



Real issues addressed by former *Real Worlders*

BY AMANDA KIISIEL
 STAFF WRITER

The *Real World*: Alfred.

Student Activities Board sponsored guests from MTV's *The Real World*, March 22. Holmes Auditorium. Ruthie Alcaide from *The Real World: Hawaii* and Landen Lueck from *The Real World: Philadelphia*, spoke in Holmes auditorium -- primarily

cast as a young person displaying out-of-control behavior from the effects of alcohol. He was captured walking around with a steak knife in his back pocket during a drunken cooking episode, which he didn't remember. He was arrested for alcohol related offenses.

The stars referred to their lives as "open books" and both are happy to have had the

ishing statistics relating to alcohol abuse. They explained to the small but enthusiastic audience, seventy percent of college students engage in sex primarily because they are under the influence of alcohol. Sixty percent of those students are contracting STD's (sexually transmitted disease).

Even more shocking-- its estimated one in three college students carry an incurable life-long STD called HPV or genital warts. It causes cervical cancer and can prevent a woman from being able to bear children.

Lueck discussed the issue of rape as a very common effect of alcohol abuse. "Ninety percent of all rapes occur when the victim is under the influence of alcohol. Some people don't know they are committing rape," said Lueck.

He gave an example of a response from a victim, "She was so gone she couldn't really say anything." He said, "She could wake up the next morning and say that, 'I was drunk and I didn't want it to happen...you raped me.'"

"That's what keeps me away from girls when I'm drunk," exclaimed Landon. "I had a friend who got raped half a block from my house... so it does happen... and she was a first degree black belt, I thought she could take care of herself, but not when there are four guys," he said. "She didn't report it," noted the star.

When the audience was asked a series of questions about their own personal experiences, hands popped up across the auditorium. The stars asked, "Have you ever known anyone who has been raped?" Several hands went up.

With one question, not a single person raised his or her hand. "Do you know anyone who has reported being raped?" Landon and Rutie discussed with each other, expressing their surprise that no one raised their hand, and that there usually is at least one person who responded to their question.

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PHOTO BY SHEILA GARCIA

AU students pose for a picture with *The Real World's* Ruthie Alcaide at the SAB lecture. Ruthie spoke on the dangers of alcohol abuse, and STDs.

about Alcohol Abuse.

Ruthie introduced herself as an orphan, triplet, and poor girl from a small town in Hawaii. She attended Rutgers University in NJ where she auditioned for the show and had her first experience with alcohol. "I grew up in poor circumstances," she said, "I went into (the real world try-out) thinking, I'm gonna be so inspirational I'll end up on Oprah." Then she continued, "I got alcohol poisoning on the second night."

Lueck, who is from Wisconsin, was also

experience despite negative publicity they received. "Both Ruthie and I had the same kind of story going on."

He continued, "I come from a culture very German with a lot of beer drinking. When real world came to my campus...I went in having no idea what I was getting myself into. My idea of getting drunk," he said, "was not being able to stand."

Lueck commented, "My feeling buzzed is what other people consider being drunk."

The two reality stars gave a few aston-

Medieval gender trinity topic of Women's Studies Roundtable

BY ABBY TRIPP
 EDITOR-IN-CHIEF

When it comes to an understanding of gender in the Middle Ages, three might just be historians' lucky number.

This is the belief expressed by Professor of History Linda Mitchell at the March 23 Women's Studies Roundtable at the Women's Leadership Center. Her talk was titled "Dichotomies, Schmicotomies! Why Everything -- Even Gender -- Came in Threes in the Middle Ages."

Typically, medievalists subscribe to the notion that gender in the Middle Ages was a relatively simple -- and binary -- affair.

While Mitchell acknowledged that these dichotomies are both "convenient and comfortable" her research suggest that they fail to acknowledge the complex handling of gender in medieval law and society.

One challenge to the dichotic view Mitchell addressed was medieval culture's approach to classifying eunuchs -- men missing some or all of their external genitalia.

Even within the eunuch population there was some variation, Mitchell explained. Some eunuchs were castrated as young boys, whereas others' reproductive organs remained intact until adulthood. Males whose testicles failed to descend, meanwhile, were classified as "natural eunuchs."

Whatever their classification, eunuchs were frequently labeled a third gender in the eyes of the law.

In the Byzantine Empire, this meant that eunuchs were regarded as embodiments of

both male and female qualities.

Islamic law was more complicated still, according to Mitchell. Concern over the classification of both eunuchs and hermaphrodites was so great that large sections of Shariah were dedicated to instructions for classifying individuals along a sliding scale of maleness and femaleness.

Mitchell noted that many of these laws persist today and create special challenges for transgendered individuals in the Islamic world. She described their condition as "a legal never-neverland."

For women in the Middle Ages, marital status shaped legal status. Typically, this meant that maidens and wives were granted zero rights.

"Medievalists take it for granted that women were nothing under law," Mitchell said.

Widows, however, enjoyed significant legal liberties.

In addition to having property rights, widows had legal authority over their offspring, the ability to conduct business affairs, and the right to generate their own wills.

"With the death of her husband, a woman went from invisibility to total visibility," Mitchell said.

Finding out "what happened in that millisecond gap between wifehood and widowhood" is at the crux of Mitchell's current research.

Mitchell's findings indicate that medieval widows represented a "third gender" based on social constructions rather than biological sex.

"Widows were profoundly independent,"

according to Mitchell.

In addition to managing their own affairs, widows also enjoyed the privileges -- and experienced the obligations -- of the feudal system.

Widows were even required to engage in military service, though they never set foot on the battlefield. Instead, Mitchell said, they were charged with the task of "vittling the troops," or providing them food out of their own pantries.

At the same time, Mitchell said, they were frequently able to use their status as females and petition for exemptions from some of the more pesky duties of feudal life.

"Widows themselves were well aware that their position was ambiguous, and they exploited it," Mitchell said.

Even when medieval widows remarried, they retained many of the rights gained after the death of their first spouse.

This prompted many women to marry "down" in rank, frequently seeking matrimony with knights or other men of their households. Usually, according to Mitchell, these were deliberate love matches.

Widows, according to Mitchell, were not the only women to have a special, elevated, legal status. In fact, she explained, so-called "old maids" were similarly positioned in society.

"The older she got, the more male she became," Mitchell said of the unmarried medieval woman.

"Nuns had the same legal status as widows," Mitchell said. ○

Ye, Stein named Outstanding Seniors

BY KARLI-MARIE REYES
 A & E EDITOR

As outstanding as all of the seniors are at Alfred University, accounting major Bonnie Ye and biology major Dillon Stein stand out as embodying the qualities set forth by the Marlin Miller Outstanding Senior Award.

According to the request for nominations for the class of 2007, outstanding seniors should have "contributed most to the life of the University overall and have built uncompromised reputations."

Nominees are evaluated on their scholarship, extracurricular achievement and personal character and conduct. The seniors will be acknowledged at Honors Convocation and will each address their graduating class at Commencement.

This year, 45 faculty, staff and students nominated a total of 19 students. Of those, eight finalists were chosen. At the end of the day, Ye and Stein came out on top.

Ye was excited to hear the good news. "Seven years ago, I moved to the United States from China without speaking any English and now I am going to graduate from college. These past years have not been easy so it is really rewarding," said Ye.

Stein, on the other hand, was surprised. "It is incredibly flattering to get this award. To be honest, I did not expect to be nominated for this award let alone win it," he said.

While their list of extra-curricular activities are extensive, Stein's honorable mentions include captain of the men's basketball team and RA of Upper Pine Hill Suites. Stein advises students to participate in campus activities.

"Get as involved as possible without spreading yourself too thin. By getting involved on campus and in the community you meet great people that can help you succeed in college and in your future," said Stein.

Ye, who is also an RA of Upper Pine Hill, is the president of Pacific Rim, director of Alfred to Asia and the founder of AU Badminton, among other things.

Other accomplishments at AU, Ye says that her work with Pacific Rim and Alfred to Asia have had the biggest impact on the community.

"I felt those performances opened people's mind to Asian culture and had exposure to Asian culture," said Ye.

While Ye says she has no regrets about her time at AU, she has certainly had a wide range of interesting experiences.

"I learned to dance, learned Japanese, learned how to make Italian food, tried to write for the newspaper and won an award, went sledding once at 6 a.m. with my friends and never done it again, tried food from different countries and of course meeting unique people in Alfred," said Ye.

Stein, on the other hand, says his major regret was not eating at Nana's before heading off to osteopathic medical school.

Though Ye and Stein have gone down different paths to get to where they are today, and can't agree on a favorite ice cream flavor (peanut butter and mint chocolate chip, respectively), they both admit to being a little nervous about their commencement speech, and more importantly that it is the people in Alfred that they will cherish the most. ○



PHOTO BY RICK MCLAY

Biology major Dillon Stein and accounting major Bonnie Ye will address their classmates at Commencement as the 2007 Marlin Miller Outstanding Seniors.

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Student safety everyone's responsibility

Just a sleepy little town.

Until recently, this among many other phrases of a similar nature would be the words that many choose to use when describing Alfred University. Current events have shifted the way that many students think about the way they run their lives in and around the campus.

A University-wide e-mail was sent out March 20 informing students of an incident that occurred on March 16.

The e-mail stated that at approximately 11:25 p.m. a female student was accosted behind Reimer Hall. Her assailant was reported to have come up behind her and grabbed her around the torso. She fought back and struck her assailant enough times so that he let her go, after which she immediately sought refuge at a safe location.

AU Office of Public Safety and the Alfred police are currently investigating the incident.

The Office of Public Safety included a reminder that the university has an Escort Service available to students and staff until 3 a.m. all week.

In addition, they provided a number to call (871-2108) in the event that someone witnessed any suspicious behavior. The e-mail finished with a reminder of safe practices, the buddy system, constant vigilance, and notification of your arrival time, as well as a link to their website where further helpful tips are available.

It is true that the Alfred environment is prone to creating the "life in a bubble" feel, and that students and staff could do more to make themselves aware of unsafe or suspicious situations, but the responsibility doesn't lie solely on us.

Students have voiced concerns over some of the safety features that are currently in place on the university campus. Some may not be reachable in the near future, but most should be considered as viable and reasonable requests to be answered.

A large concern is the streetlamps, and their erratic behavior. A green campus is desirable, but having it shouldn't be at the cost of the student's safety. Some of the lamps across the campus have a strong tendency to do a wonderful job of looking homely and inviting until an individual walks up on them, where they promptly short out in a fashion that cheesy horror movie producers could not simulate better.

Now, not all of the street lamps act this way, but bringing them all up to the same functioning capacity is a must. One way to go if there are energy concerns is to have motion sensors that work. If this is steep a cost, then simply turning them on at night, and shutting them off during the day would go a long way toward making the students feel safe.

Blue lights are another issue. The idea is that when standing next to one blue light at least one other blue light should be visible. This is all well in practice, but there are some areas where the blue lights are difficult to access, or aren't even visible at all.

For instance, from behind Reimer, although there are two blue lights in the area, one is not visible until rounding the front of Tefft, and the other is up the hill by the suites. In the parking lot between Davis and Scholes, no blue lights are visible until the stairs are mounted or you walk to the side of Davis facing Main Street. Adding more lights would go a long way toward student safety.

We tip our hats to the current security force, knowing full well that some of the escort calls are merely friendly drunks attempting to pick up a metal pole, but still there could be more. Bring back the labeling of the AU Security vehicles so that we know the slow car creeping along behind us is not the beginning of the worst day of our lives. Consider foot patrols, because not all areas of this hilly campus are easily accessed by cars.

The final thing on the Student Safety wish list is communication. The university does make its safety procedures known, but more can be offered. Mandatory floor meetings for freshman explaining how to use AU Public Safety to its maximum potential, or that by running from blue light to blue light and hitting the call button, safety patrols can track your movements and come to pick you up.

Or, start even earlier. Include a section on the campus tours that walk the prospective students through Alfred's safety procedures.

It would be irrational to think that all of these changes will be implemented in the near future, but that doesn't mean that they should be given any less attention or consideration.

It is true that the university is striving to prevent a panic, and that events like these are rare on this campus, but the fact that it happened should clue in others to sit up and take measures to prevent this from reoccurring. ○

A fairly stereotypical farewell column



ABBY TRIPP
EDITOR-IN-CHIEF

I took my first "reporting job" when I was eight years old. As the stringer for Brownie Troop 29, it was my responsibility to submit two articles to the *Jefferson County Journal*.

My dispatches from the basement of Adams Center, N.Y.'s Seventh Day Baptist Church were heavy with importance – and heavy on commas – as I wrote colorful descriptions of campouts, craft projects and the hard work we all did to earn our try-it badges for cooking.

I was a petite third-grader with huge feet and a massive head of unruly hair, so the little bit of fame that came from having my name in newsprint was a very big deal. After years of feeling like every single girl in my class was prettier, funnier and generally more luminous than me, I definitely felt a thrill at being noticed for all of the right reasons.

More than that, however, I loved the very act of writing and reporting a story. Nothing in the world felt better than sitting down at my mom's electric typewriter and letting my articles flow. When I could find the right words to describe the Yugoslavian wooden spoon dolls we had made for our toys around the world try-it, it was nothing short of magical.

As I write this column, on the very last Friday of my very last *Fiat* production weekend, I can happily say that the thrill hasn't diminished. I still have no greater satisfaction than finding the perfect word or turn of phrase to encapsulate some element of the Alfred experience.

But here's the thing. In five years, I won't be able to

remember the exact words I used to describe the beauty of an AU Dance Theater performance or the perfection of Bill Pullman's hair when he gave the Ohara Lecture. Instead, I will recall the visceral elements of my own AU experience: the hot sun on my back as my boyfriend and I picnicked at the hairpin turn freshman year, the smell of fresh paint; new lumber and sweat as my mom and I toted my mini-fridge into Joel's House 207, the taste of the hazelnut coffee my roommate made for our Valentine's snow day pancake breakfast.

Four years ago, I sent my deposit check to AU because it seemed like the right place for me. What I didn't realize, however, was that in four years of covering campus events, calling Seidlin Hall my second home and consuming obscene amounts of caffeine from the Terra Cotta I would be head-over-heels in love with this place.

Like many of my fellow seniors, I have fallen into the trap of making bitter, cynical little comments about the state of AU. Sometimes, as we sit in the computer lab pissing and moaning, my friends and I will catch ourselves.

"Oh my gosh, you guys. We've become *those* seniors."

Because it's true. Every college senior on every campus makes at least a few comments about how dining hall portions used to be bigger and the class sizes used to be smaller.

As May 12 approaches, however, I want to stop making those comments. Instead I want to try – harder than ever – to hold onto the good. Within a few months of graduation, I will forget about the dozens of annoying forms I had to fill out before my women's studies minor finally showed up on Banner. But the long talks I had with my professors during office hours, the three-hour Powell lunches with my English major crew during finals week and that perfect sunset tonight over the Alfred skyline? That's simply unforgettable. ○

All dressed up and nothing to eat



JODI ANDERSEN
OPINIONS EDITOR

March is Women's History Month, and what better way to celebrate than to lay the smackdown on sexist advertisers that portray women as nothing but sexual objects? That is exactly what happened when fashion designers Dolce and Gabbana announced that they were pulling a recent print advertisement, which was really just a grossly misjudged attempt at a sexy scene.

The advertisement featured an expressionless woman held down by a shirtless man while four other similarly muscled, well-oiled men looked on. This blatant allusion to gang rape is vaguely dismissed by Stefano Gabbana. In an interview he said that the ad brings to his mind "an erotic dream, a sexual game."

In a somewhat gloating manner, *Newsweek* suggests that Dolce and Gabbana may have 'won the publicity war after all,' despite recalling their ad. What the newsmagazine fails to notice, however, is that it is more important to educate the public about the ways women are wrongfully used in advertisements than to give the ad no publicity at all.

And it seems to only be getting worse—prints are featuring younger models in more compromising posi-

tions.

Calvin Klein, a fan of using mostly naked, prepubescent girls engaged in sexual acts to sell his jeans, sadly has nothing on a Gap Kids advertisement I saw recently. It was a print of a young girl, who couldn't have been more than eight or nine years old, in low-slung jeans and a crop top, eyes made up so heavily they looked black, and hair teased out to the max. Have we no shame in sexualizing third graders?

So what can you do to fight back? First, get educated. The sassy *Aboutface.org* features contact addresses alongside offensive ads and wryly comments on two kindling-thin BCBG models: "All dressed up and nothing to eat." The site encourages readers to use these addresses to write complaints.

Also, the site endorses a different, creative way to get back at advertising companies—subvertising. Take one of those pesky subscription cards, write a scathing message and send it back to the company—make a statement free of charge.

We need to think of our dollars as votes. We are supporters of what we buy, and it is our responsibility as consumers to approve of healthy images of women and condemn harmful advertisements such as Dolce and Gabbana's. It's time to stand up and show advertisers that it's not creepy pseudo-rape scenes and emaciated models that are the way to our wallets, but depictions of strong, vivacious women with an appreciation for a good square meal. ○

News conference newbie



KURT PITZER
COPY EDITOR

It's interesting how as you grow older your perception on things and places change. In my recent trip to New York City to attend a journalism conference, I can only say this is truer than I'd like to admit.

The funniest way I've heard New York City described is in Douglas Adams's *Hitchhiker's Guide* series, where he states, "If you are keen to breathe the best plan is open a window and stick your head in a building." In

truth, the city is not all that bad.

True, there is quite a bit of traffic, much more than I remembered from previous visits, and quite a few more middle fingers too. But setting those aside, we made it to the hotel ok.

Checking in was a fabulous process in which all but one of us stood around looking lost and confused while the other guy learned that the rooms weren't ready yet. About 15 minutes later, we were able to toss our stuff into the room and then it was back downstairs to hear the rules of the trip. They basically boiled down to: try to learn something while you are here and if you do go out, don't get stabbed, shot, mugged or all of the above.

From that point on I was left to my own devices. And so on a trip to NYC on St. Patrick's Day weekend, I handled myself like any other college student would. I actually learned something.

I managed to attend at least three of the multitude of workshops that were offered from the inhumane hour of eight in the morning until five in the evening each day, and found out quite a great deal about news writing.

In an ethics seminar, I came to the rather terrifying conclusion that it was a miracle I hadn't been sued yet, and there were more ways to become lax in journalism law than there are excuses for politicians to fall back on.

A features story seminar taught me that features are not just about exciting experiences, personal takes on breaking news, movie stars, food recipes, new gadgets to make your life better and interesting hobbies to take up, but that they are about exciting experiences, personal takes on breaking news, movie stars, food recipes, new gadgets to make your life better, interesting hobbies to take up and university restroom facilities.

An interviewing seminar showed me that everything I had previously learned about how to conduct an interview (namely, everything I had seen on TV) was quite possibly the worst way of conducting an interview, short of shooting the person you are questioning.

The most brutal blow came from an independent critique of the newspaper itself. After lending our critic my red pen, I'm almost certain I should have given him a paintbrush. I don't recall seeing a paper so red since my high school Latin tests. It was about then that I realized I knew very little about journalism. Nothing like a group of highly paid professionals to make you feel completely incompetent.

It wasn't all bad. The criticisms, all though harsh, were quite constructive. I came away with new ideas and a direction in which to go in order to improve my journalism and the paper as well.

In between the workshops and the critiques, I dined in Little Italy, Chinatown and a 1950s themed restaurant where the wait staff all sang to you, and in my famished state, I ate half a toothpick.

I was able to see NBC studios, and pretend to wave at the people inside filming the news (it was about 9 at night, so no one from *Today* was there). I passed through Rockefeller Center and experienced the joy of riding in NYC's subway system. I saw the St. Patrick's Day parade and got to watch a performance by the bagpipers in the hotel lobby.

I would definitely classify it as a quality life experience, and suggest that if the chance to go travel to anywhere for a conference in your chosen profession occurs, leap on it. It was an amazing trip, and I would gladly do it again (maybe without the toothpick part though). ○

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So what's the deal with those parking permits?

BY JOHN KALISH
GUEST COLUMNIST

I would love to know why we have to pay \$50 (plus processing and shipping) for student parking permits here at Alfred. What also confuses me is why the University outsources the "processing" and the printing of these stickers to The Permit Store (www.thepermitstore.com). The Permit Store is a company, and like any other company, is based in a building that needs water and electricity. They need to pay property taxes, and they need to pay someone to sweep the floors at night and unclog the toilets. Office furniture and supplies need to be purchased and put together (Do you know how much those office chairs and put-together desks cost?).

In addition, the company runs a web site. Somebody has to design the layout (Alfred University spent thousands of dollars making the new Alfred Today page.), and someone has to update the informa-

tion when different "parking destinations" sign up.

Now, who pays the salaries of those skilled workers? Alfred University does, when it signs up to have this company print stickers for them. I don't know about you, but when I want to print stickers, I can A) go to Walmart, or Staples if I'm feeling fancy, and I print it out from my computer, or B) sign a contract with a company and pay my share of its administration, legal, janitorial (excuse me, custodial) web design and web server space fees.

Could you imagine if the University outsourced its hole-punching? No longer will Office Services punch holes for you right here in Alfred. Instead we will ship your documents to California (no hole-punching services are offered on this side of the country, perhaps) and you can expect your hole-punched documents in four to eight business days. ○

AU profs share their Mideast perspectives

BY SHAUN LATULIPPE
PHOTO EDITOR

The United States is entering its fifth year of occupation in Iraq. Last week, Iran arrested 15 British sailors after they entered Iranian waters, and Lebanon is still recovering from its conflict with Israel.

There is no question that much of the world's attention is on the Middle East. To help clarify this broad topic, three professors explained their views at the Bergren Forum, which was presented in Nevins Theater on Mar. 22. Professor of Religious Studies Tom Peterson, Assistant Professor of History Brian Newsome and Assistant Professor of Political Science Jeff Sluyter-Beltrao all talked about their perspectives on the Muslim religion, Middle Eastern politics and culture.

Newsome disagrees with the idea that the tensions between civilizations will be the origin for future wars. He went on to explain that conflicts are caused by differences in politics and economics, not culture. He argued that most wars are caused by human greed.

"If there were a clash of civilizations, there would be no hope for a solution," Newsome remarked.

Despite all of these conflicts, there is still a chance to resolve issues. One example is the Camp David Accords of 1978, where the leaders of Israel and Egypt agreed on peace between their two nations.

Sluyter-Beltrao shed some light on the relationships between Middle Eastern nations. There are many identities within the countries, he argued. There are clans, tribes, and many religious sects.

"It is very difficult to get some sort of unity or consent in Islam," he said.

Sluyter-Beltrao said that the Middle East has a negative view of U.S. foreign policy. He believes the primary reason the United States is in the region is to gain resources. In the eyes of many Middle Easterners, U.S. involvement has led to oppression, exploitation and humiliation.

For example, one reason for the attacks on 9/11 is the U.S. military presence in Saudi

Arabia. Our presence created a large amount of dissent from countries in the area.

"If we want to avoid exacerbating [this issue] we need to change our foreign policy," said Sluyter-Beltrao.

He offered a few ideas on how to do so, like giving foreign aid to disadvantaged regions. The terror attacks in Southeast Asia have dropped off significantly after much needed aid was given.

"Where does religion fit into geopolitical conflict?" said Peterson.

Two of the largest schools of Islam, Sunni and Shiite, have different views on leadership style. In both cases religion directly influences the law.

Sunnis follow a constitutional law, as directed by the Qur'an, which states how a leader is selected. Shiites directly follow the teachings of Muhammad's cousin Ali.

These fundamental differences have created conflicts for more than a millennia. This is why tensions between the mostly Shiite Iran and the largely Sunni Iraq persist.

Peterson says to understand the region we need to understand the differences in religion. This is why, he argues, we are having trouble in Iraq.

"After four years of occupying Iraq, we Americans know very little about them," he said.

Even today, U.S. officials don't know the differences in Islam's sects said Sluyter-Beltrao.

When a question was asked as to why we know very little, all three professors had difficulty replying to it.

"I don't know the answer to the question," said Peterson, with his arms raised in the air.

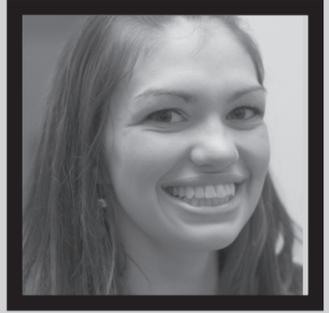
Newsome said it could be because of laziness.

"We don't take the time to read the newspaper." ○

Roving Reporter

PHOTOS AND QUOTES BY
SHAUN LATULIPPE

Q: "If you had a pet fish what would you name it and why?"



"Pepe, it has a lot of personality."
Rebecca Gray, Junior
Fine Arts



"Ahab, you know from Moby Dick"
KC Flynt, Junior
Mathematics and Economics



"Ryan Troyer, he is just my buddy."
Micah Golden, Senior
Criminal Justice



"Bloop" and proceeds to make the submarine sonar sound.
Earl Rufus, Senior
Psychology



"Sanchez, it just the first thing that popped in my head."
Danielle Sayegh, Junior
Accounting and Mathematics



BY JODI ANDERSEN
OPINIONS EDITOR

- Peter Pan Peanut Butter salmonella scare
- SweetTarts
- Tears
- Senior thesis/show season
- Vocab flash cards
- The tainted pet food scandal
- Last week's deep freeze
- Aunt Jemima maple syrup
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- Pancakes at Maple Tree Inn
- American Idol's teenybopper Sanjaya

Student Senate Update

Senate Update Senate Update

Senate Update Senate Update

BY TOM FLEMING
COPY EDITOR

At the February 28 Student Senate meeting, new officers took their seats on stage after the old Student Senate officers said their goodbyes. Jameson Pownall was elected President with 53% of the vote and former Student Senate Secretary Laura Findley was elected Vice President with 63% of the vote. Pownall began his term as Student Senate President by saying, "Please bear with me while I tie my shoes."

The Senate then voted for the positions of Secretary, Treasurer, and Publicity Chair. Sheila Garcia won the vote for Secretary, Mark Williams won the vote for Treasurer, and Lee Breck won the vote for Publicity Chair.

Three speakers were present for the March 14 meeting of the Student Senate. AU President Charles Edmonson was introduced as "top dog" to make the special announcement that the position of Coordinator of Diversity Programming will be created on campus thanks to a resolution submitted by the Student Senate last year.

The second speaker present at the meeting was Adrian Morling, Network Services Manager for ITS. After asking students to express their concerns, Morling explained the Internet situation on campus, running through the various types of Internet usage such as P2P, chatting and downloads, and computer gaming.

The three most widely used forms of Internet usage for that day were for student web traffic, 25% of total Internet usage, and chatting and downloads, 20% of total Internet usage, and student P2P and HTTP, both at 12% total Internet usage each. Morling explained that most of the time when students complain about slow Internet speeds, it is due to programs running in the background of their computer such as chatting programs or file-sharing programs, especially BitTorrent, in which he also warned and reminded students that downloading copyrighted material from P2P programs is illegal.

Another issue he discussed was poor wireless reception in dorms and places like Joel's House. Morling stated that a budget might possibly be passed to update the wireless network on campus. He stated that he is more than willing to speak to anybody if they have a concern about the Internet or any other network issues on campus.

The third speaker was S.A.F.E. A ten minute clip from the film Invisible Children was shown to encourage people to attend their showing of the film and to hear from its directors.

In new business, elections for finance committee were held. Nominees Phil Feichtner and Mike Shaw were elected to the finance committee.

In open forum, requests for channel surfing in the fitness center and repairs

for the sauna in McLane were made.

The March 21 meeting of the Student Senate began with officer reports. Budget hearings were announced and are going to be held on April 14, 2007 from 8 a.m.-5 p.m. Attendance was taken using surveys on Ade. Jameson announced that AUTV and WALF are semi-merging next semester in order to help AUTV develop.

Guest speaker John Dietrich revealed the new meal plans developed by the Student Dining Advisory Board that will be available to students this fall.

Dietrich explained that there was a 110-meal plan, but the plan did not work out due to pricing issues. Students wondered if meal swipes are possible for Li'l Alf Café, but Dietrich responded that the meal swipes are necessary for dining halls in order to keep them running. Another student requested that pre-ordered bagged lunches be advertised more on campus. Lastly, Dietrich announced that Ade Hall will be closed on Purple and Gold Days.

In new business, Archery Club made a special allocations request to purchase a safety net to be used for indoors usage, particularly Davis Gym. Some students were concerned that the net would not be used much because Davis Gym might be torn down. Despite the concerns, the special allocations request was passed.

In open forum, someone wanted to know if it would be possible to have someone come to speak to students about Davis Gym. Senate President Jameson responded that he would like to get AU President Edmonson to come to speak to students about the issue. Another question raised during open forum was why the fire siren must be located in its current position. Finance Chair Danielle Sayegh was re-elected. A motion was made to limit winter, but the executive board stated that such a motion is outside of the Student Senate's power.

Announcements:

*The Career Development Center's Etiquette Dinner will be held on March 29th at 6 p.m. followed by a fashion show. The dinner is free but space is limited. Students can register by sending an e-mail to cdc@alfred.edu

*The Alfred Acafellas will be holding a benefit concert at Alfred Fire Hall at 6 p.m. on March 31.

*Any students interested in joining the peer review board can e-mail Norm Pollard for more information. ○

LOOKING AHEAD...

NOVELIST READING & BOOK SIGNING

WEDNESDAY, MARCH 28 AT 5:30 P.M. IN SUSAN HOWELL HALL

ATTEND A BOOK READING BY AWARD-WINNING SYRACUSE, N.Y. NATIVE DIANA

ABU-JABER. RAISED BY AN AMERICAN MOTHER AND JORDANIAN FATHER, ABU-

JABER INCORPORATES HER HERITAGE IN HER WRITINGS. AUTHOR OF ARABIAN JAZZ,

CRESCENT AND THE LANGUAGE OF BAKLAVA, ABU-JABER'S NOVELS HAVE BEEN

TAUGHT IN ENGLISH CLASSROOMS ON CAMPUS. STAY AFTER THE READING FOR A

BOOK SIGNING AND CHANCE TO MEET THE AUTHOR.

RAICES

SATURDAY, MARCH 31 AT 8 P.M. IN HOLMES AUDITORIUM

SUPPORT ONE OF THE MANY ACTIVE CLUBS ON CAMPUS AT PODER LATINO'S ANNUAL

RAICES EVENT. CELEBRATE LATINO CULTURE THROUGH MUSIC, DANCE AND PERFORM-

ANCE THAT INCORPORATE VIBRANT COLORS, RICH COSTUMES AND EXTRAVAGANT

PROPS. THIS YEAR'S THEME IS IMMIGRATION: FROM WALLS TO WINGS. THIS EVENT

IS OPEN TO THE PUBLIC WITH A SUGGESTED DONATION OF \$3.

SELF-DEFENSE WORKSHOP

SATURDAY, MARCH 31 FROM 3 P.M. TO 5 P.M., LOCATION TBA

REGISTER WITH THE WOMEN'S LEADERSHIP CENTER TO LEARN ABOUT SELF-

DEFENSE TACTICS TO KEEP YOU SAFE ON CAMPUS AND AROUND THE COUNTRY. WITH

THE RECENT EVENTS ON CAMPUS, STUDENTS SHOULD TAKE PRECAUTIONARY ACTION

TO AVOID HARM. PRACTICE YOUR MOVES ON A PADDED "ATTACKER." INSTRUCTORS

INCLUDE ELISE FLYNN AND A TEAM FROM ALFRED MARTIAL ARTS. SIGN UP TODAY

AND SAY GOODBYE TO WORRIES OF ATTACK.

ANNUAL DANCE-A-THON

SATURDAY, APRIL 7 FROM 12 P.M. TO 11:59 P.M. IN THE KNIGHT CLUB

JOIN PODER LATINO IN THEIR ANNUAL DANCE-A-THON EVENT AS THEY RAISE

MONEY FOR THE SAN CARLOS FOUNDATION. THIS ORGANIZATION HELPS REFUGEES

LIVING IN POVERTY IN THIRD-WORLD COUNTRIES, PARTICULARLY CENTRAL AMERICA.

THROUGH SPONSORSHIP, PODER LATINO MEMBERS AND AU STUDENTS CAN SPEND

A FUN AFTERNOON DANCING TO RAISE MONEY FOR THIS GREAT CAUSE. FOR MORE

INFORMATION ABOUT HOW YOU CAN GET INVOLVED OR MAKE DONATIONS, LOOK FOR

MATERIAL AT THE INFORMATION DESK LOCATED IN POWELL CAMPUS CENTER OR BY

CONTACTING PODER LATINO.

ONCE UPON THIS ISLAND

WEDNESDAY, APRIL 11-SATURDAY, APRIL 14 AT 8 P.M. IN CD SMITH THEATRE

MARK YOUR CALENDARS FOR THIS SEMESTER'S PRODUCTION OF ONCE UPON THIS

ISLAND. SET IN THE FRENCH ANTILLES, THIS PLAY PROVIDES A REFLECTIVE LOCALE

LIKE THAT OF THIS AREA, WHILE ALSO PROVIDING BOTH UPBEAT TUNES AND MOVING

BALLADS. RESERVE YOUR TICKETS TODAY BY E-MAILING OR CALLING THE MILLER

PERFORMING ARTS CENTER BOX OFFICE.

RELAY FOR LIFE

FRIDAY, APRIL 13-SATURDAY APRIL 14 FROM 7 P.M. TO 7 A.M. IN DAVIS GYM

COME CHECK OUT THE FIRST RELAY FOR LIFE EVENT ON THE AU CAMPUS. TEAMS

OF STUDENTS, FACULTY, STAFF AND COMMUNITY MEMBERS WILL PARTICIPATE IN THE

ALL-NIGHT EVENT IN SUPPORT OF CANCER SURVIVORS, VICTIMS AND RESEARCH. LIVE

MUSIC AND ENTERTAINMENT WILL BE PROVIDED THROUGHOUT THE EVENT. COME

AND SUPPORT ACTIVE MEMBERS IN THIS SIGNIFICANT COMMUNITY SERVICE EVENT!

ALFRED TO ASIA

SATURDAY, APRIL 14 AT 8 P.M. IN HOLMES AUDITORIUM

JOIN SENIOR BONNIE YE IN HER THIRD-YEAR DIRECTION OF PACIFIC RIM'S THIRD

ANNUAL A2A EVENT. AN OFFICIAL UNVEILING OF THE COMMONLY USED LION'S MASK

IN CHINESE PARADES IS ONE OF THE MANY HIGHLIGHTS OF THE EVENING. SIT BACK

AND ENJOY THE HOLMES STAGE COME TO LIFE WITH VIVACIOUS COSTUMES, PROPS

AND ENTERTAINMENT PUT ON BY ALFRED UNIVERSITY STUDENTS. THE EVENT IS

OPEN TO THE PUBLIC.

Taste the season with veggies and dip

BY ASHLEY PADDOCK
MANAGING EDITOR

Now that spring has officially arrived, gardeners are preparing their yards for harvesting fresh herbs and vegetables for the season.

As my favorite time of the year, the spring sunshine and invigorating air gets me in the mood for fresh fruits and veggies. And with this new healthy kick I'm on, I think I just might talk my dad into letting me till up some land in the backyard and create a little garden oasis of my own. Not only will my body thank me for it, but my wallet as well!

Because articles in newspapers, magazines and online have bombarded consumers about the benefits of going organic, it has only become natural that consumers shift their purchasing to organic goods. Although more expensive, the benefits far outweigh the monetary cost.

I challenge you to create your own little organic gardens this summer and reap the healthful benefits. Just think how much money you can save if you're successful and how proud of yourself you will be when you share what you have grown with others.

Whether you choose to grow your own garden or purchase your fresh vegetables in a store, here's a scrumptious dip recipe to accompany your crisp healthy treat.

You will need:

- 8 ounces cream cheese, softened
- 8 ounces sour cream
- ½ cup chili sauce (Bennet's brand works best)
- 1 1.5 ounce package dry onion soup mix (Lipton or Mrs. Grass are preferred)

Beat cream cheese with a mixer until fluffy. Add in the sour cream, chili sauce and dry onion soup mix. Mix well and cover. Chill for a few hours.

Mix before use and serve with fresh vegetables. This recipe makes two cups. ○

Tracking Fitness Progress Leads to Continued Results



JENNIFER KELLY
COPY EDITOR

There is no reason, aside from injury or illness, to fall by the wayside once you have begun including exercise and healthy eating into your life.

Habits, good or bad, become habits by some form of reinforcement. Exercise and a healthy lifestyle are no different from the other habits we include in our lives. Why, then, does it seem so hard to maintain this healthy habit once we have initiated it?

Many people assume that the results of their hard work will be plainly obvious and that their miraculous weight loss or a newfound six-pack will be enough to keep them on the road to success. The truth is not that you aren't achieving results, but that you are measuring them in all the wrong ways. Finding creative ways to measure your results can provide a sense of accomplishment and motivation for continued success.

Recording your daily activity can be one of the easiest ways to track your results. One method that I use and find very helpful is planning out which exercises I will do beforehand, and then during my workout I record the actual weight lifted, sets completed, distance run, etc. This not only saves me time in the gym, but also allows me to go back and look at the progress that I have made over time.

Take a notebook with you and during your cardio workouts record your heart rate and the length of your workout. If you're exercising on gym equipment be sure to record the speed, level,

distance, and elevation if they apply to your workout.

While lifting weights, be sure to record the weight lifted, number of repetitions done, and number of sets completed. This information can be valuable during future workouts. You can look back on these numbers and decide your goals for the day or for the next three months. Having a focus when you exercise can keep you on track.

As important as it is to write these things down, it is equally as important to truly go back and look at them. I suggest reviewing your last four weeks of workout data and from there determine some short-term goals.

If you look at your exercise logs and see that every time you run on the treadmill you only complete three miles, vow to push yourself in the weeks to come by adding mileage to your runs. If you see that in doing the same workout over time your heart rate has decreased, recognize that as a sign of progress and congratulate yourself, but also realize that you may need to focus on working harder to get your heart rate into your target zone.

Everyone has to start somewhere when they walk into the gym. When you get there don't feel that your very first workouts don't count, or that they are insignificant because you're just starting out. Use this baseline information to motivate you, inspire you, and challenge you to achieve more difficult goals.

So make a point to record your workouts, because the numbers do matter but it's not always the number on the scale that is the most important. ○

Real World Continued

In addition the audience was stunned to learn that college students spend 5.5 billion dollars on beer per year. That is more than (college students) spend on books and other types of drinks combined, they stressed. "The first time I ever drank a lot was at a fraternity party," said Alcaide. "What I was doing was binge drinking. I thought that was the way everyone drank," she continued.

A video clip showed her blacking out at the bar, falling on the floor and being rushed to the hospital.

"A lot of us in college think we're invincible. We don't think about consequences. We should really try to make more responsible decisions. That's one of the scariest things about alcohol are consequences. Words, like moderation and responsibility, knowing your body is important. Blacking out you are also dehydrating your brain," discussed Ruthie

She had the audience rolling with laughter when she told a

story about meeting rap star Puff Daddy in a bar. She said, "He parted the crowd like Moses." And, then she said she realized that he was looking at her and he continued towards her and recognized her with excitement. She said, "He said, 'You still drinking Ruthie?'" She replied with, "Well I'm not the one carrying around a gun!"

"My professor for my DUI classes said to us, there is a difference between having a drinking problem and a problem drinking," said Lueck "Just putting a different definition on it has saved me many nights. If a lot of people have the chance to see themselves drunk it is very embarrassing to watch. Seeing myself (on TV) changed my life and my habits," Lueck finished.

They stressed the idea of being in control of your drinking. They were not there to tell students to stop drinking. ○

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May 21 – July 27

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May 21 – June 8

Session B – 3 Weeks

July 9-27

Hit the ground *running...*

SUNY College of Technology

Alfred State College

AU Health Fair

BY PAM SCHU
CONTRIBUTING WRITER

The Health Fair is interactive, entertaining and educational.

Students not only find the information they need to improve their own health behaviors but have access to the real people behind Health and Wellness both around town and on campus.

After years of success, Rosetta Brown-Greaney, Director of the Crandall Health Center, has graciously helped me ease into coordinating the Health Fair. Being my first year, I wondered how everything would get done.

Students were the key. Student leaders attended the planning com-

mittee meetings, and from there, they went to their clubs and recruited other members to help out. The American Marketing Association helped with publicity with WALF radio ads, flyers and table tents.

They helped run the fair, and when it was over they helped to tear things down. PBA assisted with registration and publicity. The Athletic Training Club assisted with setting up and decorating. Student Athlete Mentors and Peer Educators manned a table on smoking prevention, as well as filled in any area where I needed help.

Community and campus professionals, along with Student Clubs enjoyed the chance to meet students and let them know what their agency has to offer for a healthy lifestyle. ○



PHOTOS BY SHAUN LATULIPPE

Edmondson announces diversity coordinator search at Senate

BY TOM FLEMING
COPY EDITOR

Alfred University President Charles Edmondson spoke at the March 14 meeting of the Student Senate to make a special announcement.

He began by congratulating newly elected officers for their recently acquired positions and apologized for his delayed appearance in front of the Student Senate.

He then summarized a resolution made by the Student Senate about a year ago that requested that a Diversity Education position be designed, that the position be implemented, that someone be hired to fill the position, and that funding be given to a diversity program.

In reaction to the resolution, explained Edmondson, the Division of Student Affairs hired Jessica Cabrera to investigate some of the different activities of student groups on campus.

Edmondson applauded the Student Senate for how they applied pressure in a realistic fashion to achieve their goal. He then announced that there is currently a search to create a Diversity Education position to be implemented this fall. In addition to stating his satisfaction with the work of Chris Purlos and Dan Napolitano to increase diversity education, the President gave

three warnings to students as the search for a Diversity Educator takes place. He warned that hiring a diversity director position does not make others exempt from being respectful to diversity. He warned that the search for the Diversity Educator should not be a source of divisiveness, saying that, "remember as you do this ... we're all in this together." He also advised that the person chosen "must be able to speak to the President, Vice President, and the Board of Trustees with clarity and authority." The last piece of advice he gave to students was that "it is important that no one should be chosen who is less competent than you, the students," and also desired that students be vocal to the board of trustees about what they think of the candidates for the Diversity Education position.

One question raised by students was what the qualifications for the Diversity Educator will be. President Edmondson responded that the committee that is choosing the person to fill the position would determine qualifications. Some students commented that they were pleased with how fast this resolution was being acted on.

President Edmondson then finished his announcement by restating his confidence that the students' goal for a Diversity Educator will be fulfilled. ○

The Alfred Inquisition

BY MELISSA JERZAK
CONTRIBUTING WRITER

CASE NUMBER 005: ASSISTANT PROFESSOR OF
PSYCHOLOGY MEREDITH TERRY

Where are you from originally?

Originally ... Well, I was born in Hawaii, then my family moved to Tennessee soon after and at age three my family moved to North Florida. I lived near Jacksonville, Fla., until I went away to college at University of Florida (Go Gators!) in Gainesville, Fla.. I stayed in Gainesville nine years completing my undergraduate and graduate degrees.

How did you spend your college years?

Studying psychology, heading to the beach or springs, watching Gator football, spending time with friends, typical college stuff.

What's on your iPod?

I'll listen to anything once so my music selection is pretty varied. I'll put it on shuffle and tell what comes up. There is plenty of "old school" (the music I grew up with in junior high/high school) and '80s music like MC Hammer and Tone Loc (embarrassing, I know). There is a lot of stand up comedy (Dane Cook, Mitch Hedberg, etc). A good bit of the classics: Beatles, The Who and Creedence Clearwater Revival. Lately, I have been listening to compilation blues albums. Finally, my most listened to artists/albums lately are: Charlotte Kendrick, John Mayer's *Continuum* album, Colin Hay, and O.A.R.

What's your favorite vacation spot?

Anywhere with the right people. I love Key West, New Orleans, New York City. In the near future, I would like to head to England, Ireland and Scotland.

What was your first impression of Alfred?

It was so peaceful and everyone was so nice. Also people seemed really happy to be here.

What's your favorite meal?

Sushi.

What's your favorite book?

I like Shakespeare. *The Unbearable Lightness of Being* (Kundera) is a recently read favorite. I am currently reading (or would be reading if I had more free time) *An Innocent Man* (Grisham).

What's your favorite movie?

Hmm...I have many "favorites" so I'll list a few: *Office Space*, *High*

Fidelity, *Princess Bride*, *Bull Durham*, *Everyone Says I Love You*.

If you were stranded on an island, what three things would you take?

Can I cheat and say a working and fully gassed up airplane and pilot? If not, Ill say: sunscreen, a book, and my dog.

What's your biggest guilty pleasure?

Television. Especially impossibly plot twisting shows like *Lost* and *Prison Break* or comedies like *How I Met Your Mother*, and I love hospital dramas like *House* and *Grey's Anatomy*. Thankfully, I Tivo things so I watch them whenever I feel like it.

What advice can you give to AU students?

What you get out of college (and perhaps most things in life) depends on what you put into it.

Play-doh or Gak?

Play-doh, hands down.

Word search or crossword?

Sudoku.

If you could have any superpower what would it be?

I would like to be able to breathe underwater.

When you were a kid, what did you want to be when you grew up?

Truth be told, before I even knew it, I wanted to teach psychology.



DR. MEREDITH TERRY

Sign up for Summer Classes

Art and Design Courses	Engineering	Psychology
Biology	English	Religious Studies
Business	Equestrian	School Psychology
Chemistry	History	Sociology
Communications	Japanese	Spanish
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Education	Political Science	

Two 6-week sessions are available: (May 14-June 22, June 25-Aug. 3) along with special one, two, three or four-week courses.

For further information

Current students must register on-line using BannerWeb. (If you have questions about web registration please contact the Student Service Center at 607-871-2123.) For information concerning registration deadlines, tuition, payment and housing, please visit the Summer School website at www.alfred.edu/summer/school. Summer School Schedule Booklets are available at the Student Service Center, the Mail Room and the Office of Summer Programs. The Booklet is also accessible on-line at the Summer School website.

For further information about summer art courses, please contact Beth Woodworth at 607-871-2412, whritebr@alfred.edu. Questions about all other summer school courses should be directed to the Office of Summer Programs at 607-871-2612, summerpro@alfred.edu.

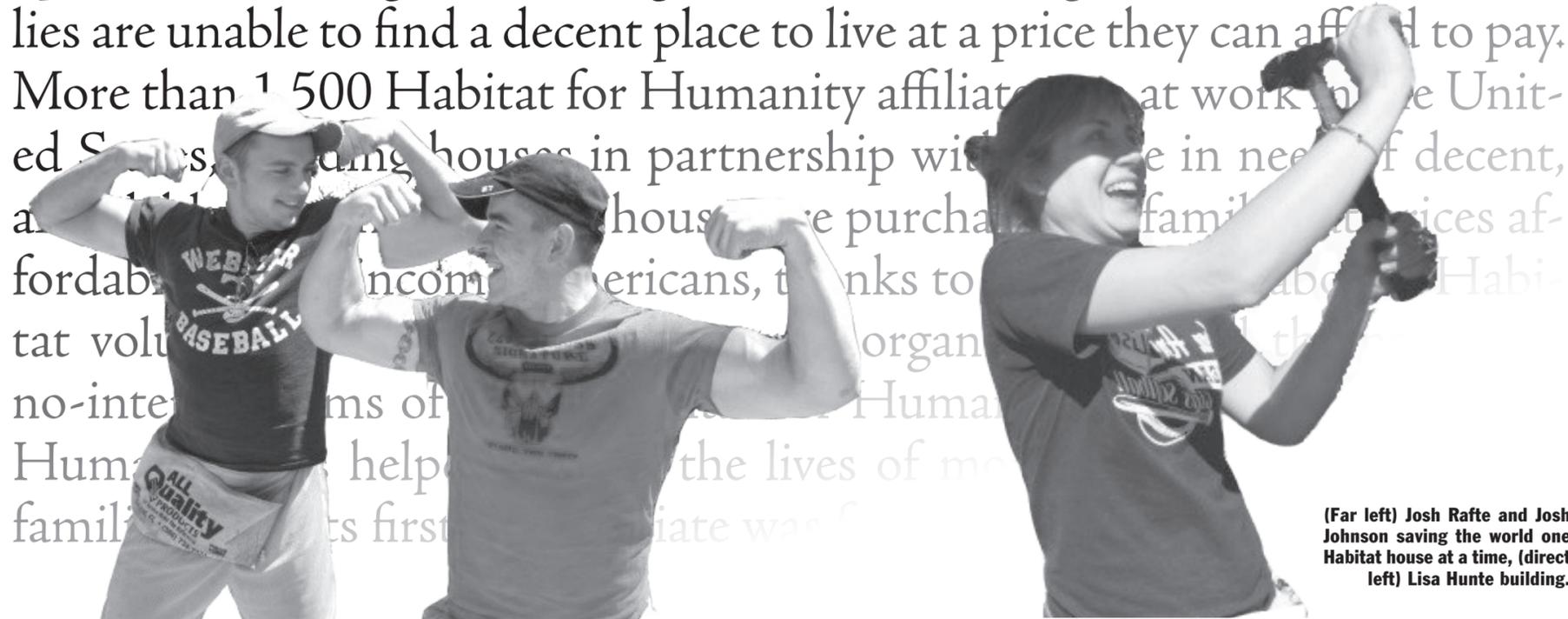
Alfred University SUMMER SCHOOL

Sign up for
AU
2007

Here are some of the *best reasons* to register now for AU Summer School:

- Concentrate on one course without the burden of a heavy course load
- Complete a full semester course in as little as two weeks
- Advance your academic standing
- Enjoy the scenic beauty of Alfred during the warm, sunny summer season
- Get a head start on the fall semester, or lighten your load in the fall & spring
- Make up a course that you failed during the fall or spring
- Smaller classes, more individualized attention
- Take graduate courses, or prepare for graduate study
- Complete a full-year of the language requirement
- Accelerate your degree

An estimated 5.4 million American households face worst-case housing needs, according to the U.S. Department of Housing and Urban Development. Receiving little or no government housing assistance, these families are unable to find a decent place to live at a price they can afford to pay. More than 1,500 Habitat for Humanity affiliates are at work in the United States, building houses in partnership with people in need of decent, affordable housing. Incomes for Americans, thanks to Habitat for Humanity volunteers, are helping the lives of more than 1 million families. Habitat's first affiliate was founded in 1975.



(Far left) Josh Rafte and Josh Johnson saving the world one Habitat house at a time, (direct left) Lisa Hunte building.

The house that AU built

BY CHRIS BRODERICK
CONTRIBUTING WRITER

What did you do over spring break? Maybe you were lucky enough to get out of the cold and spend some time on the beach.

This year 28 Alfred University students (along with two Alfred State students, an AU graduate, and our faculty advisor Dave Snyder) traveled down to DeLand, Fla., for the annual Habitat for Humanity Spring Break Blitz Build. While we did get to spend some time in the sand and surf of New Smyrna Beach, we had to earn it.

You might think that a spring break where you have to get up at 6:15 a.m. every day would hardly be any spring break at all. While this week is typically reserved for relaxation, the trip participants decided that their time would be better spent helping to end homelessness down south.

This year AU Habitat for Humanity constructed one house from the ground up in four and a half days while assisting with siding and roofing on another. Working with local West Volusia chapter volunteers and starting with a concrete slab, we raised the walls, constructed the roof, finished laying shingles, completed siding, installed windows and doors, and put up the interior walls. All that was left was work for the electricians and plumbers.

In addition to this project, some of our students completed

siding and roofing on another house that was constructed some time prior to our arrival. Not bad for a group of amateur builders, half of whom probably never touched a hammer in their lives before this trip.

On and off the worksite we enjoyed the hospitality of local volunteers, nursing homes, and churches that provided food and activities for our group. Evenings were filled with group bonding activities such as mini-golf, bowling, an open mic night at the local coffee house (which is nothing like the Terra Cotta), and the ever popular Knockout tournaments.

On Friday, after a half day of work, we went to the beach. The ambitious ones in our group were given surfing lessons, while others were content to simply play among the waves or work on their tan.

The memories and friendships that developed over the course of the trip remain strong even though we are all back to our normal lives in Alfred. We will always share a sense of pride and achievement knowing that we worked so hard on a project that will touch and shape lives in such an important way.

Alfred University and West Volusia Habitat for Humanity have had a strong partnership for more than a decade, and AU Habitat will continue to build in this area.

If you're looking for a life changing spring break experience consider joining us on the trip next year. We'll save you a seat on the bus. ○



(Top): Habitat members working in the Florida outdoors. (Above) Jonathan Villegas enjoying the sun during Habitat spring break. (Far right) Andrew Palmer playing it cool in the shade of the house built by Alfred University. (Right) Maya Leigh Johnson and Josh Rafte team up as they work on the Habitat house's exterior.



(Left) Alfred University's Habitat for Humanity house. (Above) Habitat members chill in the shade.

Crimes of Fashion: 10 Fashion Disasters

BY SARAH HARRISON
FEATURES EDITOR

Holiday sweaters- The infamous holiday sweater thankfully only makes an appearance a few times throughout the year—first at St. Patrick's Day, then Easter, the Fourth of July, Halloween and finally the year of ugly sweaters ends with Christmas.

The qualifications for being classified as a holiday sweater are four-fold: First the sweater looks like your grandmother made it (extra points if your grandma did actually make it). Second, the sweater must be at least two sizes too big. Third, it must have some scene on it that screams the holiday for which the sweater is celebrating. For instance, it's not enough to just wear a sweater with some red and green on it for Christmas; there has to be a Santa Claus, some presents, a Christmas tree and maybe a few reindeer. And fourth, the sweater must be visible from at least 20 feet away.

Holiday sweater violations typically belong to people closer to our parents' generations, so to those of you trying to transform holiday sweater violators, there are a few ways for reformation. I suggest that the former holiday sweater advocate wear only the holiday colors. Have them wear red and white instead of a full scene of fireworks on the Fourth of July, and red and green instead of the entire nativity scene during Christmas.

The overdone look- There is a fine line between putting a little extra effort into your look, and looking special, and trying too hard, and looking special. In this case you end up looking the wrong kind of special.

The over-done look requires a lot of effort to achieve the kind of results that put you into the "Wow, what was she thinking?" category. The first step to looking completely inappropriate is the outfit. Your outfit should always say something about you, and for the over-done look it says, desperate.

In other words, show too much, make it flashy, and try way too hard. It should appear as if you are about to go to the cheesiest club, and so this outfit really works best in the middle of the day. Follow that great outfit up with the perfect hair. Make sure it's as big as possible. The more hair-spray, the better.

The next step to looking like a complete laughing stock is the makeup. Or should I say cake-up, because in this case that's the general rule while putting on your face. Load on the powder, add lots of blush, sparkle for the eyes, thick eye liner, gobs of mascara, and bright dark lipstick. And one more thing can make this look complete, two words: body glitter. And now, with the completion of these steps, you too will look ridiculous and over done.

On a serious note, looking like this is a disaster and should really be avoided as best as possible. Although most over-done disasters start off with good intentions, the final product is usually less than desired. So, check yourself before you go out and make sure you aren't showing too much, you don't have more make-up on than a clown, and your hair couldn't have been a feature of an 80s metal band video.

Dressing out-of-season- Here in New York there are technically four seasons, but really it's more like two: winter and the two months in-between winters. None the less, your wardrobe should change with the change in seasons. For instance, when it begins to get colder and winter is on its way, every October, our wardrobe should reflect that and sweaters should start coming out. Shorts should be placed in the back of the closet.

Therefore, dressing out of season would be like wearing a sweater in the summer or shorts in the winter. You will look totally out of place wearing

a short skirt and tank-top while everyone else is in long pants and thick layers. It just does not work with the season. Instead, you should always dress for the current weather.

The "I don't give a what I look like" look- There is a clear difference between looking relaxed and comfortable and looking like a complete slob. It is completely understandable to dress in a hoodie and jeans. We are in college after all, so that's pretty much the unwritten dress code. And I am all for it. But dressing like you just don't care is something separate. The "I don't give a what I look like" style is when you wear the same ratty hoodie almost every day with old sweats, don't bother to take a shower or even brush your hair. You walk into every class looking like you just rolled out of bed and haven't seen a shower in weeks. Oh, and your main and sole accessories, the stains on each article of clothing that got there simply from choosing not to wash the clothes, and instead go with the "I'll give it a quick Febreeze" option.

Now if you do have to roll out of bed and run to class there are a few ways to fool your classmates into thinking that you had more than five minutes to get ready for class. First of all, if you have only five minutes, skip the shower, skip the hair routine and skip finding the killer outfit. Instead, brush your hair and throw on a baseball cap. Put something quick and easy on, like jeans and a sweater. If your face screams "I'm exhausted and just woke up," put on some concealer under your eyelids, mascara and blush. It's a simple two-minute routine that will make any face look more awake. Also, two things to never skip, even when in the biggest rush—deodorant and brushing your teeth. Find the time, even if you are brushing your teeth through academic alley.

But, back to looking like a bum. Most of us have known or even had the roommate that constantly violates this crime of fashion. Even though they don't start their one class of the day until 3:20 p.m., they'll skip a shower and go to class in the same top they fell asleep in, but maybe they'll change their sweats that they've been wearing for days for a different pair that they'll repeat for the next week. Although it's great that they don't care what others think of them, there is no way of escaping the importance of the first appearance impression.

And it's not just about your clothes. In this case, when you dress like you don't care you give off an air of apathy in other aspects of your life. The first impression people are getting from those that dress like this is that they don't give a So when they complain that they can't seem to attract someone of the opposite sex, remind them that it might be because they are dressing like they don't want the attention of the opposite sex.

Remember, there is the, "I have a really long day on Wednesdays so I'm throwing on the big hoodie and the comfortable sweats" ensemble and then there is the "I have been mistaken for a vagrant, multiple times, by my own friends" look.

Looking like a blueberry- This look is not restricted to blueberries, but really goes for any fruit or veggie with a monochromatic color. Looking like a fruit happens when you dress from head to toe in one solid color. While all black is sliming, dress completely in any other color and you end up looking like a walking snack. Also, it's not very figure flattering. Think about the shape of most fruits and vegetables—round. Is that really the shape you want to portray as your body type?

To avoid committing this fashion disaster, make sure that you are always wearing at least one neutral color. Neutrals include black, white, tan, brown, gray and navy.

Not wearing the correct size- There is nothing more unattractive or more disastrous than wearing clothes that don't fit. Clothes that are too big aren't flattering and add pounds, and who wants that? But more commonly, when wearing the wrong size, people wear their clothes too small.

Baring your perfectly tanned, newly pierced belly button might sound like a good idea, but resist, even if you are going out and want to show some skin. We are in college now, and the days of midriff shirts have come to an end. So wear a full-length shirt instead.

And trying to squeeze into jeans that are too small just doesn't work. When clothes really don't fit, a case of muffin top generally develops. We've all heard of muffin top. It occurs when your jeans are so tight that the part of your sides that can't be shoved into them pours over your pants giving the appearance of a muffin top. This is anything but flattering. So don't fear the number on your clothes, because guess what? No one but you has to know what that number really is. And the important thing is to look good in pants, not to be a size zero. But if you are really that concerned over the size on your pants, you can always pull a Jerry Seinfeld and change the number yourself.

One way to ensure that you get the right size is to always try clothes on before you buy them. Also, try on a couple sizes before you choose the one that fits you the best. Moreover, remember that sizes fluctuate depending on both cut and brand. And no, fitting room mirrors aren't that deceiving. So if something doesn't fit in the dressing room, it won't fit at home either.

Underwear worn as outerwear- This fashion disaster is three-fold. The first is when thongs stick out of girls' pants. I don't think anyone cares to see which cute panties you picked out today enough to have to see them every time you bend over, lean or sit-down. So stop showing them. The look isn't hot, it isn't cute, just trashy. The second is when guys wear their pants so low that their boxers stick out. Is it that hard to buy pants in the correct size so they won't fall down or pull them up if they do? Or here's a hint, buy a belt and use it.

And third thing is, tights worn with nothing more than a shirt. Although tights are really trendy this season, they are still an undergarment and require some layering. Wearing them with just a shirt is like wearing them as pants. But since they are so tight, it doesn't leave much up to the imagination. Instead, tights should be worn with something over them. Try wearing them with a short skirt or dress and heels, it's very en vogue.

Falling into a style rut- Although it's great to find your own style, be careful not to become a victim of the fashion rut. This travesty occurs when you wear the same trend, like the stripes or tights with a skirt and heels, over and over again with little to no variation in your ensembles. Or a rut could be wearing the same color, like having the only changes in your wardrobe be the alterations in your shade of pink. Another type of fashion rut could also be wearing the same style repeatedly, such as jeans and a t-shirt every single day. Wearing sneakers ever where you go, from class to dinner to going out later, is another example of a style rut.

Getting in too long a fashion rut could eventually cause you to dress age inappropriate, if you let the rut last that long.

Style ruts are something to avoid because once you are in them it's hard recognize your rut and then to get out of it. But once you see that you look like the walking billboard for anything with hearts on it or for the black with white style, it is possible to escape this repetition in your look.

First, go into your closet and take out all of the

items. Place them in the back of your closet or somewhere else entirely. This way you will be forced to wear something else all together. And stick to it. Make yourself try new styles and different looks. If you need help discovering what new looks to do, try the pages of the many fashion magazines out there, like Cosmo or Instyle. Or just turn on the television or look around campus and see what everyone else is wearing.

The next few times that you go shopping, don't allow yourself to buy anything that would constitute the old style rut. This way you will surely have other clothes besides the rut to wear. When you are ready to again wear the pieces that were previously the entire extent of your wardrobe, phase them back in by wearing them once in a while and with other styles that will completely change the look of them. For example, if your fashion rut is wearing nothing but jeans and a polo, try wearing a t-shirt over your polo, but let the collar (popped or down) stick out.

T-shirts with trashy sayings- I don't know when it became considered stylish and fashionable to wear shirts with stupid or trashy sayings on them, but apparently this is a hot style since the shirts are everywhere. I don't think it's possible anymore to walk into a store without seeing displays of the latest witty saying on a multitude of shirts. And what categorizes a shirt in this position?

Well, for starters any shirt with anything from Larry the Cable Guy, Southpark, the Simpsons, Family Guy, or any other television show of this nature. Also throw in any shirts with the clever usage of animals or symbols close enough to get away with, but obviously inappropriate on them. For example, a camel on a shirt that says "wanna hump?" or a squirrel that says "rub my nuts" or an actual rack that has on the shirt "nice rack." And finally just the shirts with all those not-so-witty sayings on them fall into this fashion disaster. The shirts like those that have "your boyfriend wants me," "don't bother I'm not drunk enough yet" or "can I have your number I lost mine?" written across them.

Call me crazy, but if someone could tell me the point of these shirts I'd really like to know. I mean has anyone ever given his or her number to the shirt wearer that "lost theirs?" Or taken up the offer that camel and squirrel t-shirts are giving? I'm guessing the chances of any of these are pretty slim to none. Much closer to none.

So why then are people wearing these shirts? They don't exactly give off the best of impressions.

Crocs- Yeah, I just cannot get on board this fashion trend. I mean I know that crocs are comfortable and they are convenient, but they make you look like you have duck feet; not a very flattering style. And not only that, but they also come in all these crazy colors and tie-dyed patterns. Oh, and I can't forget to mention the Gibbits, while discussing my dislike with crocs.

Gibbits are the fun shapes you can place in the holes on top of the crocs. These shapes come in a plethora of options from candy corn to cows to soccer balls to flowers. They add that little touch of cheesiness that the original croc look was bad enough without.

But since Crocs seem to be the latest and biggest things, I guess all that's left to do is hope that the trend will soon fade, or maybe even turn into the next Ugg, "in" one winter and completely on the outs the next. ○



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300: A visual gem

BY KURT PITZER
COPY EDITOR

Every now and again a movie comes along that manages to just work perfectly, and it goes down in cinematic history. This is not that movie. However, *300* stands out as a high quality film for other reasons.

Frank Miller's *300* is a depiction of the battle of Thermopylae, in which a combined force of Greeks held out against a massive Persian army. Historically, a fighting force of approximately 5,000 Greeks held off a massive Persian force under the command of Xerxes.

The movie itself is a rendition of the graphic novel written by Frank Miller, the same man who spawned *Sin City*, and it shows. Blood is plentiful. So are severed body parts.

300 is not historically accurate, but that's to be expected. The movie isn't about the accuracy, but about the story. The story follows the decisions made by King Leonidas of Sparta, and the consequences that result.

Leonidas (played by Gerard Butler) is painted as the man who sparked the war between Persia and the rest of Greece when he pushes the messenger of the Persian king Xerxes (played by Rodrigo Santoro) down a well. So much for the saying "don't shoot the messenger".

From there on out, Leonidas' stubborn Spartan resolve has him make rash decisions that ultimately lead to him taking a phalanx of 300 Spartan soldiers to hold off the Persian army at a small pass. Leonidas and his men proceed to spend the next hour and a half brutalizing Xerxes' army in the traditional heroic fashion.

The plot is simple, with no surprise twists, or complex undertones, or any men previously thought to be dead showing up in the last fifteen minutes to provide a key segment of development and saving the day. This lack of complexity does not detract from the overall movie experience.

As far as actual visual appearances, *300* holds its own against some of the top competitors of the movie world. "Eye candy" doesn't begin to describe the craftsmanship of the special effects of this film.

The design team on *300* has managed to create a world that is almost entirely believable, especially since the large majority of the filming was done against a blue screen. The world of *300* can only be described as majestic; it was carefully crafted, and well constructed.

Visually, the movie is in a class of its own. Each special effect seems to have just a little something extra that makes it appear to be something totally new. The lighting has the effect of elevating the characters of the film to an almost mythic quality. The music helps carry the dramatic importance of the film. The overall feel of the movie is one of a story that could have been told by Homer himself, ending in a picture that can draw the viewer in and keep them entranced until it ends.

Perhaps this movie is not worthy of the title of "epic" or "legendary," but it carries a quality of grandeur to it that leaves the viewer coming away with a sense of satisfaction. Admittedly, I probably would not have paid the full rate to see it in the theaters, but as far as movies go, *300* is a success in achieving a new step in cinematic experiences. ○

The mirror of '95

BY KARLI-MARIE REYES
A&E EDITOR

At 7:59 p.m. on March 20, Seidlin Lecture Hall filled with an audience of just over 59 people, all there to witness Project 59's :59 Second Film Festival presented by Alternative Cinema.

The idea behind the festival is simple: 59 short films, each 59 seconds long that incorporate the number 59 in some way.

With 59 screenings around the world, Project Curator Irina Danilova, and Executive Director Hiram Levy travel the globe, tweaking the screenings as they go. Alfred was the 38th stop on their tour.

At the end of the screening the audience is asked to rate which films spoke most strongly to them, negatively or positively. The results are then ranked. New films are being accepted throughout the duration of the festival, and phased in as the tour progresses. The lower ranking films are phased out.

Alfred's audience rated Moustache as the number one hit, and 59 Secondi per.../59 Seconds to... as their least favorite.

So, you may still be wondering, why 59? According to Danilova, when the idea of the project arose, they were looking for an arbitrary name with no meaning attached to it. The project was born in 1995 as the result of swapping the last two digits of the year.

Before the advent of the film festival Project 59 involved traveling to the 59th latitude and longitude, ascending to the 59th story of buildings and even getting 59 people onto bus number 59 heading to route 59 going 59 miles an hour.

While I enjoyed the festival, I am certainly no video art critic. So, instead of writing a lengthy review of my thoughts and insights on the merits of Project 59's :59 Seconds Film Festival, I left it up to the audience to describe the films... in just 59 words ...

cool
vibrant
eccentric
refreshing
a journey
unusual
inspiring
visionary
inspired
dynamic
terrific
short
meh

FANTASTIC
GOOD
ENJOYABLE
PONTANEOUS
ENTERTAINING
WONDERFUL
INTERESTING
ENCOURAGING
MEANINGFUL
CREATIVE
IMPRESSIVE
BEAUTIFUL
SUPER

loud
crazy
bright
different
meaningful
arbitrary
OK
fabulous
memorable
dramatic
original
clever

great
grand
comical
insightful
international
colorful
satisfying
poetic
funny
hilarious
schizophrenic
stupendous
invigorating
alternative
eye-opening
stimulating
fresh
intense
artistic
fun

59 words for 59 films

Gym Class Heroes coming to rock your socks off

BY KALI LITTLEFIELD
SAB PUBLICITY CHAIR

On April 21, Alfred University will present Gym Class Heroes as this year's large act concert.

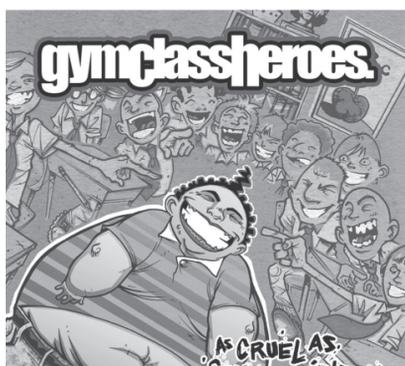
Gym Class Heroes is from Geneva, N.Y. They have been together since 1997.

The band formed in high school when lead singer Travis McCoy teamed up with Matt McGinley, who played drums, and future Gym Class Heroes Milo Bonacci and Ryan Geise. Both groups played at a friend's party and from then on, they decided to collaborate and write under the name Gym Class

Heroes.

Their latest album *As Cruel as School Children*, is said to be the record of their career. The album is light and fun hearted on the surface. To the listener who pays careful attention though, the lyrics present a dark sense of humor and commentary on life.

The band has strong roots in hip-hop. They make their own waves though with a fusion of live instruments, socially conscious lyrics and a willingness to experiment with a wide variety of styles. Their style is a virtual oxymoron of music. Check them out at <http://www.britishhiphop.co.uk> or <http://www.fueledbyramen.com/bands>. ○



Permanent Me may not stick around

BY SAMANTHA FOSTER
OFFICE MANAGER

Permanent Me's debut album, *After the Room Clears*, is a solid first effort. However, the band still has room to grow.

The members of Permanent Me are Brian Kapler, Joe Guccione, Mike Fleischmann and Justin Morell. The band is from Long Island, N.Y., and has toured with Fall Out Boy, New Found Glory, and Early November. The band's producer, Matt Squire, has also produced for Panic! At the Disco and Monty Are I. Along with Matt Squire, Permanent Me had the guidance of Sum 41's Deryck Whibley.

While listening to their music it is apparent where their influences originate. Bands such as Midtown and especially Jimmy Eat World can be found throughout the instrumentation.

The second track titled "Allison" is a prime example of the outside influences on Permanent Me. The song focuses on a breakup and the changes that occur that can alter one's thinking. The song's best moment is on the voice change at the end of the lyrics, "Hey now Allison you are the one." The sudden, sharp contrast from the voice throughout the song makes the listener take notice.

While the album is repetitive in its instrumentation and lyrical arrangement, the band adds some variety with their words.

In track five titled "Christine," lyrics such as, "Christine the all-nighter/ Reeking havoc light-

ing off fires/ Sell your body off oh Christine," and "Who were you sleeping with last night Christine?" show the band's potential for edge. This song is one of many that describe vindictive, angry feelings towards an ex.

The band also uses their music to express delayed reactions from a previous confrontation. Despite the immature name-calling of an ex-girlfriend, the point is well taken.

Tracks ten and eleven, "Dead to You" and "New York City" maintain the band's whiny sound. However, the instrumentation shows a change for the better. The last line of "Dead to You" demonstrates progression: "Now that it's over this can get better." In being subjected to yet another song about a breakup, listeners can share in the band's relief that this does not signify the end of the world.

Although Permanent Me does have potential, their debut album illustrates a long road ahead. With the exception of one song about coping with a friend on drugs, the rest of their songs consist of resentful feelings over a breakup. While making music and composing songs is a form of therapy, it is always a good idea to keep the listener in mind.

Permanent Me is a new band, and as such they have time to improve for their next album. Music is completely about preference, and while some may enjoy this band's amateur, high school drama-infused lyrics with unoriginal guitar breaks, I prefer real music. ○

SAU Sports

NRG: Bringing Fitness and Fun to Naples

BY JONATHAN WORDINGHAM
STAFF WRITER

a few members to their tight-knit running group. The affair will be fun-filled for everybody with age groups ranging from 12 and under to 70 and up, as well as prizes for all ages.

Not only is this 5K good for the awareness of a healthy lifestyle, it's a great community builder as well. I've seen the devotion to the group within my own family, as both of my parents are now avid NRG members.

Their enthusiasm for the group resembles the enthusiasm that I have for my Alfred swim team, and that is a rare find. Every time I come home from college I hear a new story about the running group and think to myself that those are the exact kinds of things that happen with my team. When I first heard about the 5K I knew what I had to do.

I am bringing several of my teammates to the streets of Naples, N.Y. on April 28th to give the community a chance to beat college athletes in a running race. Although we might be in shape, we are not all built for running and it will give anyone who wants to try, a chance to embarrass a state champion in a footrace.

This is the perfect way to give back to a community that has given me so much for my own success in athletics. The values that can be attained from any physical activity are so important to me that I can't think of a better gift to give the community.

The race for a new, healthy lifestyle starts with the individual. That being said, challenge your self to become more physically active and enjoy this community's attitude towards exercise. In this day in age, it's that rare attitude that really sets Naples apart. ○

What do you get when you put together several families who desire a healthy lifestyle as well as social interaction? You get the Naples Running Group, a group composed of people of all ages and backgrounds that share the same value of a physically active life.

In this era of the X-Box and PlayStation 3 it's refreshing to find my former community stepping up its effort to get people active and fit.

What many have known for years was recently backed up by an ESPN study that said physically active people are much more likely to lead disease free lives than those who are regulars to the couch and television atmosphere. Being an athlete myself, I have come to realize that it's about more than just leading a disease free life. Rather, athletics gives people a reason to strive for something that they may have never considered achieving on their own.

NRG provides an easy-going environment in which each individual can reach their own goals with the support of the other members. Not only do they get a great workout each week, every member has the opportunity to share this life-changing activity with the other group members. Now they're attempting to broaden their goals of a healthy community by having the first ever St. J's 5K, a 3.2 mile race that will take place in the town of Naples on April 28th.

The goal of this 5K, whose proceeds will be given to the Naples Ambulance Service, is to raise awareness among the members of the Naples community about the value of exercise and perhaps add



PHOTOS SUPPLIED BY AU SKI TEAM

Saxon Skiing Strong finish with nationals

BY ERIN BRUMMER
SPORTS EDITOR

The members of Alfred University's Alpine Ski team spent spring break in Winter Park, Colo. for the United States Collegiate Ski Association (USCSA) national championships.

The team made their way out west for Nationals by qualifying for the USCSA's Mid-Atlantic Regional championships. The Lady Saxons secured their spot for Regionals by placing first overall at the Cornell Invitational meet. Freshman Lauren Pfeifer was the women's top performer, placing first in the giant slalom and second in the slalom for an overall first place finish. Freshman Heidi Skinner placed fourth in the giant slalom and slalom, and sophomore Rachel Beckwith placed sixth in both events.

At the Cornell Invitational the men placed third overall. Junior Lincoln Steele placed second overall with a first in the giant slalom and a third in the slalom. Sophomore Robbie Ryminski earned tenth and eleventh place finishes in the giant slalom and slalom, and senior Ben Cantor placed thirteenth in the giant slalom.

The ski team traveled to Elk Mountain, Pa., where the Mid-Atlantic Regionals were held. Just as the top four teams from the conference move on to Regionals, the top four teams to place at Regionals, progress to Nationals. Here the Saxon's success continued.

The women swept the competition, winning the Regional championship with overall first place finishes in both the giant slalom and slalom.

Pfeifer placed first in both events, earning her the Regionals individual title. Skinner placed second overall, with a second place finish in the slalom, and Beckwith placed fifth in the slalom.

In fourth place after the first day of regional competition, the men held on to finish third overall for the weekend, placing fourth in the giant slalom and third in the slalom. After winning the giant slalom and taking second in the slalom, Steele won the individual men's title. Ryminski took sixteenth in both events and Cantor finished 25th in the slalom.

The Saxon Ski team ended their season the best way possible: at the USCSA National championship. This is the first time in five years the women have made it to Nationals; the men competed at Nationals in 2005.

The women placed 19th in the giant slalom, with Beckwith as the Saxon's top performer with a 46th place finish out of more than 100 skiers. The women placed 14th in the slalom. Pfeifer was the top finisher, earning 11th. This placement also earned Pfeifer Second Team All-American honors.

In the giant slalom the men placed 14th, with Steele as the top performer, coming in 44th. The men came in 14th overall for combined team standings. For the slalom event Steele placed 18th, while Ryminski was 44th, Cantor was 66th and sophomore Joel Buchanan was 67th.

After an outstanding season, this nationally ranked team expects to continue their success in the 2008 season. ○



AT NATIONALS FROM TOP TO BOTTOM: JOEL BUCHANAN, ROBBIE ROMNINSKY, LINCOLN STEELE, LAUREN PFEIFER, RACHER BECKWORTH, LAURA LAPIERRE

ATHLETES OF THE WEEK

2/26

ANDREW BRISSON: THE FRESHMAN FROM GREENWICH, CONN., WON STATE AND EMPIRE 8 TITLES IN THE 100-YARD FREESTYLE AND 200-YARD FREESTYLE. HE PLACED FIRST IN THOSE EVENTS AT THE UPPER NEW YORK STATE COLLEGIATE SWIMMING ASSOCIATION (UNYSCSA) CHAMPIONSHIP MEET LAST WEEKEND, HELPING TO LEAD AU TO THEIR SECOND STATE TITLE IN FIVE YEARS. BRISSON, WHO WAS NAMED EMPIRE 8 CONFERENCE ROOKIE OF THE MEET, EARNED AN NCAA "B" CUT IN THE 200-YARD FREESTYLE.



LAUREN PFEIFER: THE FRESHMAN FROM LIVONIA, N.Y., LED THE WOMEN'S ALPINE SKI TEAM TO THE UNITED STATES COLLEGIATE SKI ASSOCIATION (USCSA) MID-ATLANTIC REGIONAL CHAMPIONSHIP, CLINCHING THE TEAM ITS FIRST APPEARANCE IN THE USCSA NATIONALS IN SIX YEARS. SHE WON BOTH THE GIANT SLALOM AND SLALOM EVENTS AND WAS CROWNED THE INDIVIDUAL MID-ATLANTIC REGIONAL WOMEN'S CHAMPION.

3/5

FONTANA FLUKE: THE SENIOR FROM SHAFTSBURY, VT., WON THE 3,000-METER TITLE AT THE ECAC INDOOR TRACK AND FIELD CHAMPIONSHIPS, HELD LAST WEEKEND AT WESLEYAN UNIVERSITY. HE ALSO RAN THE ANCHOR LEG ON THE 4-BY-800 METER RELAY TEAM THAT SET A NEW SCHOOL RECORD.



HOLLY SEIDEWAND: THE FRESHMAN FROM WEBSTER, N.Y., STRUCK OUT 20 BATTERS IN THREE APPEARANCES FOR THE SOFTBALL TEAM LAST WEEKEND IN FORT MYERS, FL. SHE ALLOWED FOUR EARNED RUNS IN THREE GAMES, TWO OF THEM COMPLETE-GAME STARTS. IN A 1-0 LOSS TO WPI, SEIDEWAND WENT SEVEN INNINGS AND STRUCK OUT NINE WHILE ALLOWING ONLY THREE HITS.

3/12

JEFF ANDREWS: THE SENIOR ATTACKMAN FROM HORSEHEADS, N.Y., SCORED NINE GOALS AND DISHED OUT TWO ASSISTS AS THE MEN'S LACROSSE TEAM WON TWO GAMES IN MYRTLE BEACH, FL, LAST WEEK. HE HAD FUR GOALS AND AN ASSIST IN AN 11-6 WIN OVER DESALES AND FIVE GOALS AND AN ASSIST IN A 12-8 VICTORY OVER KINGS'S. ANDREWS WAS NAMED THE EMPIRE 8 MEN'S LACROSSE PLAYER OF THE WEEK.



ILANA PRICE: THE FRESHMAN FROM WILTON, CONN., WENT 5-1 ON THE MOUND AS THE SOFTBALL TEAM SPLIT 14 GAMES PLAYED IN FORT MYERS, FL., LAST WEEK. SHE WON FOUR STARTS (TWO BY SHUTOUT) AND CLAIMED ANOTHER VICTORY IN RELIEF. FOR THE WEEK, SHE ALLOWED 21 HITS IN SIX APPEARANCES WHILE STRIKING OUT 21 AND HAD AN ERA OF 1.20.

SAU Sports



PHOTOS BY SHAUN LATULIPPE

Top Left, Midfield/Attack Molly Amrogi protects the ball from a Keuka Defender
Top Right, Attack Emily Tobins steps on the field in the Lady Saxons season opener
Left, Casey Cutting (16), Lisa Button (2) and Bailey Hebert (9) prevent an attack by the Keuka Offense.
Bottom Left, Emily Tobin fights for the ball in AU's 9-7 loss to Keuka College



Lady Saxons lacrosse takes up the gauntlet again

AU OFFICE OF COMMUNICATIONS

The Alfred University women's lacrosse team, playing its first game in more than a year, fell to visiting Keuka College, 9-7, March 22 at Merrill Field.

The Lady Saxons (0-1, 0-0 Empire 8) were playing in their first game since the seventh contest of the 2005 season. The remainder of that season was cancelled due to low roster numbers and AU was without a team all of last season as new head coach Samantha Valder recruited new players to rebuild the program.

AU fell behind early to Keuka, allowing seven unanswered goals to open the first half. The Lady Saxons got on the board with 4:32 left in the frame on a goal by freshman Emily Tobin (Penfield, NY/Penfield). Freshman Bailey Hebert (Heuvelton, NY/Heuvelton) added a goal at the 2:40 mark to

make it 7-2 before Keuka scored 51 seconds left in the half to go into intermission with an 8-2 lead.

Alfred stormed back with four unanswered goals to start the second half — one by Tobin, a pair by freshman Kate Simonds (Park City, UT/Park City) and one from Hebert — to cut the deficit to 8-6. Keuka scored with 12:25 left in the game, and Simonds answered a minute later to make it 9-7 and account for the game's final scoring.

Simonds finished with three goals for AU, while Tobin and Hebert each had two. Freshman Shauna Carroll (Babylon, NY/West Babylon) made four saves in goal for the Lady Saxons.

Brenna Leach scored five goals to pace Keuka (1-0), while Bridget Quinlan added two goals and three assists. Kristi Chamberlain made seven saves for the visitors.

Alfred is in action next March 29, at 4:30 p.m. at Wells. ○

Are you ready for a miracle?

BY ABIGAIL GRIFFITH
NEWS EDITOR

While many Western New Yorkers have been looking a bit bluer than normal, it's not because they're cold. They're just showing a little team pride.

Blue (and gold) Buffalo Sabres apparel was everywhere this winter. It has quickly become the region's favorite fashion statement. It even succeeded in replacing the ever-popular faded Jim Kelly jersey. And with good reason. For the first time in what feels like a millennium, the city of Buffalo has a real chance at clinching an athletic championship.

That's a big deal for a city that had to endure its football team losing the Super Bowl not once, but four times. Consecutively.

Until recently, most Western New Yorkers had lost all hope of ever seeing a winning sports team. That all changed in 2006, when their hockey club, the Buffalo Sabres, came just short of finishing first in the Eastern Conference.

The team's impressive playoff performance rewarded loyal fans that had stood by the Sabres through a bankruptcy scare and the NHL blackout. It also heightened expectations for this year's season, as the city of Buffalo looked to the Sabres to finally lift its dreaded championship "curse."

Thankfully, the team has more than lived up to the hype. The Sabres are currently sitting pretty at the top of Eastern Conference with 99 points, six points ahead of the New Jersey Devils.

Buffalo also leads the league with an astonishing 271 goals. However, this number becomes even more impressive when you look at just who's scoring those goals. One of last year's rookies, Thomas Vanek, currently leads the team in scoring with fellow former rookie, Jason Pominville, not far behind.

It's also impossible to ignore the efforts of the Rochester call-ups. Drew Stafford already looks like a seasoned veteran, while Mike Ryan saved the Sabres from being shutout for the first time this season. These kids, along with Patrick Kaleta and Clarke MacArthur, are enough to make any Sabres fan psyched for next season.

But I'm sick of hearing about next season, as I imagine many of my fellow Buffalo fans are. While I'm thrilled over the club's bright future, I'd give up my left leg just to see the Stanley Cup held high by Buffalo hands this June. Luckily, it seems like General Manager Darcy Regier agrees with this sentiment.

While many balked at the loss of goaltender Marty Biron, his leaving was

inevitable. Ty Conklin's already proven himself to be a worthy replacement, though time will tell if he is truly as talented as his debut indicated. More importantly, trading Biron allowed Buffalo to acquire a high second-round draft pick. This in turn gave us the leeway to trade our first round draft pick to the Washington Capitals in exchange for center/wing Dainius Zubrus.

Acquiring Zubrus sent a message to hockey fans everywhere: the Sabres are here to win now, not tomorrow. Zubrus has already added some much needed experience to the team, stepping in for several veterans who have been kept off the ice with a slew of late season injuries. However, his strong skating and steady play will also help further hone Buffalo's offense when they return to full health. Zubrus will be a valuable asset come playoffs, a fact which was clearly at the forefront of Regier's mind on deadline day.

Even without Zubrus, there is little doubt that this year's roster is one of the best Buffalo has seen in recent years. We've got a group of promising young talent, a pair of supremely adept captains, and two superb goaltenders. The time is ripe and Western New Yorkers are tired of waiting around. With either Daniel Briere or Chris Drury gone next year, now is the time to take advantage of our great leadership and make a real run of it, curse be damned.

Fans across the board clearly believe that this will be Buffalo's year. The frenzy and sheer loyalty this team has inspired are almost as astonishing as Buffalo's nearly flawless record.

Over spring break, I was lucky enough to see the team practice. Some might think I was crazy, hauling myself out of bed at seven on a Saturday morning just to watch an open, optional practice. Even I didn't expect many people to be present. After all, the Sabres had lost by a whopping four goals the evening before.

However, despite it all, HSBC Arena was packed that morning with fans adorned in buff and blue. Though only a hodgepodge of injured players and Rochester rookies skated, the crowd whooped like they were watching an actual game. Even after witnessing a horrible loss, the Buffalo fans' affection for their team never wavered.

It's not surprising that Western New Yorkers have grown to fiercely love the Buffalo Sabres. After almost losing the team a couple of years ago, fans have thrilled in seeing their little team work their way to the top.

There's a Cinderella story unfolding in Buffalo. Now, all fans can do is cross their fingers and hope for a happy ending. ○