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S.A.F.E. commemorates Rosa Parks' historic stand

JESSICA HENDERSON
STAFF WRITER

"Rosa Parks refused to move, AU refuses to forget."

This quote was the motivation for the commemoration of the historic event that defined the life of the "Mother of the Civil Rights Movement."

Students Acting For Equality (S.A.F.E.) brought a bus to Powell Campus Center to honor the fiftieth anniversary of the day Rosa Parks refused to give up her seat on a public bus on Dec. 1.

"I was happy President Edmonson showed up and with the turn out," said Darnell Thompson, former president of S.A.F.E.

"I am glad people were able to see the goals of S.A.F.E. while giving them a chance to see what Rosa Parks has done, and see her whole life story," Thompson added.

S.A.F.E. wanted Parks to be recognized for what she did on December 1, 1955 in Montgomery, Alabama.

"Ironically, in the midst of planning the event, Parks died," said Director of Student Activities Dan Napolitano.

The program was not altered after Park's death but it opened an opportunity to give her a memorial, said Napolitano.

While a mix of faculty, staff and students

filled the bus, boxed lunches were handed out, and a 20-minute video about Parks was shown.

The idea was simple and did not require extensive planning and funds, but the power of the image the bus exuded made a great visual statement, said Napolitano.

Napolitano was shocked, he said, after going to CNN.com and finding nothing about the fiftieth anniversary of the day Parks would not give up her seat.

Having a large bus, outside of Powell, allowed the day to pass with honor, and even people walking by had the opportunity to take a moment and reflect, said Napolitano.

In the future, S.A.F.E. is planning other visual strikers to remember other significant people in history, added Napolitano.

"I felt like I was a part of something new, there has not been anything like this," said junior history major Caroline DeLeon. "S.A.F.E. has a lot of potential, they can go far, as long as they stay focused. Personally, I think if they can accomplish their goal of getting a full-time A.L.A.N.A. director, they will always be able to show Alfred how they flex their muscles."

During the bus for Parks, the former S.A.F.E. executive members took the time to announce the new executive board. The new officers included Devin Simpson-



PHOTO BY JESSICA HENDERSON

Students Acting For Equality honored the day Rosa Parks refused to give up her seat on public bus in 1955 with a bus outside of Powell Campus Center on Dec. 1.

Loney, Rosie Garcia, Kellee-Sue Henry and Laquesha Garner. Their position titles have not yet been assigned said Thompson. The former executive board members will interview each new officer, evaluate their strengths and decide which positions will

fit each individual best.

The bus was packed, said Napolitano. There was a great turnout and it was a day to not let history pass by without recognition, he said. ©

Herrick to be renovated in 2006

GERALDINE GENZARDI
MANAGING EDITOR

Herrick Memorial Library will soon be renovated to provide increased functionality to the campus community.

Alfred University will conduct renovations of Herrick Memorial Library during the 2006-07 academic school year, Stephen Crandall, associate dean of AU libraries and director of Herrick Library explained.

"We want to be as responsive as we can be, but it's not going to be a normal year," said Crandall.

According to Director of Capital Operations and Legal Affairs Michael Neiderbach, the project should take a year, maybe even 13 to 14 months. The short time frame scheduled for the renovations should make the changes manageable for students and faculty.

Right now some aspects of the project are still being negotiated, but the main concept for the new look of Herrick Library is to provide students with a high functioning, enjoyable atmosphere to study and do work in.

"We're really looking forward to being able to offer the increased functionality and update a lot of things that we wished we could do for a long time. I think it's going to be a place that people will want to be and that's

what we're shooting for," stated Crandall.

The bottom floor that currently houses ITS, parts of the General Collection (N, PR2820-Z), a small quiet study area and office space, will go through some changes in three of the four sections. ITS will remain the same because it was remodeled a few years ago.

To gain more space on the second floor for new initiatives, there will be movable compact shelving added to the General Collections section. There will still be a quiet study area along with an area to refer to the books for research.

One of the more significant additions to the library will be a 24-hour study room. The entrance to this room will be the door near where the current book drop is located, across the street from the Brick. A gate or door will close off the rest of the library from the study area once the library is closed. Students will be able to work on computers, or bring their own laptops. The entire library will have wireless capabilities so students can connect to the network from this study room.

"We want to make sure we have all different kinds of studying styles and needs, so this would be one of the quieter places," commented Crandall.

The main floor will also undergo some major changes

SEE HERRICK PAGE 5

Future of Banner looks promising

IRMA CLETO
ADVERTISING MANAGER

Think you've had enough Banner? Now there's more. Alfred University is planning to include additional features to the system that will affect students, faculty and staff in the near future.

Banner is an information system built around four AU departments, which are Finance, Student Accounts, Financial Aid and Human Resources. Its main purpose is to keep a constant flow of data amongst these departments and to have records on file that are tied into each of the functional areas.

According to President Charles Edmondson, "Our old system had huge limitations, including the inability to store information very well or to support informational queries that we need so that our decisions can be based on accurate information."

AU previously used the Legacy system. It proved to be inefficient and resulted in delays of data and numerous inconsistencies, said Edmondson.

Many students are finding the system to be useful, especially when registering for classes. The "real time" aspect reduces future headaches. But, AU is experienc-

ing some "growing pains," said registrar Larry Casey. "Give the system a full year," he added. Nevertheless, students have been experiencing little trouble with Banner.

Senior criminal justice major Teofilo David said that some of the best aspects of the system are that students can view their transcripts, send e-mails to professors and register for classes in "real time."

Senior marketing major Andreina Simet is pleased with the system because of the registration process and the ability to access other personal accounts such as payroll, student accounts and contact information.

AU has experienced nearly two semesters of Banner so far, but what is really in store for its users in the future?

According to Casey and Project Manager Denise Kirschner, there are certain features to be added, but they are not certain of when the additions will occur.

Of the new additions, Banner will hopefully provide a timesheet service where employees could input the hours worked and have it approved by their supervisors. This supports those who do not hand in their timesheets

SEE BANNER PAGE 5

For love of the game: Women's lacrosse season cancelled, again

CHAD WINANT
SPORTS EDITOR

It is your senior year and the one thing you do to keep your mind off of grades, exams, pop quizzes, and the horrible job hunt, is play lacrosse. However, for three women's lacrosse players, that one thing you do is no longer there. For the second consecutive year, the women's season has been cancelled due to a lack of players.

"This cancellation is strictly because of numbers," said Athletic Director Jim Moretti.

On April 12 of this year, after a 0-7 start, Alfred University cancelled the remaining games. The decision was made after injuries caused the team to eventually play at a three

player disadvantage.

"We all have a pretty good understanding of the situation of the cancellation," said senior midfielder and Co-captain Jessica Giuricich. "We were being double and triple teamed for a whole game and that made it impossible to do anything on offense."

Imagine you are playing Battleship and, no matter what letter-number combination is called, you are hit. That is what it felt like playing for the women's team last season. The team was defeated badly, losing on an average of 16 goals a game. Although many might turn and run against such odds, these women stuck to their guns and went out swinging, their sticks of course. But, the physical strain on the human body appeared to be too much.

"Your body just can't do it," said senior midfielder and Co-captain Rosemary O'Sullivan. "Even in a normal game you might get doubled and triple teamed anyway. But when it's like that for a whole game, you can't do anything. If you are a fan, it's just simply hard to watch. Nobody wanted to play that way."

Besides having limited players the team was also at a disadvantage for not having an appointed head coach last season. Graduate assistant Brianna Bastian was named interim head coach for the 2005 season after Anne Windover left the university.

"Having a coach that isn't appointed is tough," said O'Sullivan. "Brie was great though."

This season they called upon Samantha

Valder. Valder comes to AU from St. Andrews Presbyterian College in Laurinburg, NC, where she was head coach from 2003-05. Prior to '03, she served as assistant women's lacrosse coach at Cayuga Community College in Auburn, NY, from 2001-03. She played a season at SUNY Cortland before transferring to Finger Lakes Community College, where she played a year before finishing her collegiate playing career with two seasons at Division I Central Connecticut State University. Along with impressive credentials, she also has experience with building teams from the ground up.

"I have started two previous teams before, and I look forward to the challenge of building this program," said Valder.

SEE LACROSSE PAGE 9

Opinion

Fiat Lux

Finals week crunch Manage your stress without stressing

There are two occasions during the academic year where an Alfred University student can feel the most pressure. Both of these times happen to be during the dreaded finals week.

Finals week is a prime time where stress can easily mount. Students tend to be occupied with so many tasks at once, that an overload may occur. Pressure from coursework, extra curricular activities, lack of sleep, bad eating habits and family issues, just to name a few, can contribute to stress. High levels can result in medical and social problems.

However, it is true that most college students can and are expected to successfully juggle multiple tasks and handle stress. It is also true that not all stress is necessarily bad. In fact, mild stress can serve as a motivator and energizer. According to the Counseling and Student Development Center (CSDC) at AU, your level of stress depends on the way you interpret and react to various situations. The bottom line is that you decide whether something can or will stress you out.

In order to beat stress and complete the semester without having a mental or physical breakdown, you must first recognize your stressors. Find out what is causing your undesired strain.

For freshman, the transition from high school into college life can lead to stress. For upperclassmen, receiving low grades or failing courses can impact one's stress level. And for seniors, the transition from the college experience to the workforce can also have an effect.

While in college, there are other contributors to stress. Many students have to deal with their own relationship disputes, as well as family problems, which include death, divorce and illnesses.

Financial obligations and worries in college can bring stress, as well as heightened competition, noise, lack of privacy and a myriad of other stressors.

Many college students can function very well under stress and still allow time for rest and relaxation. This is quite possibly because the stress that is dealt is interpreted as "good" stress. Concentration, sensory perceptions and performance tend to heighten "good" stress, or the adrenaline rush. After the stress has been dealt with, the body returns back to its pre-stress state. But, if the stress is not disposed of in a timely fashion, tension and anxiety will remain on edge; the body can become drained - mentally, physically and emotionally.

Early warning signs of high-level stress include trouble sleeping, chronic fatigue, headaches, upset stomach, irritability, trouble concentrating, clenched jaw, hunched shoulders and feelings of depression, according to the CSDC.

Often students go about dealing with stress the wrong way, especially with finals just around the corner. Many students turn to stimulants such as sugar, caffeine or pills to try to manage stress. Some students tend to drink alcohol or smoke, and others turn to unhealthy food. These alternatives do share a trait though - they make the existing stress worse.

There are several strategies that assist students in coping with stress. Students should slow down, meaning that they should carefully evaluate priorities and come up with a plan. Instant panic and continuous worry only escalate the stress.

Time management is also important. Too many students put things off until the last minute. It is important to know what you are currently doing and prepare for what is forthcoming. Have some structure in your life.

Being able to encourage and have faith in yourself is important too. It is hard to get things done with scare tactics and negative talk.

Students must realize that even though they are young and have busy lives, there must be a balance of eating habits, sleep and exercise.

A big stress reliever that students should follow is the acceptance of the stress. Often, especially in college, there will inevitably be stressors that you can neither evade nor control. Just let 'em go!

It is always good to talk to someone when you are dealing with heavy amounts of stress. Find someone who will give a listening ear. First choices are usually friends and family, but the CSDC offers services and has professionals that can help students with stress management.

So, the next time you feel you are at a breaking point, grab a stress ball and squeeze the stress right out of you. It'll come in handy during finals week!

**COME PICK UP A STORY AT
OUR NEXT MEETING.
MONDAYS AT 5:30 P.M.
IN THE S.O.S.**

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. Submissions should follow the rules of fair play (i.e. get the facts straight).

Fiat Lux

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Home is where my heart is, or is it?

The anticipation of going home for Thanksgiving break made me realize just how much I missed home.

Having such a busy schedule this year at school has left little time for traveling the two hours to my quaint little hometown.

As a girl who has such a strong relationship with her father, I wondered if home is truly where my heart is or if I've begun to change.

As a little girl, I spent my childhood days with my father. My parents separated and I stayed with my dad. We did everything together. Sometimes I think he forgot that I was a little girl. We would play football in the park, go for bicycle rides, and eat the worst possible dinners of various types of junk food. We were inseparable. Our bond was much more than one that a father and daughter have, but we were best friends as well.

When I entered college, the thought of leaving the one person that had always been there for me was frightening. I was scared that he would forget about me and that I would be alone in this new experience.

I would go home every other weekend because I was lonely and missed my dad. I wasn't involved in campus activities and I didn't have many friends. I wasn't putting myself out there, truly experiencing college life because my mindset was stuck on home and what I was missing.

I would get upset when my family would go to the movies without me, or take a shopping trip. I feared that I was losing a spot in my family, but my dad made me see that I was experiencing so many things at school that my family did not. He told me that I should not think about the past, and that I should get involved at school and really make the most of the experience.

I took my dad's advice and joined a few clubs and even had my own radio show. My father was impressed with my newfound confidence and independence. I made more friends and began to see that college really was a fun place to be. I began going home less, about once a month.

This followed into sophomore year, where I lived with a close-knit group of friends. They became my family, and I would see that I was beginning to go home only once in a while because I was having

so much fun with my friends. They did not take the place of my family, but I knew they would be there for me when I needed a shoulder to cry on, or someone to listen.

My alternative family has made me see that I can find the things I went home for right here in Alfred. I didn't need to drive the two hours each weekend to feel a part of something. Although I was unable to see my dad, I could call him. I could do more with the two hours I wasted to go home.

I could hang out here like I did at home, and I could go to the library to get away if I needed to. I realized that I was running away all the time because I felt I needed to be a part of something.

I have become a part of a new family. They are the best girls I have ever known and I am grateful that I took my father's advice. If I had not, I would still be going home and be a miserable mess.

Now, when I go home, the anticipation of seeing my father is so much stronger. I appreciate the time we have together more and see that when I come home I still have a place. I think in a way, I was subconsciously preparing myself for the future.

I am not always going to be able to go home when things are rough. I need to stand on my own two feet and do things for myself. I have grown so much in the past two years. I have gained a greater independence and confidence in myself.

With the real world fast approaching, I need to prepare myself for life without my security blanket. Although my family will always be there for me, I need to stand on my own and accomplish what I have set out to do for my future.

Home really may be where my heart is, but my experiences at Alfred have opened my mind up to a new possibility, the possibility that there is much more in the world than my hometown.

Although my family will always be there for me no matter where I go, I need to find my own place in the world. Who knows? Maybe the anticipation of going home less from now may make me realize just how precious family can be. ☺



ASHLEY PADDOCK
COPY EDITOR

Alfred provides a homey atmosphere

I am always dreaming of a home, a stable and a warm home, a home that belongs to me, a home that is always there for me when I need a place to relax and place that always embraces me when I get hurt.

I have no home, but everywhere could be my home. Throughout my life I have been on the move.

I was born in a small village in South China. I had a home with a lovely family, a nice farm and plenty of laughter. I had a great time hanging around with my little buddies. I played around with chickens and my grandmother almost killed me when I nearly killed the chickens. I used to go to the movie theater with my parents and fell asleep on my father's back on the way home. I enjoyed going to the Chinese Opera with my grandmother, because she bought me snacks.

This was a home full of beautiful memories. My parents have a home in FuQing, the city I lived in after I moved from the small village. This is the home I would love to reside in when I go back to China, because my mother and my grandmother are still living there.

That home is much fancier and nicer than the village, but it is filled with less laughter. I lived on campus in China for three years so I was barely at home.

But, whenever I went home on weekends, my mother always had dinner waiting for me.

Thinking back, I would have loved to spend more time with my family but I only wanted to hang out with my friends and my parents were too busy for me too.

I thought I could spend more time with my parents after I graduated from school, but I had to move to the United States.

I lived in New York City, but I don't have a home there. My family rented an apartment in Chinatown for a couple of months, then moved to Sunnyside for about two years and then moved to Flushing, Queens, two years ago.

My father and brother don't live together, and I don't live with either one of them. I had no feeling of a home.

I tried to make a home. I learned to cook and do laundry. I took care of my father and my brother, but we were too busy for each other. We didn't even have a chance to have dinner together for Chinese New Year Eve.

The home in New York City is the same as the one in FuQing. I have a place to live, but I don't feel I belong to this home.

After I came to Alfred, I found it a warm and a welcome place. It's just like the one I had in the small village that I was born.

I was shy when I first came to Alfred. I didn't hang out with anyone and didn't feel that I fit into this place.

But my friends who lived in Tefft came to me and hung out with me. I felt that I was not alone. When I walk around campus, people are always so friendly, and say "hi" all the time.

Alfred is a home that accepts the mistakes I made and has taught me how to learn from them.

Alfred is a home that gives me an opportunity to be a leader, a sister, and a friend. When I need help, there is always someone there for me. Whenever I am happy or upset, there is always someone there to share with me.

Alfred is a small town, but a welcome place to be. It gives me a feeling that I am back to the time when I lived in my real home in the small village. ☺



BONNIE YE
STAFF WRITER

Letters to the Editor

Israeli-Palestinian article headline angers reader

Dear Editor,

Congratulations, *Fiat Lux*, on consistently (sic) maintaining the low standards of editorial quality you've set for yourself. The headline selected for Katie Kiely's front page article this last issue, "Unfair media coverage in Israeli-Palestinian conflict," illustrates just how low your standards are. As a publication that avowedly subscribes to objective journalism, I find troubling your choice of a headline editorializing on behalf of Zionism.

I have trouble feeling sorry for a people who disposed (sic) and continue to subjugate another people and then wonder why they're the targets of terrorism. The Holocaust is no excuse. If anything, the Holocaust and the discrimination, harassment (sic) and murder the Jews faced during 19 centuries of the Diaspora should make Israelis more sensitive to the plight of dispossessed peoples. The very idea of dispossessing and oppressing anyone should be

repellant to them. Instead, they've behaved with the same arrogance and disregard European colonizers have exhibited around the world since Columbus "sailed the ocean blue." And Jewish transplants to the Middle East are -- make no mistake about it - Europeans.

The *Fiat Lux* subtitled itself *The Student Newspaper of Alfred University*. Well, you don't represent this student's views, and I suspect you don't represent the views of a great many students at Alfred University. It seems your only constituency is your staff. If I could withhold the portion of my student service fee that goes to fund your publication, I would.

Ian J. L. Adkins, A.A.

Editor's note: (sic) indicates mistakes or other grammatical problems made by the writer. This letter is published exactly as it was received.

Roving Reporter

QUOTES AND PHOTOS BY
JESSICA WEBSTER
SUBSCRIPTIONS MANAGER

What is your favorite part of the holiday season?



"Being home is very important to me because I live 10 hours away, so I really look forward to seeing my family and friends. I love the snow and like all of the traditional activities especially because I get to spend time with my brothers."

Ashley McDonald, Biology/Chemistry



"This year is special because Hanukkah overlaps with my birthday! I can't wait to walk the streets of Philadelphia and see the holiday spirit."

Tara Ketterer, Psychology and Business Administration



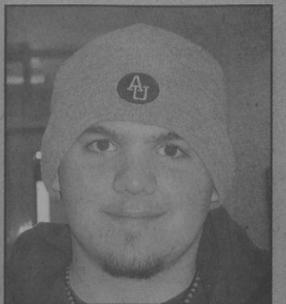
"My favorite part is being with family and not having to go to classes. I also like celebrating New Years with all of my friends."

Carlo DiRisio, Electrical Engineering



"I like to make gingerbread houses and gather around with my family. We have decorating contests with my cousins; it's a family tradition."

Laura Nash, Art & Design



"My favorite part is celebrating Christmas. I like decorating the tree and watching Christmas movie marathons on TNT."

Tyler Monroe, Criminal Justice

Letters to the Editor

Leash policy on campus should be enforced Recent donations frustrate athletes at AU

Dear Editor,

Animal lovers on campus should have already experienced walking on the upper road behind Powell Campus Center and having an energetic dog run up to them for a little attention. Personally, I enjoy seeing a Shih-Tzu or a Boxer playfully running around. However, not all students here are dog lovers.

Students, faculty, staff and the townspeople walk their dogs on campus, allowing them to roam freely without leashes. I think this is a big problem because some students may be cynophobic, possessing a fear of dogs. I have seen several students jump off of the walkways to avoid dogs running into them. I would do the same because an unleashed dog could easily attack a student.

When I was younger, dogs would always approach me, and I used to be fearful of them because I did not want to be bitten. I later realized they usually wanted to just smell me. However, dogs can be unpredictable and, if startled, can become dangerous.

According to Alfred University policy, animals are only permitted on campus if they are leashed and attended by their owner at all times. The majority of people who have their dogs unleashed or let them roam free on campus are violating this policy. Alfred University should better inform the community about this rule and enforce it. Although the local dogs are usually friendly, it is better to be safe than to be sorry.

Patrick Felix

Dear Editor,

This is in response to the donation made by Dr. Kazuo Inamori, the Kyocera Corporation founder and chairman.

He donated \$10 million to AU's School of Ceramic Engineering. This came after Trustee Martin Miller Jr. also contributed an estimated \$10 million for the building of a new performing arts theater.

I am particularly bothered by these donations because this money is going specifically to these two sectors of the university and it cannot be used for other projects needed throughout the university.

As an athlete at AU, we need more new equipment and even a new Merrill Field. I feel that the money should be split up so that it can help out the roughly 25% of the student body who are involved in athletics at AU.

Many students that I have spoken with were in agreement with these viewpoints. We need to contribute to the all-around betterment of AU in order to attract the best and brightest students, as well as athletes.

Peter Ferriello

European adventure nears end with nostalgic anecdotes

I have less than one month left of my time in Europe. Time has gone by like the shadows at night that you never see. I'm just a shadow of the girl I used to be. "Que sera, sera," whatever will be, will be. I love being Jamaican; I love being American. I miss America.

Thanksgiving Day has passed, the day to be with family and friends, and yes I was a bit sad, but it was an experience in itself. It was my first all-American Thanksgiving dinner. How ironic is that, my first all-American Thanksgiving dinner in Spain? Well, that's because my family is Jamaican, and on Thanksgiving we eat, well, Jamaican food! The dinner was great and all, but it wasn't until then that I realized how much I miss being in the United States. There were times when I just wanted to watch VH1 and go to Wal-Mart at 1 a.m. to buy \$5 DVDs.

I mean, for the most part, words cannot describe how much I have learned and how many things I have seen that have impacted my life. Seriously, there is another world over here; a world of cultures. Think about it. In North America, there are two countries.

But in Western Europe alone, there are more than ten distinct countries.

However, with the emergence of the European Union, these distinct nations are more thoroughly connected than ever before. Though I didn't get to go to them all (after all, I am *studying abroad*), I truly appreciated the ones I was able to visit. From eating crumpets and drinking afternoon tea in England, to eating pizza and gelato in Italy, you do more than just learn about other cultures and customs, you learn new things about yourself.

Oh, and let's not forget to mention all the people I have met. It is very true what they say, some people may walk in and out of your life, but only some will leave footprints in your heart.

I will talk of this old African homeless man that helped me when I was lost in Rome. I had to catch a plane and of course I was lost at Termini Station, with no sense of direction as to where the

shuttle buses to the airport were. This old man saw that I kept spinning in circles and offered to help me. I, being the New Yorker that I am, said "No, I'm Ok!"

I said that knowing that my nerves were a wreck with the possibility of missing my flight back to Spain. He then asked me again, reassuring me that he wasn't going to rob or hurt me; he just wanted to help his "sister." I reluctantly said ok, and told him I needed the buses to the airport, standing considerably [far] away from him, (hey, I was a little bit scared).

As I followed him, walking a few, ok many, steps behind him, I kept thinking about how I could take him down if he tried anything. As we walked, he kept repeating that all he wanted to do was help his "sister" out.

Soon enough the scenery started to look familiar to me, and there, one block ahead was the bus depot. "Wow, he actually did help me," I thought. I thanked him and he walked away, not asking for

anything, not even a dime.

I mean, he didn't *have to* help me, but out of the kindness of his heart he did. So I stopped him and gave him my Panini sandwich and bottle of water I had just bought. He was so thankful, and I felt good. So you see, sometimes it's just the little things in life that make a difference.

I made a big life adjustment by choosing to live in Spain for four months, but I think I adjusted very well; I know I did.

The language, my [Spanish] family and friends, the food and many other things, contributed to my whole experience. Even though I did sometimes wish that I could have paused time to come here, and not miss out on the lives of family and friends, and the passing of lives (R.I.P. "Papi"), I wouldn't have changed it for the world.

PS. As of January 2006, in Spain, smoking in public places will be illegal. Yes! I win! ☺



TAHSHAUNA WILLIAMS
STAFF WRITER

Life lessons learned at AU are not forgotten Working before grad school, the right way to go?

Life After Alfred

Frequently I find myself talking about my life at Alfred University. It usually happens during one of the classes I'm taking, but more often than not I talk about AU because I miss it.

After graduating in Dec. '04, I began the next series of events in my life. I had been accepted to SUNY Brockport in November to work on my master's degree in Communications the following semester. I suppose it was normal to be entering this phase of my life with some trepidation.

The trepidation I speak of comes from getting comfortable. It's not often that I allow myself to settle into a place and call it my home for nine out of twelve months, but the AU campus became a part of who I was. I wasn't involved in sports and I didn't join a sorority, but AU had more to offer me than those things. While I was there I found friendship, support and love. After becoming so comfortable, it was difficult to leave that small town to come back to the small town I had lived in all my life.

Leaving one place, had never been as difficult on me as it was last winter. But instead of dwelling on what I was leaving, I packed all my belongings (and quite a few of my boyfriend's) into my little red truck and drove the one hundred miles home.

When I pulled into the drive-way that evening, I questioned what it was I was going to do with my life, even though the questions about going to graduate school had already been answered. Then I asked the same question again as I unpacked my belongings, hanging shirts and jeans in the closet of a bedroom I had spent my childhood, adolescence, and early adulthood in. I was home.

The answer still isn't clear as to where I'm going in life, but I'm working on it. Deep inside me somewhere I still have the blueprints for a few novels. Someday I just might get around to writing them. All the same, it's a 24/7 job trying to figure out what you want to be when you grow up. Sometimes the answer refuses to come, and sometimes it comes too quickly, and further down the road you learn that it was wrong. But at least you have the lesson to get you through the next series of life-changing questions and decisions.

I am currently nearing the end of my second semester in the Communications program at Brockport, and although Brockport is a nice place, it does not compare to Alfred in any way. This semester my 60-mile round trip commute happens four days a week. In order to get a parking spot, I have to leave for class more than an

hour before it starts. I cannot step out the front door of my dorm and walk to the library, and that bothers me more than missing Mug Night at Alex's to de-stress halfway through the week.

The campus is still unfamiliar to me, and sometimes I think it's because they have a "student union" instead of a "campus center." Then I realize that I'm still living at AU—that realization is occasionally in my head, but mostly it comes to bear in my heart. But I'm not dwelling, because I can always throw on my AU hoodie and feel right at home all over again.



MIRANDA VAGG
GUEST WRITER

Alfred gave me so many things to look forward to. Thanks to professors like Pam Schultz, John Davis, and Robyn Goodman I became more involved in the things I didn't think I wanted to be involved in. I don't think I would be the person I am today if it had not been for that initial step, taking COM 101. The faculty support at AU helped me gain a

foothold on my personal goals. Admittedly, I am biased. In several ways I was spoiled by the AU Communication Studies and English faculty. I recall several afternoons discussing my goals with Dr. Goodman, and I treasure each and every one of those conversations. Whenever I begin doubting myself or my goals, I think about how the faculty I was in class with would open their doors and give me a nudge in the right direction.

I cannot say that I've learned many life lessons since leaving Alfred. School work takes up the majority of my time, so I don't have a glamorous job. Instead, I do homework for about eight hours a day and baby-sit my niece and nephew for gas money. One lesson I have learned is do not trust a 6-year-old and a 2 1/2-year-old to behave while you work on a 20-something page paper. Childcare and concentration on writing do not mix.

For anyone graduating this December, or even next May, I can't give you any advice because we all carry with us our own experiences. Hopefully yours have been as positive an experience as mine was at AU. I hope you were able to grow as a person, not just as a student, because who you are is what matters most.

I started my life at Alfred a very scared child. I left there a woman with the fear of life in her. Today I'm just thankful that I was able to spend my undergraduate years in a place that made me feel at home, a place which gave me the wisdom to understand who I am. ☺

Life After Alfred

Graduate school is a logical next step for some undergrads, while for others; entering grad school is a big risk. Pre-med and pre-law students are naturally required to continue their education beyond the four years spent at the undergraduate level, but for most students, grad school is seen as an excuse for not getting a real job.

As a former Communication Studies and Business student at Alfred, I never really considered grad school until the end of my junior and beginning of my senior year. I knew I didn't want a Master's degree in Comm. Studies because *effectively*, most communications fields require on-the-job learning rather than more education.

With the intent to move further into the business world, eventually as an entrepreneur, I saw a Master's in Business Administration as a golden ticket to credibility, career advancement and of course, more earning potential. Considering that MBA's earn an average starting salary of \$80,000 a year and are highly sought after for executive positions, you can see the appeal of pursuing further business education.

When I was seriously planning on going right into business school from undergrad, I researched extensively and found that most business school entrants worked an average of three to five years after earning a Bachelor's degree. Many top schools adhere to a strict two-year minimum of real work experience, while internships aren't even considered. At more competitive schools, GPA's ranged from at least 3.4 and higher, while the average GMAT score was around 670 and up, out of a possible 800.

After considering all of the statistics and evaluating my chances of getting into a top tier MBA program with no work experience, I decided to hold off my grad school plans for at least a year.

My dilemma wasn't that I lacked the necessary leadership ability, or that I didn't meet the academic requirements. Rather, I had to decide to put off grad school in order to gain work experience and then enter a competitive program or hastily enroll in a less competitive program that guaranteed no solid graduate outlook, but one that accepted younger, less experienced candidates.

I considered the numerous pros and cons to determine what I would be giving up by entering a lesser program. If I immediately entered grad school, I would

be satisfying my burning desire of pursuing an MBA, but relinquishing the networking opportunities, prestige and earning potential associated with a top program. If I held off school, my parents worried that it would be harder for me to go back eventually or that I would never enter grad school at all.

Harvard, a top three nationally ranked program, and even the University of Rochester, a top 25 nationally ranked program, have recently implemented initiatives to accept more fresh undergrads into their MBA programs. Still, these candidates with little or no work experience are expected to surpass the average statistics of typical MBA students and offer exceptional GPA's, GMAT scores, recommendations, essays and demonstrated leadership potential.

Even if you do exceed all of these requirements, having a vague or unclear vision for your future is the litmus test for business school admissions committees, who stress that an MBA program isn't a place to "find yourself" or "figure out what you want to do." Rather, business students are expected to earn MBA's with clear objectives of where their careers are headed.

Whether you're in business, liberal arts, engineering or anything else really, you should only pursue a Master's degree if you know what it can do for you and what you want to do with the degree. Most grad programs are costly, with annual tuition at top schools hovering around \$50,000 a year, and are at least one and a half to three years.

So, before you dive headfirst into a program, really evaluate whether a Master's degree is right for you and if it's the right time to go. Make sure you're going to grad school for the correct reasons and not as a way of extending your life as a college student. After all, having the patience to gain work experience allows you to develop not only as a person, but can help you redefine your career goals and gain entry into a top program, where future success can be limitless.

For more information, check out www.princeton-review.com ☺



TIM INTHIRAKOTH
GUEST WRITER

Senate Update Senate Update Senate Student Senate Update Senate Update Senate Update Senate

MATTHEW BUTTS
EDITOR-IN-CHIEF

As of the Nov. 30 Student Senate meeting, President Ian Phillips stated that there would be a test run of the safe ride shuttle bus service. The first date is scheduled for Jan. 22.

Committee chairpersons presented their reports to the senate floor this week. The Telecommunications Committee reported that an increase of the e-mail quota was suggested.

The Food Committee will be meeting with John Dietrich, director of Powell

Campus Center dining hall to discuss and address current questions and concerns.

All of the malfunctioning campus lights have been work ordered by the Buildings and Grounds Committee.

There were no new reports from the Academic Affairs Committee or the Transportation Committee.

By way of new business, the Finance Committee will be presenting a proposal during the next Student Senate meeting regarding the surplus of allocation funds that are currently available.

Vice President Jessica Henderson announced during open forum that the

women's sauna in McClane Center is currently being repaired.

During the announcements segment of the Student Senate meeting, the Office of Student Activities is working on a publication for the first half of the spring semester.

Any students who are interested in having an event included in the publication should contact Director of Student Activities and ALANA Affairs Dan Napolitano, Director of Powell Campus Center Patricia Debertolis or Secretary of Student Activities Nancy Banker. Their offices are located in the Office

of Student Activities in Powell Campus Center and can be reached by telephone at ext. 2175.

The Office of Student Activities is also seeking students who are interested in being a part of the 2006 Hot Dog Day Committee. Students can contact Debertolis via e-mail at debertpa@alfred.edu or visit the Office of Student Activities.

On Dec. 7, the Women's Leadership Center and Women's Issues Coalition (WIC) will be hosting a dessert potluck. Tickets will be sold on the second floor of Powell Campus Center at a cost of \$3.

Any clubs or organizations interested in donating a dessert are encouraged to e-mail the WIC account at wic@alfred.edu.

Poder Latino has pushed back the date of its Dance-a-Thon to February. Also, RAICES will be held on Mar. 18. Any interested students can e-mail the group's account at poder@alfred.edu.

The next Student Senate meeting will be held on Dec. 7 at 8 p.m. in Nevins Theater. ☺

National News

Your retirement money: Changes ahead

NEW YORK (CNNMoney.com) — Along with all the other reforms debated or legislated this year — Social Security reform, bankruptcy reform, tax reform — add pension reform to the mix.

Among the major proposed changes by lawmakers are boosting employee participation rates and contributions to 401(k)s and imposing on companies tougher standards for the funding and transparency of their defined-benefit pension plans.

Concern over under funding in company pensions has grown, especially since United Airlines declared bankruptcy in 2002 and had to turn over its pension obligations to the Pension Benefit Guaranty Corp, the federal agency that insures the pension benefits of 44 million workers and retirees. In June, the PBGC reported that the total shortfall in insured pension plans rose to \$450 billion.

The Senate passed its own version of a pension reform bill in November. But the House has yet to vote on its bill. Given all the other legislative business competing for Congress' attention before Christmas, that vote may wait until early 2006.

In any case, it's unlikely that the House and Senate will have time before January to negotiate a final piece of pension reform legislation to send to President Bush, said Anne Mathias, research director for the Stanford Washington Research Group.

But she predicts that by April 15 — the deadline for companies to file their 2005 pension-related tax documents — legislation will be finalized. Another reason she expects to see action: the current law governing pension plans expires at the end of this year. If something doesn't pass by April, due to a change in interest rates used to determine a plan's liabilities, companies' pension contribution requirements will skyrocket.

Letterman welcomes Oprah to end 'feud'

NEW YORK (AP) — Oprah Winfrey and David Letterman buried the hatchet on "The Late Show" and wondered just how their 16-year feud started in the first place.

"Could you tell me please what has transpired?" Winfrey asked Letterman during the show Thursday. "I have never for a moment had a feud with you." It was Winfrey's first guest appearance on "The Late Show" with Letterman, although she twice appeared on his NBC show before the comic moved to CBS in 1993.

While presenting Letterman with a gift, she alluded to his much-maligned joke as an Academy Awards host in 1995 — the awkward "Oprah, Uma, Uma, Oprah" introduction.

The gift, wrapped in purple to coincide with the opening of the Winfrey-produced Broadway musical "The Color Purple," was a signed, framed photograph of herself and Uma Thurman.

"I want you to know, it's really over, whatever you thought was happening," Winfrey said.

Letterman, seeing the photo, responded: "Are you sure it's over?"

Letterman has frequently joked about Winfrey through the years, and he devoted plenty of time this week to hyping the Thursday appearance.

In 2003, Winfrey told Time magazine she wouldn't go on his show because she's been "completely uncomfortable" as the target of his jokes.

"I can't thank you enough," Letterman said Thursday. "It means a great deal to me, and I'm just very happy you're here."

"Does it really?" asked Winfrey. "I've been hearing for the past week you talking about it, and I didn't know if you were really serious or you were just doing your 'Dave thing.'"

But Letterman showed his intentions were earnest, discussing in-depth Winfrey's efforts to lend support to communities in Africa and the good works of her syndicated program, "The Oprah Winfrey Show."

"You have meant something to the lives of people," Letterman said. "We're just a TV show."

The approach clearly caught Winfrey off guard, as she repeatedly exclaimed, "I can't believe you're being this serious!"

"What do you want, Tony Danza?" quipped Letterman, alluding to another fellow talk show host who waited in the wings as a "stand-in host."

To cap off his gallant reception of Winfrey, Letterman escorted her during the show taping to the premiere of "The Color Purple," which opened Thursday across the street at the Broadway Theater.

Before walking her out, Letterman said, "I think we'll just pencil you in for the next 16 years."

Last section of New Orleans reopens

NEW ORLEANS, Louisiana (AP) — The last neighborhood in New Orleans that had remained closed after Hurricane Katrina reopened Thursday, with some residents of the Lower 9th Ward saying they planned to abandon the area and others vowing to rebuild.

Residents were allowed in for the day to gather what belongings they could. Until now, people had been able to view the destruction only on bus tours. Residents still cannot stay in the neighborhood, which has no electrical power.

"This is all I know, right here," Palazzolo Simmons said as he stepped onto the sidewalk from the roof of a collapsed house he shared with his mother until Katrina hit August 29. Simmons said he would rebuild.

The Lower 9th Ward was the last section of the city to reopen, owing to the destruction wrought by the storm and floods after the London Avenue Canal levee breach.

The neighborhood remained treacherous. Streets were clear, but hundreds of buildings were on the verge of collapse and yards were full of broken glass, metal shards and boards studded with rusting nails.

Darlana Green said floodwaters carried her house off its foundation while she and her two children remained inside. She scoffed at Mayor Ray Nagin's public pronouncements that he wants all evacuees to come home.

"Come home to what?" she said. She and her husband recognized the heap of debris that used to be the family's home only after spotting their children's Spiderman bedsheet and trick-or-treat bucket amid the wreckage.

Frank Wingate, who returned to inspect his mother's property, found a refrigerator lying on the edge of a neighbor's rooftop, where it had come to rest as storm waters receded.

Red Cross officials, on hand to provide water, snacks and counseling, said about 1,000 cars carrying 9th Ward residents had passed a city checkpoint by midday, and the traffic was backed up four blocks from the entrance.

"We just came for a little closure, just to see," said Vandell Smith, standing in his front yard with wife Terri and looking at what was left of their barely upright home. They could salvage nothing from inside — the wood-and-brick building was too rickety to enter.

"It'll be bulldozed and we'll move on," said Smith, who said his family had already planned to move to a safer neighborhood on the west Bank of the Mississippi River even before the storm.

Before the hurricane, some residents had decried growing violent crime in the 9th Ward, which has long had a reputation as one of the city's most dangerous. Green said she saw a gunshot victim lying on the ground near her house about a week before the storm.

Others were determined to stay. "This is where you're from," Michael Merricks, 18, said as he tossed salvageable clothing from the second-story of his family's flood-ravaged home down to his mother and sister.

Decisions to rebuild hinge in part on the extent of damage, whether insurance will require a new home to be elevated and whether the owners qualify for federal aid.

Residents also question whether the city's failed levee system will be adequately restored by next hurricane season.

"A lot of things have to fall into place before I can decide," said Calvin Hampton as he salvaged water-logged belongings from the house he shares with his wife.

Green said her family plans to stay in Allen, Texas, where they were evacuated after being rescued from the roof of their home.

"She was a blessing for me," Green said of Katrina. "Everything here was falling apart." □

World AIDS Day: Speaker educates AU

JERNEE JOHNSON
NEWS EDITOR

Recently HIV/AIDS has been "swept under the rug," with an abundance of treatments and mortality rates lower, many people believe that the virus is gone, Rochester public speaker Melinda Young told a small audience of AU students in the Knight Club of Powell Campus Center.

"However, more young people are being infected than ever," she said.

The Counseling and Student Development Center, PEER educators, AU Health Center and Spectrum kicked off its Red Ribbon Campaign, inviting Young, who is HIV-positive, to speak at AU for World AIDS Day. The event was held on Dec. 1.

Women of color, young people and people over 50 are acquiring HIV at a faster rate than other people, according to Young.

"It's surprising that people over 50 are acquiring the disease at fast rates," she said.

Young then shared her experiences being HIV positive to a quiet and attentive group of students. Young grew up in Allegany County. She said that she never did much hanging out and drinking. However, her husband did. Young met her husband just after he got out of Attica correctional facility. They married in 1986.

Young said that she had a very unhappy marriage. Her husband was very promiscuous and an alcoholic. Young's husband had patches of blisters on his skin, swollen glands and would sweat profusely. However, Young said that she was not aware that these were signs of HIV/AIDS.

"I was the kind of person who always brought home stray puppies and wounded animals. I always wanted to help," said Young. "I thought that I could change him [husband]."

Young, being from Allegany County, was ignorant about HIV/AIDS. HIV/AIDS was viewed as a "big city" disease and was not in small towns like Belmont.

"I never thought that I had to worry about any of this," she said.

Young did not find out that she had contracted HIV until her insurance company tested her after she contracted numerous bacterial infections following the birth of her son.

According to Young, the doctors in Allegany County were very ignorant. They would not test her for HIV, believing that the disease could not come to small towns. After it was apparent that Young had contracted the disease, there was still nowhere to be treated in Allegany County, she said.

"Doctors would never have the time to see me after they found out

I was HIV positive," said Young.

The talk became very emotional after Young disclosed that her daughter had contracted the virus also.

"It's very hard when you find out that your 5-year-old is HIV positive," she said.

Young's daughter is now a freshman in college and is asymptomatic. Her viral load is undetectable, meaning the amount of virus in a person's blood is lower than can be measured by a test.

However, Young suffered numerous infections as the virus progressed. She acquired CMV in her left eye, a common infection that is part of the herpes virus family, lost about 50 lbs., was diagnosed with bacterial pneumonia and developed lesions in her brain. Young also lost the use of her left hand for a while. According to Young, she had to take about 50 pills a day.

"You have to take pills to treat the virus and pills to treat the side effects of the pills taken to treat the virus," she said.

Along with coping with the virus, Young had to undergo the ignorance and stereotypes of being HIV positive. According to Young,

many people are afraid to hug, touch and eat off of your plate. Many think that you can contract HIV through urine, feces and saliva. This is not true. HIV/AIDS can only be contracted through semen, vaginal secretions, and blood and breast milk, according to Young.

"People have so many wrong ideas [about HIV], I just want to educate people," she said.

There are risky behaviors developing that are increasing the amount of HIV patients. People using crystal methamphetamine for sexual enhancement increased the risk of contracting HIV/AIDS.

According to Young, within the GLBT community, a group of gay men who call themselves bug

chasers try to have sex with as many people with HIV/AIDS to see if they can contract the virus. There is also a super-virus developing from the HIV medication. If a person detects the virus from a person who has the super-virus, it cannot be treated.

People can go many years without showing symptoms. Young's daughter has gone 18 years without symptoms. You cannot always tell when a person has HIV/AIDS. This is why, according to Young, young people should always use condoms and additional protection such as, spermicides.

Young added that members of the HIV community are not sinners. According to Young, people living with HIV need to know that they are loved. They need to be touched and comforted, she said.

"HIV is a virus, it's not a punishment," concluded an emotional Young. □



Hands-on experience educates school children

JESSICA CABRERA
STAFF WRITER

Giving back to elementary and middle school students is not only educational, it's rewarding, says Mark McFadden, assistant director of career counseling services and co-coordinator of the Children's Learning Initiative.

"[There] is a great deal of satisfaction when [helping] a community and having Alfred University be a part of it," he said.

The Children's Learning Initiative is a regional learning, educational and career exploration center. The program is aimed toward upper elementary and middle school students.

Whitesville and Andover Central Schools bring students to AU, where they participate in hands-on experiences throughout the year that focus on career and educational exploration. Field days take place with environmental and astronomy programs for students. AU faculty, staff and students coordinate and help with these activities.

This program is not only educational, but rewarding because students get the opportunity to explore career possibilities at a young age, said McFadden.

The program is not only rewarding for the coordinators, but for the students that help participate as well.

"Young [AU] college students giving back to the community is a good experience," said Michele Hluchy, professor of geology and co-coordinator of the Children's Learning Initiative.

"I think that is a great idea to help educate younger students and I am looking forward to participating in the future," said freshman BAFA major Rachel Kloppel.

The Children's Learning Initiative has four field days under their belt. Scanning Electron Microscopy Education (SEMED) and Introduction to AU Rescue Services was the most recent which occurred on Dec. 3. Professor of Chemistry Garrett McGowan taught students how to use the Scanning Electron Microscope (SEM) and AU Rescue Squad led a hands-on presentation.

Children who participated used the SEM to look at everyday objects and viewed the magnified images. Next semester's field days for students should include glass science, astronomy, and theatre.

"The field days are not always educational," said McFadden. "Sometimes they are about the connection between the [central school youth] and the college students," he said.

Additional field days in the future include papermaking, introduction to the food service industry, ceramic art, and anthropology/global cultures.

Hluchy encourages faculty, staff, students and clubs and organizations that are interested in participating in field days to contact McFadden or herself.

According to McFadden, the program has been well received, not only by students, faculty and administrators, but from the schools where the students come from. This is evidenced by the fact that those who have facilitated or participated in a field day, have then become committed to the program, offering to assist with the planning and coordination of future programming, he said. □

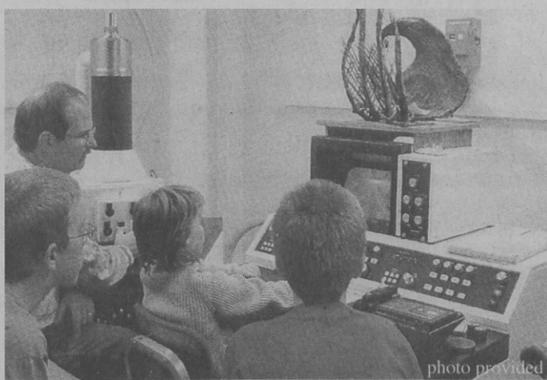


photo provided

Alfred Wildlife: Is Bambi really our friend?

PATRICK FELIX
DISTRIBUTION MANAGER

New York State has one of the largest deer populations in the country, however because of that, there are approximately 20 to 50 deer related car accidents a year in Alfred, according to Alfred Police Officer Paul E. Griffith.

"When Alfred is less lively, like around winter break, deer roam into the town and wander around," said Griffith. "Some [seem to] gather in front of G.J.'s like they want a beer."

Although these cutesy woodland creatures may remind us of Bambi, their frequent appearance on the roads is a danger to drivers.

Fall is the most common season for deer to run out into oncoming traffic. According to an Internet article by Merritt Clifton, in the spring and summer deer hide from danger. In the fall, however, they run. With this in mind, those that tend to run onto roads may be running from something that scared them or from some danger.

Although deer can be a problem for drivers, they also drift onto residential areas as well. On seemingly quiet walkways around AU, such as the paths to Joel's house or behind the Science Center, deer run in and out of the forest startling passersby. Senior marketing student Nina Belfield recounts a recent incident that happened when walking behind the Science Center.

"One time I was walking [back] from a party with my friends and two deer ran out from the forest down to the hills near Bartlett [Hall],"

said Belfield. "It scared me so much my heart skipped a beat."

Drivers have to deal with the tendency that deer have to dash out from unseen places. Unfortunately, since deer often leap out onto roads without warning, accidents do occur.

Officer Griffith spoke of an accident where a deer ran out into the path of a Pontiac. The car hit the deer and skidded as a result, forcing the back tires off. The airbag was deployed, but the driver did not suffer from any serious injuries.

Deer/car collisions are a "dime a dozen" said Griffith. He continues to say, "[in] 50 percent of deer accidents, the deer runs out into the car."

Annually there are approximately 100 to 150 deaths and 1,000 injured in the 60,000 deer-related car collisions in New York, according to the Department of Environmental Conservation.

Motorists can learn different strategies to protect themselves from accidents and injury. If a deer pops out onto the road, they tend to stop when they see the bright headlights of a car. Shutting your headlights off and back on might snap them out of their daze and they'll run across the road.

Those who live in Alfred have become accustomed to dealing with deer according to Director of the Powell Campus Center Tricia Debertolis.

"I think you would just have to stay alert while driving," said Debertolis. A piece of advice she gives is that drivers "need to scan

the sides of the roads because the deer's eyes reflect back from the headlights."

This is a great caution sign to see whether or not there are deer that could potentially jump out.

As a way of managing the deer population, hunting permits are handed out so that during a designated period, hunting season, hunters are allowed to come in, according to the Department of Environmental Conservation.

With the deer population being as high as it is, approximately 850,000 in New York State, the least motorists can do is be careful and stay alert.

During the winter and fall seasons pay extra attention, especially the side of the roads where deer often stand. □



World News

Pledges of abstinence, help on World AIDS day

FATICK, Senegal (AP) -- Schoolchildren in Senegal pledged to abstain from sex and Indian village women cast off a veil of shame about their HIV status as World AIDS Day was marked around the globe Thursday.

About 40 million people worldwide are now infected with HIV, the virus that causes AIDS. About 3 million of them are expected to die of AIDS this year. Africa, with only 10 percent of the world's population, suffers over half of its HIV infections.

Heavily Muslim Senegal is a relative bright spot on the continent, with only about 1 percent of the population infected. Thursday, dozens of children packed into a schoolhouse in the central Senegal town of Fatick to learn more about the disease.

"Our teacher told us that AIDS is a very dangerous disease," said 13-year-old Aissatou Niang, wearing a green headscarf. "Only abstinence can save us," she said as her schoolmates giggled nearby.

"I've decided to wait until I'm 19 to have a relationship," said Awa Sarr. "When I go back home I'll tell my brothers and sisters about AIDS, that's why we're here."

Such frank talk among African children is likely to cheer anti-AIDS campaigners, who say science can help treat those with HIV, but that ignorance or taboos surrounding its transmission and symptoms means AIDS is hard to halt -- and treat.

In India, 70 HIV-infected women stepped out of the shadows during a rally in Golaghat, a town in eastern Assam state, to acknowledge that they are living with the disease and should not be shunned.

"I'm happy many women have paid heed to our call and have openly admitted to their HIV-positive status," said Jahabi Goswami, 28. "Men with the disease need to follow suit."

An estimated 5.1 million people are living with HIV in India -- the most in any single country except South Africa. Nigeria, Africa's most-populous nation, is third.

In a speech in Washington marking World AIDS Day, President Bush pledged to expand AIDS prevention programs the U.S. pays for in Africa and elsewhere around the world that emphasize abstinence as well as condom use. Critics have said the programs stress abstinence at the expense of condom use, and that that is a dangerously unrealistic approach.

Bush also said that AIDS, still a concern among gay men, is increasingly being found among American women and minorities. Nearly half of the nation's 40,000 new infections occur in the black community, he said.

From the far reaches of the globe, solidarity was shown with the world's AIDS sufferers.

Thousands of candles were to illuminate the Swedish winter gloom, with anti-AIDS vigils planned for the capital, Stockholm, and a southern city, Malmo.

The British government marked World AIDS Day by contributing 27.5 million pounds (\$48 million) to the global fight against the disease.

Estonia's National Institute for Health Development campaigned Thursday for increased tolerance of HIV-infected persons. With more than 5,000 diagnosed cases, Estonia has one of the highest numbers of HIV-infections in Europe.

World religious leaders added their voices to calls for renewed commitment to fight the disease.

Speaking Wednesday during his weekly public audience to several thousand pilgrims and tourists gathered in the rain in St. Peter's Square, Pope Benedict XVI reiterated the church's commitment to the care of the sick.

In a statement, Archbishop Christodoulos, head of the Orthodox Church of Greece, said AIDS sufferers should "see this major trial as a spiritual opportunity."

World AIDS Day, meant to boost awareness of the disease, didn't grab everyone's attention.

AIDS events were canceled by royal decree Thursday in Swaziland, among the most-infected countries and Africa's last absolute monarchy, because they clashed with a traditional ceremony. More than 38 percent of Swazi adults are infected with HIV -- the highest infection rate in the world.

Only a few dozen joined a procession in Nigeria's biggest city of Lagos.

"Since I believe I don't have it, I don't see why I should march," said Mufu Adebajo, a 22-year-old craftsman watching from his roadside stand. "Otherwise, people will think I have it."

German, UK bids to free hostages

BERLIN, Germany -- The German government and the British anti-war movement say they are trying to contact gunmen in Iraq who kidnapped a female German archeologist and four peace activists.

The kidnapping of 43-year-old Susanne Osthoff last week is the first test for new Chancellor Angela Merkel, who has vowed to improve ties with Washington following disagreement over the invasion of Iraq.

Gunmen threatened to kill Osthoff and her driver on a videotape delivered to the German public broadcaster ARD in Baghdad earlier this week.

Meanwhile, Thursday the British anti-war movement said they were also sending a leading campaigner to Iraq in a bid to secure the release of four peace activists, including 74-year-old Briton Norman Kember, who were kidnapped in a separate incident.

Anas Altikriti was due to fly to Iraq on Friday to try to negotiate on behalf of the Christian activists, who also include two Canadians and an American.

Arabic news service Al-Jazeera has aired video from a previously unknown group showing the four men, along with a statement from the group calling them spies. CNN cannot independently verify the video's authenticity.

The anti-war movement, which includes the Muslim Association of Britain, Stop the War and the Campaign for Nuclear Disarmament, said it feared the situation could end badly.

"Mr. Kember is a well-known member of the anti-war effort and took part in the dozen or so demonstrations held in protest against the war and occupation of Iraq and is therefore a friend of the Iraqi people and a supporter of their struggle for freedom and sovereignty," it said in a statement.

Altikriti would "attempt to appeal directly for the safe and immediate release" of the hostages, it said.

"The movement acknowledges that this is far from a safe or guaranteed mission, but we, as well as all the people of peace loving nations remaining in hope and prayer that Mr. Altikriti's mission will meet a successful conclusion."

Merkel defiant German Foreign Minister Frank-Walter Steinmeier, who like Merkel has been in his job for just over a week, said the government had yet to establish contact with the kidnappers of Osthoff. Nor has it been given any deadlines.

"We will make every effort first to make contact in order to move things forward. We will avoid endangering the health and life of the hostage," Steinmeier said on Thursday.

"We have not received anything that we could call an ultimatum. There are the statements of the hostage-takers, which you already know, that we should end all support for the reconstruction of Iraq," he said.

Merkel vowed Wednesday that her government would "not be blackmailed" by the kidnappers.

In her first major speech to parliament, Merkel said nothing was yet known about the motives or background of the kidnapping of Osthoff, but that the government was doing "everything in its power" to return her and her driver to safety.

Osthoff had spent about 15 years working on excavations in Iraq and, according to Reuters, had criticized the U.S. military for not preventing widespread looting at archaeological sites. □

Bringing light to "winter blues" at AU's counseling center

ASHLEY PADDOCK
COPY EDITOR

With the winter months upon us, Seasonal Affective Disorder looms. Alfred University's counseling center has taken action, offering light treatments for students to ward off the mood disorder.

"The light treatments have gone very, very well," said AU Director of Counseling and Student Development Center Norm Pollard. "Every day we get a new person wanting to come in."

SAD, also known as the "winter blues," is a disorder that affects people from mid-October to mid-March. During these months, melatonin, a sleep-related hormone, is produced at increased levels in the brain, according to the National Mental Health Association website. This hormone causes symptoms of depression.

Other symptoms often include a change in appetite (for more starchy and sugary foods), weight gain, drops in energy levels, changes in sleep patterns and avoidance of social situations.

SAD has become a common problem on campus. Because Alfred is such a dark place during the winter season, many people have recognized and been diagnosed with the disorder.

To combat this issue, the counseling center has bought a light box for students to use. The light bulb and lamp cost \$180, according to Pollard.

"This is a nice addition to the types of services here at AU," said Pollard.

Currently there are 14 time slots open per day for student use. This is not many considering that most students would like their treatments in the morning. With this in mind, the counseling center is looking into purchasing another light to

offer more slots for the growing demand.

"We are still looking into the logistics for the second lamp," said Pollard. "Ideally we would like separate rooms [for the lamps], but with the addition of our new Health and Wellness Educator, I'm not sure if we can accommodate separate spaces."

Students who feel they may have SAD should set up an appointment at the counseling center, located next to the health center, said Pollard. Students are given diagnostic tests to see if they are qualified for the treatments, said Pollard. After the screening process, students diagnosed with SAD are advised to come in for one half-hour light treatment every day for two weeks.

After the two-week treatment process, students are given another diagnostic test by staff to see if the light treatments have been beneficial. If there has been a positive change since the first test, treatments are intensified, with a longer treatment time, to further ward off SAD. However, if the results show little progress, students are encouraged to seek other forms of treatment, including medication or counseling as advised by the counseling center, according to Pollard. Light treatments are not substantial enough to combat the "winter blues" in this case.

Although the counseling center has advertised the treatments in the campus center and through residence life, many students are still unaware of the benefits the light treatments have to offer. One such student, junior BFA major Julia Nemerow said that she did not know about the treatments until recently.

"I think I might have it [SAD], said Nemerow. I've wanted to get a treatment since [I found out about it]."

Although Nemerow has not yet used the services,

she plans to do so "when it gets really gross outside."

The light treatments are open to students only. After all, students may be reluctant to come and use the facility if faculty members are in the waiting room, said Pollard. Students may fear judgment from professors if the services are open to faculty as well. The treatments are relaxed, he added. Students who have passed the screening have the freedom to walk in and make themselves comfortable during their assigned time slots. They do not have to meet with counselors each visit. They are able to relax and listen to music, watch TV or read while sitting in a recliner, under the light.

The light for the treatments is a floor lamp situated over a comfortable-looking recliner. The light bulb emits the full spectrum of colors, mimicking sunlight, according to Pollard. Neither the light, nor the room is intimidating. The staff has made the atmosphere very welcoming to students.

The hard work at the counseling center has not gone unnoticed, according to junior business major D Laffoon.

"I think what AU is doing to bring awareness to campus is good," he said. "Alfred is kind of a dark, cold place. It's good that AU is plugging this."

SAD is a seasonal disorder that students should not be ashamed of, Laffoon said.

Pollard hopes students will stop in at the counseling center and make an appointment to get tested for SAD.

"It is free and completely confidential," said Pollard. Students should take advantage of this service that the counseling center has to offer. □

Revived club brings new enthusiasm to campus

KIM PESESKY
CONTRIBUTOR

The members of Phi Beta Lambda would not agree with the phrase "school should be all work and no play." The group's members are focused on enriching students' college years not only academically, but socially as well.

"We think it is important for Alfred students to be involved and aware of activities on campus," PBL President Jessica Webster, a junior business administration major said. "We surveyed many AU athletic games, theatrical performances and movies and saw a need for increased participation."

Phi Beta Lambda is a national organization focused on merging business and education. Its national membership is over 240,000. Alfred University's chapter, Roe Beta Nu, has 15 members. After a period of dormancy, the club was brought back in 2004 by Management Professor Francis Viggiani and a small group of students.

PBL members do not argue that academics should be a major focus during college, they are just trying to shed light on the importance of being involved in extracurricular activities, Webster said.

Assistant Dean of the College of Business Lori Hollenbeck agrees that participating in extracurricular activities has many benefits. One of the biggest assets of joining PBL is the chance to make friends with students you may not otherwise meet. PBL brings together students of all majors throughout the college of business and blends them together, Hollenbeck said.

This fall semester alone, PBL has sponsored a number of social events, including the Saxon Spectator Miles Program, S' mores Sports Bonfire and a spectator bus to an away football game. These events are a chance for students to kick back, relax and just have a good time, Webster

said.

Freshmen often times are not aware of all the extracurricular activities that are available on campus. PBL members have tried to make freshmen more aware by creating a program that encourages them to attend on-campus events. PBL compiled a schedule of various events called the "Saxon Spectator Miles" booklet so freshmen could know what was happening on campus.

Upon arrival to campus every freshman was given a booklet and, for each event they attend,



PHOTO PROVIDED BY JESSICA WEBSTER
Newly inducted, current Phi Beta Lambda members and Professor Francis Viggiani pose for the picture.

they are given a sticker. At the end of the fall semester, the student with the most stickers will win an iPod Nano, and other students with high amounts of stickers will be eligible for the coveted first-housing picks.

Also this term, on Nov. 4, PBL sponsored its second annual "s' mores sports" event, a bonfire to celebrate the fall sports teams. At this event students made giant s' mores and participated in a s' more-eating contest. This was a way for the teams to share their success stories, as well as a way for students to meet the fall athletes, Webster said.

In addition, PBL members also encouraged

students to support the Saxon football team at its Nov. 12 away game against St. John Fisher. For \$5, students could get a ride to the game and a "goodie" bag. This was the first time PBL had sponsored a bus to an away game.

Although PBL focuses on social events, academics are not forgotten. Allyssa Dudo, vice president of PBL and a junior marketing major, agrees that there needs to come a time when extracurriculars give way to work.

"There is a time to work, and a time to play," Dudo said. "If you are lucky, maybe you can do both at the same time."

PBL supports academics in a variety of ways, Dudo said. For example, each month PBL names a College of Business "Student of the Month" in recognition of academic achievement and contribution to the college. This award is a pat on the back for doing well, or, as Webster referred to it, "a gold star on the top of your third grade spelling test."

Although PBL focuses on activities while students are on campus, the benefits of PBL go far beyond members' years at AU, Webster said. A national network of PBL

members provides career advice and possible job opportunities. Hollenbeck agrees that this networking opportunity is one of PBL's greatest benefits.

"Networking is so very important. Every contact could be a potential future job," Hollenbeck said.

PBL gives students many opportunities that would not be available through academics alone, Webster said. She urges students to take advantage of these opportunities by joining the organization next semester.

"It is never too late to start getting involved," Webster said. □

...HERRICK

CONTINUED FROM FRONT PAGE

be located to the right after walking through in the main entrance. It will include a café that will serve muffins, coffee and tea. There will be comfortable furniture, new books and newspapers. Neiderbach and Crandall would also like to see this area used for speakers or presentations.

"We want to make the middle floor an interactive place that doesn't try to be quiet. We'd like to have events in the library and the way we're set up right now, there really is no good way to do that unless there is a very small group," said Crandall.

The back section of the library on the main floor, where there is currently a Reference Collection, part of the General Collection (KF40-PR2819), and public computers will transform into a space called the "Learning Commons." The concept of the "Learning Commons" draws together many different capabilities in one space. For instance, there will be computers, printers, wireless access, projectors, scanners and group study space available. The furniture is also all intended for group study. There will be movable study chairs and various t-shaped room dividers that may have a white board on them that can be used for outlining a group presentation or clear plastic for projecting.

"We want to have a rich environment

where there's a lot of things available, not our choice, but kind of the student's choice on how the area is working on any given day," said Crandall.

The top floor will not go through as many changes as the bottom and main floor. The Special Collections area will undergo some slight changes regarding shelving and the openness of the reading room.

New lighting, carpeting and windows will be incorporated into the renovations of the whole library.

A big question regarding these renovations is how students will access books while the construction is going on. The Herrick Staff will be temporarily moved to an available office in Scholes Library. A space still needs to be identified for a student study area. The Herrick staff will retrieve books for students from off-site storage or from materials still located at Herrick. The goal is to get material back to students within 24-hours.

These proposed changes are not definite, but many of them will be completed. The changes to Herrick will provide students and faculty with a fresh, new and comfortable environment for studying, group projects or just relaxing with a new book.

"If we get back in September 2007, that will be exactly 50 years from when Herrick opened its doors originally in 1957. So it's a nice anniversary," said Crandall. □

...BANNER

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Also, the degree evaluation feature plans on helping students to validate which courses are necessary in meeting their degree standards. This diminishes any credit shortages that can occur, Kirschner stated.

And finally, the "What If" query gives students the option of actually reviewing courses that can be transferred over to a major that they may be considering, Kirschner and Casey confirmed.

Although the features seem to be promising, there are possible setbacks. Concerns about timesheets may lead students to believe that AU may become too dependent on the system, said David. He also considers timesheets to be a delicate matter that should be done primarily by hand. There is also a fear of computer failure because it could cause hours and wage disputes.

As for the "What If Query," Simet stated that she wouldn't use it because it would alienate students from their advisors. This is a way of giving students less of an incentive to have one-on-one contact with their advisors, she said.

Although there are rarely any complaints about Banner, it is still a relatively new system with minor bugs to fix. Nevertheless, the system has had widespread approval, especially by students.

Along with its current features, the additions have the potential to create a more efficient campus and make everyday dealings simpler. □

Good Sense Dinner sizes up healthy eating habits for students

KARLI-MARIE REYES
STAFF WRITER

Walking into the Knight Club on Nov. 14, was like stepping into Alfred's own five-star restaurant.

The room was bathed in dim, ambient light, a fire roared in the corner and tantalizing smells of freshly cooked food wafted from the kitchen. Students gathered for the Good Sense Dinner to enjoy perhaps their first gourmet meal in weeks that was not only delectable, but healthy as well.

"I can't remember the last time I ate that well," said Tim Scoppetta, a dinner guest.

The Women's Leadership Center and AVI Foods, the newly selected catering service, that provides AU with its on-campus food, sponsored the Good Sense Dinner.

The event gave students a chance to eat a delicious and healthy meal outside of the usual dining hall experience. The event also included a presentation by associate professor of biology Kathryn Kohel on healthy eating habits for students. Due to AVI's co-sponsorship, students were able to pay for dinner with their swipe cards.

The idea for the dinner stemmed from exploring women's leadership centers at other colleges, said AU Women's Leadership Center Director Amy Jacobson. This idea stood out to her as something that could work at AU. With a turnout of 25 or so students, it seems as though Jacobson's intuitions were correct. According to Tonia Hatter, secretary of the Women's Leadership Center, students also found that there was a seeming lack of information on campus about eating well. The Good Sense Dinner was a response of the WLC's to this student inquiry.

"The Women's Leadership Center is doing a lot for students," said Kellee-Sue Henry, a sophomore psychology major. "I think that it is wonderful."

The Knight Club was transformed to exude a restaurant-style atmosphere. The room was filled with several candlelit, ornately decorated tables. As students filed in, AVI's wait staff came to each table to take dinner orders.

Upon arrival, each place setting had a small salad with the option of either balsamic tarragon vinaigrette or lite Italian dressing. Appetizers included stuffed mushroom caps and shrimp.

There was a buzz of chatting around the room as students began to eat. After much anticipation, dinner was served. The entrees, chicken in raspberry sauce with sweet potatoes, and eggplant with wild rice, were beautifully prepared and garnished with parsley. Both meals looked equally tempting.

While students feasted on their savory dinners, Kohel gave an informal speech about nutrition. According to Kohel, eating well directly influences how one functions on a daily basis. Therefore, proper nutrition is especially important for college students who already deal with the stresses of school, work and a lack of sleep. Maintaining a healthy lifestyle can be difficult for students on the run.

"It's easier to grab a burger and fries than it is to take time and make sure you're eating right," said Scoppetta.

According to Kohel, the best way to make sure one is eating well is to follow the serving sizes of the new food pyramid. To aid students in this task, Kohel handed out "veggie vouchers" to help keep track of weekly vegetable intake. Also, keep in mind that a portion of food is not always a serving size, said Kohel. This distinction is important and often overlooked. For example, a serving size of meat is about the size of a deck of cards, not simply what is put on one's plate.

Sarah Kemp, a senior psychology major who is taking a nutrition class this semester, found the practical nature of the dinner intriguing.

"I liked the actual visualization of serving size, like using your thumb as a measurement," said Kemp. The consensus among students who attended seemed to be that the Good Sense Dinner was a "tasteful" good time. According to Jacobson, the cooperation between the WLC and AVI Foods was a success as well.

"John Dietrich (Resident Director of AVI Food Systems) was wonderful," said Jacobson.

With such community cooperation and support, it looks as though there is much to look forward to from both the WLC and AVI dining services. ◻



PHOTO BY KARLI-MARIE REYES

Proper portions and conscious decisions were the themes of the Good Sense Dinner sponsored by the Women's Leadership Center and AVI Foods. It took place in the Knight Club on Nov. 14.

International students share personal holiday traditions

BONNIE YE
STAFF WRITER

With the arrival of the holiday season, people are excited about family gatherings, eating big dinners, and opening Christmas gifts. But these holidays are just regular days for most students from foreign countries.

"We do not celebrate Thanksgiving or Christmas," said senior Akhdan Sussarou, who came to the United States two years ago from Chechnya. "We don't have such things in my country."

Without having celebrated Christmas before, holidays are just normal school breaks for him.

And Sussarou is not alone in that thinking.

Many of Alfred's international students left their home countries for the United States in an effort to learn a new culture.

They had to learn how to do all the things people can take for granted, such as how to speak English and eat American food, but they still do not have a sense of

celebrating American holidays and the traditions that come with them.

Instead, many international students have their own distinct holidays they grew up celebrating.

In Chechnya, Sussarou celebrates Eid, a holiday in which people fast for one month before enjoying a large feast with their families.

For Sussarou and other immigrants to the United States, it is more important to continue the traditions of their own holidays than to fit into those of the American culture.

"It's weird," said senior Anes Osmic, who emigrated from Bosnia six years ago. "Everyone is happy, but for me it is just a regular dinner with friends at McDonald's."

Osmic spent Thanksgiving with his friends, but he did not find it a special day to celebrate.

Instead, he celebrates the Muslim holiday "Bajram," for which people visit relatives, buy gifts for friends and family and give candy and money to children.

For students like Sussarou and Osmic, the adjust-

ment to American holiday culture is difficult.

Many international students had not even heard of Thanksgiving until coming to the United States, yet they have no choice but to take the five-day vacation along with the rest of campus in celebration.

"I would like to see [what Thanksgiving] is like," said Neha Sane, an Indian exchange student from the United Kingdom and member of the International Students and Scholars Organization.

Members of ISSO were able to experience Thanksgiving, many of them for the first time, at a dinner on Nov. 20 in Bartlett Hall.

"It was a nice event," said Vicky Westacott, ISSO's advisor. "I didn't count the people there, but I think it was probably around 40. There was turkey, mashed potatoes, sweet potatoes, corn bread, gravy — the traditional American Thanksgiving dinner."

The food was prepared by American students that are members of ISSO, according to Sussarou, who attended the dinner.

"It was good," said Sussarou. "We were talking

about American history during the dinner."

Sane, however, was unable to attend the dinner and is still curious about the holiday and how Americans celebrate it.

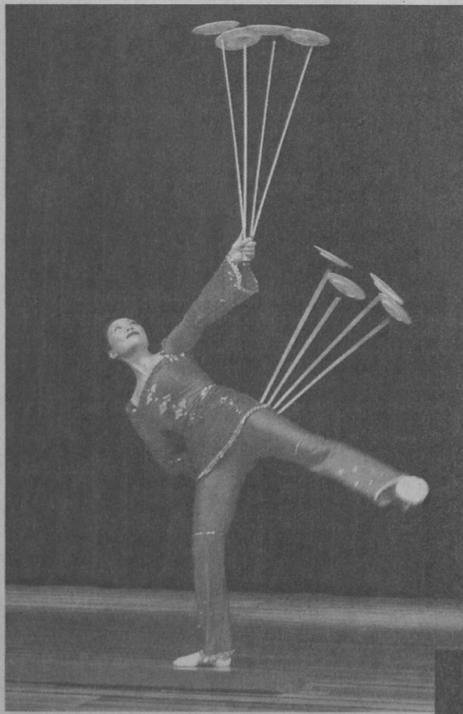
"In [the United Kingdom], I used to celebrate our own holidays with my Indian friends," Neha said.

In India, her family celebrates "Diwali," the Festival of Lights.

"The celebration of Diwali is four days," Sane said. "On the first day, we just pray to our God and thank him for everything that we have. The second day is one of the days in the New Year according to the Hindu calendar. The whole family gets together and exchanges presents. We also have fireworks on the other days."

She is, however, familiar with Christmas, having celebrated it in India, and will be going home to India to spend the holiday with her family.

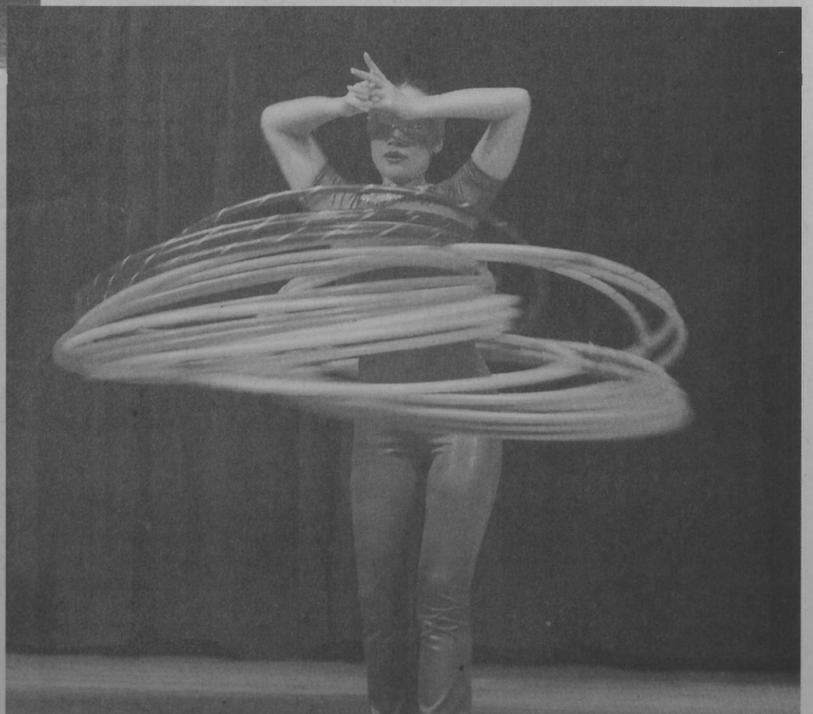
But perhaps, no matter what holiday anyone celebrates, being with family is what the traditions are all about. ◻



Chinese acrobat dazzles AU

PHOTOS BY SHAUN LATULIPPE

The Pacific Rim Organization sponsored the event on Nov. 12 in Holmes Auditorium. It was introduced by Bonnie Ye, president of the organization, Liang, the Chinese acrobat, was accompanied by an enthusiastic comedian. Members of the audience were brought onto the stage to attempt many of the acts alongside Liang. Her performance included a Chinese fan dance, a plate spinning segment, artistic use of the Chinese yo-yo and the spinning of twenty-five hula hoops around her body at one time. She is supposedly the only woman in the world who can successfully accomplish that feat. The audience left the building both amazed and humored. Liang also sold authentic Chinese fans once the performance concluded.



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Inexpensive and personable gifts say more during the holidays

JESSICA HENDERSON
STAFF WRITER

As the holiday season rolls in and malls crowd, bank accounts will dwindle and thinking of gifts to get for friends and loved ones will be in the minds of many.

It is that time of year, the time that is supposed to be happy, cheerful and joyful. Unfortunately, that is not always the case. People get depressed and down around the holiday season. There is a lot of pressure on everyone around this time of year, and with all of the pressure, people tend to get wrapped up in worries.

The holiday season should be a time of gift giving, but it should not be the most important thing, by any means. Since exchanging gifts is a part of the holiday season, hopefully these fun, cute and inexpensive gifts will give you ideas of what to buy your friends and loved ones this season. When deciding on a gift for someone, it is always nice to make it personal.

Picture totes are useful bags that can be easily personalized by adding your favorite pictures into, wrapping up and giving to a friend. These can be purchased at www.bedbathandbeyond.com for only \$3.99! Also, unique pic-



ture frames, with a sentimental, funny or cute picture is always a wonderful gift.

Another nice gift for a female family member or friend is the amazing foot spa. These can be found at Wal-Mart, Target, Bed Bath & Beyond and other similar stores. The foot spa I have chosen is from Bed Bath & Beyond and can be purchased for \$29.99. However, you can find these at Wal-Mart for less. Buy one of these fancy jet action foot bathes and add small hand/foot lotions and soaps from Bath & Body Works. These great little holiday scents can be found at www.bathandbodyworks.com for \$4.

Other relaxing holiday gifts can be found at www.barnesandnoble.com. Inspirational books about love, life and the future are great for a friend who has been stressed, down or confused about life. Author Bradley Trevor Greive has an amazing collection of inspirational books for \$9.95 that makes a thoughtful gift. You can also find one of the smallest spa kits that I have found for only \$3.95. This is a great token gift, including a scented candle, 32-page guide to spa treatments, lotion and



bath minerals.

If you are looking for a gift you can personalize for a male in your life, try www.lids.com. You can pick-out your guy's favorite sports team and personalize the hat for him, by having his name stitched in the inside. These hats start around \$20.



Another nice gift for a guy is the men's Clinique face care set. You can find this at www.clinique.com for \$20. The set includes liquid face wash, gel-lotion, scruffing lotion and face scrub. With this holiday foursome, your man can care for his skin in a manly way.

Just remember, when you are shopping this holiday season, it is truly the thought that counts. So, if you make a small, inexpensive gift personable, it will mean so much more to the receiver.

Lastly, it is always nice to add in a card (homemade, if possible) with something special written inside. Create warm memories with your family and friends this holiday season by enjoying the little things in life that mean so much. ☺



Alfred is "Enchanted" with belly dancers' performance

JULIE THARRETT
STAFF WRITER

The Middle Eastern Dance Organization (MEDO) hosted "Enchanted," two evenings of dance, Nov. 18 and 19 in the Knight Club. Both nights our group performed to an enthusiastic full house.

"I thought it lived up to what the title of the program was. It was very enchanting!" said Frank Alegria, a junior pre-med student. "The students who performed looked so sexy, mysterious and beautiful. The musicians were awesome and played skillfully. The music heard over the two nights was so great it made Alfred feel like traveling to an Arabic hangout. All in all the night was amazing with a capital A!"

We tried to make the Knight Club comfortable and festive as we displayed various decorations and colorful pillows made by Amy Bateman for the audience to sit on.

"Enchanted was incredibly enjoyable and even made me want to take up belly dancing," Natalie Westerman, a senior Electrical Engineer said. "The sword dance in particular was quite impressive."

Alfred University students including myself, Danielle Smith, Bateman and Heather Gould-Sale, choreographed all but two of our dances.

We are constantly working to educate the community and eliminate misconceptions of our dance so that everyone can obtain a greater appreciation for the culture and the art form we express. To this end we give explanations of what the dances mean throughout the show.

Liz Sackman, senior biology major, was enthusiastic about our perfor-

mance: "The show was absolutely amazing. I've been a fan since the beginning of MEDO and the dancers have improved tremendously. This was the best show yet."

The styles of dance we perform are Cabaret, Tribal Fusion, Folk, Sword balancing and manipulation, veil dance and Indian dance. Unlike other common types of dance, singing or playing an instrument, this art form is not something that people often experience before college.

Since becoming involved with MEDO, many of us have taken lessons and workshops from professional belly dancers, such as Pele from Rochester and Amira Jamal from Boston.

"I thought all the dancers did a wonderful job and I was especially impressed with the sword dance, said Leigh McConnell, a recent graduate.

Recently we have benefited from the skills of several musicians. Josh Gibson, Ali Abdallah, flautist Kristen Egan and Smith are just a few of the talented musicians working with MEDO.

"It was pretty well put-together, and there was a great turn-out for a relatively new group," said Junior Comparative Cultures major Evan Himes.

Watch for our annual spring show, Arabian Nights III, which will be even bigger and better! Feel free to e-mail us at bellydance@alfred.edu for questions or comments. ☺

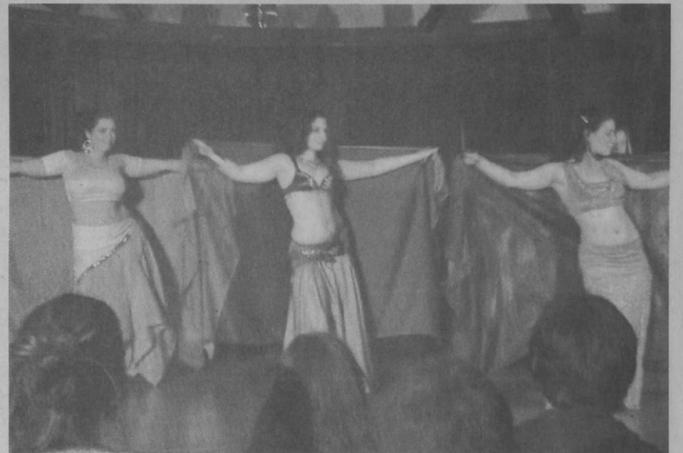


PHOTO PROVIDED BY JULIE THARRETT

(From left to right) Heather Garrard, Heather Gould-Sale and Julie Tharrett perform a veil dance choreographed by Tharrett.

Cat on a Hot Tin Roof captivates AU four nights in a row

THERESA CODDINGTON
A&E EDITOR

To mark the fiftieth anniversary of Tennessee Williams' *Cat on a Hot Tin Roof* on Broadway, Alfred University decided to present its own production directed by Professor of Theatre Stephen Crosby.

Tennessee Williams is one of America's finest playwrights, and I couldn't wait to see how Alfred students would present this challenging script. The production ran from Nov. 9 through Nov. 12, with a full house each night.

The play opens on a Mississippi Delta Plantation where the wealthy patriarch, Big Daddy, is celebrating his sixty-fifth birthday. Beneath the joyous occasion, however, there is a layer of hurt, greed, tension and

doom. Big Daddy, played by sophomore theater major Bryan Farthing, controls his family while his understanding wife, Big Mama, played by junior theater major Jaimie Pinkham, rationalizes his behavior and scoffs at his rude remarks. She doesn't recognize that love is lost in their relationship.

It seems that the only person in the play with love left in her heart is Maggie "the cat." She wants her relationship with her alcoholic husband to return to normal after the death of his close friend, but he won't let it happen. Theresa Honti, a senior psychology student, plays Maggie, the sexy, witty wife of the former football star.

Honti opens the play and describes what is going on in this family. Her southern accent was right on the money, and Honti captivated the audience with her

smooth humor. She was a perfect cast for Maggie the cat. There are many tense moments between her and her young husband Brick, played by senior theater major Simon Reid. The couple had great chemistry and convincingly portrayed a young couple struggling in marriage. The other strong scenes in the play were between Big Daddy and Brick.

The tension came when Big Daddy recognizes the symptoms of alcoholism in his son, and Brick tries to tell his father why he turned to the bottle. At some parts during their scenes together I didn't want to move a muscle in the audience, thinking that I would disturb the awesome anxiety in the scene. The other characters, Brick's conniving older brother Gooper, played by junior theater major Jared Hilliker, and his pregnant wife Mae, played by senior art major Erica Harney,

added to the chaotic and greedy undertones in the play by plotting to get Big Daddy's money no matter the cost.

All the actors were convincing in their roles, and they interacted as a real family might interact, each having their role in the whole, and trying to get ahead in the group.

The set designed by Assistant Professor of Theatre Sean O'Skea and the lights by senior Carlos Bido were very aesthetic. The actors and actresses captivated the audience and the entire evening was a wonderful experience.

I think Tennessee Williams would be proud to know how high a level of production Alfred University accomplished in their rendition of his classic play *Cat on a Hot Tin Roof*. ☺

PHOTOS BY CARLOS BIDO

(Left) Maggie, played by senior psychology student Theresa Honti monologues and fixes her make-up while her disgusted husband looks on.

(Bottom) Honti tried to rekindle the lost love of the relationship between she and her husband, Brick, played by senior theater student Simon Reid.

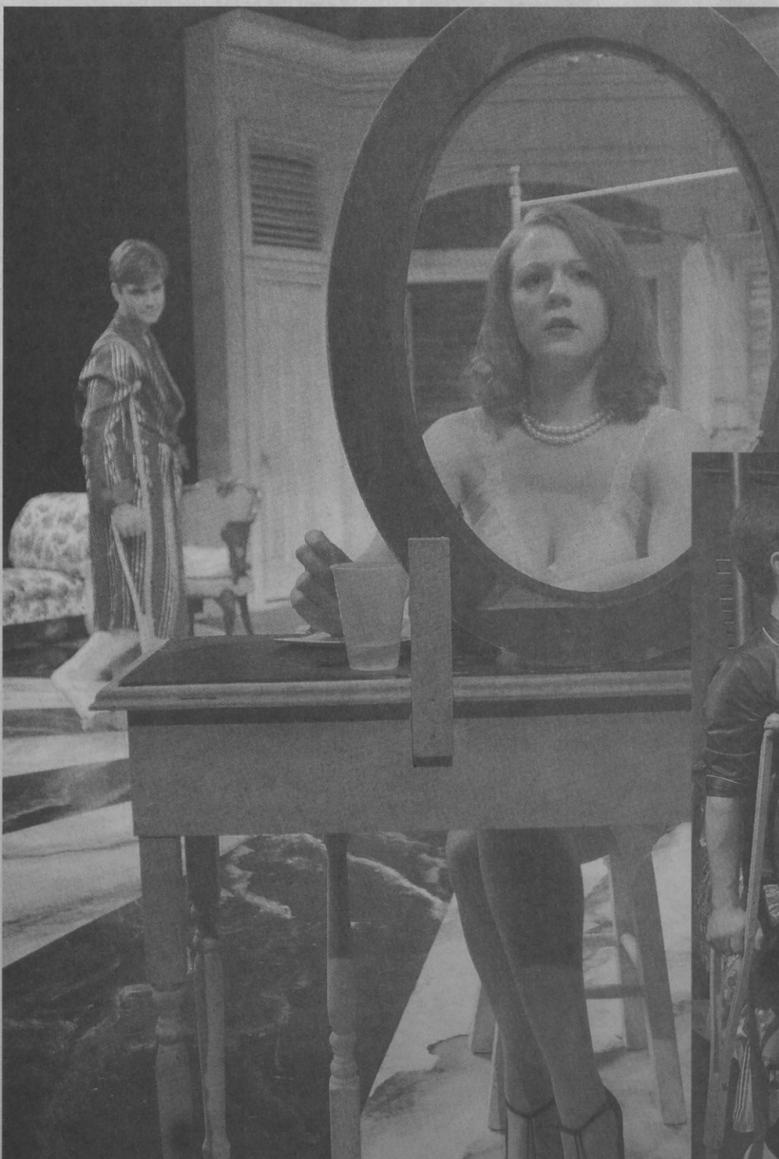


PHOTO BY CARLOS BIDO
(Above) Brick takes another drink and continues to heed the requests of love from his "catty" wife, Maggie.

Cast and cinematography create enjoyable experience

GERALDINE GENZARDI
MANAGING EDITOR

Jane Austen's wonderful novel, *Pride and Prejudice*, has been remade into a movie or television series so many times that the idea of one more remake seemed a bit excessive.

I entered the theater with an open mind and reminded myself that even if the movie's storyline cheapened the novel, the film would at least be aesthetically pleasing, with Matthew MacFadyen taking the role of the austere Mr. Darcy. Thankfully, my underestimation made for a wonderful showing of the 2005 version of *Pride and Prejudice*.

The beloved tale of *Pride and Prejudice* tells the story of the eighteenth century family of Mr. and Mrs. Bennett and their five young daughters, including the charming and witty Elizabeth Bennett. If anything should happen to Mr. Bennett, the girl's homestead will be inherited by an awkward distant cousin, Mr. Collins. To prevent this from happening, Mrs. Bennett is on a mission to marry her daughters off in order to secure their futures. When the wealthy

and handsome Mr. Bingley takes up an estate on the countryside with his equally well off friend Mr. Darcy, the girls face the possibility of love and the reality of misunderstanding.

The cast and cinematography make this film what it is, a wonderful romance for all to enjoy. With the pleasant sur-

prise of Donald Sutherland taking the role of Mr. Bennett, whose final scene is Oscar worthy. The playful chemistry and sense of loyalty he creates with his daughters makes every girl long for a father like him.

Keira Knightley's performance as Elizabeth is also noteworthy. The wide-eyed beauty can captivate any audience and is obviously emerging as a true acting talent. Elizabeth's constant struggle with her deep attraction to Mr. Darcy and her intense dislike of his snide snobbery is portrayed successfully in Knightley's presentation.

Matthew MacFadyen captures Darcy by acquiring his stern, stubborn beliefs of class structure while simultaneously slowly revealing his true awkward and vulnerable side. Knightley and MacFadyen create a tense, longing affection between the characters that culminates in a romantic scene where Elizabeth finally admits her love for Darcy and defies the rules of class.

Another interesting aspect of the story gives the audience a real understanding of the struggle of single women of this time period. Heaven help you if you

happened to be a plain woman with no money to offer a husband. You would be without a secure future of a home or family and end up a spinster. The desperation for marriage and women's lack of power was illustrated nicely in the film through one of Elizabeth's friends.

The cinematography is absolutely remarkable. The backdrops of the English countryside give the film an artistic quality and reality that makes the audience feel as though they are right there.

The two-hour adaptation of the novel doesn't include all the complexities of the story but is faithful where it matters. One difference is Elizabeth Bennett's character relies less on her physical appeal and more on her honesty and charm to win over Mr. Darcy in the novel. In the movie however, Elizabeth, played by Knightley, is a young woman who is far from plain. Another difference is in the final scene which largely strays from the book, but leaves the audience glad that there can still be a happily ever after. ☺



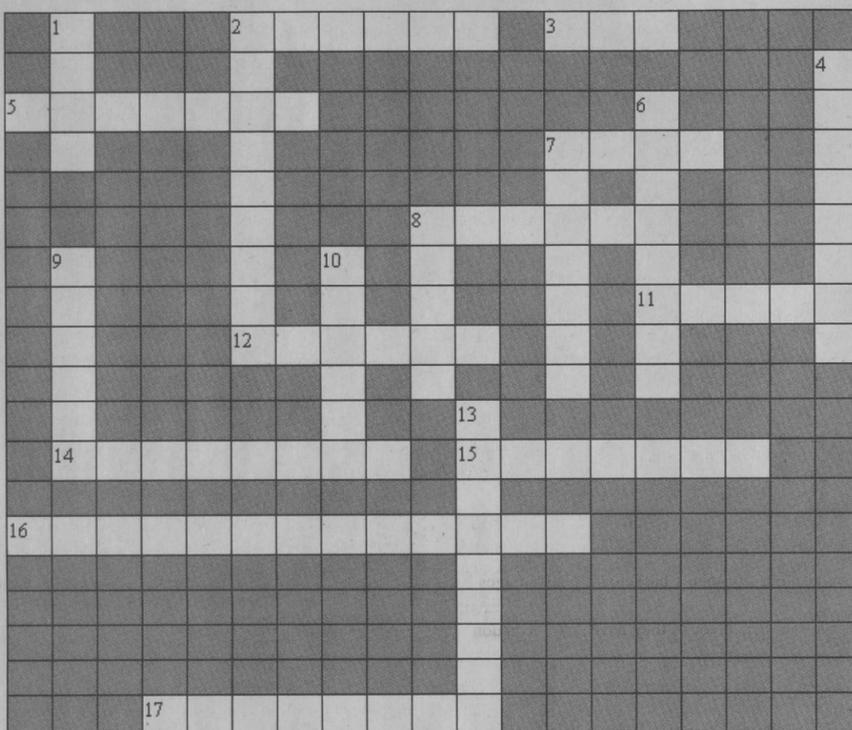
A Merry Christmas Crossword Puzzle

ACROSS

2. Songs of the season
3. You better watch out, you better not _____
5. Left out with milk for Santa
7. What naughty children get in their stocking
8. Seasonal drink
11. The number of times Santa checks his list
12. Dads and moms use this to remove snow from the driveway
14. Happy _____
15. The only reindeer with a red nose
16. A winter drink, served with whipped cream
17. What is under the tree for good children

DOWN

1. This is what makes Christmas white
2. Roasted over an open fire
4. The month that Christmas is celebrated in
6. nice or _____
7. Many Americans puts these in their windows
8. They make the toys for Christmas
9. How santa gets around
10. The most famous snowman
13. Used to decorate the Christmas tree



Amazingly Good Egnog

INGREDIENTS:

- 4 cups milk
- 5 whole cloves
- 1/2 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 12 egg yolks
- 1 1/2 cups sugar
- 4 cups light cream
- 2 teaspoons vanilla extract
- 1/2 teaspoon ground nutmeg

DIRECTIONS:

1. Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.
2. In a large bowl, combine egg yolks and sugar. Whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.
3. Stir in cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

Quick, Easy, Holiday Drink

The holiday season is rapidly approaching. With Christmas, New Years, and the cold weather, maybe you would like a nice cup of hot chocolate to warm you up and put you in the holiday spirit. Try this refreshing recipe for hot chocolate made with real milk!

Mocha Hot Chocolate

Just pour 8 oz. of real chocolate milk from the grocery store and microwave on high for 1 1/2 minutes. Add 3/4 teaspoon of instant coffee to your hot chocolate. Stir until dissolved.

Top with two tablespoons real dairy whipped cream. Add a dash of nutmeg if desired.

A message from Megan O'Brien
Steuben County Dairy Princess

Baked Ham with Spiced Sugar

INGREDIENTS:

- Bone-in Spiral Sliced Ham, Butt or Shank Portion Ham, or Half Ham
- 1 cup dark brown sugar, packed
- 1 1/2 teaspoons dry mustard
- 1 teaspoon lime rind, grated
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 1 tablespoon fresh lime juice
- 24 pecan halves

DIRECTIONS:

1. Prepare and heat ham according to package directions.
2. Meanwhile, prepare sugar rub. Combine brown sugar with dry mustard, lime rind, ginger, allspice and cloves in bowl. Mix thoroughly with fork. Stir in lime juice to moisten sugar mixture evenly. Set rub aside.
3. Remove ham from oven 30 minutes before meat is done. Pat and rub sugar mixture over ham, covering top end first, then smearing mixture down the sides as evenly as possible. Press pecan halves into sugar covering at regular intervals over ham. Secure nuts with toothpick, if desired, to avoid sliding off.
4. Heat, uncovered, 30 to 45 minutes, basting meat with pan juices every 15 minutes. Remove ham from roasting pan; set onto cutting board face down. Let rest 10 to 15 minutes loosely covered with aluminum foil. Carve ham and serve.

Daily Horoscopes

Courtesy of astrology.com

Aries March 21-April 19

If you're at work, hold an impromptu brainstorming session. If you're going out on the town tonight, call everyone you know. Your independent streak may want to be alone, but you'll flourish with others right now, and you'll even end up enjoying it. Don't think, 'Too many cooks spoil the broth.' Instead, do think, 'Many hands make light work -- and/or more fun.' You'll enjoy your solo time all the more afterward.

Taurus April 20-May 20

Change is in the air, and while you're traditionally opposed to anything drastic, there are options for something different now that you'll find rather toothsome. Try giving a new friend a chance, seeking out some fresh challenges at work, signing up to volunteer (like you keep meaning to) or doing some research about your next trip. In with the new doesn't have to necessarily mean out with the old, you know.

Gemini May 21-June 21

Sure, the allure of the couch is strong, but how much fun can a potato actually have? If you really, truly must stay in, call up some of your favorite people to come over and play board games, concoct new beverages, make fancy snacks or just watch a thought-provoking film and have an interesting (and, with you there, likely hilarious) discussion afterward. Of course, if you actually venture out in the world, your fun quotient increases exponentially. It's up to you!

Cancer June 22-July 22

The intersection of work and romance is a hazardous one -- you've seen the crashes and the not-so-unwitting accident victims staggering away afterward. Of course, one can't help but rubberneck, and getting yourself involved has its unavoidable appeal. If you're going to mix work and pleasure, do it with all due care, taking into consideration that it's a potentially explosive combination. Then again, some explosions are the good kind!

Leo July 23-August 22

Your social calendar is about to undergo a pretty serious sea change. The forecast: even more parties, even more romance and even more fun! And the intrigue, complications and challenges that come along with the territory are just the kind of problems you're a genius at solving. Schedule a weekend away now, while you can block out some time, and catch up with some friends while you've got time for a nice, long chat that's relatively uninterrupted by call waiting.

Virgo August 23-September 22

Nesting might sound more appealing than going out at the moment, but that doesn't necessarily mean you want to be alone. How about sharing that nest? Birds of a feather flock together. Make a date with your sweetheart if you've got one or invite a group of friends to do some of your favorite things. Making some food is always a good start -- with your organizational abilities, following a new recipe for a fancy hors d'oeuvre is a snap. From there, games or movies or reading aloud are just a few options to start the fun.

Libra September 23 - October 22

What goes around comes around, and you can expect a little activity in the realm of your karma right about now. If you're called on to give a hand -- to a friend, your boss, even a stranger -- thinking about whether or not it's fair is really beside the point. Put some good energy out there, and you can be sure that eventually it'll come back to you. At the same time, know when to say when if someone's being overly demanding.

Scorpio October 23-November 21

Someone may have some advice for you now, whether you're asking for it or not. It could be your mentor at work, a friend weighing in on your love life or a complete stranger offering random words of wisdom. There may be something in what they say that's of use to you -- or it may be that they're just being a busybody. Listen with care but don't feel like you're beholden to respond -- or decide whether you're going to act on it.

Sagittarius November 22-December 21

All of your amazing, unique qualities are amped up by the stars right now -- your penchant for philosophy, your love of all things freewheeling, your broadness of mind, your generosity and optimism, and even more. Taking a gamble is exactly your kind of fun, and you'll amuse the heck out of everyone around you while you do it. Watch out, though, for one delicate soul who might find your bluntness a wee bit off-putting.

Capricorn December 22-January 19

It's not often that you're tempted to throw your trademark caution to the proverbial winds, but the stars say it may very well happen now. Perhaps it's taking a big risk professionally that seems alluring, or it could be that someone's extremely tempting in the love department. Being impetuous once in a while isn't necessarily a bad thing -- just make sure you'll come out of this with your ethics intact.

Aquarius January 20-February 18

A boundary is being blurred, and with your powers of imagination, you can see how this could lead to an interesting transformation. Sometimes, however, blurriness is less indicative of intriguing possibilities and more indicative of simply a mess. Engage your intellect as well as those creative powers (and that wishful thinking) before you take any particular steps. Your intuition, as well, has something to say about this if you listen to it on a deeper level.

Pisces February 19-March 20

Hey, you can be as wild at heart as the next person. So it's less frequent and expressed with a little more subtlety; it's still a part of your overall thing. The way that you're feeling right now is pretty darn out-there -- expect an uncontrollable urge or two to sneak up on you. Flirtation may be part of the equation, so if you've got a sweetheart, let them know they're still the apple of your eye, even if you're working the room. If you're on the prowl, well, look out, world! ☺

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Weird News

Courtesy of theonion.com

CIA Realizes It's Been Using Black Highlighters All These Years

LANGLEY, VA—A report released Tuesday by the CIA's Office of the Inspector General revealed that the CIA has mistakenly obscured hundreds of thousands of pages of critical intelligence information with black highlighters.

According to the report, sections of the documents—"almost invariably the most crucial passages"—are marred by an indelible black ink that renders the lines impossible to read, due to a top-secret highlighting policy that began at the agency's inception in 1947.

CIA Director Porter Goss has ordered further internal investigation.

"Why did it go on for this long, and this far?" said Goss in a press conference called shortly after the report's release. "I'm as frustrated as anyone. You can't read a single thing that's been highlighted. Had I been there to advise [former CIA director] Allen Dulles, I would have suggested the traditional yellow color—or pink."

Goss added: "There was probably some really, really important information in these documents."

When asked by a reporter if the black ink was meant to intentionally obscure, Goss countered, "Good God, why?"

Goss lamented the fact that the public will probably never know the particulars of such historic events as the Cold War, the civil-rights movement, or the growth of the international drug trade.

"I'm sure the CIA played major roles in all these things," Goss said. "But now we'll never know for sure."

In addition to clouding the historical record, the use of the black highlighters, also known as "permanent markers," may have encumbered or even prevented critical operations. CIA scholar Matthew Franks was forced to abandon work on a book about the Bay Of Pigs invasion after declassified documents proved nearly impossible to read.

"With all the highlighting in the documents I unearthed in the National Archives, it's really no wonder that the invasion failed," Franks said. "I don't see how the field operatives and commandos were expected to decipher their orders."

The inspector general's report cited in particular the damage black highlighting did to documents concerning the assassination of John F. Kennedy, thousands of pages of which "are completely highlighted, from top to bottom margin."

"It is unclear exactly why CIA bureaucrats sometimes chose to emphasize entire documents," the report read. "Perhaps the documents were extremely important in every detail, or the agents, not unlike college freshmen, were overwhelmed by the reading material and got a little carried away."

Also unclear is why black highlighters were chosen in the first place. Some blame it on the closed, elite culture of the CIA itself. A former CIA officer speaking on the condition of anonymity said highlighting documents with black pens was a common and universal practice.

"It seemed counterintuitive, but the higher-ups didn't know what they were doing," the ex-officer said. "I was once ordered to feed documents into a copying machine in order to make backups of some very important top-secret records, but it turned out to be some sort of device that cut the paper to shreds."

Enchilada Premonition Comes To Pass

BUFFALO, NY—An unaccountable vision of impending enchilada consumption experienced by SUNY-Buffalo student Kris Lamberth came true early Monday evening, according to witnesses. "There we were on the couch," said roommate Corey Bradsher, "when Kris looks right at me and says, 'I have an eerie sense I'm going to eat two Amy's Organic cheese enchiladas. Man, I can almost taste them.'" An hour later, his prophesy was realized. Since the incident, the preternatural Lamberth has attracted the attention of the unsolved-crimes unit of the local police department, who have requested that Lamberth solve the mystery of where they should order their lunch.

MythBusters Team Struck Down By Zeus

SAN FRANCISCO—MythBusters hosts Adam Savage and Jamie Hyneman, who dared challenge the sacred explanations of the order of the universe, were destroyed by Zeus Monday. "I soared ascending to the ethereal sky, and by merest nod massed a fearsome storm, and with mine lightnings struck down the naysayers Adam and Jamie," Zeus said in a press conference called to warn all doubters of his thunderous might. The MythBusters producers have issued a statement apologizing to the entire Olympian community and declared that, from now on, the program will focus only on myths unrelated to the Greek, Egyptian, or Norse pantheons.

RIAA Bans Telling Friends About Songs

LOS ANGELES—The Recording Industry Association of America announced Tuesday that it will be taking legal action against anyone discovered telling friends, acquaintances, or associates about new songs, artists, or albums. "We are merely exercising our right to defend our intellectual properties from unauthorized peer-to-peer notification of the existence of copyrighted material," a press release read. RIAA anti-piracy director Brad Buckles said. "We will aggressively prosecute those individuals who attempt to pirate our property by generating 'buzz' about any proprietary music, movies, or software, or enjoy same in the company of anyone other than themselves." RIAA attorneys said they were also looking into the legality of word-of-mouth "favorites-sharing" sites, such as coffee shops, universities, and living rooms. ©

Denial...Denial...Denial, Irvin keeps digging a bigger hole

I would like everyone to clap their hands for Michael Irvin. The former Dallas Cowboy star wide receiver, who won three Super Bowl rings, is in trouble with the law again.

Irvin was pulled over in Plano, Texas for speeding. Upon further investigation, Irvin was arrested on an unpaid outstanding speeding warrant that carried over from Irving, Texas and his car was searched. During the search, police found a drug pipe and a baggy with marijuana residue.

Irvin responded with, "I thought I paid the ticket in Irving," and "I was holding the pipe for a friend who just got out of rehab."

Sounds like a stoner excuse to me. I mean, that is something a 14-year-old says to their parents when they find a pipe in his underwear drawer. "I...I...I was holding it for a friend dad. Oh, the bag, well, that's not mine either."

Irvin then went on to tell police that

his "friend" was staying at his house for Thanksgiving and he didn't want the pipe in the house so he kept it in his car. He claims that he was going to drive to a grocery store and throw the pipe away in a trash bin, but he forgot.

I don't know Mike, something sounds fishy here. Would you care to elaborate?

Of course he would. During his statement he called his "friend" his "brother." The police put in the file that Irvin claimed the pipe belonged to his "brother" and not his undisclosed "friend."

Irvin had to release another statement saying that his "friend" is like his "brother" because the two are so close.

Let's turn back the clock here. In 1996 Irvin pleaded guilty to a felony of cocaine possession in exchange for four years of

deferred probation, a \$10,000 fine and dismissal of misdemeanor marijuana possession charges. Irvin then released a statement saying he has been open and willing to help others struggling with drug addictions, which is why he got in trouble.

Sorry "Playmaker," but the reason you got in trouble is because you were exceeding the speed limit with drug paraphernalia in your car. Dare I say, DUH. You might as well have had the smoke pouring out of the windows.

However, the problems don't stop there, what about your job Mike? We all know that Irvin appears on Sunday NFL Countdown and Monday Night Countdown on ESPN. Well, he was arrested on Friday in Texas and traveled to Bristol, Conn. to the ESPN studios

without telling his employer of what went down in Texas. ESPN found out Sunday afternoon from a Dallas television station. Now, for these actions, Irvin has been pulled from the panel of Countdown for the dates of Dec. 5 and 6. He will ultimately rejoin ESPN for the Dec. 11 and 12 show times.

Let's break down the series of events; "I thought I paid the ticket in Irving," "I was hanging on to the pipe for a friend, sorry my brother, no, he is my friend," "I forgot to throw it away," oops, sorry I forgot to tell you boss, I was kind of arrested the other day, oh yeah, sorry you had to find out on TV and not from me.

Behind all of the questions that we still don't have answers for, Irvin has said none of the right things in this situation, such as, "I am trying to help." He has even got a pastor to confirm his story about his "friend," and the one thing we all needed to hear, "I am totally clean." ©



CHAD WINANT
SPORTS EDITOR

Be careful what you wish for Terrell Owens

STEVE BARZ
STAFF WRITER

Terrell Owens just doesn't get it. Owens has recently been suspended for the remainder of the season by the Philadelphia Eagles for "conduct detrimental to the team."

The Eagles star wide receiver has been nothing but trouble ever since the Eagles lost to the Patriots in last year's Super Bowl. It was after that loss that Owens decided to drop his old agent and hire Drew Rosenhaus, who is widely considered the toughest NFL agent for teams to work with.

After Owens hired Rosenhaus he began threatening the Eagles that he would hold-out of training camp if they did not give him a new contract. At the time of his demands, Owens was the third highest paid wide receiver in the league, behind only Randy Moss and Marvin Harrison.

Defendants of Owens think that he deserved the pay increase because he is the best receiver in the league, and after the performance he had in the Super Bowl last year, he was worthy of being the highest paid receiver.

Owens broke his leg during a game against the Dallas Cowboys in week 15 of last season. He was able to recover in less than two months, just in time to play in the Super Bowl.

Owens then went on to claim that he had to sign a special medical waiver. The waiver stated that if Owens was to re-injure his leg the Eagles would not be responsible. Owens has not been able to produce an actual copy of the waiver, and the Eagles claim that there was never such a thing, but that Owens is simply making it up.

No one can deny that the performance he had during the game was remarkable. Owens finished the game with nine catches for 122 yards, all on a leg that was not fully recovered. But to request a pay increase when you are already the third highest paid receiver in the game is a little absurd.

All the blame shouldn't be placed on T.O.'s shoulders though. Rosenhaus is notorious for having his clients threaten to hold-out of training camp in order to get a better contract. He also had Green Bay Packers wide receiver Jevon Walker threaten to hold-out this off-season, but did not because of strong opposition from teammate

Brett Favre.

Just when everything finally seemed all right in the Eagles organization, Owens started to open his mouth again. He started to attack Eagles head coach Andy Reid, quarterback Donovan McNabb and offensive coordinator Brad Childress. The last straw was drawn when Owens got into a physical confrontation with ex-Eagles player Hugh Douglas in the Eagles training room. It was after this fight that the Eagles decided to suspend Owens for the remainder of this season, costing him the last nine games of the season.

Owens and the NFL players association appealed the suspension and left the decision up to NFL arbitrator Richard Bloch. Bloch ruled in favor of the Eagles, upholding the suspension, thus ending T.O.'s season for good.

Fellow controversial wide receiver Randy Moss recently gave Owens some advice in an interview that aired on ESPN. Moss basically told Owens to keep his mouth shut and the league will like him much better. Well Terrell, I think it's time you listened to someone for once. ©

AU relies on home court to excel into post season

STEVE BARZ
STAFF WRITER

The Alfred University men's basketball team is looking to improve on last season. The odds are in their favor as they have four more home games this season than they did last season.

"Having four more home games this season will benefit our team and help us reach our goal of making the post season. You know your rims and the court better, plus you have the crowd on your side," said Coach Jay Murphy.

The Saxons went 5-3 last season at home, and the players and coaches feel that they can improve on that mark this season. Based on last season's success at home, adding four more home games to the schedule should help the Saxons make the four-team playoff for the Empire 8 championship. The winner of that tournament will receive an automatic bid to

the NCAA playoffs, which is the ultimate goal for AU this year.

Not only does playing at home have advantages on the court, but it has its advantages off the court too.

"You don't have to worry about all the time traveling and spending time on the bus, not to mention we get to sleep in our own beds," said senior forward Ryan Hallett.

There are certain things that the coaches like about playing on the road compared to playing at home. Head Coach Jay Murphy feels that his team is more focused on the road; it's all basketball all the time. The team doesn't have any outside distractions; it's only the players on the bus and in the hotel.

Junior center Dillon Stein feels that the advantages and disadvantages of playing on the road vary, depending on where they are playing.

"When you play at places like the

University of Rochester or St. John Fisher, schools with smaller gyms, the crowd can get to you, but in the end you just need to block it out and not let them take you out of your game," commented Stein.

If the Saxons can survive their games before Christmas break, they should be in good shape for the heart of their schedule. Stein has missed the first three games of the season after having knee surgery to repair bone spurs. Junior swingman Ryan Clemenson missed the first two games due to a knee injury and senior guard Quentin Bryant will miss the first eight games due to NCAA rules.

Stein saw his first action back after the injury against Allegheny College on Nov. 30. He had 11 points, five rebounds and three blocked shots in 19 minutes of play.

"I still have swelling and tightness in my knee, it's coming along slower than

I had hoped, but I don't really notice it when I am playing, said Stein. "I'd like to be 100 percent by the end of the year, but I'm not sure that will happen."

Getting Stein back will most likely be the biggest boost to the team. He is a strong player defensively and offensively, and a very sound rebounder. He also adds depth to the team. In his absence, they had Todd Dersham and Clemenson playing in the post, which are not their natural positions. While both members played well in his absence, having Stein back gives the team a proven presence on the block.

"Having Dillon back makes things easier on offense as well as defense," said Assistant Coach Scott Cooper. "He's stronger than any other player we face in our conference, and is always a threat for a double-double."

The Saxons have three remaining home games before Christmas break. Dec. 6

...LACROSSE

CONTINUED FROM FRONT PAGE

far. She has been on many recruiting trips, which included Canandaigua and Ithaca and has had up to 42 players returning information of interest about playing for Alfred.

So, why wasn't this done before? "We looked at all the junior college transfers and there wasn't any," explained Valder. "It is really hard to get junior college transfers for a spring sport. We also sent four e-mails out to campus to try and find any girls that might have played in high school, but didn't think they would have time to play in college. There just wasn't any interest. Every option was explored to increase the roster size for this year."

However, because there is no season this year, that does not mean the returning players will get the year off. Valder has her squad working on its skills, as well as conditioning. The women had a fall workout program, and they will be taking home a winter one for Christmas break. They will also be training during the spring and summer in hopes of a more successful season in 2007.

Meanwhile, three senior players are not going to be able to call themselves four-year letter winners. Giuricich, O'Sullivan and Jessica Sundberg played their last game as Saxons on April 5, of the '05 season. The Saxons lost that game to Rochester, 1-21. Not exactly a moment you want to remember, especially a career ending moment, according to Giuricich.

"It's a huge bummer," said Giuricich. "If we knew that was the last time we were going to put on that uniform, we would have tried to score more and play even harder. But the heart on that team could not be questioned."

The women's 2005 team certainly had heart. Before each game the team would set specific goals that they wanted to accomplish. Even when they were playing three players

down, they still tried to reach the goals they set. When most teams would go through the motions, then get on the bus and go home, this team was trying to improve.

"We just tried to play our hearts out," said Sundberg. "After each game, Coach Bastian would rally us together and tell us to focus on the positives, not the negatives."

The seniors that will not be able to compete under the watchful eye of coach Valder feel that she is the missing link in making women's lacrosse a contender for years to come.

"She gives hope that the women's lacrosse program will be okay," O'Sullivan said. "She demands respect, and I think that's good."

Giuricich values the type of coach that Valder is, and like her other teammates, has an outspoken respectful relationship with the coach she will never play for.

"I love her, you can tell she is motivated on getting girls into the program and developing the team," Giuricich said. "She has coached dynamite teams before and brought them from nothing to something big."

According to Sundberg, Valder is very involved in the lives of all of her players. Even during the decision-making process on whether or not to have the season, coach Valder set up individual meetings with the players to let them know what was going on.

"She is making sure we are doing well in our classes, she has all of our cell phone numbers and she is there if we need someone to talk to," explained Sundberg. "She is going to do very well for the program."

For the seniors that were not a season and a feeling of closure to a college career, there is much respect for how they represented Alfred women's lacrosse under the circumstances. The stats might not be there and your faces may not appear in the AU Hall of Fame, but the one thing that cannot be taken away is the heart and pure passion for lacrosse that the 2005 team displayed. ©

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AU Sports

Demanding Respect: AU sends a message with big ECAC win

CHAD WINANT
SPORTS EDITOR

The Alfred University football team easily disposed of Maine Maritime Academy, 63-20 to claim their second straight ECAC North Atlantic Bowl Championship. However, many can say that Alfred should have been playing in the NCAA playoffs.

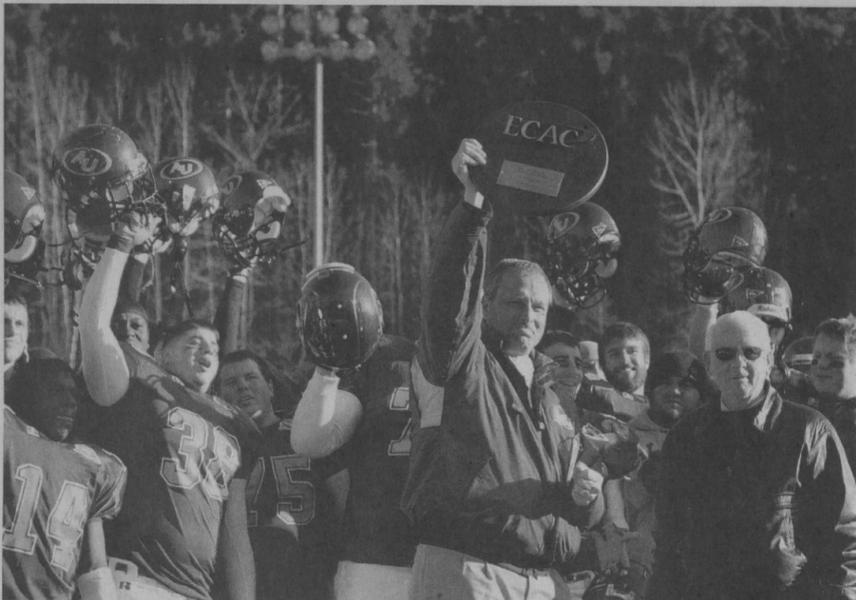
"When I seen that we didn't make it, I thought I was going to die," outstanding senior linebacker Brenton Brady said. "That is what you play for all year and for the experts not to select us, that hurt."

Thirty-two teams get selected to the NCAA playoffs and Alfred was unlucky number 33. Wilkes College snuck in front of Alfred by beating Lycoming 17-14, who had beaten Ithaca 33-30 in overtime, and Alfred lost to Ithaca 28-14. Lycoming went on the finish the season 6-4. Wilkes went on to lose to Rowan 42-3 and finish the season 8-3. Meanwhile everyone shakes their head and wonders how did this happen.

"I took it hard just like everyone did," said sophomore running back Elmer Newsome about being snubbed from the NCAA playoffs. "It was extremely disappointing."

Brady provided his teammates with some words of wisdom when the team found out they didn't make the NCAA playoffs.

"I just told the guys that we can't hang our head," said Brady. "I told them we would just have to take



Head coach Dave Murray proudly holds up the ECAC Championship plaque, while the team raises its helmets in victory. AU captured its second straight ECAC North Atlantic Bowl Championship Nov. 19 on Merrill Field.

PHOTO BY SHAUN LATULIPPE

Reynolds.

Honorable mentions: sophomore quarterback Paul Keeley, senior wide receiver Craig Zarzycki, junior cornerback Mike Coupe and sophomore punter Josh Rammacher.

"This team really came together this season," said Newsome.

The two Alfred losses this season were at the hands of Washington & Lee and Ithaca, who went on to win the Empire 8 Conference. The loss to Washington & Lee happened way back Sept. 10., the Saxon's first game of the season. The loss to Ithaca came after a seven game winning streak. However if a team wants one loss back it would have to be the Washington & Lee game.

"That game hurts because it was a loss," said Brady. "Each game you lose hurts your chances but we really want that one back."

Setting the tone for next year will be difficult because Alfred loses some key players, but remain relatively young and experienced. Brady, Reger, Nelson, Zarzycki, Shay Nelson, Mike McCall and Steven Roff will be graduating and their presence will be missed next season.

"Those are some big shoes to fill in terms of talent and leadership," Keeley said. "We are really going to miss those guys." ○



Freshman tailback Julio Fuentes tries to ward off two Maine Maritime Academy defenders.

PHOTO BY SHAUN LATULIPPE

our frustration out on the Maine team, and you seen what we did to them. It was bittersweet."

With the victory over Maine Maritime, Alfred finished its season 9-2, tying the season record with the 1989 Saxons.

There were many highlights this season which include a new single-season touchdown pass record set by sophomore quarterback Paul Keeley, who also received the outstanding player award of the championship game after completing 16-17 passes for 219

yards and three touchdowns.

"We wanted to send a message because we felt robbed that we were overlooked by the selection committee," said Keeley. "We had a lot of fun."

Head coach Dave Murray was awarded Coach of the Year by the Empire 8.

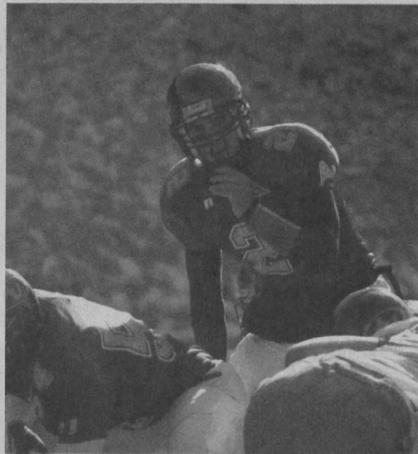
Senior linebacker Brenton Brady was selected to play in the Aztec Bowl in Mexico which features premier Division III football players from Mexico and the United States. Former Saxon star tailback Jesse Raynor was named the United States' Most Valuable Player after rushing for 45 yards and a touchdown, kicking a field goal and making all four extra point attempts in a 34-31 loss.

"I'm not really nervous about playing in the game because it's just football," Brady said. "It is the flying that is going to get to me."

Brady has also worked out with the NFL's Arizona Cardinals in hopes of getting an invite to an NFL combine.

Sixteen members of the team were named Empire 8 Conference all-stars. Selections included; Defensive First Team: senior linebacker Brenton Brady and junior strong safety Aaron Meyers. Offensive First Team: sophomore tailback Elmer Newsome, senior tight end Chris Reger and senior tackle Matt Nelson.

Defensive Second Team: junior end Andy Rantz, sophomore tackle Don Miller, junior linebacker Nick Gatto and sophomore linebacker Blake Fuller. Offensive Second Team: junior tackle Mike Yokopovich and sophomore place-kicker Chris



Sophomore quarterback Paul Keeley orchestrated the 63-20 win over Maine Maritime Academy. He was named the outstanding player of the game after completing 16 of 17 passes for 219 yards and three touchdowns.

PHOTO BY SHAUN LATULIPPE

New head coach looks to bring success to women's basketball

ERIN BRUMMER
STAFF WRITER

Women's sports at Alfred University have seen many changes this year. One of these changes is Heidi Metzger, the new head coach of the women's basketball team. For

her first season at AU, Metzger is looking to improve on last year's 6-19 record.

Junior guard Megan Sampsel is optimistic about the 2005-06 season with Metzger as head coach. "We are looking forward to a successful season with our new coach," said Sampsel. "She is a talented coach

with many things to offer our program. She is enthusiastic and has a lot of knowledge of the game."

Metzger is experienced as both a player and a coach. She started coaching at the Division III level at her alma mater, Elizabethtown College, where she was an assistant for one season.

For the next six seasons she served as an assistant at Susquehanna University in Selingsgrove, PA. She received the head coaching position at St. Mary of the Woods (IN) College for the 2002-03 campaign, where she served two seasons. In 2004, Metzger returned to Susquehanna as an assistant. During her seven years at Susquehanna, the team achieved a 94-90 record, and in 1999, the Crusaders advanced to the NCAA Division III championship tournament.

Metzger has been coaching at a college level for the past decade, and her personal career started in her hometown of Selingsgrove, PA, where she began playing organized basketball in second grade.

While at Elizabethtown College from 1991-95, Metzger was an exceptional player. She was MAC Northwest League Rookie of the Year as a freshman in 1991-92, and also a two-time MAC Commonwealth League First Team All-Star her sophomore and junior years. For the 1994-1995 season, her senior year, Metzger was named an NCAA Division III Honorable Mention All-American.

Upon leaving Elizabethtown, Metzger racked up school records. She had 1,674 points, ranking her second on the school's career scoring list. She also held records for three-pointers in a game (7), season (62, 1993-94), and career (191).

Metzger began her coaching career as a freshman in high school, where she coached boys and girls at summer camps throughout Pennsylvania. She also spent numerous years coaching seventh and eighth graders.

Coaching was not something Metzger always wanted to do. Instead, she had planned, "to play overseas until I couldn't



Alfred's junior guard Denae Foster (23) and Meghan Coddington (44) scramble for the rebound.

PHOTO BY SHAUN LATULIPPE

physically play anymore."

After her senior year, Metzger intended to go to Germany to continue playing. However, she needed to finish work at Elizabethtown in order to receive her bachelor's degree in social work. Her coach suggested coming on board and being her assistant, and she has been coaching at the college level ever since.

For Metzger, basketball is fun but serious, and her players know they have to give it their all.

"Coach Metzger is a strong coach that is working hard with us," commented Junior Denae Foster. "She has high expectations and pushes us to be competitive."

Coaching has its obstacles and rewards. Metzger finds it challenging, yet imperative, that her players, "play with confi-

dence and pride, and take advantage of the fact that they have the capabilities to play basketball every day," she said.

The Lady Saxons currently hold a 2-3 record. Faced with the challenge of a meager nine-woman roster, AU women's basketball is looking to its returning starters for depth, as well as consistent hard work from all.

Although winning is always uplifting, what Coach Metzger finds most rewarding is, "Seeing your players develop not only in the basketball department, but into successful women that can compete in this world. It is also great when they finally understand what you were trying to teach them!" ■



Senior center Kylene Knoll (00) and a Medaille College player fight for the jump-ball, while senior forwards Tess (11) and Meghan (44) Coddington look on.

PHOTO BY SHAUN LATULIPPE