Do you prefer to send emails or make phone calls for business? It depends on the circumstances but generally both.

How many hours do you sleep? Sleep is a waste of time, but I recharge my battery for 5 to 6 hours a day.

Who is your mentor? Bruce Lev, tax partner at my firm. I refer to him as my "GURU". Richard Tannenbaum (Tax Partner) and Kathryn Byrne (Audit Partner) also at my firm.

What "old fashioned" values do you think are still important today? Respect for your elders.

If you could have lunch with one person, who would it be? Warren Buffet, perhaps he can help me with my investment decisions.

What is the single most important thing to you? Knowledge-As Benjamin Franklin said "An investment in knowledge pays the best interest"

What charitable organization do you dedicate the most time to? The Noori Foundation, Sai Temple, Baldwin, NY

Tell us one thing about you that most people don't know. I wake up at 4:30 am every morning.

If you were stranded on a desert island, what 3 personal items would you "need" to survive? Water, patience and dedication. The Hope to survive.

You're working late on an important project: what's on your music playlist to keep you motivated? Bollywood music

Apple or Samsung? Samsung

What social media platform do you use the most? LinkedIn

What is your message to the next generation? Whether you are a professional or an entrepreneur show the people who have a vested interest in you the rarest combination of the triple P's: PPP (Pride, Passion and Professionalism). It goes a long way!

THURSDAY, SEPT. 13 | 6 PM-9 PM | THE PIERMONT

2018 Airport Business Top 40 Under 40: Daniel Fordyce

OCT 1, 2018



Daniel Fordyce
General Manager – Operations at JFK Terminal 4
Hudson Group
Age: 30

Alma Mater: State University of New York College at Old Westbury

Favorite Aircraft: Airbus A380

Favorite Book: Like A Virgin: Secrets They Won't Teach You at Business School – Richard Branson

Favorite TV Show: Parks and Recreation

Favorite Movie: Moneyball

Favorite Hobbies: Boating, Traveling, Beach Volleyball

Daniel Fordyce, Hudson Group's general manager of operations at JFK Terminal 4, truly embodies the Hudson motto of being 'The Traveler's Best Friend,' according to his nomination form. "Dan exhibits all the traits that one would look for in an operations leader. He is driven, hard-working, personable, a natural leader, strong negotiator, and excellent communicator," it said.

Fordyce says the best part about his job is that he gets to come to an airport every day. "I've been fascinated with planes since I was a kid. So to be surrounded by planes, flight crews and passengers makes for a fun and unique environment," he said. "My team has a direct impact on the passenger experience every day. We strive to be the Traveler's Best Friend by reducing the stress that comes with air travel."

There wasn't one specific experience that led Fordyce into aviation. "I've been fortunate to be involved in many parts of Hudson's business from facility projects to IT programs," he said. "My exposure to different areas of Hudson's operations are helpful because it helps me understand the business and be successful."

One big project Fordyce worked on while at Hudson that he's particularly proud of is the construction of Hudson's central distribution center in 2015. "It's a 35,000 square-foot facility that serves LaGuardia, JFK and two other facilities in New York City," he said. "I spent six months on that facility helping develop operational processes and establishing best practices. Looking at the operation now, it works smoothly and it's a big success. Knowing I was a part of it was pretty special."

Fordyce enjoys the aviation industry because it's always changing. "No day is ever the same. And it's a unique industry because it's impacted by factors that don't impact other industries, like something as simple as the weather," he said. "And if you look at where aviation has come from and where it's going, with new airports and new aircraft, the sky's literally the limit."

40 UNDER 40

2018 Top 40 Under 40: Onyinye Akujuo

MASS TRANSIT

ARTICLE SEP 14, 2018



Onyinye Akujuo, Director of Federal and State Grant Programs, Metropolitan Atlanta Rapid Transit Authority

Photo credit: MARTA

One word to describe yourself: Exuberant

Alma mater: New York Institute of Technology (NYIT), State University of New York (SUNY) College at Old Westbury

Favorite book: Harvard Business Review's "Emotional Intelligence"

Favorite TV show: "Suits"

Favorite movie: "Coming to America"

Favorite hobby(ies): Playing soccer, planning and writing grants pro bono for not-for-profit organizations

Favorite station or stop that you have ever visited or frequent (and why): The World Trade Center Transportation Hub in New York City because it is a state-of-the-art transportation that encapsulates the "Oculus." It is the third largest transportation station in New York City and boasts of famed retail and dining. It also commemorates the lives lost during the 9/11 attacks.

Favorite route you have ever ridden or frequent (and why): New York City Transit's J/Z Line from Jamaica Center (Queens) via Broadway Junction (Brooklyn) to Broad Street/Wall Street (Manhattan) because it is an elevated line that goes through three boroughs and has been influential in my career in transportation as I worked at both the New York City Department of Transportation and the Metropolitan Transportation Authority, which are both off the last stop off the train. I have sat next to power brokers, CEO's and passengers who have turned from strangers into friends. You get to see all of the various neighborhoods and diversity in New York City's most populated boroughs. The other favorite is MARTA's Red Line from Lindbergh Station to the Airport Station because there is no other transit station in the world right now that can get you to the airport from a metropolis in under 30 minutes for under \$3.00. "Enough said!"

Onyinye Akujuo's expertise in federal compliance, grant development and transportation policy has allowed her to attain more than \$3 billion in grant funding and an overall savings of \$220 million for her transportation companies over the course of her career

She is a seasoned grants professional serving as the director of federal and state grant programs on the senior executive team for MARTA. She oversees, directs and manages more than \$600 million in federal funding and is the designated official for Atlanta, responsible for appropriating Federal Transit Administration formula funds for 13 counties that make up the Atlanta Urbanized Area.

Akujuo has served on panels for the U.S. Department of Transportation as it relates to metropolitan planning and performance management. She recently served on a panel at the Council of Minority Transportation Officials discussing millennial leadership and advisement in transportation organizations. She also serves on the Finance and Planning committees for the American Public Transportation Association (APTA).

In fiscal year 2018 alone, she has won nearly \$20 million in Transportation Investment Generating Economic Recovery (TIGER) and FTA discretionary funding, due to her new innovative model in grant seeking.

With a background in planning and project management, Akujuo no longer uses a sole finance angle to apply for grants; she has mitigated silos and has become unified with her operations and capital planning departments to intricately apply for the best projects to win funding and assist the counties that MARTA operates in. She provides mentorship activities and assistance to her counterparts in other transportation organizations, seeking to increase their programmatic budgets through grants and sponsorships.

She is an active board director for the League of Women Voters Atlanta/Fulton County, board member of the Jamaica Center for Arts and Learning in NYC and serves on the Internal Operations Committee under the president of the Junior League of Atlanta.

"I enjoy bringing in millions of dollars and helping my agency heads and fellow directors understand the ever-changing federal guidance that affects the funding type that we receive. I enjoy working closely with my grants team. I am fortunate to have an amazing team that is passionate about their work. They enjoy learning and thinking outside of the box. They are main part of the reason why I am successful at MARTA; we are a family."

"[The most challenging part of the job is] waiting to hear back if our agency won a grant. It is suspense filled. When you work hard and receive nothing, it makes it very challenging."

"The accomplishment I am proud of is being a part of small group of Elite Grant Directors that have managed over a billion in grant dollars. I am very fortunate to have achieved it at such a young age. I am also proud of leading a grants team to win \$1.5 billion in federal transit funding."

"Leadership is no longer about your position. It is now more about your passion for excellence and your passion for making a difference. You can lead without a title. In transportation you have the opportunity to be a leader at any level. Take advantage and ensure that you have established mentors who will guide you along the way and sponsors who will elevate you and speak well on your behalf to help you achieve your promotional goals."

Seven Half Hollow Hills Math Scholars Named To Special Institute

Students To Join The Institute of Creative Problem Solving for Gifted and Talented Students at [SUNY College at Old Westbury](#)

By Chip Parker, Patch Contributor | Oct 19, 2018 2:31 pm ET



The Institute of Creative Problem Solving for Gifted and Talented Students at [SUNY College at Old Westbury](#) recently announced that seven Half Hollow Hills Central School District students have been accepted by the Institute. They are among the 85 students selected this year who will pursue the study of mathematics and its applications.

The students from Half Hollow Hills are:

- Julia Fitlin, Half Hollow Hills High School East;
- Benjamin Goldfried, Half Hollow Hills High School East;
- Michael Han, Half Hollow Hills High School East;
- Nicholas Han, Half Hollow Hills High School East;
- Dylan Keskinyan, Half Hollow Hills High School East;
- Ryan Peskin, West Hollow Middle School;
- and, Niyanth Ponnusamy, West Hollow Middle School.

To qualify for this honor, these seven students competed against approximately 500 of the top ranked students who had been nominated from school districts across Long Island. Acceptances were based on four criteria: school transcript, teacher recommendation, a brief statement written by the student and a rigorous entrance exam.

“Selection by the Institute implies that a student is among the top one-tenth of one percent in math of all students on Long Island in his or her grade,” said Ian Dunst, director of mathematics at Half Hollow Hills. “I applaud our students’ perspective on this hard work and outcome as being a prestigious prize. We are very proud to have seven of our students accepted into the Institute this year.”

Each student is expected to spend 50 hours in class over the course of 20 Saturday mornings. The curriculum covers mathematical topics from algebra, geometry, discrete math, and number theory, as well as topics not included in the standard courses of study. These topics include problem solving applied to probability, theory of finite differences, science applications and mass point geometry.

Dunst added that, “over the years, many of the Institute graduates have gone on to win prestigious awards, including national and international math, science, and engineering contests.”

Workshops for parents of students in the Institute are presented on a variety of topics; including how to enhance parent/student communications, improve gifted student self-awareness, and how to foster children’s interests in mathematics, science, and technology. Workshop presenters include Dr. Marci Lobel, psychology professor at Stony Brook University and Elizabeth Wissner-Gross an educational strategist and author.

The Institute is supported by [SUNY College at Old Westbury](#), the Nassau County Mathematics Teachers Association, the Suffolk County Mathematics Teachers Association, the Nassau County Interscholastic Mathematics League, and the Nassau County Association of Mathematics Supervisors, MoMath and Mathematical Olympiads for Elementary and Middle Schools in addition to the advisory board of the Institute of MERIT. Private benefactors and donations from parents of current and past participants fund the program.

An education-oriented community with high academic expectations, the Half Hollow Hills Central School District is located in a residential area of 50,000 people in the central part of Long Island, approximately 40 miles from New York City. Providing for the education of almost 8,000 students, the school district has five elementary schools, two middle schools and two high schools. Half Hollow Hills High Schools are fully accredited by the New York State Department of Education and the Middle States Association of Colleges and Schools. The district is committed to providing all students with opportunities to excel in academics, athletics and the arts.

Condado de Nassau celebra el Mes de la Herencia Hispana distinguiendo a nuevos líderes

By Noticia LI Staff | on October 10, 2018



Condado de Nassau celebra el Mes de la Herencia Hispana distinguiendo a nuevos líderes.

Las autoridades del Condado de Nassau llevaron a cabo su celebración del Mes de la Herencia Hispana el 3 de octubre, en la Cámara de Ceremonias del edificio legislativo y ejecutivo Theodore Roosevelt, en Mineola, Nueva York.

La Ejecutiva de Nassau, Laura Curran, junto con la Oficina de Asuntos Hispanos de la agencia C.A.S.A. cuya directora es Gabriela Castillo, y acompañados por invitados especiales, celebraron los logros, la cultura y las contribuciones de la comunidad latina.

Este año el tema fue “Honrar a nuestra próxima generación de líderes” entregando proclamas a:

- Eudes Budhai (Superintendente del Distrito Escolar de Westbury),
- Ingrid Villagran (Asistente Legal del Director de The Safe Center),
- Jovany Lazo (Oficial de Policía de la Villa de Freeport),
- Vanneza Cardona (Empresaria propietaria de Chardonas Locksmith de Island Park), y
- Jenniffer Martínez (Reportera de nuestro periódico Noticia).

Asimismo, en el evento también fueron distinguidos como Jóvenes Líderes:

- Josselin Paz (Estudiante de **SUNY Old Westbury**, fundadora de Undocumented Student Alliance), y
- Heidi Martínez (Estudiante de la Escuela Secundaria de Uniondale).

Y como Héroes de la Comunidad fueron reconocidos Godia Walter, Ignacia Buelvas, Marco Hurtado y Betty Rodríguez.

A40

OBITUARIES

LONG ISLAND

Madelyn Bowen, 21, softball player at SUNY Old Westbury

BY LAURA BLASEY
laura.blasey@newsday.com

Nothing could stop Madelyn Bowen from doing what she wanted to do — not even cancer.

Even in her final days, Bowen, 21, of Massapequa Park, was committed to setting an example of a life lived fully, her close friends and family said.

She showed up to every softball team practice at **SUNY Old Westbury**, completed every class, attended nearly every event for the political campaign she worked on until she couldn't this fall.

Bowen died Oct. 6 at NYU Winthrop Hospital in Mineola.

"She didn't want to stop living her life," said Amelia Cariddi, 20, of Seaford, a close friend. "Everyone is trying so hard to live now because she would have wanted it that way. It's not easy to wake up and smile, but I'm going to do it for her."

Bowen was born April 12, 1997, the younger of two children to Charles and Aline Bowen. Each moment with Maddy, as she was known to her close friends and family, was full of spunk and quick-witted joy.

"From the day she was born, everything she had to do for herself," her mother, Aline, said. "She always had to be the strong one, the one who took care of everyone else. That was her personality."

She began playing softball when she was 7 and fell in love with the camaraderie that came with being on a team, Aline Bowen said.

Bowen had other interests, too. She played drums in the marching band at Massapequa High School and dreamed of becoming a lawyer who worked with women in politics and progressive causes. She loved to watch "Law and Order: SVU" and grab a postgame slice of pizza from Umberto's in Wantagh.

It was softball that originally brought Bowen and Cariddi together. The two friends had been in the same softball orbit since they were children, but ran into each other again at **SUNY Old Westbury** in fall 2016. They quickly bonded over joining the softball team there.

But one day, Bowen told Cariddi she had a bump on her leg.

"She said, 'I have a bad feeling,'" Cariddi said.

In April 2017, doctors diagnosed Bowen with synovial sarcoma, a rare cancer that affects the arms and legs, her mother said. Bowen's



Madelyn Bowen also played drums and dreamed of becoming a lawyer.

cancer slowly spread, and her resolve to fight strengthened.

"She tried to smile her way, laugh her way through," Aline Bowen said. "At first, she said if it was up to her, she'd do nothing. Live her life and travel."

Her mother persuaded her to give treatment a try, if only to prolong the life her daughter wanted to live.

Bowen threw herself into her studies as a politics, economics and law major and signed up to work on the campaign of Liuba Grechen Shirley, a Democrat running against Rep. Peter King for New York's 2nd Congressional District.

On the field, Bowen worked hard to keep up with her teammates, said coach Rich Borawski. Bowen wasn't able to play every game or complete every practice drill, but she still showed up and gave "nothing less than 100 percent," he said.

At one home game last spring, Borawski leaned over and asked Bowen if she felt up to playing, even though he knew she'd say yes. Bowen proudly walked up to

the plate, bat in hand. She hit the ball with a satisfying crack, her coach said.

It was her first hit in months, and it would be her last.

"Everyone was crying — her teammates, people in the stands," Borawski said. "For her, it proved, I think, that she could still do it, play the game that she loved so much. It was the one moment she could forget she had cancer."

Services were held for Bowen on Oct. 11. In lieu of flowers, her family asked that donations be made to the Cancer Center for Kids at NYU Winthrop Hospital.

She is survived by her parents, her brother, C.J. Bowen, her grandparents Mary Helen Oas and Barbara and Thomas McCarthy, and uncles, aunts and cousins.

LEGACY

Read recent obituaries,
in memoriams,
newsday.com/obituaries

SUNY Old Westbury Adds Assistant Cross Country Coach

By Tribune Staff - October 13, 2018



Christine Pagano helped lead College of Staten Island to three straight CUNYAC men's cross country

SUNY Old Westbury head men's and women's cross country coach Jeff Labiento recently announced the addition of assistant coach Christine Pagano to his staff for the 2018 season.

"Pagano will help push Old Westbury to develop into a championship caliber program," Labiento said. "Her dedication to implement our vision to an ambitious group of runners will quickly pay dividends."

Pagano arrives at Old Westbury after spending the last eight years (2010-17) as assistant men's and women's cross country coach at College of Staten Island. She helped guide Staten Island to three-straight CUNYAC men's cross country championships from 2013-15. During her tenure in Staten Island, the women's squad's best CUNYAC championship finish was second in 2014.

"I am looking forward to bringing my coaching experience and dedication to the Old Westbury cross country programs this season," said Pagano. "I am confident that coach Labiento and I can bring the team to a greater level of competitiveness with the devotion of the student-athletes."

From 2004 to 2010, Pagano served as the head cross country and track and field coach at St. Joseph Hill Academy in Staten Island.

Pagano was a four-year member (2000-04) of the Wagner College track and field program, where she earned a bachelor's degree in nursing (2004). In 2008, she went on to receive a master's degree in nursing education from Wagner.

In 2009, Pagano was the top female runner at the annual 3.1-mile Stephen Siller Tunnel to Towers Run in 19:53. She completed three half marathons in 2017-18, and will be running the 2018 TCS New York City Marathon in November.

Pagano currently resides in Westbury, with her wife, Christina, and two children, Luke and Landon. Pagano, a registered nurse, is currently employed by Northwell LIJ Hospital and is also an adjunct clinical instructor at Adelphi University.

SPORTS / COLLEGE / COLLEGE BASKETBALL

Farmingdale State looking to three-peat in Skyline Conference regular season

The Rams should get some noise from SUNY-Old Westbury, Molloy's the class of Division II, and Suffolk CCC hopes to surpass Nassau CC.

By Peter Kersich

peter.kersich@newsday.com

Updated October 26, 2018 9:06 PM

When it comes to the Farmingdale State men's basketball team, its strength is in its numbers.

The Rams return 13 players from last year's team that went 16-4 in the Skyline Conference, won the regular season conference title for a second consecutive season and fell in the semifinals of the playoffs.

"I feel that our depth is one of the best aspects of our team," Farmingdale State coach Brendan Twomey said. "We like to get everyone involved in the offense. I'll usually have five or six guys that average 10-14 points per game."

Farmingdale State will be led by its three senior captains, George Riefenstahl, Matthew Graham and Ali Mabelton.

Riefenstahl was named to the All-Skyline Conference first team in his junior season, and led Farmingdale State in scoring (14.1 points per game), field goal percentage (.575), rebounding (10.2 rebounds per game) and blocks (44).

"We are looking for him to continue where he left off at the end of last year," Twomey said. "He has done a good job of leading on and off the court."

Graham started every game for the Rams during his junior season and led the team in three-point field goal percentage (.355) and free-throw percentage (.873). Mabelton had a team-high 72 assists.

A team that will look to challenge the Rams for a conference title is SUNY-Old Westbury. The Panthers earned the final spot in the Skyline playoffs last year, before falling in the first round.

Alan McDonald and Yancy Ulysse are back for their senior seasons and will provide stability in the Panthers' front court.

McDonald was an All-Conference Second Team player in his junior year and led SUNY-Old Westbury with 14.6 points per game. Ulysee was first on the team in rebounding with 7.4 per game.

Two Long Island freshmen will be a part of the Panthers this season. Mike Snowden, the former Copiague High School standout guard, will compete for playing time, and so will former Lawrence Woodmere guard Andrew Buskey.

"I have been really impressed with all of our newcomers," SUNY-Old Westbury coach Bernard Tomlin said. "They are starting to mesh together, and more importantly, they seem to like playing together."

St. Joseph's (L.I.) and USMMA return a few key players as well.

James Walsh and Seth Barnes will look to build on the success they had in their freshman seasons at USMMA, and Frank Basile will provide a majority of the scoring for the Golden Eagles.