

PHOTO BY SHAUN LATULIPPE

Juniors Samantha Moore and Kellee-Sue Henry represent Umoja at Alfred University's World AIDS Day Mini-Summit on Dec. 1 in the Powell Campus Center Knight Club. Members of Umoja sold Alf(RED) t-shirts to raise money for The Global Fund.

## Love Your Body Day encourages knowledge, activism

BY ABIGAIL GRIFFITH  
FEATURES EDITOR

Do you look in the mirror when you wake up and love what you see? Well, if you don't, it's about time you did!

That was the message of Alfred University's second annual Love Your Body Day event on Nov. 16 at the Women's Leadership Center. AU community members of all ages came together to discuss the troubling effect the media has on self-esteem and how to combat this disturbing trend.

The event revolved around a viewing of *Jean Kilbourne's documentary Killing Us Softly 3: Advertising's Image of Media*. The latest installment in Kilbourne's award-winning series, the film focused on the many negative messages women and girls receive from today's advertising campaigns.

Whether it is the idea that women must be skinny to be beautiful or that the objectification of women is "ok" or "normal," *Killing Us Softly 3* forces viewers to reevaluate the messages companies are trying to send in order to sell products.

The documentary closes with Kilbourne urging everyone to be well-educated consumers set on changing the way advertisers peddle their products.

After the film, participants in Love Your Body Day watched several clips from the Dove Campaign for Real Beauty. Following the clip viewing, senior English major Jodi Andersen, who organized this year's event, discussed ways women can fight negative images in the media.

Andersen hopes that Love Your Body Day continues to be a regular event at AU. She feels that educating her peers about the tactics of the advertising campaigns is important.

"I decided to hold the event in the first place because I watched close friends of mine struggle with body image, and I struggled with it myself," said Andersen. "We didn't know what we're up against -- diet, cosmetic, and fashion industries hungry for our dollars and pulling out all the stops to get them. If we learn about the strategies these industries use, it's easier to fight

back," she added. Andersen encouraged Love Your Body Day attendees to consider what products they spend their money on. She stressed that they should buy things that they want and not what society dictates women should purchase.

The first national Love Your Body Day was held in 1998. Created by the National Organization for Women, it has since become a popular movement on campuses across the country.

More information on the movement can be found online at <http://loveyourbodynowfoundation.org>.

Andersen urged anyone interested in learning about more ways to fight back to visit [www.about-face.org](http://www.about-face.org). The Web site gives different takes on how to combat negative advertising and decrease poor body image in the next generation of American women.

Andersen also offered a unique tip on how to send a message to advertisers without breaking the bank on postage. She told participants to send the free cards often included in magazines and other mail order catalogues back with their own statements on them, protesting the often skewed use of women in ads.

Freshman engineering major Lyndsey Morris found her first Love Your Body Day to be thought-provoking.

"Having never seen the *Killing Us Softly* videos, I found them to be very intriguing," she said. "I was also appalled to discover that there were actual pro-anorexia Web sites out there," Morris said.

Freshman English major Laura Reyome also participated in the event and said she will definitely attend in the future.

"It got me to think a lot about my own body ... and how desensitized we've become to advertisements and how they sexualize women," she said.

Reyome agreed with Andersen and said that women should protest against the negative female representations in today's ads.

"We're being told to change ourselves by the media all the time," Reyome said. "And it's wrong." ○

## Student Senate celebrates centennial with an eye toward the future

BY SILAS ALBRECHT  
CONTRIBUTING WRITER

Alfred University's Student Senate, created in 1906, has just commemorated its 100-year anniversary.

"Student Senate has lasted for 100 long years because it has worked as a strong system, allowing for students to share their opinions, deliver their complaints, and make change happen," said Student Senate President Jessica Henderson.

Over the last 100 years, the Student Senate has gone through many changes. These changes are detailed in 2000 alumnus and former Student Senate President Michael Pellicciotti's University Honors thesis, "The History of the Student Senate of Alfred University."

Pellicciotti shows the development of the Student Senate from an organization that ensured that first-year students respected older students to today's all-inclusive and socially concerned Student Senate.

Pellicciotti writes that in the beginning the "Senate was developing policy related to freshmen responsibility, an honor code and University traditions. It was also responsible for enforcing its rules."

The Student Senate, which governed over the Campus Court and Freshman Court, was used by older students to

make sure that they were respected by younger students.

Most of these rules do not exist today and could be seen as unfair to first-year students. For example, first-year students were not allowed to smoke but were required to carry matches at all times for older students.

First-year students were also forbidden from wearing mustaches at any time. Further, they were required to hold doors open for upperclassmen when entering buildings. Punishments were enforced. One example was reported in the *Fiat Lux* in Oct. 1929 after some first-year students were convicted for not wearing the required black socks to an assembly meeting.

The *Fiat* reported that the students were sentenced "to wear one white ladies' stocking over their trouser leg, said stocking to be supported at its northern extremity by a garter duly fashioned out of red crepe paper."

The paddle, called by the *Fiat Lux* an "instrument of torture devised by upper-classmen," was also a form of punishment but was not often administered.

AU Archivist Laurie McFadden says that these rules and punishments created a strong group identity for each freshman class that would last through its four years at AU.

*Continued on page 4*

## AU profs share info about U.K.

BY ERIN BRUMMER  
SPORTS EDITOR

Alfred University professors Emrys Westacott, Michael McDonough and Alexis Clare shared different aspects of British culture at the Global Awareness Roundtable Nov. 13 in the Powell Campus Center Knight Club.

The professors, all natives of England, decided to "focus on our areas of specialty" instead of giving a broad overview of United Kingdom culture, said Westacott. Westacott discussed England's trails, while McDonough took us on a tour of London and Clare showed us London from a native's perspective.

A philosophy professor here at AU, Westacott was born in Chesterfield, an industrial town in Northern England. Westacott joked that Chesterfield is known for its proximity to Sheffield, where *The Full Monty* takes place.

Westacott started the presentation with his specialty: hiking. He shared with the audience, "By far the thing I miss most is walking in the countryside."

Throughout England there is a system of public footpaths that cross both public and private prop-

erty. Westacott took the audience on a guided tour of some of his favorite hiking spots through a series of pastoral slides.

Westacott pointed out some of the characteristics of English trails. The landscape is more open, which "makes for very beautiful, very interesting vistas."

Since many of England's footpaths cross private property, millions of styles dot the landscape so people can easily continue their hikes without having to worry about fences obstructing their way.

The combination of historic, man-made landmarks paired with nature makes for an enjoyable experience. One of Westacott's favorite characteristics is that "the landscape is very human...it's a great pleasure to plan your walk on a map...to be able to take in these human features." Some of these features include coming across churches and castles. For example, on his hikes, Westacott has visited Little John's (from Robin Hood) grave and a castle built by William the Conqueror. One can also pass by stocks and stone circles from the same period as Stonehenge.

The audience was treated to a musical interlude from Westacott and Clare before McDonough started his portion of the presentation. They sang about

a very British pastime: discussing the weather. This month-by-month account started with "January brings us snow; makes your feet and fingers glow." The song followed with a rhyme about the dreary weather for the remaining 11 months.

To continue with the theme of Great Britain's bleak weather, McDonough described his hometown of Preston as "a very dismal and dark town... (so dark that) Charles Dickens used it in *Hard Times*." For part of his youth, McDonough lived in South Africa due to his father's military career. When he returned to England, he didn't feel like he fit in after his absence and eagerly moved to the United States in 1981. It wasn't until 1999 that McDonough started returning frequently to England because of his mother's poor health.

In October of 2001, McDonough took his first student group to England, where he said he started

to recover his sense of "Englishness." McDonough continues to take students every October and showed slides from a 2004 trip.

One of the sights McDonough visits with students is the National Gallery in Trafalgar Square. The National Gallery contains 1100 to 1900 European paintings. Also found in Trafalgar Square is Nelson's Column, or as McDonough describes it, a tribute to England "beating the hell out of other European countries."

When discussing Westminster Abbey and St. Paul's Cathedral, McDonough said he prefers St. Paul's.

*Continued on page 5*



EMRYS WESTACOTT



ALEXIS CLARE



MICHAEL McDONOUGH

## Inside this Issue



Petroleum alternatives more corny than you think



Educate yourself and send STD's packing



For glassblowers, a little hot air goes a long way.



It's a beautiful day -- to enjoy U2.



Hockey team's spirit puts competition on ice

# Opinion

## An SOS to student groups

As crunch time begins and the fall semester draws tantalizingly close to its end, the last thing on any of our minds is our list of New Year's resolutions. Nonetheless, for clubs and student organizations on the Alfred University campus, this is exactly the time to formulate a plan for next semester.

At the *Fiat*, we have seen the decrease in energy and momentum that tends to accompany the shortening days. Attendance at our general meetings is down significantly from September. We have had members of our executive board resign, usually a result of their efforts to pare down their overly full schedules. The result has been the feeling of our remaining exec board members that we must pull the teeth of others and ourselves to get anything accomplished; to get a full issue to press.

We know that these problems are not unique to the *Fiat*. Across campus, clubs and organizations experience a mid-year slump annually as first-year students settle into their niches, upperclassmen shift their interests and everyone gets bogged down by academic commitments. With August's Student Activities block party little more than a faint memory, it seems that we have all lost that sense of unlimited possibility that we felt when we left the Knight Club that evening with full sign-up sheets.

Instead of feeling hopeless and repeating the old refrain that Alfred equals apathy, the *Fiat* has resolved to make this year different. Come January, our organization is going to try to bring back the same shiny-new-year feeling that got us fired up at summer's end. We invite everyone at AU to join us as we strive to increase the size of our staff and better serve the campus community.

Publicity needs to be the first priority of every organization on campus. Get started now and spend your study breaks designing some posters to promote your first January meeting. Then, when you return to campus, you can grab your pile of Xeroxed fliers, pick up a roll of tape at Barnes and Noble and start posterizing. There is no better way to bring back that old late August feeling than by walking by a full bulletin board in Powell.

It would also be worthwhile for student leaders to come together in the organization and execution of a second block party. This event would be a great way to generate interest, build our e-mail contact lists and let students know that we are open to new membership.

With or without a block party, this openness is essential. The beginning of a new semester brings dozens of potential new members: transfer students, first-year students who have moved past their initial timidity and want to dive into campus life, upperclassmen that are looking for marketable skills and a résumé boost, etc. It is the responsibility of student leaders to give these prospective colleagues and friends the warmest of welcomes. We all need to show that we are as eager to have new members joining us now as we were during the first weeks of the academic year.

We all use the new calendar year as a chance to give ourselves a new lease on life. In 2007, let's give that same gift to everyone at Alfred by resolving to increase involvement in campus life by reaching out and doing our part. ○

## Gnawing through your ankles won't save you

"All work and no play make Jack a dull boy" — our sentiments exactly.

Finals are rearing their ugly heads, and Guinness World Records is making millions off the sleep deprivation records students are setting.

For those of you who are new to this, those screams you hear throughout your wanderings across campus are, in fact, normal. It is not Colonel Mustard in the library with a wrench, but merely your upperclassmen wishing they were on a beach with something potent in their hands.

If you're lucky, you'll pull a test time late in the day, rather than at o' dark thirty in the morning, when no human in their right mind should be up; odds are you won't, but then where would the fun be in being awake for your test?

Numbers are another thing students contest with. Despite how carefully you may plan it, you always seem to end up with more tests than the number of classes you are actually in. Scientists are still working on an explanation.

A unique phenomenon that occurs is the direct correlation between the number of tests that require you to memorize a semester's worth of material and the number of finals that you have on the same day. It's been suggested that your teachers plan this on purpose, to get back at you for the nonsense you give them in class, but it is as of yet unproven.

Fear not! As much as you may want to run off to Amish country to till soil until your dying days, there is hope on the horizon. There are only two weeks left. Survive this, and you are golden. The holidays are here, and you have a month off to enjoy it, and gloat over your younger siblings still in school.

Hot tubs are a great way to relax. So is sex. But not the angry kind. That's a little weird. Approaching the finals with the correct mindset is imperative to your survival. Become one with the test. Don't think you are, know you are.

Make sure you prepare properly. Arm yourself with a gardening trowel and a pint of Ben & Jerry's Half Baked. Challenge a ninja to mortal combat. Learn to fly (the trick is to throw yourself at the ground and miss). The point is that you can't let the pressure psych you out. Remember, a wise sage once said, "Dancing around your room with music blasting very loud is the Zen of the modern day." ○

The *Fiat Lux* welcomes your opinion. Anyone may write a letter to the editor. Submissions must include name, address, phone number and class year (for students). Letters to the editor should be limited to 250 words; guest columns should be limited to 700 words. The *Fiat Lux* reserves the right to edit all letters for space, clarity, brevity and fair play. E-mail your thoughts to [fiatlux@alfred.edu](mailto:fiatlux@alfred.edu). Submissions should follow the rules of fair play (i.e. get the facts straight).

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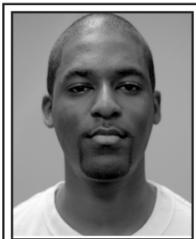
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## Diversity suffers without unity



**MATTHEW BUTTS**  
NEWS EDITOR

Without a doubt, you must give Alfred University credit for being a 'melting pot' despite its obscure location. People from all over the country and world attend AU. However, with such a respectably diverse population of students, there seems to be something missing from AU that would make it stand out among the best. Unity — that is what's missing.

Early in the semester, ALANA Affairs sponsored several students (including myself) to attend the annual SUNY Oswego diversity conference. It is meant to educate, inform and entertain students on issues, events and people related to diversity and multiculturalism. It was here where I realized that the togetherness that existed within the multicultural organizations at Oswego was much more prevalent than at AU.

In a way, ALANA is the face of numerous cultural backgrounds at AU, but this mindset is not being reinforced.

As has been said many times before, ALANA is in decline. Over the past few years, attendance to every student organization under the ALANA umbrella has seen a significant decline. This is even with the abolition of member dues. Therefore, membership woes cannot be blamed on the slim wallets of college students.

Could it be because of classes? Absolutely not. Three years ago, in my freshman year, nearly all ALANA group meetings were full. Most of the time, people couldn't find a seat at Poder Latino, Caribbean

Student Association and Umoja meetings. In my eyes, those were the golden days.

Now, it's the dark ages. The only things that students attend are events that each group sponsors; but even that has declined.

The problem could be apathy. For example, while in Oswego, I attended a step show sponsored by the multicultural groups of the school. A student opened the show by singing 'Lift Every Voice and Sing,' however; he forgot the words, so the audience sang the rest of the song for him. That was one of the most sincere displays of unity that I have ever witnessed. I don't know about anyone else, but I think that if that were an AU student in Holmes Auditorium, he would have been laughed off of the stage.

It seems as if there is indifference about the place of ALANA at AU. But, ALANA was home to me when I knew no one on campus, and students have forgotten that or have never learned it.

As the years have progressed, maybe apathy isn't the sole reason why ALANA is in decline. Ignorance may play a factor. Many simply do not know what ALANA is all about. Those who have gone before have failed to inform and enlighten younger students of the importance of ALANA at AU. Therefore, each year, new students enter AU knowing less and less about what ALANA has to offer.

The class of 2007 knows first-hand how ALANA has changed over the years and it is up to them, along with those with knowledge, to pass it down the line. Alums and friends of AU have worked hard to make ALANA a success; it would be a shame to see it disappear into obscurity. ○

## All I want for Christmas is an A



**KURT PITZER**  
COPY EDITOR

Children sing, sleigh bells ring and people struggle furiously with festive holiday decorations. It's that time of year, a time for giving, a time for joy and for many college students, part one of a self-imposed boot camp of doom.

The onset of December signals the end of the semester for most college students, and this means a week or so of tests at awkward hours of the day, many a sleepless night and diets that would send dead nutritionists spinning in their graves.

Studying is something that no college student enjoys, and most will put off as long as they possibly can. Psychologists have long cemented the theory that bad habits make for poor grades. But it is not only poor choices that affect many college students.

Caffeine is the heavy favorite amongst those partaking in late night cram sessions, coming in the form of coffee, carbonated sodas or energy drinks. Those who don't regularly wake up with Folgers in their cup will stock up around final exam time in an effort to maximize their study experience.

Is this a healthy option? Some people, namely the students, will say yes, that they have managed to stuff many more precious facts into the crevasses of the grey matter between their ears. Many of the experts of psychology and psychopharmacology would argue otherwise.

Caffeine is a mild stimulant — a drug that causes an increase in the actions of the body's system — and is found quite frequently with the normal diet. It exists within several foods and beverages, and thanks to Starbucks, has shown a healthy profit over the years. Numerous studies have shown that caffeine has a tendency to increase alertness and delay the sleep drive within an individual. Sounds like the perfect tool to aid in an all-nighter, but appearances can be deceiving. Using caffeine to stay up can affect the body's

natural rhythm, and when the effects wear off, often lead to exhaustion during the following day.

Many psychopharmacology as well as psychology journals have published studies that link caffeine and its effects with short-term memory recall, stating that while it may improve long term memory and attention, it impairs immediate or working memory.

There is a solution to studying without caffeine infusions. Feel free to stop reading this article as the advice that follows is something that you have ignored time and time again.

First and foremost, think of Douglas Adams: don't panic (it may help if you print it in large friendly letters someplace you can easily see).

Secondly, schedule your time: block out roughly an hour to two hours out of each day for each subject. You don't need to hang onto one subject for an exorbitant amount of time, as you will remember more than you think.

The third thing you can do is start early. As tempting as the phrase "I'll do it later," is, realize that later almost always turns into "I really should have started this sooner."

Quite possibly the most important thing is sleep. Get some! As surprising as it is to hear it, you do actually think well when you are awake. Eating a healthy meal doesn't hurt much either.

When it finally comes down to the wire, take a deep breath and let it flow. Keep an eye out for questions that relate to each other; you might find the answer to one question in another.

If you hit something you don't know, don't sweat it; you have the whole rest of the test to remember the answer, and if by the end of it, you still can't come up with anything, take a shot in the dark. Having something down looks better than a blank space.

When all else fails, bring out the old stand by's: crack open the thesaurus, wax eloquent, obfuscate, and go with C. ○

## The other happy ending



**JODI ANDERSEN**  
CONTRIBUTING  
WRITER

In 1969, Three Dog Night claimed that one is the loneliest number. They gave the number one a bad rap. I happen to think that the number one is the most amazing, magnificent and fabulous number there is, and I happen to be relishing in this single-edit version of my life.

I'm not sure when I first realized that I enjoyed being single. It could have been when I picked up and jetted off for a weekend without having to check in with a soul. Or maybe it was when I realized I could get a whole night of sleep without a snore buzzing in my ear. Either way, as someone who has spent the last eight years in sometimes-amazing, sometimes-aggravating long-term relationships, I can say with conviction that singlehood is my favorite state of date.

And I'm not alone. According to unmarried.org, 27 million Americans — or a quarter of all US adults — choose to live by themselves and embrace their single status. That's 27 million people who get all the covers, take charge of the remote control every

night and who live life for themselves and no one else.

Being single is not for the faint of heart. You have to be prepared to call all the shots and to do whatever you please. You have to get used to getting what you want and complete and total independence. You have to be selfish because no one else is going to do it for you. That means taking yourself out for a nice dinner once in awhile, or getting yourself those flowers, because it's all up to you. Now, this is a lot to handle, but I have found that it's a worthwhile sacrifice.

Lots of people look for relationships to fill a gap they can't fill themselves. Being single forces you to make yourself happy and not depend on someone to do it for you. Do something for the first time. Rock climb, skydive, knit, learn to read palms, check out a new city. Take care of yourself — go for a walk with friends, splurge on a massage, spend a day in bed with a book. You're worth it. The single life is all about you.

Go forth, my single comrades. Our walk of life is in no way substandard to the coupling craze. We have all the time in the world to focus on the most important long-term relationship of all: the one with ourselves. ○

## Letter to the Editor

To the Editor:

Instead of giving traditional gifts for Christmas, give a few days of your time and effort.

New Orleans Area Habitat for Humanity is looking for volunteers to build houses in Musician's Village. The village includes 90 homes being reconstructed in the Upper Ninth Ward for musicians who lost everything during Hurricane Katrina. The project is organized and funded by jazz greats Harry Connick, Jr. and Winton Marsalis.

Volunteers for this project range from bank presidents to housewives to college students from all over the country. In the group of 20 working with me when I volunteered this past October, not one of us had construction experience. We learned quickly.

The cost for each of us was very modest. Habitat will recom-

mend inexpensive accommodations, and roundtrip airfare from Rochester cost me \$204.

I saw little evidence of Katrina in the French Quarter and downtown New Orleans, but the residential wards need the help of every AU student who can volunteer from two days to a week.

Finally, it's worth noting that this project is a great way to combine work and play, for the jazz and sports scene in NOLA is as lively as ever. Bring a big appetite for Cajun food and drink, and bring a bunch of your friends.

For additional information, google Habitat for Humanity, New Orleans, or feel free to email me.

Gary Ostrower  
Divison of Human Studies

## Roving Reporter

Q: What are members of the *Fiat* staff listening to in order to destress before finals?



"I'm listening to Metric's *Old World Underground* because techno rock is always in season."

Jessica Barnthouse  
Features Editor



"I've been listening to *Sam's Town*, by The Killers. I can't seem to get the song "When You Were Young" out of my head. And come to think of it, I don't really want to get it out of my head."

Abby Tripp  
Editor-in-Chief



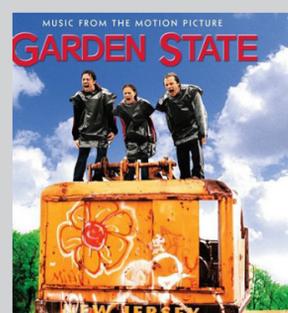
"*Phobia* by Breaking Benjamin is a bit darker and more aggressive, but I find that it gets the blood flowing again when I can barely keep my eyes open trying to write those five page papers."

Kurt Pitzer  
Copy Editor



"I'm listening to Get Set Go's *Ordinary World* right now. The catchy, upbeat tunes provide me with an extra boost to get through all the end-of-the-year goodness."

Ashley Paddock  
Managing Editor



"The *Garden State* soundtrack is calming during this really busy time of the semester."

Laura LaPierre  
Production Manager

## High hopes for new amnesty policy

BY AMY PUTNAM  
STAFF WRITER

The new Alfred University amnesty policy was put into place this academic year so that students do not hesitate to call Alfred University Rescue Squad (AURS) in a potentially life-threatening situation, according to Dean of Students Norman Pollard.

"I don't want the fear of getting written up to block a student from getting help," Pollard explained.

The new amnesty policy states that a student will not be documented or charged if AURS is called. The policy states that formal disciplinary action for mere possession or use of alcohol or drugs will not be taken against students "for whom medical assistance is sought. Also, action would not be taken against those who seek medical assistance for themselves or for others, provided that the student/group has not violated other university policies that warrant formal disciplinary action."

If AURS is called, the student must then go to the Health and Wellness Educator Pam Schu within five days of the incident and comply with any recommendation she may have.

The amnesty policy was added in the beginning of this semester as a way to make students more comfortable with seeking help when in need.

When no policy existed, resident assistants or resident directors documented students with substance abuse-related problems. Students at AU would ultimately not call AURS for fear of being cited. This posed a problem for students especially if they were heavily intoxicated and in danger of either asphyxiation or alcohol poisoning.

Students and drinking are often a dangerous mix. It is estimated that 1,700 college student deaths occur each year because help was not called, according to the National Institute on Alcohol Abuse and Alcoholism. AU's new policy is in place so that students are not afraid to step up and help out their friends in a

potentially dangerous situation, stated Pollard.

"This policy is in place to protect students," added Pollard.

The new policy has yet to reach all students at AU. It is still new and understandable that students are not aware yet.

"No, I have never heard of it," said sophomore electrical engineering student Scott Sarkissian. "But I would consider Rescue Squad now because of it."

To bring awareness, AURS member and senior psychology student Barbara Bickford said that students should read the policy and know what it says and to know that they will not get in trouble for calling.

"We are here to give medical attention, not to get you in trouble," Bickford added.

This policy may seem lineate, simply because no one can get in trouble for being intoxicated. However, many colleges have been installing this policy at their schools.

In fact, AU's Office of Student Affairs mirrored this policy after those of Cornell University and the University of Vermont.

Last year when AURS noticed that students were not calling for help because of their fears of getting in trouble, Bickford and AURS member Chris Broderick brought the amnesty policy up to Pollard, and Pollard then picked the idea up and ran with it, said Bickford.

The policy's main purpose is to protect AU students by making sure help is called when needed and making sure no one will get in trouble.

Once the policy is utilized, the student must meet with a counselor. However, this is an opportunity to use the experience as a learning tool, Pollard said.

He added that the resulting meeting with the health and wellness educator is an educational outcome to a poor decision. And hopefully it will help the student make better substance abuse choices.

The meeting provides a place to have a conversation about the policy and not a formal setting like a judicial hearing would be, Pollard said. ○

## Fuel future bright for New York, says AU alumnus

BY SILAS ALBRECHT  
CONTRIBUTING WRITER

New York state is poised to become a serious producer of renewable energy thanks in large part to increased funding, Alfred University alumnus and public policy and legislative director for the New York Farm Bureau Jeffrey Williams told AU students at Nov. 17's Environmental Studies Speakers Series event.

"The stars aligned and we had an amazing budget this year," Williams said.

Williams said that cellulosic ethanol produced in New York and other states could replace much of the gasoline that most American cars currently run on.

Cellulosic ethanol is made by fermenting sugar from parts of plants, such as grass and corn, which are generally wasted.

Williams said that the increase in state funding of cellulosic ethanol research and infrastructure, including \$20 million in grant funding and \$10 million to install fuel pumps, resulted from a reduced supply of oil after Hurricane Katrina impacted oil retrieval in the Gulf of Mexico.

"Hurricane Katrina totally changed the context. Wall Street came knocking and so did elected officials," Williams said.

Senators Charles Schumer and Hillary Clinton and Governor George Pataki were some of those officials who, in 2006, supported ethanol as a gas-alternative, said Williams. He is unsure as to whether New York's new governor, Eliot Spitzer, will support ethanol as Pataki did.

Increased farming to produce ethanol will also help New York farms Williams said.

It "helps maximize the economy in rural communities," Williams added.

Cellulosic ethanol is not the perfect solution. Cars running on it travel fewer miles per gallon than they do when using gasoline and burning it contributes to low-altitude smog. However, it does not produce as much greenhouse gases as gasoline, according to Williams.

"We need to help the environment and become self-sustaining," Williams said. He said that ethanol will help the United States achieve this goal.

It will also reduce U.S. dependence on foreign oil. Williams says the United States imports more than 60 percent of the oil it uses.

He said that cellulosic fuel is a more economically feasible alternative because it takes less energy to produce than normal ethanol and fossil fuels. It will also have less of an impact on the environment.

Williams said the United States is beating its goal to produce 4 billion gallons of renewable fuel this year, including non-ethanol fuels. He predicts that in 2012 the United States will potentially double its goal of 7.5 billion gallons. "We are going to shatter those requirements," he said.

There are about 100 ethanol plants in the United States and most of them are in Iowa and the rest of the corn-rich Midwest. There are currently none in New York however three major plants are under construction in New York and Williams is optimistic about the future.

Cellulosic ethanol can be produced from plants farmed from New York's 2 million acres of "marginal land": land which is currently largely unused, according to Williams.

New York is destined to be a major player in cellulosic ethanol, according to Williams.

"New York will be the cellulosic Iowa," Williams concluded. ○

## Student Senate Update

Senate Update Senate Update

Senate Update Senate Update

BY TOM FLEMING  
COPY EDITOR

Student Senate began its centennial celebration on Nov. 15 with committee reports. Some of the things reported were that the heating issue in Scholes will be fixed, the second floor materials of Herrick Library will not be available until February, ITS is working on getting more money to fix network and wireless issues and questions on Residence Life issues can be reported at Residence Hall Council meetings every Thursday at 7 p.m.

Publicity Chair Jason Weeks received his exercise for the week while attendance was being taken. Voting cards were given to representatives as their clubs were called.

Pam Schu and Catherine Chester spoke to the Senate about the Dec. 1 World AIDS Day Mini-Summit.

In officer reports, it was announced that the cake for the 100th Birthday of the Student Senate would be cut at open forum. Other announcements included an announcement that the next "How to" program will be "How to milk a cow," and an announcement that the attendance board for Student Senate is in the Student Organization Suite.

The ad hoc committee formed to make an amendment to the Senate Constitution adding the Diversity Director position to the Senate Executive Board presented their amendment to the senate. After much debate about who should be on the electing committee, the use of the word 'current,' the inclusion of the "How to" program in the amendment and whether the position should be called Multicultural Director instead of Diversity Director, the Senate passed the amendment.

Open forum was tabled until the next meeting. Attendance was then taken again to account for those who disappeared getting cake during the discussion concerning the amendment.

When Phi Beta Lambda's was called during attendance, Senator Jameson

Pownall led senators and executive board members alike in singing "Happy Birthday" to the senate.

The meeting adjourned.

The Nov. 29 Senate meeting began with Interfaith Advisor Laurie DeMott explaining her role on campus. She explained her role as being a liaison for religious groups on campus and Student Affairs. She is also responsible for any memorial services that may be held on campus.

John Dietrich and a member of the Food Committee presented their proposals for new meal plans that will begin next fall. One proposal suggested a new form of spending, in addition to Dining Dollars, called Fiat Bucks. Dining Dollars would be used to buy meals, including meals for guests in dining halls. Fiat Bucks would be used to buy anything in Li'l Alf Cyberfresh Café or Midnight Express. Another proposal simply increased the number of Dining Dollars. Both plans included a much smaller meal plan for those commuting and living at Ford Street Apartments. Any suggestions can be made at Food Committee meetings, which are every Tuesday at 8 p.m. in the Powell Campus Center Dining Hall.

After the Senate broke for committees, officer reports were given. The Goods and Services Directory forms are due on December 11.

In new business, budget results were presented and passed without any objection.

In open forum, many reasons were given for the mailroom being closed on Saturdays. Reasons included a lot of people not going to pick up their mail, students not showing up for mail room shifts and that most mail arrives on Sundays. However, it was mentioned that extra help will be brought in on holidays to sort mail. It was also mentioned that if a phone number is put on a USPS package, the post office will call the recipient on Saturday to alert of a package's arrival. ○

# LOOKING AHEAD...

**BERGREN FORUM: GIVING VOICE TO THE UNSPEAKABLE**

THURSDAY, DEC. 7 AT 12:10 P.M. IN NEVINS THEATER

JOIN ASSOCIATE PROFESSOR OF COMMUNICATION STUDIES

PAMELA SCHULTZ, AS SHE TALKS ABOUT HER EXPERIENCE

INTERVIEWING INCARCERATED CHILD MOLESTERS AND

THE CULMINATION WITH HER 2005 PUBLICATION OF *NOT*

*MONSTERS: ANALYZING THE STORIES OF CHILD MOLESTERS.*

BRING A BAG LUNCH.

## HOLIDAY CONCERT

FRIDAY, DEC. 8 AT 8 P.M. LOCATION TBA.

JOIN THE AU ORCHESTRA IN WELCOMING THE HOLIDAY SEASON WITH SELECTIONS OF WELL-KNOWN HOLIDAY SONGS. THE PUBLIC IS WELCOME. FREE ADMISSION.

## AWE DARKEST HOUR

SATURDAY, DEC. 9 AT 8 P.M. IN DAVIS GYM

RING IN THE HOLIDAY SEASON WITH THE WRESTLERS OF AWE AS THEY PRESENT THEIR WINTER TRADITION. GRAB YOUR WINTER ATTIRE AND A MUG OF HOT CHOCOLATE AND HEAD TO THE

BANDSTAND AT 11:45 P.M. FOR THE AWE FREEZING POINT

SPECTACULAR. IT'S A BLISTERY COLD ACTION-PACKED EVENT

THAT'S A CAN'T MISS!

## CHAMBER SINGERS HOLIDAY CONCERT

SATURDAY, DEC. 9 AT 8 P.M. IN SUSAN HOWELL HALL

DECK THE HALLS WITH BOUGHS OF HOLLY...FA-LA-LA-LA-LA, LA-LA-LA-LA. CELEBRATE THE COMING OF WINTER AND THE HOLIDAY SEASON WITH THE CHAMBER SINGERS ON THIS DAZZLING NIGHT OF JAZZ, APPETIZERS, DESSERTS AND BEVERAGES.

RESERVATIONS ARE REQUIRED AND A FEE WILL BE CHARGED.

## SHADES PRESENTS: ALFRED ALL-NATURAL SPA DAY

SATURDAY, DEC. 9 FROM 2 P.M. TO 5 P.M. IN THE KNIGHT CLUB

NEED A "DESTRESSITIZER" BEFORE FINAL EXAMS? SHADES WILL OFFER MANICURES, PEDICURES AND MESSAGES THAT WILL

WORK WONDERS ON YOUR SOUL. THE COST IS \$20 FOR ONE

SERVICE, \$30 FOR TWO AND \$40 FOR ALL THREE. GIFT BAGS

WITH FREE GOODIES ARE INCLUDED. THERE WILL ALSO BE A

HOT TUB!

## MIDNIGHT BREAKFAST

MONDAY, DEC. 11 FROM 10:30 P.M. TO 12:01 A.M. IN ADE

## DINING HALL

GOT THE MIDNIGHT MUNCHIES WHILE CRAMMING FOR THOSE FINALS? WELL THEN COME AND ENJOY SOME BREAKFAST

GOODIES SERVED BY AU'S FINEST FACULTY AND STAFF. LISTEN TO MUSIC, RELAX AND LOAD UP ON FRUIT, EGGS AND BACON AT AU'S FINEST TRADITION SPONSORED BY SAB. A MEAL SWIPE IS

REQUIRED FOR ADMISSION.

## RAICES AND PODER LATINO

WEDNESDAYS AT 7 P.M. IN THE MULTICULTURAL SUITE

DO YOU ENJOY DANCING, PERFORMING OR WORKING BEHIND THE SCENES OF A BIG EVENT? WELL, THEN YOU'RE PERFECT

FOR THE ANNUAL RAICES EVENT! CONTACT PODER LATINO

THROUGH THEIR E-MAIL, OR COME TO ONE OF THE CLUB'S MEETINGS WEDNESDAYS AT 7 P.M. IN THE MULTICULTURAL

SUITE TO FIND OUT MORE ABOUT THIS GREAT EVENT.

### Student Senate Continued . . .



AU SPECIAL COLLECTIONS

no longer being punished by fines and paddling.

Pellicciotti wrote, "Though the rules would continue, they were not enforced to the same extreme."

Pellicciotti also wrote that World War II significantly changed the Student Senate. The Student Senate became concerned about the world and organized the Campus Chest to raise funds for organizations like the Red Cross.

After the war, student demographics changed. Many WWII veterans returned to finish their studies. They were married and did not participate in fraternities. This caused Greek organizations to lose much of the power they once held.

Pellicciotti wrote that the Student Senate "changed its structure from one representing the Greek organizations to a system more representative of the entire student body."

In 1948, the Student Senate became active in civil rights when they sponsored a boycott on Mord's Barbershop after Mord refused to have Jamaican seminary students as customers. This civil rights activity continued into the 1950s. For example, the Student Senate voted to send anti-segregation letters to segregated schools.

According to McFadden, in the 1960s and especially in 1968 and 1969, student politics changed across the country and at AU

"This group cohesion began as they progressed through their freshman year with orientation, some of which we would today consider hazing, being conducted largely by the upperclassmen. It was done with the intention of creating loyalty and spirit for the University," McFadden said.

In 1937, the Campus Court was abolished after first-year students stopped respecting its rulings. First-year students were

as students demanded more rights.

"The Student Senate was heavily involved in trying to change the campus rules as they applied to students," she said.

There were demonstrations against policies such as that which made ROTC mandatory and "in loco parentis," which meant that the University could enforce rules, such as curfews, as if it were the students' parent.

In 1969, students held a 21-hour sit-in in Carnegie Hall, where the president of the University had his office.

According to McFadden, "They said, 'We're not leaving until you listen to us,' which meant the president wasn't leaving because he could not get through them."

This eventually led to changes such as a ban on hazing and the creation of co-ed dorms, McFadden said.

During the 1990s, race and diversity issues were the Student Senate's major concerns, Pellicciotti said. Examples of race-related problems at AU included the suspension of three students for "racial harassment" at a basketball game in 1991, and a fight that took place in 1998 at Gentleman Jim's that was possibly caused by racial intolerance.

Diversity-related issues are still a top priority for the Student Senate, according to Henderson.

The focus of the recent Student Senate centennial birthday meeting was an amendment related to the hiring procedure for a Senate executive board member to handle diversity-related issues. The question of whether to change the name of this future office from "diversity director" to "multicultural director" was debated at length.

Henderson said that many students have brought concerns about diversity-related issues to the Senate floor over the years.

"The main job of Senate is to address the problems students are having on campus," she said.

"There are diversity problems on our campus and every other college campus," Henderson added.

Henderson said that changing the Student Senate's image as a "bank" for student clubs and organizations is another goal. The Senate has budgetary meetings once or twice a year to decide which clubs and organizations get money.

"The Senate has had, and will continue to have, events, services, and programs, such as the how-to program, the Halloween community party, the goods and services directory, and the end-of-year diversity extravaganza. This is the only way Senate will be able to drive away from just being the known as 'the bank,'" Henderson said. ○

# Alfred University Student Senate



AU SPECIAL COLLECTIONS

## A Timeline

Source: "The History of the Student Senate of Alfred University," Michael J. Pellicciotti '00

various student organizations.

**1937**-Campus Court Judge Edward Kunzman resigned saying that AU rules were not being respected. "Court is just a joke and has no real power," he said.

**1944**-Doris Hill was elected the first female Student Senate president.

**1948**-Student Senate civil rights activity began as they sponsored a boycott on Mord's Barbershop after Mord refused to have Jamaican seminary students as customers.

**1950**-Senate Presidents were now elected by all students and were no longer appointed by Senate members.

**1963-1970**-The Senate became more and more radicalized and protests were common. ROTC became voluntary rather than mandatory and the Senate attempted to remove curfew rules and relax dormitory visitation rules. This period was characterized by tense relations between administrators and students.

**1969**-A 21-hour student sit-in in Carnegie Hall leads to the creation of co-ed dorms and other changes.

**1970**-The Student Senate transformed into the Student Assembly. Anybody who attended meetings was allowed to vote. The Assembly gave money to many organizations including the Gay Liberation Group, but this spending eventually caused a budget deficit.

**1976**-Low attendance, apathy and the deficit caused the Student Assembly to fail. Student Senate was recreated with a new executive branch.

**1986**-Major clubs and organizations were given voting rights much like they have today.

**1990-2000**-Diversity became the main issue for Student Senate. A "diversity mission statement" was added to the constitution.

**1896**-A resolution was passed by AU faculty that allowed for the creation of the "Student Committee on Self-Government." This committee set the foundations for Student Senate. Members were not very influential but did decide how their peers would be punished if they left school without permission or if they had too many unexcused absences.

**1906**-Student Senate was founded. While faculty still created most rules relating to student conduct, the Student Senate began modifying them.

**1914**-A new constitution was created. The Fiat Lux reported that with the new constitution, "the Student Senate shall have the power to take cognizance of violation of the Campus Rules and shall be a court of last resort in the interpretation of these rules." First-year students and sophomores were not given voting privileges and, Pellicciotti writes, "Senate was still essentially an opportunity for upperclassmen to monitor freshmen in their compliance of Honor Code regulations and to make sure that underclassmen paid homage to juniors and seniors."

**1919**-After World War I the Senate became strict with first-year students and punished them for infractions such as not wearing proper attire.

**1925**-Campus Court was created.

**1920-1930**-Student organizations flourished, especially fraternities and sororities which were allowed a certain level of autonomy.

**1932**-Senate was controlled completely by fraternities and sororities except for two non-Greek representatives.

**1930-1940**-The Senate began taxing students to fund

# Help your boyfriend dress for relationship success

BY SARAH HARRISON  
STAFF WRITER

The clothes make the man is the mantra. So how come our boyfriends are taking us out in athletic shorts, a raggy t-shirt and those sneakers that you swear smell worse than your roommate's tuna surprise that's still sitting in your fridge she cooked last month? Looks like someone forgot to tell our boyfriends the mantra! Its like no matter how much we ask them, they just don't see their style ineptitude.

Of course, as a fellow member of the 'My Boyfriend Dresses Worse than a Blind Man in a Room Full of Color,' I know from experience that a girlfriend will go to any length to improve her boyfriend's style. And so, why is it that I can drag myself out of bed before the sun rises, dress myself from head-to-toe in camo, leave any kind of makeup, perfume or even deodorant at home, and trek out to the middle of the woods only to sit for hours until the single deer that's awake at this time can come within a football field away. Then spend another hour chasing it, be told to turn around so he can...shoot.

Clearly, this is all for him. You know, being the good girlfriend. But I can't even get him to switch out a polo for one of his usual t-shirts every once in a while. I have a feeling that, like almost everything else, it goes straight in one ear and out the other.

But I've got to believe that if we can convince them to let us vote, put down the toilet seat and chew with their mouth's closed, then there must be a way to get them to start dressing better.

So here's my theory on how to get our boyfriends to dress a little better.

1. It takes time. I am thoroughly convinced that all men require baby steps, and that's not just for outfit selection. And, if you are trying to get your former-football player of a boyfriend to all of a sudden sport black nail polish and a skullcap, it might not be a one step maneuver. So as tough as it is every time that he picks you up for a date wearing the same ripped cargo pants and old Budweiser t-shirt, just remain calm. Remember that with a little patience and perseverance, in time he will be walking to your door in a button-down that perfectly coordinates with both his eyes and those amazing stonewashed jeans.

2. Begin by compromising. Keep in mind your end goal but don't jump into it. Start with small victories and then go for the gold. If you want them to end up in a button down and khakis with matching belt and shoes, know that they're not going to throw that all on at once. So, start by convincing him to sport a button down and build from there. Compromise by asking him to pump up his style once in a while, like when you go out on dates, and then don't bug him when you're just hanging out and he's in his usual attire.

3. Be sneaky. Christmas and Valentines Day are soon approaching. Buy your guy something you would like them to wear as their present. Up your chances of him actually wearing it by making a big deal about how great it looks on him and how hard it was to find. But I am convinced that half

the battle is getting the clothing item of your desire into their closet. Then I suspect that they forget or simply don't have a personal style, and will pretty much just wear whatever they have. So basically just get the items into the possession. Hey, they might even not realize that you bought it for them and think that they chose and purchased it.

4. Go shopping with him. Yeah, I know, shopping with a boy is not exactly fun. Well honestly, getting your boyfriend into the mall with you in the first place will probably be a challenge itself. But if you do get him there, use it as an opportunity. Show him clothes that you think will look good on him, i.e. the clothes you'd like to see him wearing. After enough of these hints, he might just get a clue.

5. If he has a certain style that he's not willing to part with completely, just try updating or modifying it. For instance, if he's pure punk and you want a more preppy kind of guy, maybe suggest that he wears jeans instead of black pants, but keeps his black shirt. This way your boyfriend doesn't think that you are trying to completely change him.

But take warning...the male ego is an extremely fragile thing. One wrong move and this mission could go completely wrong. So be gentle. And remember, we are with these guys for who they are not what they wear, so while you are helping them with their style, remind them of just that.

To all the boyfriends reading this...here's a little incentive to dress better: boyfriend + good wardrobe = happy girlfriend + no fighting!

OK guys I recognize that we, girlfriends, too, can once in a great while make a fashion mistake. So guys trying to help their girlfriend in the fashion department, here's the how-to. And, with girlfriends it's actually a lot simpler.

1. Compliment her. No matter what any girl tells you otherwise, believe me on this one. Every girl at some point in her life has concerns about her image and therefore loves to be complimented. So, when she wears something you like, compliment her until you are blue in the face. Trust me, we'll get the hint. And, if we think that we look good in something we're going to wear it and similar things.

But when you do compliment her, be careful. As you know, there is a distinct difference between what a guy says and what a girl hears. So here's a little glimpse into girl talk versus boy talk. Tell her she looks beautiful, pretty, gorgeous, or amazing. Those are fine and actually mean in girl talk, "hey, I look ok today." But don't ever tell her she looks good or fine. In girl talk this actually translates to, "you look like you got ran over by a bus...twice." Should you accidentally slip and say one of these despicable words the only chance at recovery is an immediate apology followed by a correct compliment. Also, avoid calling her hot because this makes us think you're not being genuine and only care about the physical aspect of the relationship. Although this is a brief glimpse into the female dictionary, it should provide the boyfriends looking to change their girlfriend's fashion faux pas with enough ammunition.

2. Give her a present. No matter what it is, a girlfriend will feel obligated to wear anything you give us. So all you have to do is buy what you want us to start wearing, and you are pretty much guaranteed to see it at least once a month.

3. Shop, 'til you drop. What girl honestly hates shopping? Not many. So try this, take her to the mall and point out what you, the boyfriend would like to see her in. Although we girls can be a little more stubborn in defending our style, eventually we are bound to get the point and hear your reasons as to why we should start wearing more skirts.

Now, a warning to the boyfriends: be careful in your attempt to change your girlfriend's style. We are very hesitant toward change and probably worked hard at finding our look. So, don't expect to work miracles overnight and understand that we may not be as receptive at first.

So, hopefully the couples out there can start dressing well, and can end their fights over fashion. ○



## Global Awareness Continued . . .

"They have a café, and I think that's cooler."

McDonough added that a highlight of the Tower of London is Henry VIII's armor. If you ever go to London, McDonough advised with a smirk, "See what part of his anatomy he exaggerated in his armor."

After sightseeing, Professor of Glass Science Alexis Clare spoke about idiosyncrasies of London, everything from getting around, to food and native speech in her hometown.

When speaking of London's subway system, Clare said, "If you were to overlay a map of London over the underground, nothing would match up."

England is not known for its cuisine. To back up this stereotype, Clare described a uniquely London meal of eels. This delicacy consists of minced eel in a pie with mashed potatoes.

Feigning astonishment about her own culture, Clare said, "People eat this for real, for fun."

To convey what jellied eel tastes like, Clare passed out erasers or "rubbers" to the audience.

When dining in London, Clare's advice was "Don't eat the food, go for the beer." Or, opt for the local Indian cuisine.

Clare concluded with a lesson in Essex speak and cockney rhyming slang. The audience was amused to see how much the English language cannot sound like English. For example, some Essex-speak translations are "tan," for "town," "webbats," for "whereabouts" and "call a panda," for a "quarter pounder."

Trying Essex-speak was easy in comparison to Cockney rhyming slang. This form of slang started so street vendors could talk to each other without police understanding. It works by replacing the word one means with a rhyming word. For example, Clare started by saying, "China" is equal to "China plate," which comes out to "mate." Or, "radio" changes to "radio rental" and the outcome is "mental."

From hiking in the countryside to visiting London monuments, all audience members enjoyed their humor-infused England experience. If you are ever visiting the United Kingdom, keep the mentioned sights in mind. Just don't order the eel. ○

# Trans fat labeling clarifies present danger

BY JESSICA HENDERSON  
STAFF WRITER

Donuts, cookies, crackers, baked goods, cake mix, and fried chicken are just a few foods that contain trans fatty acids.

"It's a food component that has snuck up on a lot of people," said senior biology major Zoë Chin. "And [it] can probably explain some of the high rates of cardiovascular diseases."

There are two different types of fats: saturated and unsaturated. Saturated fats are the worst of the two and are used to make trans fats. Trans fats are basically a type of unsaturated fat, but a configuration of the molecule that is bad for our health, explained Chin. Liquid fat converted to solid fat is another way to understand what a trans fat is.

As of Jan. 1, 2006, Food and Drug Administration guidelines have required trans fats to be listed on nutritional labels in the United States. Some food labels read "partially hydrogenated oil," which is the same as trans fat.

As of now, only food companies are required to label trans fat foods. There is discussion, however, of outlawing trans fats completely in some cities, including New York.

"I think if people are educated and informed, they should make their own choices," said AU Health and Wellness Educator Pam Schu. "However, since people don't always have good information, I guess the government needs to step in."

Trans fat has been called the "tobacco of the nutrition world." However, both Chin and Schu agreed that five cigarettes are worse than five grams of trans fat.

When trans fats are consumed it causes a person's low-density lipids (LDL) to go up. LDL is bad cholesterol and bad cholesterol raises the risk for heart disease.

Several food companies and restaurants began to use trans fat to make food taste better and to give packaged food a longer shelf life, said Schu. However, restaurants are finding that foods without trans fat taste just as good as before, she added.

Trans fats are most commonly found in fast food, like McDonald's large french fries (8g), deluxe breakfast (11g) and Chicken Selects Premium Breast Strips (9g in 10 pieces). They are also found in "gas station snacks" like Little Debbie glazed donuts (6 small, 3g), Frito-Lay Doritos Crackers (6 crackers, 3g) and Chunky Apple Cinnamon Coffee House Danish (4g).

Trans fats and saturated fats are not only found in what most would consider "junk food." A Slim-Fast Optima meal replacement bar contains 4 grams of saturated fat and PowerBar Triple Threat s'mores flavor has 4.5 grams of saturated fat.

The most important thing is to know which foods contain trans fat and to eat those foods sparingly, said Chin. Healthy people won't drop dead from eating a few grams of trans fat now and then. ○

# Vegan chocolate chip cookies that don't taste like vegans

BY JESSICA BARNHOUSE  
FEATURES EDITOR

Okay, just because they're vegan doesn't mean they taste like tree bark or dreadlock. In fact, these cookies are chewy, have an awesome texture and, if you really want to, you can add milk chocolate chips or steak (Note: steak is not recommended) to the recipe.

So here's the low-down:

- 3 cups of plain oatmeal (not the instant kind)
- 1 cup of whole wheat flour
- 1 Teaspoon of baking soda
- 1 cup of unsweetened applesauce (you might need a little more)
- ¼ cup + 1/8 cup of white sugar (remember math?)
- ¼ cup + 1/8 cup of brown sugar
- 1 teaspoon of vanilla
- 2/3 cup of carob chips, chocolate chips, dried fruit or nuts

Preheat the oven to 275°. Throw the oatmeal, flour and baking soda into a large bowl and mix it all together with a spoon. In a separate bowl, combine the applesauce, sugar and vanilla until it's all pretty well-blended and toss the contents into the other bowl with the dry ingredients.

After mixing all of this together (some extra applesauce might be needed so the cookie dough isn't too dry), stir in your carob chips (or whatever). Plop the dough in little flattened balls (the oven won't flatten them) onto an un-greased cookie sheet and bake the cookies for about 20-25 minutes.

In college, time is a relative matter (and campus ovens kind of suck). You might have to poke at the cookies every now and then while they're baking to figure out for yourself when they're done, but they should be light brown on the top. When you take them out of the oven, allow the cookies to cool for a minute or two before stuffing your face. This recipe makes about two-dozen cookies.

These cookies are good for up to a week and would make an awesome (cheap) holiday gift for that special someone or that professor you're trying to suck up to. This recipe also makes a great procrastination tool when you should be studying for finals. Who knows? Maybe your teacher will allow you to hand in cookies instead of that 12-page final paper. It's worth a try. ○



# Education the key to preventing STIs at AU

BY ABBY TRIPP  
EDITOR-IN-CHIEF

According to the Centers for Disease Control, more than half of Americans will have a sexually transmitted infection at some point in their lifetime.

While this is a scary statistic for many young adults to hear, it raises an important question: why don't we talk about something that is so prevalent in our society?

Alfred University Health and Wellness Educator Pam Schu and Crandall Health Center Director Rosetta Brown-Greaney are working to stop the silence that surrounds STIs and encourage a dialogue about safe and healthy sexual practices on the AU campus. They are also working to dispel the rumors that surround sexually transmitted conditions and get accurate information about disease prevention, testing and treatment out into the open.

## The Numbers

Statistical information on the prevalence of sexually transmitted diseases at Alfred comes from the findings of the American Collegiate Health Assessment questionnaire administered on campus in 2005.

Because the questionnaire depends on students to accurately and honestly share information about their personal attitudes and behaviors, it is not a perfect gauge of STI prevalence on the AU campus.

When compared to information from the nationwide administration of the assessment, however, the AU findings reveal nothing anomalous about our campus's experiences with STIs.

According to the Alfred survey, 0.8 percent of students had experienced genital herpes in the year leading up to the assessment. On the national level, 1.1 percent of students reported experiencing genital herpes.

Of AU's respondents, 2.5 percent reported experiencing HPV in the year prior to the questionnaire; 2.2 percent of respondents in the national survey said they had experienced HPV.

No respondents at AU reported experiencing HIV; 0.3 percent of students surveyed in the national said that they had experienced HIV infection.

One percent of AU respondents reported experiencing Chlamydia versus 0.7 percent of students surveyed on the national level.

Finally, no one taking the AU survey reported experiencing gonorrhea in the past year; 0.2 percent of national respondents said that they had experienced the infection.

While there is nothing striking about the AU survey's findings, Schu and Brown-Greaney stressed that the ACHA is still a useful gauge of AU students' health attitudes. Its results also enable students to see accurate social norms; that is, the number of students who really engage in high-risk behaviors (versus the often higher numbers they perceive.)

With the support of an NCAA CHOICES grant, Schu hopes to offer the survey repeatedly in the coming years.

"The 2005 survey gave us baseline numbers," she said.

Of the future surveys Schu said, "I think it will be really interesting."

## "Not the End of the World"

If you suspect that you could have an STI, it is in your best interest to get tested.

Both Schu and Brown-Greaney agreed that it is better to know what you are dealing with than to live in fear of an unknown.

"It's better for students psychologically to know what they have," Schu said.

Testing itself is not painful. Women can learn about their STI status with a simple urine test. While there is now a urine test that is gaining popularity for male testing, Brown-Greaney noted that it is still fairly expensive.

The alternative, a swab that collects a small amount of fluid from inside of the penis, is neither as painful nor as invasive as it sounds, Brown-Greaney said.

"Most students are surprised when they see that the swab is actually much smaller than a Q-Tip," she remarked.

If you test positive for an STI, Schu said, "it's not the end of the world." Infections caused by bacteria can be cleared up completely by antibiotics. Viral STI's like herpes, HPV and molluscum contagiosum can be managed with anti-viral treatments and healthy lifestyle choices.

Brown-Greaney said that the goal is to educate infected students, teach them how to keep themselves and their partners safe and healthy, and ultimately help them get back to their normal student lives as soon as possible.

## The Silent STI

Brown-Greaney calls the bacterial STI chlamydia "a silent disease" because of its often unnoticed or unnoticeable symptoms, particularly in women.

Because of its frequently asymptomatic presentation, chlamydia offers a key reason to get tested if you are sexually active. For optimal safety, the American Social Health Association's recommendation is to be tested annually.

When women do see symptoms of chlamydia, they often seem fairly innocuous. However, the lower abdominal pain, pain during sex and bleeding between periods that many women brush off as normal can in fact be early signs of the disease.

Treatment for chlamydia is easy and painless: one course of antibiotics can clear up the infection completely. Untreated chlamydia, however, can result in male infertility, fallopian scarring and the increased risk of

## Nutrition important factor in fitness equation



JENNIFER KELLY  
CONTRIBUTING  
WRITER

is stored as fat. The average active adult only needs about 0.8 to 1.0 grams of protein per kilogram of body weight (divide your weight in pounds by 2.2).

An extreme overload of protein can have a dehydrating effect and place unnecessary stress on the kidney and liver. So, be sure to get enough protein to help build and repair muscle, but stay within the Recommended Daily Allowance.

Dehydration is another issue that comes up when exercising. It is recommended that you drink eight to 16 ounces of water before exercising, four to eight ounces every 15 minutes while working out and 16 to 24 ounces during the 30 minutes after exercise because dehydration can cause muscles to fatigue faster.

The American Council on Exercise states that sports drinks such as Gatorade and Powerade have been shown to replace fluid lost during exercise, improve performance and maintain physiological function as well, if not better, than water. ACE suggests choosing a sports drink with six to eight percent carbohydrates and at least 100 mg of sodium. Gatorade and Met-Rx are two drinks that fit into this category.

These are just a few things to keep in mind when exercising regularly. It's important to eat a balanced diet and drink plenty of water in order to keep seeing results in the gym. ○

ectopic pregnancy.

## Understanding HPV

Thanks to a recent media blitz addressing its links to cancer, Human Papilloma Virus (HPV) is finally entering the public consciousness. Nonetheless, it is still a sexually transmitted infection with which many people are unfamiliar.

"It's the most common, but least famous virus passed through sex," Schu said.

So what is HPV?

It is actually a family of over 100 viruses, including the viruses that can cause warts on the hands of children and young adolescents. About one-third of the viruses in this family can impact the genitals of adult males and females and cause genital warts or other cell changes. When HPV affects the female's cervix, it can be precancerous.

The good news, says Brown-Greaney, is that HPV lesions can be cleared up and the virus does eventually run its course, "usually ... within three years."

There are also drugs that can speed the healing of lesions. One, Aldara, is a topical cream that boosts the immune system on and around the lesion to deactivate the virus.

As for the cancer risk, Brown-Greaney said that early detection can be key.

"The best method is the Pap smear," she said. "That's going to pick up changes in the cervix."

## Staying Safe

While we have all heard it dozens of times, it is true. When used consistently and correctly, condoms are the surest way to prevent the transmission of HIV and other sexually transmitted diseases during anal or vaginal intercourse. It is also essential to use protection in the form of a condom, dental dam or plastic wrap during oral sex. Even truly safe skin-to-skin genital contact necessitates protective measures.

Schu also stressed the importance of knowing and understanding where different sexual behaviors fall on the spectrum of risk. This simple schematic that identifies high-, moderate-, low- and no-risk activities is a useful way to determine what behaviors you may or may not be comfortable engaging in with your partner.

To this end, communication is as important as a condom if you hope to have a safe and healthy sexual experience. Over and over again, the literature encourages communication between partners. After all, it reminds, the limits you set for yourself are only useful if you tell your partner what they are – and if, in turn, you know your partner's limits.

It is easy to communicate your sexual boundaries when you are sober; the use of drugs or alcohol typically leads to a breakdown.

"When people are intoxicated, they are likely to toss their safer sex practices aside," Schu said.

From a clinical standpoint, Brown-Greaney agreed, noting that substance use was involved in a "high percentage" of STI cases that she saw at AU.

Schu encouraged students to think at length about their boundaries while sober, saying that this information could stick with you even in an intoxicated state.

Schu also said that sticking to a "buddy system" while at a party is important.

"Talk about your boundaries [in advance] with friends," Schu said. "It will make them more likely to intervene."

Schu recommended a verbal contract that gives friends explicit permission to intervene when they sense that you are about to cross a line.

Above all, Schu stressed that any behavior must be your decision.

"Consensual sex is safe sex," she said.

## Efforts to Educate

Peer education is one vehicle that Schu hopes to use to educate AU students about safer sexual practices.

Since she arrived on campus in January, she has been instrumental in rebuilding and promoting AU's Peer Educators program.

This semester, a small group of Peer Educators has been meeting informally with Schu.

"None of them have had training yet," Schu explained.

Next semester, however, Peer Educators and newly appointed Student Athlete Mentors will take a course through the College of Liberal Arts and Sciences to fulfill this need. The class, titled Peer Leadership in Health and Wellness Education, integrates health and wellness education with peer leadership skills, Schu said.

Schu noted that both the course and the Peer Educators program itself look great on a resumé.

"Wellness is a buzz word no matter what your industry," she said.

Schu also said that peer educators can play a critical role in the lives of their classmates.

"You could save someone's life," she said.

Schu also organized the World AIDS Day Mini-Summit on Dec. 1.

The event, with its theme of student activism, brought campus and community groups together in the Powell Campus Center Knight Club where they ran educational tables about safe and healthy sexual practices. ○

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## Glass blowers unite

SILAS ALBRECHT  
CONTRIBUTING WRITER

When junior glass engineering student Anatoly Kishinevski joined the Alfred University community this semester he felt that something was missing.

Kishinevski quickly noticed that the school, well-known for its glass related programs, lacked a way for all students interested in working with glass to meet. To remedy this he created the Alfred technical glass blowing club. He says he especially wanted to bring together students in the art school's glass program and students working with glass in the engineering school.

"The glass art programs here at Alfred and the glass science and engineering programs are completely separate," said Kishinevski. "There is not really much interaction between the two. I am here for glass engineering and feel that if the two different glass programs were connected somehow, it may be very beneficial to anybody here interested in glass."

Professor of Glass Science Alex Clare, the club's advisor, agrees.

"I think that people will enjoy learning about glass and I think it will bring the art and engineering of glass closer together," she said. "That kind of integration can only benefit Alfred University."

Glass engineering graduate student Dominick Fiordimalva, who is heavily involved in the club, said anybody could come to meetings.

"The Alfred glass club is all about all things glass, we try to branch across borders and blur boundaries between disciplines. We are united only by glass," he said.

Fiordimalva describes the meetings as a "huge success." "Nowhere else in the world would this group of people be brought together by a single, mystical, magical material: glass," he said. "We are the beginning of a glass shop that could be capable of all sorts of oddball experiments and art projects. It is exciting to think of."

The previous meeting,

which took place Nov. 17 in Binns-Merrill Hall, included a speech by Fiordimalva on "The Dynamics of Photosensitive Glass" and a comical speech by senior level ceramic engineering student Will Daloz on glass spheres. After the speeches, students watched two demonstrations in the Center for Glass Research laboratory in the same building. First-year fine arts student Geoff Koslow made a glass pendant using a technique called "lampworking," which is a method of shaping glass with a torch. Kishinevski then demonstrated the strength of glass by blowing a bubble of glass until it popped.

Lampworking will also be a focus of the club. Kishinevski has found that AU does not provide adequate lampworking-related programs.

"My hope is that, as a club, we can work together to develop and establish an excellent lampworking program here at Alfred," says Kishinevski.

Glass novices interested in working with glass and learning lampworking will be provided with free lessons, according to Kishinevski.

"If any of the people that attend the glass club meetings want to learn how to lampwork, all they have to do is email me, and I will get them set up with a free lesson," he said.

The club plans to take a trip to the Corning Museum of Glass for a tour and watch artists work with glass. However, a date has not been set for this trip. Professor Clare is also working to bring a visiting artist to AU to work with the club.

"We're just getting involved with a lot of different activities and trying to spread the excitement of glass," Kishinevski said.

Meetings do not follow a schedule.

"When people have ideas and are ready to share them is when we have meetings," Kishinevski said.

Interested students should email the club at [glass@alfred.edu](mailto:glass@alfred.edu) to be put on the mailing list and find out when future meetings will be held. ○

## AU students embrace family holiday traditions

BY SAMANTHA FOSTER  
CONTRIBUTING WRITER

The holidays are here. Once again we face the rush of planning get-togethers and thinking of new gift ideas. While this part of the holiday season can be stressful, it is comforting to remember the reason we rush is for the people we love and care about. Memories of past holidays keep us warm as we drive through the cold snow.

However, these memories vary greatly from person to person. Our cultural differences are what make the holidays unique to each of us. Alfred University is home to many diverse students from various cultures. With the holiday season quickly approaching, many students are looking forward to seeing their families and remembering past holidays.

Caroline DeLeon, a senior history and Spanish major and the president of Poder Latino, is from Guatemala and remembers her favorite holiday memory from when she was four years old. She received a life size doll from her aunt and recalls being very excited. DeLeon still showed that excitement when talking about this holiday memory. She says that her favorite part of the holidays are the hustle and bustle of preparing and planning and, "of course, the presents." Her family is very important to her, and she sees the holidays as a way to come together after a busy year.

DeLeon says that her mom is the heart of her family's holiday season and keeps their traditions going. One tradition DeLeon has is a midnight dinner with her family on Christmas Eve. In her Guatemalan culture, tamales are made for the Christmas Eve dinner. The tamales take one day to make and include corn meal, chicken or beef and a spicy sauce made from ground red pepper. Each family member has a job to do in the process of making the tamales, and she looks forward to this tradition the most.

Kellee-Sue Henry, a junior psychology and communication studies major and the president of

Umoja, is from Jamaica and says that her favorite part of the holiday season is "hearing Christmas carols everywhere."

"Now that I'm away from home it is great to see my family and friends," she added.

When she was nine years old, Henry spent Christmas Eve, Christmas, Boxing Day and New Year's in Jamaica. She remembers elaborate decorations and great food.

"It was so great because I got to see how special those days are in my culture," Henry said.

Henry's cultural traditions include making Jamaican fruit cake, roasted beef, curried goat and sorrel, a dried fruit made into a drink.

Junior communications studies major and Shades president Charlotte Judd, remembers when she was eight years old and received more Christmas presents than any other Christmas before.

"I had never received so many gifts at once, and I got everything I wanted and more," she said.

For Judd, family is a great part of the holidays, but the food is just as important.

"My father's side of the family is from the South, so we mostly have Southern foods such as fried turkey (my absolute favorite), collard greens cooked in either turkey neck or ham hocks, baked macaroni, stuffing ... I'm hungry just thinking about it!"

Judd looks forward to the holidays to enjoy the food and spend time with her family and says that she appreciates this all the more now since she has been away at college.

The holidays are a time when we realize what is truly important to us. Most people would agree that it is hectic and busy and while this can cause us stress, it is fun too. The holidays being hectic is a part of everyone's tradition, and none of us would have it any other way. ○



PHOTOS BY SILAS ALBRECHT

## Why choose a graduate school without taking a closer look?



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## “Text-Speak” on exams: WTF?

BY QUINN WONDERLING  
WRITING COACH

AU students and faculty recently responded skeptically to the news that New Zealand’s high school students will now be allowed to use “text-speak” on their standardized national exams.

Text-speak is the abbreviated language used for cell phone text messages, and is also commonly used on computer instant messaging programs. For example, “C U L8er” is text-speak for “see you later.”

According to the Associated Press, New Zealand’s Qualifications Authority, which regulates testing standards, stated that although it still discourages students from using anything other than full English, credit will be given for answers that show a clear understanding of the subject.

Not surprisingly, the new policy has sparked controversy. Many educators say allowing text-speak on exams will damage and degrade the English language. The policy change is being debated in classrooms and chat rooms worldwide.

One disgruntled Internet blogger addressed the Qualifications Authority - “nzqa: u mst b joking,” he wrote, “r u smoking sumthg?”

Yet, many students see the change as progress, a sensible recognition of modern technological advancements and the language that comes with it. Some even refer to it as a second language; a useful type of shorthand. However, their teachers argue that text-speak has its place, but that place is not the classroom.

Writing Center Director Vicky Westacott thinks the new policy is a step in the wrong direction.

“Text-speak is good for text messaging. But it’s important for students to know what kind of language is appropriate for different situations. If they’re not taught this, we’re selling them short,” she said.

Other faculty members also questioned the new policy. Associate Professor of English Allen Grove said he’s a big fan of text messaging. In fact, he said he wishes he had invented it.

“Only a fool would try to type out full sentences on a cell phone key pad,” he said. “Equally foolish would be using ‘text-speak’ in a job letter, grant proposal or college essay.”

Is it possible that America could adopt this new policy in the future? Although some AU students say they would support such a change, more seem as if they would oppose it, claiming it is unnecessary. Some said they would consider it an insult to their intelligence.

Grove agreed that it is unnecessary, but not particularly degrading to the English language, as some educators feared.

“If there’s any degradation, it’s not from the abbreviations but from the clichés,” said Grove. “I mean, WTF, is LOL really the only response to anything amusing? LMAO [laugh my ass off].”

As far as “text-speak” making its way in American classrooms, Grove and Westacott concurred that would be an unfortunate event.

Grove said, “IMHO [in my honest opinion], WYCIWYG [what you see is what you get]. Students are already adopting this practice. In general, do I think the USA should emulate NZ [New Zealand]? ROTFL [rolling on the floor laughing].” ○



PHOTOS BY CHRIS DUNSHEE

On Nov. 11, students from AU and ASC hit the court for the 10th Annual AIDS Charity Basketball game. The game was just one of many recent AU events to raise awareness about and money for HIV/AIDS. Other events included a dessert soiree to benefit AIDS Rochester and the Alf(RED) t-shirt sale in support of the Global Fund.

## SIFE speaker talks toys at AU

BY TODD FORD  
CONTRIBUTING WRITER

The College of Business and Students in Free Enterprise, recently brought the Senior Vice President of Marketing for Fisher-Price, and St. Bonaventure University alumnus Cole Racho to Alfred University to speak about business, and specifically marketing, in today’s economy.

Before he was hired at Fisher-Price, Cole was a manufacturer’s representative for RLA Marketing in New Jersey. He was also a senior account manager for Little Tikes in Ohio.

When SIFE, which I am secretary of, was asked to assist in organizing this event, we were very interested in the project. Because Cole is originally from this area, he has a great understanding of what it’s like to be a student from this area, and was able to convey that very well.

Cole talked extensively about what troubles he’s gone through in marketing, specifically with Fisher-Price.

His field is very interesting because he has two target markets that must be satisfied. Not only must a toy be produced that children want, but it also must be satisfactory to the parents, or else it won’t be purchased. I thought it very interesting, and his presentation showed the actual process it takes for a toy to be produced and put into the market.

What I also found very interesting during his presenta-

tion was the relationships his company must keep with distributors. Cole spoke about how each of company that sells Fisher-Price toys has a separate manager that works with them, and how Fisher-Price must produce toys that not only cater to the children and their parents, but it also must fit on the available shelf-space in the store, and be of a price that will not only be purchased by the parents, but also by the distributing store.

What I found most interesting was the relationship between Fisher-Price and Wal-Mart. Because of how much market share Wal-Mart holds, they are able to force Fisher-Price into prices that they would not normally sell at, and must cater their packaging directly to Wal-Mart if Wal-Mart does not like how Fisher-Price has produced a toy. Cole stated how there have been cases where if Wal-Mart asks for a meeting within a very narrow and specific time, and the manufacturing company does not abide, the manufacturer will lose Wal-Mart as a distributor.

After Cole’s presentation, Cole informed us that he was a member of SIFE while in school, and told us it was a great asset to him, even as the group was in its beginning stages. Cole stated that SIFE is a great organization to be involved in, both as a student and as a professional. With its many competitions and case studies, SIFE is a great opportunity to network with other students and professionals within the business world, and gain first-hand marketing experience. ○



# Happy Birthday Martin!

*Tu sei mia stella.*

*Ti amo.*



Love,  
Cindy

## “FOOD FOR THOUGHT”

In an effort to add to the spiritual, intellectual, and cultural vitality of our campus, InterVarsity desires to submit “Food For Thought” related to the history of American higher education. Primarily, but not exclusively, we will draw from the life and works of Alfred University’s second president Jonathan Allen, a pioneer of this institution.

“Christ became what we are that we might become what He is.”

Irenaeus

The following excerpt is from Allen’s sermon entitled “Ideal Youthful Growing”.

“Opportunity stands holding wide the door for some of you to go forth to your place in the worlds work; to others she will present only the key with which to unlock and open the doors for yourselves... The crowning fortune is to be born with a bent. If thus fortunately endowed, be what God intended you for, and life will be a joy and a success. Be anything else and it will be a fret and a failure. What the child dreams, the youth endeavors and the man achieves. One is not simply to be good, but be good for something. In seeking your life’s work, see to it that you are called to it by your aptitudes, by all that is best and bravest in you, and by the divine providences that are shaping the ends of your lives. See to it also that it is something that the world needs, something that shall give fruitful and worthy results... Life should not be a haphazard affair, but with a definite and assigned mission. Coming thus to the estate of your life work, well considered, well chosen, give both hands to it. Rejoice in it. Everything gives divine results when rightly received and used. In doing so, better spend your energy in seeking to build up your own ideals, than in undermining and tearing down those of others. Act and react upon the world to your utmost power, but only to the end of enlightening, reforming, and improving. This may beget opposition and collision. Christ, though increasing in favor with God and man through his preparatory years, yet when He entered upon His great mission, came into such sharp collision with man that the rebound sent Him to Calvary and the cross. Ridicule, abuse, misrepresentation and ostracism have taken the place of the cross. In His footsteps must walk all who greatly lift and bless their fellows.” ○

## U218 features best of the band's best

BY ABIGAIL GRIFFITH  
FEATURES EDITOR

They've toured from Santiago to Sydney, recorded a smash-hit single with Green Day, snagged five Grammys, and kicked off the NFL season by performing for 68,000 screaming football fans at the newly reopened Superdome. And, oh yeah: that was just this year alone.

It's been 30 years since the members of U2 first met in drummer Larry Mullen Jr.'s kitchen. Needless to say, the band is still going strong. Back on the road again for the Vertigo tour's fifth and final leg, U2 will spend its winter months wowing crowds in Australia, Japan, and Honolulu. Don't have tickets? No need to worry: U2's brand new compilation album, *U218: Singles*, should keep you busy in the band's absence.

Released in the States on Nov. 21, *U218: Singles* features 16 of U2's chart-topping tracks along with two new singles. The final compilation in the band's contract with Island Records, *U218* finishes out a trilogy that began with *The Best of 1980-1990* and continued with *The Best of 1990-2000*. Hits from both time periods are included on the new album, along with some of the band's more recent work.

Aimed at attracting new fans, *U218: Singles* lets the listener know just what U2 is all about. From the spirituality of the late eighties, to the sexy cynicism of the nineties, to the bright-faced optimism of the new millennium, every era of the band's evolution is represented by a carefully selected handful of hits. It's an impressive resumé, and for fans who haven't checked in with the band since *The Joshua Tree*, a wonderful surprise.

Never a band to be afraid of making a statement, *U218: Singles* also demonstrates U2's long-term commitment to peaceful political protest. "Sunday Bloody Sunday," a song written to condemn the terrorist activity in Ireland, is still painfully relevant in America today. "Walk On" is a beautiful lament for Burmese freedom fighter Aung San Suu Kyi, while "Pride" will always stand as an especially poignant tribute to the late Dr. Martin Luther King, Jr.

One of the new tracks included on the album, "The Saints Are Coming," continues this trend of political involvement through music. A collaboration with fellow rockers Green Day, the single is a cover of a track originally written by The Skids, and was recorded earlier this year at Abbey Road Studios in London.

A heart-pounding punk anthem, "The Saints Are Coming" was recorded to both raise awareness of and raise funds for a post-Katrina New Orleans. It has succeeded brilliantly at doing both; the single has topped charts both here and across the pond and has raised thousands for Music Rising, a foundation created by U2 guitarist The Edge whose goal is to return an instrument to every out-of-work musician in the Big Easy.

The other new track featured on *U218: Singles*, "Window in the Skies," was also recorded at Abbey Road, which might explain its Beatlesque sound. Lead singer Bono has always been a fan of Lennon, and never has it shown more than with this rollicking piece of songwriting. Somehow the single manages to sound both utterly new and utterly U2 at the same time. With its swelling chorus, abstract lyrics and chiming guitar, "Window in the Skies" provides fans with a teasing taste of what U2 has planned in store for us in the future.

If there is one complaint to be made of *U218: Singles*, it's that it contains virtually nothing from the earliest days of the band's career. The compilation features no tracks off their first two studio albums nor does it contain their first chart single, "I Will Follow." *U218* also neglects to include anything from the so-called "experimental albums": *Zooropa* (1993) and *Pop* (1997). While these albums were by no means chart-toppers, they still have a variety of hidden gems that the new Best Of would have benefited from. Casual fans interested in either of these two periods in U2 history are probably better off buying one of the earlier compilations.

While most avid U2 fans will already own most of the material on *U218: Singles*, the album would make a wonderful stocking stuffer for any casual listener on your list. For the more hardcore collector, a Deluxe edition with a bonus live concert DVD is also available to sweeten the deal. With the holidays coming, *U218* might be the perfect way to finish your Christmas shopping and convert your friends and family into fans of your favorite band. ○

## 10 Top Christmas Movie Picks

BY KARLI-MARIE REYES  
A&E EDITOR

While Christmas is arguably my least favorite holiday, I must admit there are quite a few holiday gems that can even get me into the spirit of things. Here are my top 10 movie picks to snuggle up in front of a fire with a hot mug of cocoa:

1. *Elf*  
I love *Elf* because I am Elf. "I like to whisper too." No matter how many times I watch the movie I still chuckle at the same parts every time. This timeless classic definitely makes the top of my list. Once upon a time, a little orphan boy stowed away in Santa's sack. He grew up in the North Pole among elves, never having enough sense to realize that he was human. Inevitably, at the age of 30, Buddy the Elf takes a magical trip to New York City to meet his father. Will Ferrell, who plays Buddy the Elf, really makes this movie worth watching. His brand of humor is just what you need after a long night of wrapping presents.

2. *It's Wonderful Life*  
While I'm not usually one for black and white, this movie is really something special. It's called a classic for a reason. Life looks like it is at its worst for George Bailey (James Stewart). Despite the Christmas season, George is on the verge of ending it all. Before he has a chance to take the plunge, George meets Clarence, an angel who shows him what life would be like if he were never born. For anyone who has been down on their luck, this movie will certainly raise your spirits.

3. *Miracle on 34th St.*  
While there are several versions of this movie, I must admit that my favorite is the 1994 version. Mara Wilson plays Susan Walker, a 6-year-old girl who loses faith in the Christmas spirit. Things change for the better when she meets a jolly old soul working as the Santa Claus at her mother's department store. Through a strange turn of events, Santa ends up on trial for being a fraud. Even if you don't believe in Santa anymore, Susan's eventual faith in the holiday spirit may make

rethink your doubts.

4. *The Santa Clause*  
So what if the franchise is going up in smoke? I still think that the original is worth mentioning. Even though I am not a fan of Tim Allen, I find this movie both creative and entertaining. I'm not sure if it's Santa Claus plummeting off the rooftop, Allen's 9 a.m. shadow, or the idea of a technologically advanced elf species backing up Santa, but this movie will forever remain in my holiday collection.

5. *Home Alone*  
I think that this movie appeals to everyone who ever wished that their family would just leave them alone once and for all. This is exactly what happens to Kevin, played by Macaulay Culkin. After his family forgot him on their family vacation, Kevin is forced to defend his home from a couple of bumbling burglars. You might think that after watching this flick we'd all learn our lesson. But, after this movie came out my only goal in life was to set up booby traps in the hopes that I could catch some robbers in the act. Go figure.

6. *How the Grinch Stole Christmas*  
While I am partial to the Dr. Seuss cartoon version, I am told that I should also make mention the Jim Carrey version in this review. It's a story as old as time itself. The mean old grinch, with his "misery loves company" attitude tries to steal Christmas away from all the Whos in Whoville.

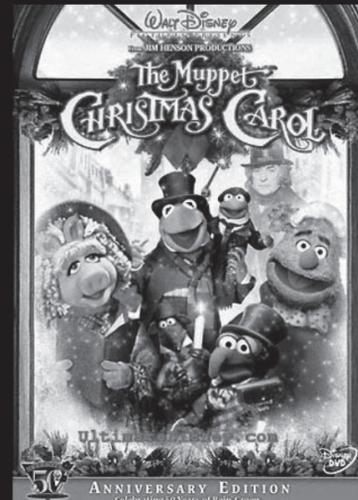
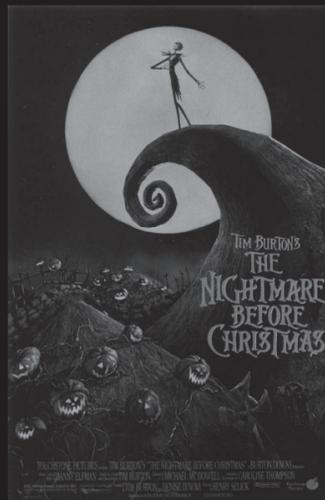
7. *The Nightmare Before Christmas*  
What is my justification for including this movie in my list? Tim Burton. Case closed. Halloween town is getting a little boring these days. That's until Jack, the Pumpkin King decides to add a little color to the drab lives of the townspeople... by kidnapping Santa Claus and taking over Christmas. The movie is beautifully rendered, the music is memorable, and the characters are just plain fun. While there may be some debate whether to play this movie at Halloween or Christmas, my vote is to compromise and play it at both.

8. *Scrooged*  
I have loved this very 80's version of A Christmas Carol since I can remember. Sometimes for kicks I'll throw it in the VCR in July. Billy Murray plays a ruthless television producer who has lost sight of everything that is good in the world. He plays both the good guy and the bad guy to a T. If the special effects don't send you over the edge, his quirky acting style certainly will.

9. *The Muppet Christmas Carol*  
Go ahead, try to make it through the Christmas season without some muppet action, I dare you. The muppets are at their absolute best in this reenactment of the classic holiday tale of the cruel Ebenezer Scrooge, who is visited by the ghosts of Christmas past, present and future. You know, no matter what the movie, it is always made better with muppets.

10. *A Christmas Story*  
Please don't go judging me or anything, but I have to admit I'm not a huge fan of this movie. Why is it on my top 10 list? Chalk it up to peer pressure. As far as I can tell, the movie is about a kid who really wants a gun for Christmas, but everyone in the world knows that he cannot be trusted with it. The holiday season is a nightmare for the boy who's mother washes his mouth out with soap, makes him wear a bunny costume, and a father who is obsessed with a freaky leg lamp. I know you all probably love this movie, but if I hear, "You'll shoot your eye out kid," one more time...

So there it is kids, my list of holiday goodies. Put on your flannel jammies, grab a glass of eggnog and your favorite holiday treat and enjoy the stress-free holiday. See you in the spring. ○





## A Little Sunshine Goes a Long Way

BY JESSICA DREPENSTED  
CONTRIBUTING WRITER  
KARLI-MARIE REYES  
A & E EDITOR

*Little Miss Sunshine*, starring Greg Kinnear and Steve Carell, lets us peek into what is truly a dysfunctional family. We are introduced to the Hoover family at once. Olive (Abigail Breslin), has always dreamed of competing in a beauty pageant and winning the crown. Olive's father Richard, played by Kinnear, is an unsuccessful motivational speaker obsessed with winning. In his theory, there are winners or losers. Richard drives this hard on his family, stating that if you're going to do something then you must win! Sheryl (Toni Collette) tries very hard to keep her family functioning normally.

Grandpa (Alan Arkin) helps Olive with her beauty pageant training. Grandpa is an interesting character, as are the rest of the members in this family. Grandpa has been kicked out of a retirement home for snorting heroin (which he continues to do), as well as for being promiscuous.

Uncle Frank, played by Steve Carell of *The 40 Year Old Virgin*, has come to stay with his sister Sheryl and her family after an attempted suicide. He is the number one Proust scholar in the world and attempted suicide after he was dumped by a grad student with whom he was in love. This grad student dumped Frank for the number two Proust scholar in the world.

Dwayne (Paul Dano) is Olive's older brother. He has taken an oath of silence until he becomes an Air Force pilot. Dwayne has an I-hate-the-world attitude but rejoins the family at the end of the film to support his sister by randomly dancing on stage with her and the rest of the family.

The movie picks up as the whole family gets together on an interesting road trip to drive 700 miles from

Albuquerque, N.M., to Redondo Beach, Calif., in a vintage VW to take Olive to the Little Miss Sunshine Beauty Pageant.

During this trip we witness Grandpa's habit, his interesting philosophy of life; Olive gets forgotten at a gas station; the car completely falls apart; Uncle Frank's sexual preferences exposed; and many other eventful situations.

The family finally gets to the pageant. When Dwayne sees how dressed up and made up these other girls are, he realizes that Olive will not win and will be devastated because she is just being herself. Dwayne pleads with his mother not to let Olive do her dance routine.

Olive does in fact do her dance routine, which she dedicates to her grandfather who taught her these moves: a strip tease done to the song "Superfreak" by Rick James. The directors of the competition are mortified as they see seven-year-old Olive ripping off her tear-away clothing and flirtatiously crawling down the stage.

In an effort to support Olive and keep her on the stage, the whole family joins her, doing their own interpretive dance. In the end, the family is reunited and stronger than before, but never allowed to enter any beauty competitions in the state of California ... ever!

The movie, with its kooky characters and almost forced situational hilarity could have gone down the beaten path of the *Ernest* or *National Lampoon* movies. However, the cast pulls off its antics without a hitch.

Both the direction and acting of *Little Miss Sunshine* are noteworthy. The directors, Jonathan Dayton and Valerie Faris, help to give the actors the depth of a real-life family.

The actors take on their roles as if they were born to act them. They show us that it's not always a witty line or slapstick comedy that gets the audience's attention.

If you are in the market for a holiday family, feel-good flick, this is the movie for you. ○

## A Night to Remember

BY KARLI-MARIE REYES  
A&E EDITOR

Although a Saturday night at the theater may not be the average college student's ideal, solid performances like Alfred University's rendition of *Twelfth Night*, or *What You Will* may start a new trend. Directed by Becky Prophet, *Twelfth Night* ran from Nov. 15-18 in C.D. Smith III Theatre, playing to a crowded house, even on closing night.

The play takes place on the fair shores of Illyria. The maiden Viola, played by sophomore modern languages and English major Kate Naron, finds herself shipwrecked and reeling from the supposed loss of her twin brother Sebastian, played by junior theater and English major Matt Mingle. Viola attempts to make a new life for herself and win the heart of Duke of Illyria Orsino, played by senior English and math major John Kalish. However, to achieve her goal Viola must disguise herself as Cesario, a eunuch and now confidant of the Duke.

Upon meeting Orsino it is clear that his love interest lies with Olivia, a rich and beautiful countess of Illyria, played by sophomore English major Caitlin Casey. However, the love triangle is complete when Orsino sends Viola on his behalf, and Olivia falls in love with her under the pretense that she is a man.

Meanwhile, Olivia's uncle, Sir Toby, played by sophomore sociology major Jeff Baxter, is leading his own life of leisure in the company of drunks (like Sir Andrew, played by sophomore modern language and theater major April Nell), fools (like Feste, played by sophomore performing arts major Amanda Holland), and tricksters (like Olivia's maid Maria, played by senior English, theater and education major Lily Katz).

When the band of boozers and carousers gets together, nothing but amusing confusion can commence. To get back at Olivia's steward Malvolio, played by senior theater major Jared Hilliker, for putting a damper on their otherwise carefree lives, the group tricks Malvolio into believing that Olivia desires him, which is everything he has ever dreamed. As plot thickens, more unsuspecting characters are thrown into the melting pot. Inevitably, the characters dig themselves deeper into their devious graves, leading to a constant stream of mix-ups and hysterical antics and an eventual happy ending.

The cast of supporting actors included: junior performing arts and business administration major Bryan Farthing, sophomore theater major Caitlin Gallagher, senior biology and social sciences major Kenneth Moss, junior chemistry major Bryce Rammler-Young, junior theater and dance major Meryl A. Stone, freshman counseling psychology and theater major Cortney Bryant, unde-

clared freshman Amy DeNisco, undeclared freshman Michelle Courter, and undeclared freshman Karen Aldrich.

One criticism of the play is that the set-up takes too long for the quick unraveling of the plot, leaving the media savvy in the audience knowing how the play will end by intermission. However, we cannot blame the great William Shakespeare for a shortcoming that would only reveal itself in the twentieth century.

While all of the actors gave notable performances, several stars shone brighter in my eyes. Among them were Nell and Baxter, whose chemistry on stage was both hilarious and inspiring. I would also be remiss if I did not make mention of Hilliker, whose amazing talent for thrusting could put an eye out, even in the third row. Overall, the acting was great, overdone at times, yet a refreshing break from the end of the semester lull. The play was over the top, but in a happy Robin Williams kind of way. I award the cast a gold star for overall effort and professionalism.

On the production end, the play came together beautifully as well. The lighting was soft and subtle, adding to the personal feel and ambiance of the theater. The curious stage set-up included delicate sheer draperies, lots of pillows, a window frame with reversible scene tiles, and of course a swing. Although I cannot say for sure how the set tied into the theme of the play itself, I will say that it certainly tied into the outlandish theme of the production.

The actresses' costumes were flirty and fresh, while the actor's were, in the vein of David Bowie a-la-Labyrinth, crotch-a-rific to say the least. The clothing, like the scenery, was brightly colored and extravagant. It was a modern-day take on a classical look. While the new age fashion decisions were a hit, some of the props and music choices took things a step too far for me. The boom box was a peculiar prop choice, making things too modern for my taste. On the flip-side, I found the use of plastic instruments unfitting, and detracting slightly from the aesthetic flow of the play. The music itself was more of a distraction than an enhancement. Despite a few unusual choices here and there, I can give nothing less than two thumbs up for the production team as a whole.

While I am almost ashamed to admit *Twelfth Night* was my first theater experience since coming to Alfred, rest assured, it will not be my last. I look forward to another semester of artful works of theater from the AU Division of Performing Arts will bestow upon us. ○



PHOTOS BY CARLOS BIDO

Above, Amanda Holland takes on the role of Feste, Shakespeare's wise fool. Below, Kate Naron, Jeff Baxter and April Nell take the stage in the respective roles of Cesario, Sir Toby Belch and Sir Andrew Aguecheek.



## Feed your mind this winter break

BY JESSICA BARNTHOUSE  
KURT PITZER  
JILL BALZANO  
ENGLISH MAJORS

This winter break, take advantage of your month away from Allegany County to do all the reading that your professors *didn't* put on the syllabus. Curl up with these 10 selections after a long day on the ski slopes. Or, more likely, a long day of working at your lame holiday retail gig.

**1984** by George Orwell

Because everyone references it and you won't understand your life unless you read it.

**The Hitchhiker's Guide to the Galaxy** by Douglas Adams

The man who wrote it was a genius.

**Bridge to Terabithia** by Katherine Paterson

This book is amazing and you should have read it when you were nine. Plus, it's so short, it'll probably only take you 45 minutes to read.

**Party Monster** by James St. James

A memoir about murderous drag queens!?! Heck yes!

**Bridget Jones's Diary** by Helen Fielding

This novel is a great guilty pleasure—it's hilarious, too.

**Fight Club** by Chuck Palahniuk

The first rule is you're not supposed to talk about it.

**Winkie** by Clifford Chase

A novel about a teddy bear pegged as a terrorist!?! Heck yes!

**The Phantom Tollbooth** by Norton Juster

Relive your childhood. It also contains easy words to read post-finals week.

**The Curious Incident of the Dog in the Night-Time** by Mark Haddon

A touching story told through the eyes of a teenage boy with Autism.

**To Kill a Mockingbird** by Harper Lee

This golden nugget of Southern literature is a timeless classic. Just read it. ○

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# SAU Sports

PHOTOS BY SHAUN LATULIPPE



## Alfred Hockey Has Heart

BY ERIN BRUMMER  
SPORTS EDITOR

For members of the Alfred hockey team, dedication is a must. Hockey is a club sport, which means it is totally student-run.

Formed in 1999, the Alfred hockey team originally consisted of just Alfred University students. Since then the team has expanded to include Alfred State students, providing additional depth.

Alfred hockey plays 14 games per year. Their league competition includes LeMoyne, SUNY Oneonta and St. John Fisher. The team also plays Hilbert, Penn State-Behrend, Medaille and Daemen in non-league matches.

Along with dedication, organization is key to successfully running a club sport. Members of the team are not only players, but also their own coaches and managers. The hockey team doesn't just run their own practices; they schedule their home and away games and make sure they have transportation for the team, as well as ice time. Although Alfred hockey receives funding from Alfred University and Alfred State, the team fundraises and pays dues, which go towards essentials like uniforms.

So how does a self-run team manage to govern themselves without chaos and actually have fun and be competitive? Senior communication studies major Randy Jones made it sound simple: "Everybody has the same goal and we all like to play."

A graduate student and Alfred hockey alumnus, Jonathan McCann, compared the workings of the team to a small family business.

"We all have to do our jobs to take care of each other and the family," he said. "If one person fails to do their job, the whole business could be threatened. At the same time, it provides the players the opportunity to not just complain about the business, but to go out

and make it better."

A challenge the team deals with is having their home rink 40 minutes away. The closest ice to Alfred is in Olean, which makes it hard to practice. The team makes the commute once a week to practice and also for home games. Not having a rink close to campus is difficult because Alfred's competitors have ice time at their disposal, and practice as often as possible.

What the team lacks in practice time, they make up with heart.

"In hockey it is not the amount of skill you have, or how well you know your Xs and Os, it is how much of your heart you are willing to leave on the ice," said McCann.

In addition to their own camaraderie, members of the team attribute part of their spirit to their close group of fans. Many people are unaware Alfred has a hockey team, but those that do are loyal. Supporters will car pool to make it to the Saturday games in Olean. At the rink, Alfred fans bring enthusiasm to match the players. They create a contagious, rowdy (but good-natured) environment.

"The thing that I will miss most about the team is knowing that we had loyal fans who made it even sweeter to play at our home ice... The fans that have been to our games make us play harder and support us," said senior captain Craig Panock.

Since its debut in 1999, Alfred hockey has continued to grow and become an important part of life for everyone involved.

A former player described what being a part of Alfred hockey means to him: "I enjoyed playing on this team in the past, but this year I love the team, and by team I don't mean Alfred Hockey, I mean my teammates, all of them. I love this game, but when it all comes down to it, my teammates are why I love playing. It is our teammates that we play for; we play for each other. Helping each other is our championship, our Stanley Cup." ○

## True confessions of an unlikely addict

BY ABBY TRIPP  
EDITOR-IN-CHIEF

I've never really considered myself a sports fan.

Like almost everyone, I had teams and rivalries that I got swept up in. Usually, it was a family thing. When I was little, my dad and I would watch NASCAR together on Sunday afternoons (until the drone of the cars around the track lulled me into a nice nap, anyway). Similarly, the Yankees were a daddy/daughter thing; I still remember staying up late with him to watch games that went into extra innings. Mom and I had our sporting allegiances too: I'm pretty sure she squeezed my hand until it was blue on the night of the 2003 NCAA final.

Even though I've always been able to get swept up in the excitement of a great sporting event — nothing like a good bonspiel, after all — I never felt a need to flip on ESPN, check scores in the paper, or read the headlines on Yahoo! Sports. Never, that is, until fantasy basketball came into my life.

Oh, fantasy basketball. You are the reason my television is always tuned to ESPN, ESPN 2, MSG or TNT. You are the impenetrable force that separates me from the efficient completion of grad school applications and class assignments. And because I made the brilliant life choice to draft Tony Parker, you are also the reason that I see way more of Eva Longoria's pasted-on smile and golf claps than anyone really should.

And I don't even like professional basketball. I'm an NCAA girl, I bleed orange and I'm still really bitter about Carmelo leaving me (um, I mean, Syracuse) for the NBA.

That said, I just can't help myself. So how exactly does a girl who chose ballet slippers over sneakers in high school and prefers Sports Night reruns to SportsCenter end up living and breathing fantasy hoops?

Well, my competitive streak definitely has to come into play. I like to win. I like it a lot. In fact, I joined my league in the first place because my boyfriend's roommate expressed a desire to

play. (He also expressed a desire to fill his roster with players who have weird names and/or hair.) My exact words: "I'm definitely joining now. At least I know more about basketball than he does!"

Regrettably, I am eating those words. I am currently in ninth place — in a league with 10 managers. My need to win isn't exactly being fulfilled, which is a shame. I am, however, still well ahead of Ms. 10th, who just happens to be my roommate from freshman year. Since we absolutely love trying to best each other, I'm fairly thrilled about this fact.

Besides, it's not my fault that my team is sucking. My boyfriend gave me really bad draft advice. Really, really bad draft advice. I have since learned to do the opposite of what he suggests, and it seems to be paying off nicely this week — against him, no less.

Speaking of which, I have to cite the boyfriend as another key reason why I've gotten sucked in. See, he is addicted to this whole process. Really, really addicted. As in made an Excel spreadsheet in order to better analyze his draft prospects addicted. At least now I can talk to him intelligently about the other love of his life. Usually I just nod. A lot.

That brings me to the final reason that I'm kind of in love with fantasy basketball. At long last, I have a respectable knowledge base about professional sports. I can converse intelligently with people who know a lot more than me, and I can even have educated opinions about players and their skills. I figure that this kind of intellectual capital will help me win a lot of office pools and fantasy leagues in my post-AU years. Plus, my NBA knowledge will really impress prospective partners when I start looking for a new boyfriend. I'm currently with someone who told me that Boris Diaw would be an asset to my squad, so I'm thinking that I'll be making a trade in the very near future.

I'm kidding, of course. As long as I don't fall to 10th place that is. ○



## ATHLETES OF THE WEEK

NOV. 12

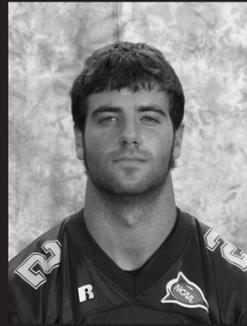
**BRIAN AGRO:** THE SOPHOMORE FROM GRAY, ME, WON BOTH THE 1,000-YARD FREESTYLE AND THE 100-YARD BREASTROKE AS THE MEN'S SWIM TEAM BEAT FREDONIA IN A NON-CONFERENCE DUAL MEET.



**JESSIE CACCAMO:** THE SOPHOMORE FROM BALLSTON LAKE, N.Y., WAS ON THE TEAM THAT WON THE 200-YARD MEDLEY RELAY AGAINST FREDONIA. IN A DUAL MEET AGAINST WILLIAM SMITH, SHE WON THE 1,000-YARD AND 500-YARD FREESTYLE RACES.

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**MELANIE JACKSON:** THE SOPHOMORE GUARD FROM ANDOVER, N.Y., AVERAGED 16.5 POINTS, 7.5 REBOUNDS, 2.5 ASSISTS, AND TWO STEALS AS THE WOMEN'S BASKETBALL TEAM SPLIT TWO GAMES AT THE NYU TIP-OFF TOURNAMENT. SHE WAS ALSO NAMED TO THE ALL TOURNAMENT TEAM.



**PAUL KEELEY:** THE JUNIOR QUARTERBACK FROM CALEDONIA, N.Y., THREW FOR 279 YARDS AND A TOUCHDOWN IN LEADING THE FOOTBALL TEAM TO A 40-34 OVERTIME VICTORY AGAINST ROCHESTER IN THE ECAC NORTHWEST BOWL CHAMPIONSHIP. HIS ONE-YARD TOUCHDOWN RUN WITH 14 SECONDS LEFT AND HIS ENSUING RUN FOR A TWO POINT CONVERSION COMPLETED THE SAXONS COMEBACK FROM A 15-POINT FOURTH QUARTER DEFICIT. KEELEY WAS ALSO NAMED THE GAME'S MOST OUTSTANDING PLAYER FOR A SECOND YEAR IN A ROW.

# SAU Sports

Photos by Shaun Latulippe



**Close Loss for Lady Saxons**

Above, Coach Heidi Metzger and her team react to a foul in the closing minutes of their Nov. 29 game against Houghton College. At top right, forward Alyssa Raykovitz goes for a lay-up in Alfred's 59-58 loss to Houghton. At bottom right, freshman forward Libby Meier drives the ball through Houghton's defense in the first half.



## Men's basketball shoots for success in Big Apple

BY NATHAN WEISER  
SPORTS WRITER

The Alfred University basketball team traveled to the city that never sleeps for NYU's annual tournament November 18-19. The trip was the fourth to the Big Apple in coach Jay Murphy's four-year tenure. The first match-up was 34-77 in favor of New York University, and in the consolation game Alfred was competitive, losing 83-94 to Moravian.

The AU Saxons kicked off their season with two challenging games. AU played against NYU, which proved to be a superior foe, but against Moravian "The team settled down offensively and they got rid of some of their opening game jitters," said Coach Murphy.

A highlight of the trip according to Coach Murphy was that "The freshmen got their first taste of playing the college game which will serve well for later on in the season."

On the other hand, their execution during the game needed some improvement in order to achieve their goals. The team rebounded very well in both games but needs to improve in other areas defensively as a team.

Jamie Waite, a junior forward from Elmira, N.Y., said, "I have been a little overzealous thus far. I have been getting in foul trouble early, but I still feel that

I have given quality time."

During the season opener against NYU, Coach Murphy said, "the team was in a hurry on offense, and I was surprised the seniors were like that." The team had a propensity for giving up shots they would normally fire away and that is a good explanation for why they had only 44 points on the board in the NYU game. However Coach Murphy said that, "The team did a good job on Jason Boone who is a preseason all American candidate for NYU." Boone was limited to 5 points, 8 rebounds, 5 assists and 1 block by the Saxons.

In the second game the team showed promising improvement. Senior center Dillon Stein (N. Huntingdon, PA) and senior guard Robby McCarter (Wooster, OH) did extremely well. Stein had 21 points, 10 rebounds and 2 blocks, and McCarter had 27 points, 7 rebounds and 3 assists and was 10 for 10 from the charity stripe.

"We out-rebounded Moravian 55-21, which is good, but we had 33 turnovers and did not stop dribble penetration the way we need to," Murphy said.

"The 33 turnovers and the failure to stop dribble penetration hurt, and it was frustrating since we have been working at it for five weeks," Murphy added.

The coaches are glad that they played competitive teams. Murphy said it was "Good to get used to getting on the road, and being in New York City, since

some have not been there before." He thought it was good to get used to playing away from the friendly confines of Alfred and to play in a bigger environment. The objective is to play solid teams and get better overall by the time Empire 8 play rolls around. Continuing to show game tape will only help augment this.

There were some glaring encouraging and discouraging aspects of this tournament. The encouraging sign is that "The team rebounded very well and they need to continue – and some sets and plays were executed well," said Murphy. It is also beneficial that the freshmen on the team will be more acclimated to the physical game. However, "The team basically needs to improve on every area defensively – they need to stop dribble penetration to the basket – but we will improve on these areas," said Murphy.

The Saxons visited various sites while in New York City. Some of the attractions included the Empire State Building, the Statue of Liberty, and the NYU gym to play the tournament. A native New Yorker, freshman guard Jossue Infante said, "It felt great playing a college game back at home; it feels like an accomplishment I needed to achieve." When Infante was asked how the team could improve he said, "As a team we will improve with help from each other. We have great team chemistry and practicing in a competitive environment improves all of

our weaknesses."

McCarter added that he enjoyed "The whole experience, being from Ohio, I don't get to get to the city very often. The whole atmosphere was something I have never experienced."

When questioned about the games McCarter said, "The good thing about the games was that we got better each game. In the second game we battled back from a double-digit deficit and we were leading for a little bit. We are nowhere near playing to our potential. As long as we keep improving and getting better we should be able to put us in the position where we should be. We need to work on our defense, we have guys who can score but I don't see us as a team that is going to put up the numbers to outscore the other team. We have fire power, but we need to get a balance to stop the other team's offensive runs."

The squad's most recent game was a contest against Hilbert College, November 21. The Saxons defeated Hilbert with an overtime score of 79-77. Freshman forward Pat Smithgall (Perry, NY) was awarded rookie of the week by the Empire 8, catapulted by his dominant 17 points and 26 rebounds with 11 offensive rebounds, 2 assists, 2 blocks and 1 steal. The Saxons final game before this edition was on November 29 against Allegheny College at home. ○

## BCS Bologna

BY JON WORDINGHAM  
STAFF WRITER

The BCS is out once again and -- surprise, surprise -- most people in the nation have a problem with it.

College football has been plagued by the flawed rating system for several years, and for some reason college football officials refuse to revamp the system.

Not only does the BCS seem to favor certain schools, it flat out forgets conferences. For the second time in three years they have left out an SEC representative from the championship game. This is not only a problem for the respective school in that conference with the best record. It is a problem for the most football-crazy region in America. Leaving these teams out of the championship game is like telling Brazil that they probably shouldn't play in the World Cup for soccer.

Two years ago, a stacked Auburn team was left out of the BCS championship game in favor of Oklahoma, a team with a terrible loss in their Big Twelve championship game. This was not only an atrocious decision by the BCS voters because the Tigers were good, but they also beat the defending champion LSU during the regular season. Instead, the two-loss Oklahoma Sooners were obliterated by USC, 55-19. So much for Jason White's heralded college career.

In fact, the SEC has been so slighted that in the eight-year history of the BCS only two teams from the storied conference have been in the championship game. Want a fascinating fact about these two SEC teams? THEY BOTH WON!

The conference corruption isn't the only problem with the BCS system by any stretch of the imagination. Does

anyone remember the Louisville-Rutgers game? Rutgers pulled out an amazing victory against the heralded Cardinals. Apparently this doesn't matter in the eyes of the BCS because with the same record, Rutgers is seven spots behind Louisville in the rankings.

Boise State provides the BCS with yet another problem. Although they are undefeated and have a 10th place ranking in the poll, they have played only one formidable team, Oregon State, to the rest of the field. This presents quite a problem because this very same Oregon State Beaver team that lost to Boise State defeated USC.

This is just the beginning of the chaos, as the two-loss Notre Dame Fighting Irish are slated to play Michigan in a BCS bowl game, which is quite ironic because the main reason the Trojans of USC are number two is because a rematch of Ohio State and Michigan would be unfair.

Add to this the mess that UCLA could completely ruin the entire BCS system if they upset USC this weekend and the call for change should be heard.

There could be a solution if the heads of college football would consider a fair way to have the top teams in the nation play-off for a championship. Although many consider this idea far-fetched because of time constraints, 32 teams could play-off and still have the time to meet on the regularly scheduled date of the BCS championship game.

I realize that having a simple solution to a stupid problem may seem a little extreme to the BCS developers, but enough is enough already. I think the entire nation would be on board with a 32-team playoff to name a true national champion.

Well, maybe everyone except Ohio State Buckeyes fans. ○



PHOTOS BY SHAUN LATULIPPE



At top, senior defensive end Andy Rantz puts some pressure on St. John Fisher's quarterback in the Saxons' Nov. 11 home game. At lower right, senior tight end Matt Gibbons brings a screen pass all the way to Fisher's 4 yard line. He tallied six catches for 105 yards. At lower left, freshman wide receiver Jared Manzer returns the ball after a kickoff in the second quarter of Alfred's 41-13 loss.



Freshman Linebacker Josh Kowalski puts some pressure on St. John Fisher's quarterback in the 41-13 season ending loss.

Running back Elmer Newsome breaks a tackle through St. John's defensive line.

Senior tight end Matt Gibbons brings a screen pass all the way to St. John Fisher's 4 yard line. He tallied 6 catches for 105 yards.

Wide Receiver Freshman Jared Manzer returns the ball after a kickoff in the second quarter of Alfred's 41-13 loss to St. John Fisher.



