



D.O.G. FEST Overview



Photo Credit: Justin Newhouse

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Courtney Ferrara
Guest Writer

Though it wasn't on Hot Dog weekend, D.O.G Fest still held up the spirit of Alfred's most famous holiday. Hosting the musical groups Huey Mack, Rubblebucket, and Zella Day D.O.G Fest was full of entertainment for all who attended.

Huey Mack kicked off the concert with his hip-hop/rap songs, really getting the party started along with DJ YEMI. Huey Mack's performance even brought on a chant for Dan Napolitano: "Dan's the man!"

The second band to perform was Rubblebucket. They are an "indie-dance" band based in Brooklyn. There was no doubt at the concert

that they know how to put on a show. From the lead singer crowd surfing, to confetti cannons and balloons, this band really brought it all to D.O.G fest. At the end of their set, the crowd did not want them to leave, so they created a circle in the crowd where they continued jamming out on their trumpets, saxophones and other band instruments.

The last artist to perform was Zella Day who is a bohemian style modern pop artist, and like Huey Mack, she played new songs from her upcoming album.

On top of getting these great, upcoming bands to come to D.O.G fest, there was food provided for a

small price, a tent for those twenty-one and over, as well as free Red Bull. Overall D.O.G Fest was a success. Now it's time to get ready for other Hot Dog Day festivities!



Woman of Influence: Zerlina Maxwell

Franchesca Feliz
Managing Editor

On the night of April 16 in Nevins theater, Zerlina Maxwell came to share her thoughts to AU students on using Twitter as a tool for success and the conversation of rape culture.

"People underutilize this tool [Twitter], but it can really get your foot in the door," she said.

Maxwell is a political analyst, writer, speaker and tv/radio commentator. She is most well-known for her powerful conversations about rape culture. Maxwell began to "build her brand" through social media. Through Twitter, she is able to network and has created an online presence for herself that is well-respected. She has been listed among Time magazine's 140 best Twitter feeds for her thought-provoking and intriguing tweets. Included in those tweets is the hashtag she started, "#rapecul-



Maxwell poses with Feliz. tureiswhen," which trended nationally. Through skills such as goal-setting, Maxwell was also able to work on the Obama campaign and fly on the Air Force One with the presi-

dent to Selma. Maxwell is a living, breathing example of how Twitter can be an effective tool when used strategically.

"I wanted to be a part of the world I'm living in," she said. "I found myself wanting to do more and be more engaged."

Maxwell advised the audience to engage in a few social media practices in order to successfully network and use Twitter strategically: be yourself, don't tweet anything you would not say, add value, strategically follow and interact constructively.

Being yourself simply means that a Twitter personality should be the same online as they are in person. A person's social media persona should be an extension of who they are as a person.

Tweeting only what you would say avoids the tweets that can ultimately lead to a person getting fired

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ALL ABOUT ALFRED

Strossen Speaks About Sexual Assault on Campuses

Cheyenne Rainford
Editor-in-Chief

If you're a college student who has been victimized by sexual violence or assault, go to your university authorities first, the police second.

Nadine Strossen, former president of the American Civil Liberties Union (ACLU) and professor of law at New York Law School gave AU's annual Riley Lecture on March 31. An abundantly crowded Nevins Theater welcomed her to the stage.

Strossen argues that universities have no business dealing with claims of sexual violence and assault. She says it should fall strictly under the authority of the criminal justice system. Furthermore, sexual misconduct has become a "dramatically broadened concept," she says, which makes it easier for universities to assume guilt.

While I agree that college and university procedures tend to embrace a "guilty until proven innocent" stance, they do have a role to play in sorting out sexual misconduct accusations on their campuses. Their policies are streamlined efforts that seek to discover the truth quickly and justly.

The trouble, according to Strossen, is that "campuses punish, as rapists, men who had consensual



Photo Credit: Google images

sex," but that guilty persons, while they are most often expelled, "[remain] free to rape anywhere else." This is why, she says, these cases are better allocated to the criminal justice system.

Strossen fails to consider the time element in these cases. In the event of rape, the fresher the evidence, the better. The criminal justice system is under no obligation to complete an investigation within any particular time frame.

Completing the charging, trying, convicting and imprisoning of a rapist can take years. An article from The Daily Beast reported last

year that the U.S. has an estimated backlog of 400 thousand untested rape kits. Is it any wonder that sexual assault victims have little faith in the system?

AU's sexual misconduct policy states that both accuser and accused must meet with the Title XI Deputy Coordinators (Dean of Students, the Provost and the Human Resources Generalist). Then, a full investigation is conducted by the Grievance Resolution Board followed by a written report of their findings. Penalties are levied as needed from there. The university seeks to do all this within 60 busi-

ness days.

Reporting to the police, although certainly an advisable decision, will not yield results so soon. When we pit a 60 business day process against a 400 thousand rape kit backlog, it's no contest.

Survivors should report incidents to both the university and local authorities. Universities can offer short-term measures like suspension, restraining orders and/or expulsion of the perpetrator while they wait for the justice system to catch up.

A Bit of Sun in Alfred



Photo Credit: Cheyenne Rainford

Alfred campus finally had some awesome weather recently. With temperatures reaching into the eighties students started to venture out of their dorms to enjoy the beautiful change in weather. Some of these students, including Jason Chenenko, Liz Finney, James Campbell, Addison Heulitt, Daniel Clark, Nick Sugg, James Brewer and Justin Hughes set up their own slip n' slide right outside of Cannon. What a great way to beat the heat!



FIATLUX

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PULP FICTION: A CLASSIC 90’s FILM



Photo Credit: Google images

Kyle Connor
Guest writer

Quentin Tarantino’s 1994 Action-Drama, Pulp Fiction (1994), co-starring Samuel L. Jackson and John Travolta is considered one of the greatest movies to come out of the 1990’s. Roles played by Uma Thurman and Bruce Willis, alike, remain ingrained in pop-culture to-day, along with the impact the two lead roles left themselves. The band Fall Out Boy has produced a hit song recently that goes by the title, “Uma Thurman,” which references her famous dance scene performed with John Travolta. A notorious electronic-dance-music (EDM) group calls themselves “Zeds Dead,” a nod to one of the final lines Bruce Willis says in the movie. Traces of Pulp Fiction can be found scattered around today’s world of pop-culture, and there is good reason for it.

The movie takes place in Los Angeles, California in modern day,

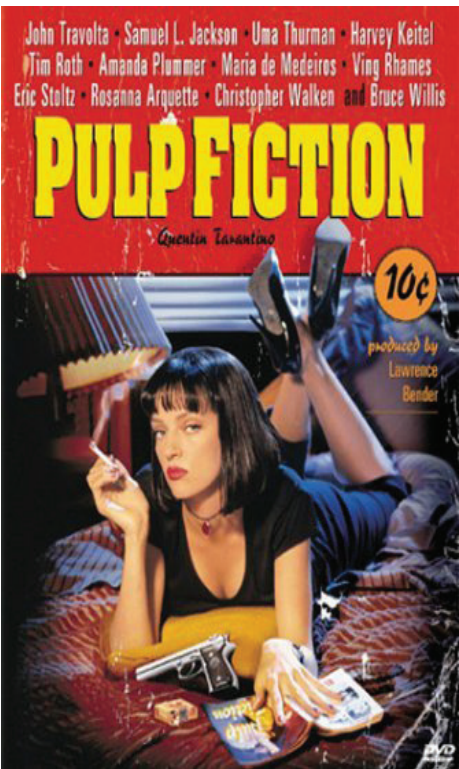
at the time. Starting off in a diner with two characters that call each other “Pumpkin” and “Honey-Bunny.” The two reveal that they are serial burglars who have been robbing liquor stores. By the time they finish their conversation, the couple has ultimately decided to rob the diner they are eating at, and after they announce to the entire establishment that a robbery was taking place the film’s director, Quentin Tarantino, utilizes a method that has been copied by many films to follow.

The screen goes black and the film’s time-line jumps to introducing the characters of “Vincent Vega,” played by Travolta, and “Jules,” played by Jackson driving along dressed in suits carrying on about random topics, such as life in Europe. Eventually the audience discovers that the two men are



hit-men, working for a man named “Marcellus,” the movie takes off in a time-hop fashion, with a ton of violence and relentless banter between characters that creates endless comic relief.

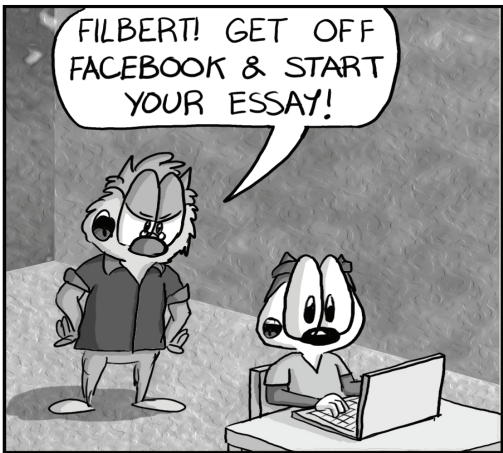
Classic one-liners involving European cheeseburgers, foot massages, a father’s watch, and speaking the English language are all products of this ‘90s classic. Rated R for extreme violence, adult language, situations, and drug-use, the film is not for the younger audiences. However, if you have yet to see Pulp Fiction, and are above the age of 17, you owe it to yourself to check it out. Besides, don’t you want to know how to “dance like Uma Thurman”?



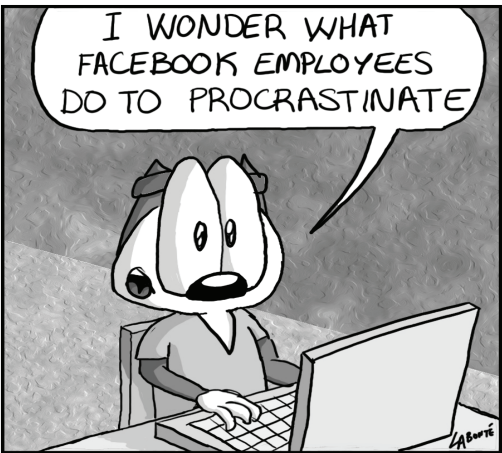
By: L. A. Bonté



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No More Victim Blaming

Walter Gives Her Opinion on Sexual Assault

Sydney Walter
Columnist

As another school years comes to a close, more parties and good weather are bound to come up, which is a great way to kick off summer!

However, when partying and drinking occurs, we all need to be more vigilant of our surroundings. Sexual assault can happen anywhere and at anytime and we can't just say "if you do not wear this outfit you will not get raped" because that is not the truth. An AU student recently made a speech on rape culture and how we must advise people to be smart and look for the signs that we should be cautious of. We also need to educate everyone that rape should not happen at all. When we hear 'rape,' we think we know not to rape others, but some people do not understand that no means no. Anyone, whether a girl or boy, is not to blame for being sexually assaulted. The fact that she was wearing a skirt and

dancing does not mean that "she was asking for it."

Some people have to stop looking at the victim like it is her fault. In most cases, on campuses, someone thought that what they did was okay. No one tried to help, and everyone blames the victim. Recently, in the news, there has been a lot of talk about how universities handle these cases. They try to hide the situation and sweep it under the rug. We are all fortunate enough that Alfred is not one of those places, but we have to work together to make sure that it never will be. We must help each other, we must make sure that our campus and village is safe for everyone.

There are many campaigns going around about sexual assault. I encourage all of you to look into them. The NO MORE campaign is a great one to look at and start to understand what we can all do to make Alfred better.

More D.O.G. Fest Pictures!

Credit: Justin Newhouse



CONTINUED FROM PG. 1
from their job.

Adding value to your followers' timeline helps a Twitter user gain more followers because it helps other users find more reasons to follow you.

Following strategically involves large amounts of networking. Follow the people you are truly inspired by and follow the people they follow.

Interacting constructively means putting out insightful tweets, responding to important voices on Twitter and keeping in touch with those voices.

"Nowadays, anyone with access to a cellphone can change the world," said Maxwell.

As the talk continued, Maxwell shifted gears to rape culture. As a victim of rape herself, Maxwell always has much to say about this topic. Her main argument on the topic of sexual assault is that, rather than teaching women to dress differently or drink less to avoid being raped, we as a society should to teach men not to rape. Maxwell engaged the audience with a clip from her debate on Sean Hannity's show, where Hannity argues that giving every woman a gun can help prevent rape. In the video, Maxwell disputes how this is far from rape prevention.

"In my case, don't tell me if I had only had a gun, I wouldn't have been raped, because it's still putting it on me to prevent the rape," she said on the show.

From appearances on shows like Hannity's to using the power of hashtags on Twitter, Maxwell has earned a title as an extremely influential woman here on the AU campus.

AU Softball Sweeps Fisher, to Host E8 Tourney

PITTSFORD, NY – The Alfred University softball team swept a doubleheader from host St. John Fisher College Thursday afternoon, clinching at least a share of the Empire 8 Conference title and ensuring the Saxons will be the top seed and host of next weekend's conference championship tournament.

Alfred (293) won the opener, 42, rallying from an early onerun deficit behind a pair of solo home runs from junior catcher Jamine Picini (Alexandria, VA/West Potomac)

and sophomore third baseman Liz Thompson (Horseheads, NY/Horseheads). In the second game, the Saxons again used a pair of homeruns, including a firstinning grand slam by junior shortstop Nicole Maher (Newark, DE/Caravel Academy), on their way to a 108 victory.

The sweep improved the Saxons' league record to 111, guaranteeing AU at least a tie of the regular season conference title. One win in their seasonending league double-

header Monday at home against Houghton will give the AU its first-ever outright Empire 8 crown. Alfred shared the league crown with Ithaca in 2010, when both teams posted 111 conference marks.

Regardless of the outcome of Monday's games with Houghton, Alfred will be the number one seed in the fourteam Empire 8 championship tournament May 12, the winner of which earns the league's automatic bid to the NCAA Division III championships.

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FEATURES

Bergren Breakdown “Cows and a Bull”

Quintin Reed
Bergren Columnist

The Bergren Forum format is usually a topic that is presented by a professor to edify the public; however, the most recent Bergren Forum was presented by a student; the finalist of the Wit and Wisdom competition.

The Phi Beta Kappa chapter here at Alfred holds a Wit and Wisdom competition, which challenges students gifted with wit and wisdom to enter something of theirs that is either creative writing or a scholarly essay. The students are allowed to passionately address whatever topic they choose.

This year’s finalist was Cassandra Bull, who decided to write about agriculture, but more specifically cows at Alfred State College and the manner in which they are treated.

Cassandra is enrolled at Alfred University’s School of Art and Design but is working towards a dual major in Agricultural Sciences at Alfred State. It was during one of her courses that she had the opportunity of hanging out with a cow for 24 hours.

A class requirement for Cassandra was to spend an entire day with a cow at the dairy barn. The goal of the assignment was to bond with the cows so that the students could develop an emotional rather than pragmatic approach when going into agriculture.

Unfortunately, the way in which dairy farming is handled can be considered very cruel and, by Bull’s standards, “unnecessary.”

The process is something along the lines of: cows are impregnated to produce milk, their calves are taken away from them, they are milked until they can no longer produce, and then they become hamburger.

This process may seem cruel, but it becomes worse when you have bonded with a cow, or so Bull thought.

The process was transformative. After spending 14 hours in “cow shit,” she finally... lost her lunch, but she was mostly the better for it.

Bull’s assigned cow’s name was 131. That is right, the cow’s name was a number. It would be so barbaric and cruel for 21st century hu-



Photo Credit: Alfred State website

mans to assign living and breathing humans a number and put them in controlled environment where they are forced to produce labor for an amount of time, and yet... If you are starting to see the inhumanity in the treatment of bovines then you are experiencing the same realization as Bull.

The purpose of her lecture was to simply start the conversation and spread the awareness of the way in which non-humans are treated. She is not asking for the downfall of the agricultural industry, but simply to bring into question its ethicality.

As an art student, she began to incorporate this element of aware-

ness into her work. Most notably she handmade coveralls, which she wore to the barn to connect with 131. Unfortunately, they were ripped and torn and became unusable; however, like a metamorphic organism, Bull was able to shed her coveralls and begin anew.

Bull’s talk also focused on this exploratory journey which has increased her awareness, as well as why she believes talking about the situation will help it spread into the ether of Alfred and hopefully spur progressive movement.

In case you are wondering, Cassandra still visits 131 every so often, keeping their connection intact.

This is Quintin Alexander R. signing off!

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Please post your Hot Dog Day pictures to our facebook page to have them featured in our gallery.



Alfred University’s Fiat Lux



Twitter:
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Concussion Concerns

Brilla Shares Her Opinion on Concussions in Both Professional and College Sports

Lauren Brilla
Sports Columnist



Photo Credit: Facebook
Lauren Brilla

It was my first year playing water polo and within a few weeks I already had a serious concussion due to a broken nose.

My concussion lasted over six weeks and caused other problems like vertigo, which I continue to suffer from today.

Concussions in sports are all too common. They are a serious matter and need to be taken with extreme caution.

It was shocking to find out that more than 4,500 former National Football League (NFL) players have filed suit against the league, claiming the NFL knew for decades about the harmful effects of concussions but concealed the information. Former Dallas Cowboys running back Tony Dorsett and Chicago Bears quarterback Jim McMahon are just two of the thousands.

According to an Associated Press report, “the players accused the league of training players to hit with their heads, failing to properly treat them for concussions when they occurred and trying to conceal for decades any links between football and brain injuries.”

When a player has a concussion,

he may not realize the damage to his brain right away, but serious health conditions may occur several months or even years later. The sooner a doctor or trainer evaluates the player the better.

The NFL has taken some steps to address the concussion issue in the past couple of seasons, including adjusting the criteria to make it harder for players with head injuries to return to the field and placing an informative poster in team locker rooms.

Concussions do not only occur in professional sports. They happen on a daily basis in children as young as five and also commonly affect college athletes.

Assistant Football Coach at

Alfred University Lazarus Morgan feels that due to the recent evidence found about concussions they need to be taken seriously, now more than ever.

“If one of my players shows any sign of a concussion, I immediately send them to the trainer and take their helmet away from them,” Morgan said.

It is the job of the coaches and trainers to know when enough is enough. If a player is injured during practice or a game, he should be pulled immediately and evaluated.

Just ask AU student and football player Sonny Caruso about his experience with concussions, and he will tell you he’s sure that he received a concussion during the last

football game of the 2014 season, but he can’t remember it.

“When an athlete gets a concussion, they make you take an impact test and compare it to a baseline test you take at the beginning of the season,” Caruso said. “In my case I think I took it 3 or 4 times until I was fully cleared to start working out again.”

Like Caruso, I feel Alfred has sufficient protocol when it comes to recognizing and treating concussions.

Colleges seem to take the issue more seriously than the money-hungry NFL teams. It’s a sad situation to see so many professional athletes struggling due to injuries sustained on the field that may have been able to be prevented.

Although, when it comes down to it, sports are dangerous. An athlete has to be mentally prepared to sustain an injury and deal with it in a safe manner. It is the athletes’ responsibility, along with the parents, coaches and trainers, to treat concussions with caution.

It is always a safe decision to spend a little extra time on the sidelines healing than for your injury to come back and haunt you down the road with serious side effects. Or even worse, death.

Concussion Regulations

Are AU Students on Board with Boston’s New Concussion Protocol?

Zakary Klick
Guest Writer



Photo Credit: channel3000.com

Imagine it’s the end of the second half. Goosebumps spur from your arms like a snapping turtle’s claws about to pin a careless salmon under their intense grip. Your left quad begins to ooze blood. Or, is it your own blood? Nah, it’s probably number 52 for Nazareth, you jacked him up pretty good.

And while your head may feel as if it could burst like a grape from an encumbering weight, no one could keep you for this moment...Unless this game was in Boston. “Sorry pal, you’ll have to come out of the game.”

Indeed, under regulations the Boston City Council approved for head trauma incidents, set to begin the fall of 2015, athletes are prohibited from re-entering the same game after displaying concussion-like symptoms.

In other words, even if the athlete does not have a concussion, he or she can be pulled out of a game without the athlete’s consent.

While these new regulations may only be limited to Harvard, Boston College, Boston University, and Northeastern, health-based issues

seem to trend quickly and could easily trickle down to D III schools.

This upsets many AU athletes, particularly rugby, football, and lacrosse players, which the new regulations have targeted as the “heavy hitters.” The students believe a fail/pass testing system should not determine if an athlete can play.

“Sometimes we get hit and bumped pretty hard, that’s just the nature of the game,” says Dakota Slack, an AU rugby player. And, not all heavy hits to the head are concussions. For that reason, it’s up to the athlete to be smart and decide if it’s worth it to play, Slack states.

Amanda Khodorkovskaya, AU’s Health and Wellness Center Coordinator, also explains that 75 to 95

percent of TBI (Traumatic Brain Injury) cases are mild. Mild cases include constant dizziness, sensitivity to light and noise, sleep disturbance, and mood swings.

While Khodorkovskaya addresses that mild TBI cases are nothing to dismiss, they are not the same TBI’s the media has emphasized, particularly with deaths among the NFL.

For example, players such as Junior Seau, who suffered from a type of chronic brain damage potentially fueling his suicide, had a history of multiple concussions and other forms of head injuries.

Expressing these end results as “the norm” for concussions would be inaccurate. Concussions are graded as mild (grade 1), moderate (grade 2), or severe (grade 3),

contingent on factors such as loss of consciousness, amnesia, and loss of equilibrium.

Khodorkovskaya also recognizes the unlikelihood for an average one-sport student athlete to obtain CTE in comparison to someone who has played football all his life and at a professional level.

However, Slack believes the new regulations have little to do with health at all. In fact, Slack credits Boston’s decision as strictly political to protect itself from lawsuits like the NFL has seen.

Unfortunately, the danger in this, Slack states, is that the protective measures taken will trump an athlete’s competitive nature. Because of this, Slack worries for Alfred’s athletic future, stressing that no athlete should ever be told what they can or can’t do.

Just as one has the freedom to smoke cigarettes or drink alcohol, accepting the subsequent dangers that entail, athletes are also aware of the risks of concussions and have the ability to make a choice of their own; “Perhaps even if it is the wrong one,” Slack concludes.

Powder-Packed Stimulants

Klick Weighs in on Pre-workout Effects

Zakary Klick
Guest Writer

What’s that colorfully glinted water athletes are now drinking in the weight room? It’s certainly not Kool-Aid. It’s actually a powder packed with stimulants called “pre-workout.” Or as student-athlete Mike St. Louis calls it, “liquid cocaine.”

Sounds farfetched? Maybe not. Some of the most popular pre-workout brand names, including Animal Rage and B.P.I 1.M.R Vortex, contain 300 milligrams (mg) of caffeine per scoop. The suggested use of such products also allows up to two scoops per training day, offering a potential 600mg of caffeine.

In comparison, the average caffeine in a standard Keurig K-cup is 120mg and in a Monster energy drink, 160mg, nowhere close to a 600mg dosage.

Although the vague supplemental facts on the back of the pre-workout containers are misleading, suggesting that each scoop is equivalent to “about two cups of coffee,” AU students using such supplements seem largely unconcerned.

Many even admit they never look at such labels. Not only are they satisfied with their particular powders, students, including St. Louis, describe the high caffeine count as an “essential push” for motivation and overall energy during the cold winter months.

However, Nathan Lammare-Vincent, AU professor and chemical biologist, says that beyond the “buzz” caffeine provides, most of the influence is “psychosomatic.”

Essentially, students wholeheartedly believe in such products, used by their peers and successful athletes, and think it must lead to their success. Therefore, they mentally prepare for a rush of energy they believe leads to a better workout, regardless if anything’s happening.

Many critics also claim consumers become addicted to these pre-workout supplements without even knowing they are hooked. After weeks of use, the consumers begin to naturally associate the pre-workout with the weight room, making one task nearly impossible without the other. In essence, it becomes psychologically challenging for users to discontinue the product while continuing to hit the gym.

Yet, caffeine is not the only stimulant packed into many of these pre-workout powders. Popular brands, such as B.P.I 1.M.R Vortex, also contain “yohimbe” and “securigena,” lesser known “uppers” used, respectively, for increased blood flow and jolting the central



Source: Google Images

nervous system.

These “behind-the-curtain” ingredients worry Ian Cramer, an AU full-time athletic trainer, who estimates about three out of 10 AU male athletes, and one out of every 20 AU female athletes, use such pre-workout powders.

While many students seem to think that athletes are attaining these supplements from AU coaches and athletic trainers upon demand, Cramer elucidates that Alfred’s athletic training staff does not recommend these products. He also stresses that “if an athlete has a certain deficiency, he should speak to his doctor before trying any such product.”

Are AU students talking to their physicians about using these products? If such conversations with the Wellness Center is any indication, apparently not. In fact, no known student at AU has asked the Wellness Center about the side effects of these products, according to Stanley Tam, AU Health

and Wellness Center Director and psychologist.

Tam also explained the challenge particularly that freshmen face when entering into athletics. Many such students, often all-stars at their high school, commonly end up bench players due to the increased level of competitiveness at the collegiate level. As a result, this creates anxiety-based issues in which the players believe they must “become bigger” to play more, Tam said.

There is much pressure on athletes to become the fittest they possibly can. With the vast amounts of supplements that are advertised to “maximize potential,” it’s no wonder athletes are trying anything they can get their hands on.

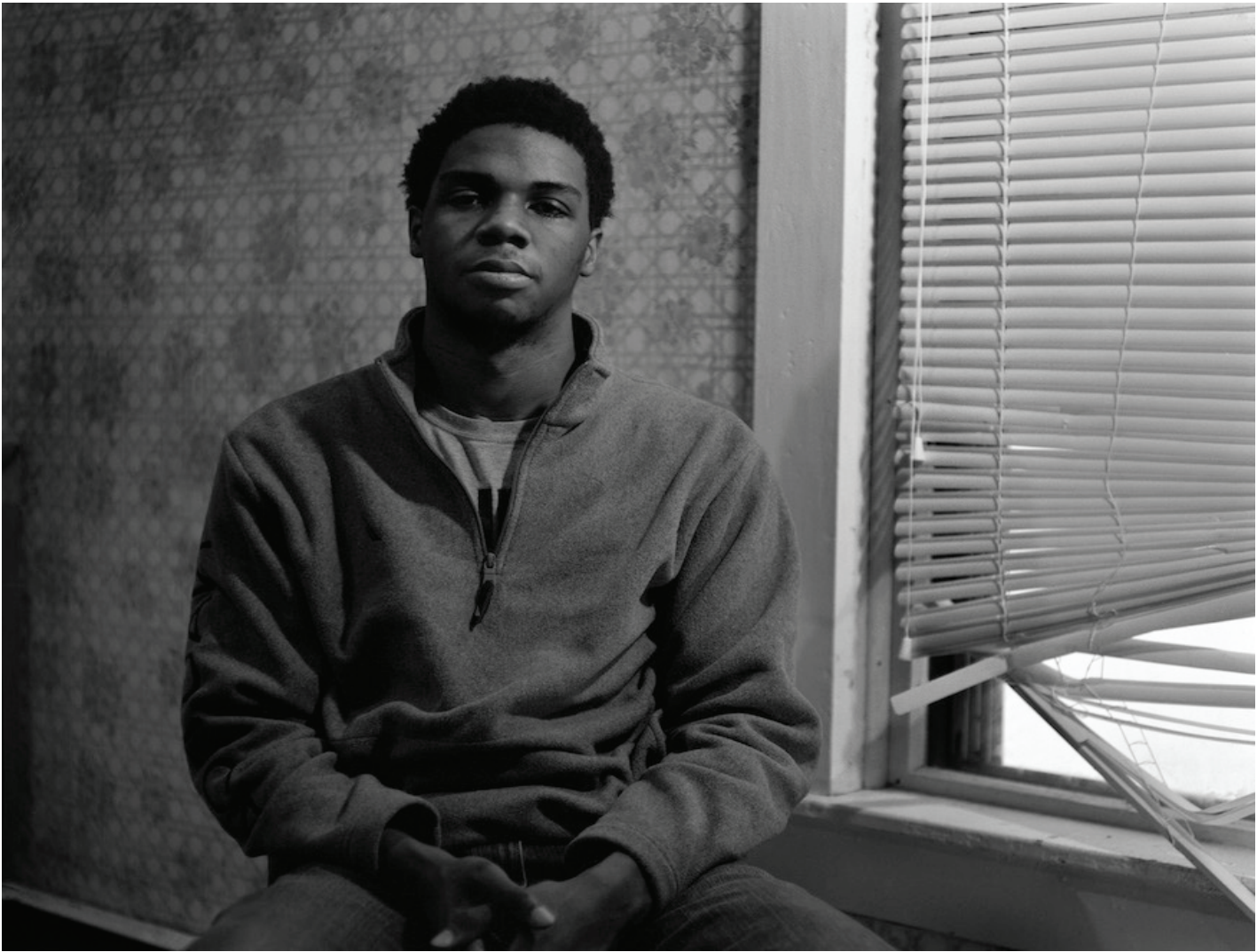
But as with any type of stimulant, the possible dangers are clear: sleeplessness, diarrhea, vasoconstriction (narrowing of blood vessels), anxiety and palpitations are all potential side-effects, ac-

cording to AU Wellness Center brochures. The companies producing these pre-workout supplements also recognize such risks when they specifically state in warning labels to discontinue after “eight consecutive weeks.”

So perhaps consumers are partially to blame. After all, as George Vernadakis, an Everyday Health staff writer states, “regardless of the source of [one’s] caffeine intake, moderation and awareness are key.” Essentially, if students take the time to ask their physicians what products are productive and counterproductive to their own specific body chemistry, there might just be a safe middle-ground for all athletes.

Because at the end of the day, Lammare-Vincent concludes, in regards to supplemental use, “everything is dangerous, it just depends on the dosage.”

Photo Credit: Zach Frank; zachfrankart.wordpress.com



“The Day He Got Fired” (2015)



“G-Eazy @ Webster Hall” (2015)

The Fiat Lux is running a bi-weekly photo feature. Photos must be submitted to Layout Editor Caroline Jette at cqj1@alfred.edu, and must be in jpeg format. Photos may be black and white, full color or filtered any way the photographer sees fit. One submission will be selected for each edition. Multiple submissions are acceptable, there is no file limit. Photos may not include full or partial nudity. Any photo including a person's face and/or body must be submitted with the subject's name, unless the subject explicitly requests anonymity, in which case the subject must email the Fiat at cqj1@alfred.edu expressing this desire. Photos must be the photographer's original work and may only be submitted by the photographer.