

Welcome to AU!



Study Skills

JAZZ UP YOUR READING.
WAYS TO MAKE
STUDYING FUN

PG. 4

The Freshman 15 Challenge



Health

HOW TO AVOID
MURDERING YOUR
BATHROOM SCALE

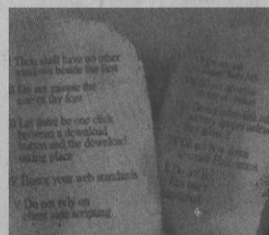
PG. 4



Room Decor

TIPS THAT WILL MAKE
TY PENNINGTON
JEALOUS

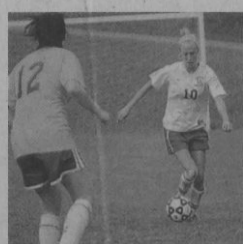
PG. 5



Managing Stress

SURVIVING LIFE, THE
UNIVERSE, AND COLLEGE

PG. 6



SPORTS

WOMEN'S SOCCER READY
FOR NEW SEASON

BACK PAGE

Dining changes leave bad taste in students' mouths

BY ABBY TRIPP
EDITOR-IN-CHIEF

While members of the Alfred University administration say that the recently announced decision to limit the number of guest swipes available to meal plan holders does not reflect a change in policy, it has not stopped students from expressing confusion and anger at AU Dining Services and its contractor.

The decision of AU Dining Services and its service provider, AVI FOODSYSTEMS, Inc., to allow students with dining plans five swipes to use for visiting family and friends was announced last month in a returning students newsletter generated by the Office of Student Affairs as part of ongoing efforts by AU and AVI to cut costs and curb waste.

In the same newsletter, it was announced that Ade Dining Hall would no longer open for week-day breakfast and Powell Dining Hall would be closed all day on Saturdays and Sundays.

According to Vice-President of Student Affairs Kathy Woughter, the amendment to the University's contract with AVI was an effort to quantify a policy put into place several years and dining contractors ago.

"What was put into writing was a sentence to let students know ... that they would be allowed to treat guests and other visitors to meals," Woughter said of the original policy.

The implementation of this policy opened the door to abuse and, Woughter said, "had a number of unintended consequences," chief of which was the inability



PHOTO BY SHAUN LATULIPE

This year, students with AU meal plans will see new limits on their ability to swipe in guests.

of AU Dining Services to predict the amount of food that would need to be prepared for a given meal period. The result was what she called "a system out of control."

Woughter admitted that neither she nor her colleagues in Student Affairs were aware of the extent to which students took advantage of the effectively unlimited guest swipes, and expressed surprise upon learning that many students based their living and social arrangements upon the principle of sharing meal swipes.

"I really had no idea that this was occurring to that extent," she said.

Director of Dining Services John Dietrich concurred with Woughter's assessment of the

policy's original incarnation and noted its detrimental effect on customer service to paying meal plan holders.

"Something's got to give somewhere," he said.

For students, however, the move characterized by Woughter and Dietrich as a non-change has been anything but.

Senior fine arts major Megan Walsh does not have a meal plan this year but says that in the past she frequently swiped friends into the dining hall.

"When I had a meal plan, I had friends living off campus and I felt totally comfortable going to their house and eating their food because I knew that I could return the favor by swiping them in."

Sophomore art and design

major Tim Goguen said he objects to the idea that the change was in the best interest of students who paid for meal plans.

"We've already paid for these meals. We should be able to decide how to use them," he said.

Another source of contention for students was the University's failure to notify them in a timely fashion about the contract amendment.

Woughter explained this as a product of the amendment's negotiation and said that nothing was made final until July 17, when the addendum was signed. While she admitted that the timing was not ideal for students, she said that she would have been unwilling to make an announcement before

the negotiations' completion.

At the unofficial Student Senate meeting held on Aug. 30, the changes were brought up in an open forum discussion according to Publicity Chair Jason Weeks. Among Senate, he said, the main concern was the University's failure to involve students in this round of negotiations.

"The students were hurt because they did not feel involved in the decision-making process," Weeks said.

Both Woughter and Dietrich agreed that the quantification of policy and the student response that followed have heightened their interest in involving students in these processes.

Dietrich suggested that the University may need to rethink its entire meal plan system. He made it clear that he wants a student advisory board separate of the Student Senate Food Committee that will play a key role in this process.

"This board would help us determine what Dining Services can do for the students and mold it for the future," he said.

Some students, however, say that this openness to student input is not enough. They want to see the limitation taken off of students' meal plans.

"[They need to] go back to the way it was," said Walsh. "There's no compromise on this issue."

Junior history and performing arts major Meg Birchfield agreed: "I feel that it's a violation of our rights as students. If we're going to pay for the meal plan, we should be able to choose what we do with it." ○

Starting Over: A Transfer Student's Guide to AU

BY KARLI-MARIE REYES
A&E EDITOR

Starting college is stressful. While the first year experience is full of unfamiliar trials and ordeals, starting over as a transfer student comes with its own set of unique challenges. Transfer students are expected to jump into the deep end. But those first few weeks of the semester can be tough for even the most experienced student. Here are a few tips that can help ease the transition to Alfred University's community.

Roll with the punches. I know it goes without saying, but AU is going to be different than your last school. As a transfer student you are probably already aware of how your credits will transfer. But if you're caught by a curve ball and you need to take an extra class or two, don't freak out. AU's program may be different from your last college. Sometimes students are disappointed when they are missing classes or credits that AU requires, according to Art Enrollment Specialist Lindsay Stern. Students may leave their last school as a junior and come to AU as a sophomore. My advice is to just buckle down and make the most of your time here.

Be yourself. Despite the cliché, this advice always rings true. No one knows who you are here yet. No matter whom you were at your old school this is your chance to shine. It may seem daunting to meet people and break into a social group that is already established. If you never had a chance to show your true colors, this is it. Alfred is a place where being yourself is following the crowd. RAs and RDs are encouraged to know who their transfer students are, and make sure that they are not brushed aside. Transfer students are assets to

the AU community. They bring new experiences from different places, and have the ability to breathe a new kind of life into Alfred. As a student it is important to take a proactive role.

Utilize available services. Being in college offers you many advantages that being in the "real world" does not. While you're still in college take advantage of these services to help you get ahead. According to the Assistant Director of Career Counseling Services Mark McFadden, 90% of last year's incoming freshman used the Career Development Center to help set up for a life after AU. As a transfer student your window of opportunity may be smaller than most people, it is important to get to work now to ensure career success after AU. Don't forget that offices like the Writing Center, Study Abroad, the Women's Leadership Center, Crandal Heath Center, and Special Academic Services also have faculty, staff and students who are always willing to help new students.

Seek help. Everyone stresses differently, but all students experience some sort of stress when coming to a new school, according to temporary Counselor Jacquie Earl. Some students may display symptoms of depression if their adjustment to Alfred is particularly difficult. If you are having trouble eating, sleeping, are experiencing anxiety, are worried, have frequent head aches or stomach aches it might be time to seek outside help such as the Counseling and Student Development Center. There are a number of coping strategies that students can use to ease their anxiety about coming to AU. Among them are exercise, breathing techniques and getting involved on campus.

See TRANSFER page 4

From Post-its to procrastination: How to manage time wisely

BY ASHLEY PADDOCK
MANAGING EDITOR

It's that time of year again. School has begun and with it brings an endless number of pages to read, papers to write and projects to begin. With work piling up, finding time to relax, hang out with friends and join campus clubs and activities can be difficult.

Here are some tips I have compiled with the help of a trusty time management website to keep in mind when feeling overwhelmed by massive piles of work that never seems to get smaller or when you need a little downtime.

Plan out your day. Take a few minutes each night to plan out the next day. This can easily be done on a Post-It note or piece of paper. Making a list of assignments, meetings or events will help to eliminate any worries of forgetting to complete an assignment or missing a meeting, and will increase productivity by 20 percent according to time-management-guide.com. Checking off tasks throughout the day can also leave you with a feeling of accomplishment and eliminate stress.

Identify study habits. While you may be a morning person, others may not, so finding the right study time is important for success. If you feel sluggish in the morning, it's probably not the best time to study for that big test. By identifying the times of day when you are able to most concentrate, this will help you be more productive than, say, while you're gulping down pots of coffee at 8 a.m. to stay awake cramming. Use that time to run errands or do

other activities that require little thinking, like laundry.

Prioritize your work. With daily and long-term assignments it's easy to get lost in the shuffle of your work. However, by prioritizing your homework, you are more likely to get things done in a quick and efficient manner. For example, you wouldn't do an assignment that wasn't due until November before your reading assignment for Brit Lit the next day. Doing your most difficult or time-consuming work first is a good idea because it can eliminate any frustrations that may arise later on when you've had enough.

Give yourself breaks. No one is a superhero and you shouldn't treat yourself as such. Give yourself short breaks in between study blocks to maximize the effectiveness of studying and keep you fresh and alert. Hit the gym or have a little snack with roommates before jumping back into your work. **Avoid distractions.** Do you have the TV on, are your roommates being too loud, are you distracted by AIM? Find a quiet place where you can focus on your work. It will help you to avoid wasting precious time trying to reconnect to your work every few minutes.

Plan some "me time". College is about more than just studying. Without breaks every now and then you will eventually burn out, but if you give yourself too much free time, then your work suffers. Finding a happy medium between the two is the best way to be successful. Taking an hour-long walk around Alfred is something I like to do to collect my thoughts and reconnect with myself after a stressful day of classwork.

See TIME page 4

University, Dining Services, need to right wrongs against students

When Alfred University Dining Services and AVI FOODSYSTEMS, Inc., made the decision this summer to limit students to five guest swipes per semester on their meal plans, the choice was made largely out of the need to right a mistake made several years prior. According to Vice-President of Student Affairs Kathy Woughter, the failure to quantify a policy that gave students the ability to admit guests to the dining hall was a grievous error that had serious financial consequences.

Even as Woughter admits to the University's mistake, she also insists that what we are experiencing is neither a new policy, nor a change in policy. By a trick of language, she tries to say that this summer's amendment to our contract with AVI is little more than a clarification of an extant policy.

For students, this is even bigger than a policy change. Even the most senior students at Alfred cannot remember a time when it was not acceptable to swipe in a friend, a significant other or a few teammates. Whether administrators want to call what was in place a policy or not is immaterial – the conscious decision to share meals that we or our parents had footed the bill for was a part of our campus culture.

While the Division of Student Affairs undoubtedly holds a degree of responsibility to its contractors and to the fiscal well-being of the University itself, this is a situation where responsibility number one needs to be to the consumers: students. If we believe that something is a problem, then AU needs to recognize it as such. If we see what has been forced upon us as a policy change, then the University is only insulting our intelligence when it manipulates the English language in an attempt to prove otherwise.

Everyday, AU students joke about the rampant apathy that often seems to characterize us. Thanks to this lack of concern, it is rare that the University even needs to negotiate a compromise with us. While there are often individuals or groups that stand up and speak out, the student body as a whole generally lets things slide. In this situation though, we are not letting things slide. Just as voters are often motivated by their pocketbooks, we are finding our motivation in the belief that our money is being abused and our rights as students violated.

At this point, we are past wanting a simple compromise. The only way that the University can right this mistake is by taking whatever steps necessary to put a freeze on this policy change (and yes, it is a policy change) for the remainder of the academic year.

During this period they can and should explore other options for managing costs and finding a system that works for AVI, the University and the student body. Given a year to think creatively, students and administrators could no doubt work together and determine the approach that would best meet our needs.

At Cleveland State University, which contracts with AVI, students reserve the right to bring one guest to any meal they wish – the second meal is deducted from their overall balance.

At Earlham College, only students with the largest meal plans are allowed to swipe in guests.

Other college dining services seek out other means of improving customer service. At Ohio's Mount Union College, for example, students can use a meal equivalency swipe during the breakfast period to purchase a cup of coffee and a pastry at the campus's café.

Perhaps one of these options would work for AU. Perhaps none would, but Alfred is a unique institution and should not default to a plan that AVI has used to limit guest swipes at other institutions, including Kutztown University.

In encouraging student input and taking the first steps toward creating a panel that will have a voice in future decisions, AU Dining Services is proving that its heart is in the right place. For students to trust that our input will be truly valued, we will first need to see proof that the University can right the mistake that it made against its most important constituency -- us. ☉

The *Fiat Lux* welcomes your opinion.

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

Fiat Lux

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The *Fiat Lux* supports the perpetuation

of a broad and liberal education conducive to free speech. Only unsigned editorials reflect the opinions of this newspaper. All other editorials reflect the author's opinion.

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Opinion

Breaking the ice

A first-year shares Orientation adventures

I, like my fellow freshmen, was incredibly unprepared for the machine that is Alfred Orientation. Instead of the casual two-day affair in which most of our college-bound brethren participate in, we were subjected to a five day boot camp of hardcore orientation activities that will leave an impression on our memories and hill-weary calves for months to come.

First of all, let me give props where props are due. The people in charge of check-in deserve a medal for their amazing work. Within minutes of my arrival on campus, I was walking uphill (a direction with which I would become uncomfortably familiar with over the next few days!) toward my dorm with key and ID card in hand. My parents and I then watched in awe as the cross-country team carried a carload of necessities up four flights of stairs in record time. Alfred really lays out the red carpet for their freshmen, complimentary concierge and all.

The rest of my first day at Alfred passed by in a shocked sort of daze with one exception: Playfair. Now, I'm not usually one for icebreakers, but hey, I'm game. So at quarter to nine, I took the long hike down to McLane for a night of friendly fun.

Was it awkward dancing elbow-locked with a football player twice my size? You bet it was! But somewhere between the slightly forced get-to-know-you games and the bizarre bonding rituals, things just clicked. Playfair may have forced me outside of my comfort zone, but it was worth it just for the chance to meet my future classmates, study buddies and friends.

The next morning, while some of my poor classmates were up at the crack of dawn for the language placement exam, I blissfully took advantage of the extra time to sleep. After a quick informational meeting with my college's dean, the class of 2010 and I descended on McLane for opening convocation. Professor of Philosophy Emrys Westacott's speech was certainly the highlight of the entire affair. His



ABIGAIL GRIFFITH
STAFF WRITER

provocative and often slyly humorous address made for a great debate in my first FYE class, which met directly after convocation.

Following this casual class discussion, I met up with my roommate to attend Maura Cullen's presentation on diversity. It was a truly inspirational lecture, lacking the hokey-ness that plagues so many motivational speeches. I highly recommend that everyone, whether they be faculty or freshmen, attend Maura's next talk on campus.

Later, after a barbecue on the Brick lawn, I took the opportunity to finally start unpacking. I eventually managed to escape from the emerging pile of clutter to see *Cars* at Nevins Theater. I'll just blame the fact that I cried at an animated film about talking automobiles on stress, and leave it at that.

On Friday, I managed to get myself out of bed in time to attend "Sex Signals." I suspect this informative improv show on everything from awkward first dates to date rape has insured almost campus-wide celibacy for us freshmen. Well, for at least the first few days, anyhow.

I also attended two conferences that day on paper-writing and pleasing your professors. These quick reviews really got me back into the academic groove that I'd been intently avoiding all summer long.

I finished my orientation experience with a visit to the block party on Saturday evening. I scouted a variety of clubs, signed up for the Women's Issues Coalition's mailing list, and got this awesome gig with the Fiat. Overall, it was a great casual way to get to know the campus organizations and the supposedly scary, but actually incredibly nice, upperclassmen.

Orientation was one of the most terrifying experiences I've had to endure. Adjusting to a new room, a new roommate and, most importantly, new food, all at once was almost too much. However, I made it through and even lived to tell the tale. Just don't ask about my first 8 a.m. class! ☉

Navigating college

A senior's advice on adjusting to AU

Information overload. That's what college is until you're well under-way. You get mail from all kinds of schools (and branches of the military), and you have to choose the one you think is best.

You fill out enough paperwork to dry out a Paper-Mate. You read books or articles about college. You listen to advice from practically everyone. Then you actually get here and realize that the factoid pileup hasn't even begun.

So what can I say about college that you haven't already heard? Well, there are three things I wish I'd known, coming in, and I'll try my best to explain them here.

To begin with, one very difficult thing that will be asked of you is to reconcile two worlds: home and Alfred.

Not only might you be a lot more homesick than you expected (I definitely was.), but it's going to be a surprisingly difficult moment when you first have to choose between catching up with home friends (or a boyfriend or girlfriend) and spending time with school friends.

If you have trouble with the transition, one thing that I've found helpful is to get a friend from home to come visit you here, or find some way for a home friend and an Alfred friend to get to know each other. It feels really good to be able to mention someone there to someone here, or vice versa, and get a nod from actual experience.

Secondly, and very seriously, you're going to run into people who need counseling, or you are going to need counseling. All the speeches you've heard are true: college is a really stressful place, and a lot of us find that, no matter how ready for anything we were in high school, the rules are different here.

Soapbox time: an eating disorder is

not about whether food enters your body or stays there. A friend is not necessarily okay if he or she's eating and it's staying down, or even if they like making brownies with you. It's really about obsession over every mouthful, real ones or imagined ones.

You might not know for certain that a friend is skipping meals or exercising too often. You will know that they're unhappy, and that's your biggest sign.

Talk to an RA or any such person, even if you're not certain you're looking at an actual disorder. It's scary but important to get someone else involved; it's not an insult to anyone's ability to run his or her own life.

You may be surprised by the number of friends you meet who've been counseled at some point.

Sometimes you'll wonder whether they really needed it, because you've seen for yourself what normal, strong people they are. And you're right, they are; that's why they went or still go.

Lastly, if you've come in with a religious faith and wish to keep it, or to gain one, that is neither a dream nor a sign that you're stupid.

There is an amazing amount of information out there that backs up faith, but it's not going to come right to you. Find believers whose intelligence you value and ask them your questions; truth will stand up to science, logic and anything else that can challenge it.

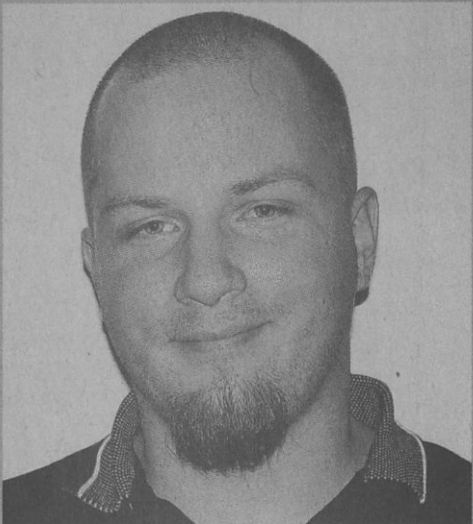
Religious studies classes are good things, but don't assume that studying a faith from the outside gives you a clearer picture than practicing it; that's untrue.

Those are the things I find most important and surprising, but you'll all have lists of your own before long! Best wishes to everyone on 2006 and '07; take some time to enjoy the year. ☉

Roving Reporter

QUOTES BY ABBY TRIPP AND
ASHLEY PADDOCK
PHOTOS BY ASHLEY PADDOCK

What advice do you have for first year students?



"Try new things, and don't let any opportunities pass you by."
Trevor Humphrey- Senior
Mechanical Engineering



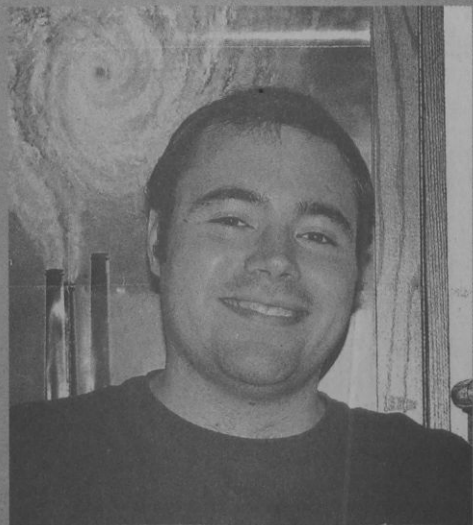
"Get involved in the town and community outside of the school. Meet people out of school and possibly work in the community somewhere."
Catherine Lynch- Junior
Art and Design



"Don't go crazy drinking and partying. Do your homework. Get involved."
Marli Soto- Senior
Elementary Education



"Cherish your freshman year, because you're never going to have that community again."
Dustin Angell- Senior
Art and Design



"Get involved with things and don't be afraid to try new things. Make sure you study though."
Chris Broderick- Senior
Biology

Letter to the Editor

Dear Editor,

I had lately heard that an understanding between the Alfred University administration and the CSEA union at the College of Ceramics had been reached. Now that the dust is settling from the several-years'-long effort to win a contract, I want to contribute here a criticism of the CSEA to plead and popularize its case to the Alfred community. My concerns are two: the unnecessary character assassination of University president Dr. Charles Edmondson, and the seeming lack of concern on the part of the CSEA for the plight of University employees outside the University's statutory (non-SUNY affiliated) units.

In 2004, the CSEA heightened student awareness of their own plight among Alfred University, particularly among students at the School of Art and Design, and successfully implemented students' sympathies to wage their battle for a contract. I was one of the students whose sympathies the CSEA initially won, having personally possessed a background in unionizing efforts. I was further agitated (in both senses of the word) when Vice-President of University Relations Mike Hyde sent letters to students' parents in a vain appeal to have them rein in their grown, adult children's interest in (and interference with) University-union relations. I was compelled to write letters in support of the union's efforts to the editors of both this publication and the Alfred Sun, and arguing for support of students' interest in issues that would potentially affect the quality of their education, as well as the quality of life in their adoptive community, the broader communities of Alfred and Allegany County.

Over time, however, the CSEA managed to alienate me from their efforts, first by the unrelenting personal attacks on President Edmondson. They printed and distributed posters with the president's likeness, characterizing him as uncaring, hanging them on every other telephone pole in the villages of Alfred and Almond, and plastering them on the walls of University buildings housing the statutory schools. They printed mock dollar bills with Dr. Edmondson's image, which were widely distributed in the same buildings, which compared his wages and benefits, as a doctor of philosophy and the president of a storied and selective university, to theirs with an obverse titled "For me," and a reverse titled, "For thee." A clever rhyming use of the nominative and accusative forms of the first- and third- singular personal pronoun, but the characterization of Dr. Edmondson as a callous, uncaring monster who laid awake at night contemplating new ways of robbing milk from the children of union members was utterly off-putting, to say nothing of the light in which it portrayed our alma mater. I have, in my time, had dealing with several college presidents, and Dr. Edmondson is the only one I've ever known to answer his own e-mails, personally, at 1 a.m. on a

Professors: Better loved than feared

BY JESSY SANTANA
ASSISTANT PHOTO EDITOR

Whether it was just this past year or several years prior we can all still remember high school. The drama of everyday life, the clubs and activities and the classes we wished we did not have to take.

Most of all we remember the teachers that influenced our lives. Whether we hated them or loved them, they all helped us reach our goals of attending college.

Now you're in college, though, and the teaching methods our high school teachers used are probably not the ones that you can expect to find here in Alfred or at any other institution of higher learning. There is no way to explain the differences between high school teachers and college professors that will cover every way in which they are truly different but I will definitely try. In my memory, high school teachers had a way of either not caring at all what you did or caring entirely too much about what you did -- especially when it had nothing to do with school.

There were the teachers that pored over you when you did not come to class and wanted to know every detail of your home life. When there was something to give them or you cause for concern they made your life a little easier in class, gave you a heads-up on pop quizzes and made a real effort to get you teased after class for being the teacher's favorite pet.

Miss a day in high school and the teachers would make it their duty to catch you up on whatever you had missed, even if it meant repeating the material to others. Get out of your bad habits now for this is no longer the case and your professors will not be the crutch of your poor choices.

You need to get out of your bad habits now, for your professors here will not be catching you up or acting as a crutch if you make poor choices. Many professors, especially here at Alfred University, understand that you are no longer a minor and that you make now make your own decisions and understand their consequences. You will no longer be "babied" as a student and told everything needed to complete your studies, especially when you are not interested in hearing about it.

Social events may come and go but education is what you will always carry with you. There are always people there to help if you need it, but if you never take the initiative to ask for help you will never receive what is available to you. Professors are not people to be feared but rather to be cherished. Some can be intimidating, I am definitely not implying that it cannot be nerve-racking but if you don't take a chance and get to know them, you never know what you will be losing out on.

In Alfred's small, close-knit atmosphere we must take advantage of the fact that so many classes are small and so many professors approachable. Asking your professors for help can no more hurt your educational prowess than attending class can.

Even advisors that you might never take a class with are great sources of knowledge, and about far more than academics. They can definitely be your greatest asset when trying to find what you want to do in life. They may even help you "find yourself," if that is what you are looking for. So do not be afraid and take courage for no one can tell you better about their teaching methods than the very people who teach you. ○

summer night. He's a good man, well-educated and a veteran in the service of his country, and he indeed cares. Though I believe the University administration could have handled the matter in a fairer, more equitable, more transparent manner, Dr. Edmondson did not deserve to be villanized. In this regard, the union deserves the community censure it has yet to receive.

My second criticism regards the apparently lack of concern and solidarity shown towards the non-statutory wage employees of the University. Even before the University's agreement to a contract, non-statutory employees were being paid far less than those in the statutory units. A common perception of the organized labor movement, nationally, and in general, is that its slogan might as well be, "What's in it for me?" This poisonous perception was reinforced for the members of the University and Alfred communities by the CSEA, who, rather than fighting for all University employees, were concerned only with what they ought to be earning. They seemingly did not care that wage-earners performing similar tasks as they in other units of the University were being paid substantially less. True courage is displayed by union activists who will fight not only for their own interests, but for the interest of all working men, especially those who find themselves in nearly indistinguishable circumstances. Instead they fought only for their own gain, leaving the others in their dust to fend for themselves.

In summary, I am very much disappointed in the conduct of the CSEA in attempts to gain a contract, and while I'm pleased to have helped in some small way to have helped in achieving their contract, I am embittered by the fact that my voice, and the voice of all those students who stood in solidarity with the CSEA, was used to calumniate a good man and to sell out the interests of a larger number of underpaid, underappreciated employees outside the College of Ceramics. Justified or not, I feel betrayed.

-The Rt. Rev'd Ian J. L. Adkins, A.A., OST
Holy Byzantine Mission
Alfred University, Alfred, NY

Finding success within

Success as defined by Webster's dictionary is "a favorable or desired outcome; also: the attainment of wealth, favor, or eminence." While I am not an English major and don't pretend to be a literary mastermind, I am going to say that Webster's, while on the right path, does not have it quite right.

When I came to Alfred in the fall of 2003 I did not know what to expect or what I wanted to do after I graduated. I knew that I wanted to get a job that paid well and believed that would be a marker of success.

My first semester was pretty standard for a freshman: meeting new people from all over the world, taking classes that were not too overwhelming, living in a residence hall with complete strangers and eating in the dining halls.



JASON WEEKS
CONTRIBUTING
WRITER

It wasn't until second semester that I really started to figure it out. Second semester is when I found my group of friends: an art student from Long Island, a business major from New York City, a football playing psychology major from Rochester and an engineer also from Western New York. We were a diverse group, but we were also very close. Things were starting to look more successful for me, but there was still something missing.

In my sophomore year I became a Resident Assistant and got to work in a freshman hall. It was a real learning experience. It kept me very busy, but I loved it and enjoyed working with my residents.

During second semester, I went with the College of Business to the Philippines for a conference and study tour. I remember sitting by the pool one afternoon when a little boy snuck up behind me, rubbed my head and ran away -- which scared the heck out of me. I asked Dr. Ruane, my economics professor and tour leader, why he did that and she explained that it was probably because he had never felt blonde hair before. It was a huge culture shock but, it made the trip all the more worthwhile. At the end of year two, with new experiences under my belt and more good grades on my transcript, I still did not feel "successful".

Junior year was when I really started to feel suc-

cess creeping up on me. I decided to be an RA again, but this time was assigned to Lower Pine. It was very different from my last assignment, but I was excited to live with my friends. My Resident Director was new and had a very different leadership style than I was accustomed to. Patience is the word that best summed up the experience: I needed it, and I needed to learn it. I made it through, though, with frequent reminders from Director of Residence Life Brenda Porter to "give it time." In the end, it was a great experience.

I will never forget walking around campus one evening with my football-playing friend before the other students returned to school. He asked me what I had on my mind because I looked like something was bothering me.

For the first time in my life I actually told the truth and said that there was something that had been bothering me. It was at that moment I looked him in the face and told him that I was gay.

After 15 seconds of silence (which felt like a lifetime), I told him that I had to go and turned to walk away. He said my name, and when I turned around he had his hand out to shake mine. When I grabbed it he pulled me in, gave me a hug and said, "You are no different to me now than you were ten minutes ago."

It might be silly but it was then that I realized what success really is. Success is being able to look at yourself in the mirror and be proud of what you see, regardless of grades, the type of clothes you are wearing or how much money is in your bank account.

All that stuff is part of what we view as success, but without being proud of who you are it is like chocolate chip cookies without the chocolate chips -- you still have the cookie but there is just something missing.

Now, as a senior, I feel that I am on the path to success. While I am off to a good start, I won't stop working. My involvement as Student Senate Publicity Chair, my work at the AU Equestrian Center, and yet another full course load will help shape me as a person and lead me to true success in my future. ○

Senate Update Senate Update Senate Student Senate Update Senate Update Senate

V.P. Cabrera updates students on the state of the Senate

Dear Alfred University Student:

Twice a semester Student Senate will be releasing an address informing the student body of changes that are occurring on campus. We feel that our students should be aware of what is happening on our campus and it is our duty to provide this information.

This is our first address of the semester and we hope to make this a fixture within the student body. We hope this new form of communication will be a beneficial resource to you all.

On behalf of Student Senate I thank you all for your cooperation and support. Have a great first half of the semester. If there are any questions or concerns feel free to e-mail the senate account at senate@alfred.edu or feel free to stop by our meetings every Wednesday at 8 p.m. in Nevins Theater in the Powell Campus Center.

Jessica Cabrera
Vice President of Student Senate

State of Senate Address Fall 2006
Campus Position Announcements and Changes
Dr. Suzanne Buckley has been selected as Alfred University's Provost.
Dr. Bill Hall, who currently served as Interim Provost, is moving to a new role. He'll be the Acting Dean of the College of Business and will take on the role of Associate Provost.
Mark McFadden, Assistant Director for Career Counseling Services at the Career Development Center, will become Acting Director of the CDC. Mark will succeed Kathy Woughter who has been appointed VP of Student Affairs here at Alfred University.
Cathie Chester has been named Acting Director of the Counseling and Student Development Center, succeeding Dr. Norm Pollard who is currently Dean of Students at Alfred University.

Herrick Renovation
Herrick Library is undergoing renovation for the 2006-07 academic school year. Scholes Library will house Herrick for this period of time. However, the staff is online and ready to meet information needs. Herricks phone numbers and mail addresses are still the same. The Herrick Library staff also wants to advise that collections on the top floor of the library will be inaccessible for the next three months, so if you need something from that area, please plan on submitting an Interlibrary Loan Request and allowing more time.

Holmes Closing
Holmes Auditorium will be closed for renovation this semester. Estimated start date is September 11. Holmes will be up and running spring semester. If this information changes students will be made aware.

Dining Hall Changes
Only Powell dining hall will be open for breakfast this year not Ade. During the week-ends (Saturday and Sunday) only Ade will be open. This is a result of very low numbers of students during breakfast and on weekends using the facilities on campus.
Purchasing a meal plan (Blocks 1-5) entitles members to a designated number of meals for their use and a certain amount of dining dollars for them to use any way they choose. Dining Services will offer five free guest meals for Members' family and friends when they visit every semester.

Mass E-Mail Policy Update
Since Alfred Today has hit the scene on campus it has cut the number of miscellaneous e-mails across campus. As of now Alfred Today will be the primary method of distributing campus-wide e-mails.

Faculty, staff and student performance and recognition
Congratulations to the Division of Student Affairs award winners, recognizing superior performance from the 2005-06 academic year:
Outstanding Support Staff member: Nancy Banker, Secretary, Student Activities and Powell Campus Center
Outstanding Administrator: Dave Murray, Head Football Coach
Office of the Year: Counseling and Student Development Center
Congratulations to Zoe Chin (senior biology major) and Caroline DeLeon (senior history major), who were selected for the Kellogg Foundation Collegiate Women of Color Leadership Institute. Only 50 women were selected from 650 private colleges for this very competitive award. They'll receive a \$1,500 stipend for their senior year to implement a leadership-mentoring project on campus.

New and returning installments on campus
Bias Incident Reporting:
Students will now be able to report bias incidents to anonymously to a team online at my.alfred.edu -- click "Resources" and then AU Report It. The Civility and Violence Prevention Team had recommended this as need on campus. After an incident is reported, the team will review the incident, provide education to the affected community, and recommend an outcome. ○

Bringing color to your blank canvas

By ASHLEY PADDOCK
MANAGING EDITOR

Are you sick of looking at blank, white walls? Are you struggling to store unused items? Does your dorm room feel more like a jail cell than a homey oasis? Well then, sit back, relax, grab your parents' credit card and get a few ideas from myself and interior decorating expert Coral Nafie.

Keep in mind that you want to find decorations that will showcase your personality, but also make for a productive work environment.

With these ten essential room comfort items, you will have that blank canvas of a room whipped into a masterpiece and the talk of the residence hall in no time.

Rugs. Area rugs are not necessary for most rooms. However, waking up to a cold floor in Openhym may get you to change your mind. Not only do rugs offer comfort for your tootsies, they make a room appear more inviting and well-put together.

Mattress pads. Do you like springs in your back? I didn't think so. That's why it's helpful to make a small investment in a mattress pad. Not only will it leave you feeling refreshed and ready to face the day, but your back will thank you for it down the road.

Lighting. Although every room is

equipped with an overhead light, many of these aren't meant for major studying sessions. I recommend purchasing a small lamp to use while working at your desk. Also, consider placing a lamp near your bed for cozy, late-night reading sessions.

Comfy furniture. While some students may find comfort in the furniture provided by AU, others may want to purchase pillows or bean bags to create a more inviting and comfortable place to relax with friends, read or hang out and ponder the meaning of life.



Closet accessories. Small items like hangers, Rubbermaid tubs and storage containers for your closet help to eliminate clutter and/or storage problems that may arise from an overabundance of junk. With little space in your room,

these tools are effective at maximizing the space you do have.

Body pillow. According to my roommate, a body pillow is good for those lonely nights in the dorm. However, according to Nafie, body pillows are not only fun to sleep with, but also serve as a decorative piece that will turn your bed into a comfy hotspot for friends to hang out on.

Laundry storage. I don't know about you, but I get really stressed out when I have laundry and junk all around my room. To combat this issue, having a storage container (i.e., laundry basket) for dirty clothes helps to eliminate these problems and makes for a happier roommate. My personal favorite, a laundry bag, makes it easier to carry dirty laundry to the laundry room; however, a laundry basket

works well too! **Message board.** Do you have a million things going on? Are you hard to get a hold of? Well then a message board would be perfect for you. Inexpensive and easy to clean, message boards are widely used in resi-

dence halls across campus. Just beware of those late-night marker stealers and be careful not to rip the wall off when removing them at the end of the year. **Bookshelf or filing system.** Although our desks provide us with an adequate amount of space for books and papers, you may want to consider getting a lock box or file container to keep important paperwork from the University in a confidential and cohesive manner. A bookshelf may also be of use and help to free up shelving space for framed photos of friends and family.

Wall décor. By far the most important aspect of decorating a college dorm, this gives you endless options. From photo collages to artwork to posters, anything goes when decorating your walls. Just be sure to comply with dorm guidelines in the University's handbook. Although these are some of the essentials to have in a dorm room, the possibilities are endless when it comes to designing a unique and personalized space to live in. I would also add alarm clocks, computers and electronics, like video games and television sets to the list of essentials.

Good luck in turning your blank canvas into a fabulous work of art, but keep in mind that the space you create is the space you'll live in for the next nine months. So, don't overwhelm yourself with the unnecessary clutter that over-decorating may cause. ☺

Here are some Web sites to check out to add a touch of personality and pizzazz to your new home away from home:

- Visit www.target.com for cool accessories, like lava lamps (\$19.99), bedding and trendy picture frames to personalize your room.

- Wal-Mart (www.walmart.com) offers an abundance of colorful, decorative pillows (set of 2, \$16.88) and cylindrical floor cushions for a homey and comfortable atmosphere.

- The Company Store (www.thecompanystore.com), my personal favorite, offers a wide variety of sheets, quilts and down comforters for those cold nights in Alfred in a wide range of colors, patterns and designs.

- Search www.ikea.com for inexpensive and modern room accessories, including clocks, vases, mirrors, frames, plant accessories and lighting.

- Bed, Bath and Beyond (www.bedbathandbeyond.com) offers a comprehensive list of back to school necessities, and some neat gadgets that can make life easier. Inexpensive storage containers, interlocking cork boards and collapsing folding crates in many sizes can be found on this site.

Don't collapse under the weight of the freshman 15

BY MATTHEW BUTTS
NEWS EDITOR

Along with a student's first year of college can often come the dreaded freshman 15 (or more).

Often, the reasons for the weight gain that afflicts so many students in their first year at college are not complex at all. According to Professor of Biology Brad Bowden, an abundance of food on college campuses, an increased social atmosphere, a heavier academic workload, homesickness and various stressors are some of the most common causes for packing on the freshman 15.

Bowden said that, in the first weeks on campus, students tend to overeat because of the various social activities available. However, as the semester proceeds, stress and tension related to academic work may contribute to

weight gain. It doesn't take a college professor or a professional to recognize many of the causes of the freshman 15. Students see it as well.

When asked possible causes, undeclared freshman Tyler Lewis suggested, "homesickness, stress and depression because of academic troubles could cause the freshman 15."

According to Conrado Bowen, a Resident Assistant in first-year residence Cannon Hall, "first-year students enter college with a blank slate and get sucked into many unknowns which include, for many, bad eating habits." Bowen admitted that he was sometimes guilty of not eating as healthy as he would have liked to. "You live and you learn," he said.

Students who fit exercise in their schedules are more likely to avoid the weight gain. It is important to "work in a regular pattern of exercise," said Bowden. "Unless a student keeps pret-

ty active [with] athletics [or] goes to the fitness center regularly, the sedentary nature of college will increase chance of weight gain," he added.

Beating the weight gain is not limited to an exercise regimen. Eating habits play a crucial role as well. According to Bowden, it is important for students to be reasonable in their eating habits, both with food selection and portion sizes.

"The dining halls provide a cornucopia of food, [but] it all doesn't have to be eaten!" he emphasized.

Students should load their plates with low-fat, high-fiber foods. Good food items include vegetables, fruits, whole grains, beans, extra-lean meat and a few daily servings of non-fat milk products. Choice veggies include lettuce and tomatoes, but go light on dressings and high-calorie desserts.

Keeping track of your eating and workout habits is instrumental in beat-

ing the freshman 15. Bowden said that students should "keep track of carbohydrate and fat intake [because] they are in a lot of the food in the dining halls." Bowden also recommended developing a realistic and schedule-friendly exercise regimen.

Attempting to pinpoint the possible causes of stress, such as tight academic deadlines or extracurricular activities, before they actually become overbearing, may help as well.

It is important to understand that not everyone will be perfect, so set realistic goals for yourself. It's fine to have treats. And, if you go overboard one time, that doesn't mean your whole regimen was for naught.

It is important to keep all of these things in mind because weight gain could just be one of the problems that could develop from the freshman 15. "Once students put on weight, it may lead to a worsening cycle, [including]

loss of energy, and therefore less activity, [or] depression, [which triggers] not feeling good about yourself and personal image because of the weight gain," Bowden said.

He added that this could go full circle to lead to more eating. "Staying active, watching what you eat and keeping up with everything so you don't fall behind," is Lewis' suggestion for beating the freshman 15.

If all else fails, AU has excellent resources to help individuals who have issues, need guidance, or simply need someone to talk to.

"Depending on the problems [students] are having, seek help at AU's Counseling and Student Development Center," Bowden said. Students can also contact Health and Wellness Educator Pam Schu; she can provide helpful tips about eating right and making healthy decisions. ☺

Study Skills 101: Simple strategies that might just move you to the head of the class

BY ABBY TRIPP
EDITOR-IN-CHIEF

It may be the second week of classes, but you already have an English essay to plan, a biology exam to study for, and a history quiz in the near future. Yet when you sit down at Terra Cotta Coffeehouse with your textbook, your highlighter and all of your good intentions, you get a sinking feeling in your stomach. You suspect that you don't know how to study.

The unpleasant truth is that you are probably right. The lighter workload and extra attention that students experience in high school often leaves them unprepared for the demands of college coursework. Add to this the sense of invulnerability that you may feel after four years of academic success and you could have a recipe for academic disaster.

There is a way out, however. By implementing some simple strategies, understanding your own needs as a learner and reaching out to your professors when you need help, you can enjoy the success that you feel is eluding you right now.

Perfecting your study strategy actually starts in the classroom. The most important thing a student can do to improve their chances of success in college is to come to class prepared, according to Allen Grove, associate professor of English and director of the College of Liberal Arts and Sciences' First-Year Experience (FYE) Program. "The students that fail out of the University are those that come to class without a pen in their hand," Grove said.

Taking good notes is as important as having the pen to take them with. According to Grove, a student who takes notes is almost always going to do better than a student who does not. The secret, of course, is to take notes effectively.

Note-taking is never about documenting the professor's lecture word-for-word, says Director of Special Academic Services Terry Taggart. "It's more important to stay focused and listen to the lecture," she said. "That's where you're going to maintain your information."

You should also experiment to find the note-taking system that works for you, Grove said. Some students benefit from the Cornell method of dividing their page into two parts. A more visual learner, on the other hand, might benefit from organizing their information with diagrams, pictures and charts.

No matter your learning style, you can always benefit from taking an active role in class and an equally active role in note-taking. This is something that many students in mathematics and the sciences understand, said Grove, who completed undergraduate studies in ceramic engineering as well as literature. "In the sciences and engineering and mathematics, students have a greater awareness that what's on the board needs to be written down," Grove said. In contrast, students in the humanities tend to "sit back passively and soak up what the professor is saying," he explained.

Listening is not the only situation where first-year students tend to be passive. Many students also do not know how to engage with the reading that they are assigned to do outside of the classroom. "To be an active reader means to be reading with a pen or pencil in hand," Grove said. You need to do more than highlight passages, however. "It's useless," said Grove. "I have some very colorful books from my undergraduate days, but I have no idea what I was thinking [when I was marking them up]," he added.

Instead, the pen should be used to make notes in the margins and to put into writing your main ideas about the text. In addition to aiding in information retention, Grove explained, these notes can help down the road when you write a paper or plan for an essay exam. If you can't stand the idea of making marks in your books, Grove suggests using Post-It notes instead. For many first-year students, the challenge is finding an appropriate place to study. Taggart discourages trying to study in your room. "It's generally better to get out of the residence hall. There tend to be a lot of distractions there," she said.

If you must study in your room, you can minimize distractions. Many students find that fans or white noise machines can drown

out other noises, Taggart said. She also noted that not everyone needs complete silence to study — many students benefit from listening to music while they work.

While solitary and distraction-free studying is often a necessity, sometimes studying with others can be beneficial. For students who learn better by listening or discussing, study groups can improve performance, Grove said. "Talking through the material will be much more effective than sitting alone reading it," he explained.

Getting involved in a study group may also be a good idea if you prefer socializing over hitting the books. "If you make studying itself social, you don't feel like you're missing out on something," Grove said. Furthermore, Grove explained, study groups (especially in courses for your major) are a great way to build a social and professional support network that will keep you going for all four years at Alfred.

Whatever your mode of study, you need to commit the necessary time and energy. In high school, you probably had a light or moderate workload that required several hours of outside study each week. In college, however, homework time usually quadruples. "A 16 hour course load is bigger than a 40 hour per week job," Grove explained. Students who forget that fact are the most likely to leave the University for academic reasons, he added.

Even students who are committed to doing well may struggle in college. Both Taggart and Grove agreed that it is better to seek assistance early instead of waiting for a poor grade. The first person you should talk to is the professor for the course, they said. "Nearly every faculty member does have that open door," Grove reminded.

If you and your professor cannot solve the problem together, Taggart said, Special Academic Services is there to help with peer tutoring, diagnostic tests for learning disabilities and additional academic guidance. Their secretary, Elizabeth Niles, can be reached at x2148 or nilesb@alfred.edu. ☺

TRANSFER ...
Continued from front page

You're not alone! Approximately one in every six students is a transfer in the school of Liberal Arts and Sciences, according to Jean Cardinale, Associate professor of Biology and Director of Transfer Seminar Programs. As many LAS students already know, there is a transfer student seminar in place to help new students ease their transition into the Alfred community. Born out of the FYE program, the newly implemented transfer student seminars acknowledge that transfer students are at different places in their college careers, and therefore, share a different experience than the average first year student. A major goal of the seminar is to help students explore AU and help them to get the most out of their experience here. Social adaptation is one of the most difficult things to handle as part of the transfer experience. Many upperclassmen have already established social networks and breaking into them can be a challenge. The seminar seeks to create a peer group through the classroom experience, according to Cardinale. Together students are learning the Alfred system and creating their own support group, fostered by a member of the faculty.

What you get out of the transfer experience is entirely up to you. You will only get out of it what you put in. Alfred is a great place to finish your education. The plethora of clubs and activities can open up opportunities for your future. Meeting new people on campus can lead to life-long friendships.

Chances are that you came to AU because it is time to open a new chapter in your life. It's time to switch things up and try something new. So get out there, your life is waiting for you! ☺

TIME ...
Continued from front page

Don't forget to eat and sleep. Studying to do well on a test is important, but it is so important that you abuse your sleeping time to cram an extra few hours or forego a meal to study? Eliminating sleep and meal times will only harm your body in the long run by forcing it to work extra hard to catch up on the nourishment it deserves. If you really need to study, bring your notes to the dining hall with you. That way you get the proper nutrition you need and can get a little studying time in, which brings me to my next point.

Multi-task. Try to combine tasks when you can, but be careful not to overwhelm yourself by taking on too much at once. While doing laundry, bring your astronomy book along to read, or bring flashcards to study while waiting at the health center. This way you are making the most of your time.

Nix procrastination. We all do it. We push our limits and put off work until the last possible second. But really, what good does this do us? We only find ourselves stressed and irritable, and who wants that? Start assignments, even things that seem months away, early. Only good things can come of this and the end result will be much better than that garbage you put together the night before. Trust me.

With these tips in mind, relax and enjoy the year at Alfred University. Following these guidelines will help you to prioritize and free up time to have fun with friends or go out on Mug Night without feeling guilty that you have mounds of work waiting for you back in your room. Happy studies and stock up on Post-Its! ☺

Resources available to calm writing anxieties

BY LILY KATZ
STAFF WRITER

Though all four colleges making up Alfred University will mold their students to have different strengths upon graduation, they will all expect each student to turn in papers throughout any given semester.

Analytic writing is a skill that many students struggle with, but because of Alfred's passionate professors and its small size, many services are available to students who wish to improve their written work.

The most obvious of these services is the Writing Center, headed by Dr. Vicky Westacott. She staffs a number of students who excel in their ability to not only write, but consult and provide support for students who use their services.

Students from any department, writing a paper on any topic are encouraged to seek out the Writing Center, even if it is only to get help with choosing a topic to write on, or to choose a thesis for a specific topic.

It is important to understand, however, that staff members will guide you through the process of writing and revising, rather but they will not complete the assignment for you.

Getting Involved on Campus: Why Should I?

BY JESSICA CABRERA
STAFF WRITER

When entering college the last thing on a student's mind is getting involved in clubs, organizations, sports and campus activities. Students want to hang out, party and, of course, get good grades.

It may be hard to believe for some, but there are many benefits from being involved on campus, whether it is in sports, academics, culture or many other categories.

When it comes to sports involvement, "Being involved in a sports team makes you more disciplined, helps you work well with others, gives you a sense of satisfaction, helps you to set and achieve goals, instills confidence, and keeps you more healthy and thus, happier," said Scott Miller, head coach of Men's Soccer.

Being involved in student organizations can also be beneficial. "Student organizations provide opportunities to create either a comfortable or challenging climate away from home: comfortable by bringing your interests and passions into your college experience; challenging by exploring new and different cultures and interests," said Director of Student Activities Dan Napolitano.

I personally speak from experience, as I was someone who was involved heavily my freshman year of college. In high school, there were many clubs and activities available, so it was hard not to be involved. When entering college I decided to take a break from it all and just focus on my studies and hang out with friends; you know, enjoy the sweet life of college. I wound up starting The Taste Buds, a

In order to get the best support then, you should be prepared to have a draft two or three days before the assignment is due.

Westacott encourages students to think of writing as a process "understand that revision is more than spell check and proofreading."

Professor of Business Frank Duserick says that the most common mistake seen on the essays of first-year students is a lack of focus.

When given a written assignment, "Students should enjoy doing it, and take chances to make it interesting," he said

Duserick, along with many other professors, encourages all students to go to the Writing Center or to consult with their professors with problems, concerns or even for some simple feedback. At the college level, each student is in control of his or her own academic success.

"All of the students who use the Writing Center are good students because they were smart enough to write the paper in advance and care enough about their work to excel," said Westacott.

The Writing Center is located on the bottom floor of Seidlin, and hours are posted on the door along with the sign-up sheet, though walk-ins are also accepted. ○

cooking club that focuses on educating students and the community about other cultures through food.

There wasn't a cooking club available on campus, so I decided just to start one to fulfill my need and possibly other students' needs. Through this experience I made so many connections with faculty and staff, new friends, and gained a lot of support from the Alfred community. I also joined the *Fiat Lux* in order to fulfill my need to write, and joined Student Senate so I could keep myself informed about what was happening on our campus and became a Resident Assistant.

Now as a junior, I take all of these experiences as paths that helped me to become more responsible, make plenty of connections, and help shape me into a more well-rounded person. I have made Alfred my home away from home.

I have done many things at AU, but that doesn't mean that you have to do as much as well. Be involved on campus because you want to. Join a club or play a sport because you have interest or would like to learn or play something new, or fulfill a hobby you enjoyed back at home.

Being involved on campus is an opportunity that not everyone takes. You do not have to be the rising star or the snail in the corner. Everything you do on campus, whether it's joining a club, playing a sport, tutoring or helping a roommate, remember it's important because you are doing it, and every little thing you do really does make a difference on our campus. Hope to see you all soon this year contributing on campus! ○

Intercollegiate Tidbits

Kansas State inks deal with Nike to cover all varsity sports

(U-WIRE) MANHATTAN, Kan. —Kansas State University joined an elite group of universities by signing a \$12.3 million contract to have all 16 varsity sports sponsored by Nike. The deal makes K-State one of less than 12 universities to be fully compensated by Nike, said Bob Cavello, associate director of athletics. He said the contract also helps K-State to compete with the country's big-money programs. "We have limited resources at Kansas State," Cavello said. "That requires us to be a little more creative and a little more resourceful when it comes to stretching the dollar to get the most bang for our buck."

The contract will give K-State \$235,000 in cash for use by the athletic department and \$800,000 Nike dollars every year for six years with a two-year extension option. The Nike dollars will go toward apparel, footwear and athletic accessories.

However, the deal will not provide the teams with everything they need. "There will be some things that Nike does not create," Cavello said. "For things like oars and shells for the crew team, and saddles for the equestrian team we would need to go to the special manufacturers." Nike's relationship with K-State began with a football contract in 1995. The men's and women's basketball teams were the next sports to be Nike sponsored.

Before this year, all K-State varsity sports teams were able to buy Nike apparel at wholesale through an in-house account, Cavello said. Perhaps the biggest beneficiaries of the deal are K-State's smaller sports, said Michael Smith, cross country coach. He said getting shoes and apparel free of charge will help their program. "I think it's great for our team," Smith said. "We have to work within certain boundaries so signing a deal with a big company like Nike really enhances our budget."

Included in the deal will be new jerseys for the men's basketball team. Cavello did not say what they would look like -- only that they will not disappoint. "Players and fans are going to love it," Cavello said. "No one else in the country is going to have this look."

Saved by the Bell's 'Mr. Belding' offers advice to U. Alabama students

(U-WIRE) TUSCALOOSA, Ala. - Maybe your favorite episode is the one with the baby pool. Maybe it's the episode when Lisa sprains her ankle. Maybe it's the one when Jessie becomes addicted to caffeine pills. Or maybe, if you are Dennis Haskins, your favorite episode is "the one when Mr. Belding says no to his brother." No matter the favorite episode, the University of Alabama's "Back to School with Mr. Belding" was a hit.

Students were packed like sardines in the Ferguson Theatre -- some dressed in homemade "Saved By the Bell" T-shirts and others singing and humming the show's theme song -- all to see their favorite high school principal, Mr. Belding, played by Dennis Haskins. The event was attended by 422 students, said UP President Brett Harmon. Chris Todd, a freshman majoring in broadcast journalism, said his older siblings watched "Saved By the Bell," which caused him to become interested in the show. "I was the youngest of six and two of those six were girls," Todd said. "My sisters were big Zack fans and always loved Lisa's clothing."

Clad in her "I love Screech" T-shirt, Alyce Armstrong, a freshman majoring in political science, remembered watching with her siblings as well. "It was something I got hooked on. All my siblings watched it, and so I gave it a try as well," said Armstrong.

Meredith Osborne, a junior majoring in industrial engineering, said watching the show is a big part of her morning routine. "I can't start a day without 'Saved By the Bell.' It was really good to be a '90's kid," Osborne said. After a five-minute video of clips of the show featuring Haskins, everyone's favorite theme song blared through the speakers, sending the crowd into a roar of cheers. During the show, a student was chosen to interview Haskins and a trivia game was played, where six students got the opportunity to win an autographed picture of the cast.

Haskins encouraged UA students to never give up and never get discouraged, no matter how many times someone tells them no. "I try to target the college age because they grew up during the time 'Saved by the Bell' ran," Haskins said. "I want to encourage people to take a chance. Most importantly, to follow their dreams." One thing Osborne said she liked from the program was that Haskins admits that he will always be remembered as Mr. Belding. "Some people that get really big in television get upset if they are remembered for only one role," Osborne said. "I like that he doesn't loathe being remembered as Mr. Belding." "I think way too many people risk failing at things. The one thing I've learned is that you always learn from your mistakes," Haskins said. "I still learn from mine everyday."

Haskins closed the programs by challenging each student for the next two weeks to do one random act of kindness for someone. "It could be anything," Haskins said. "You guys are the future, so let's do all we can to make the world a better place."

Miami University of Ohio to offer free tuition

(U-WIRE) KENT, Ohio -- Anyone who has ever wished the cost of education was free -- and who hasn't wished that, really? -- will see their wildest dream come true in the fall of 2007, but it won't be at Kent State. In his state of the university address on Aug. 18, Miami University of Ohio President David Hodge announced that 125 to 150 incoming freshmen with financial needs will receive free tuition starting in Fall 2007. The Miami Access Initiative program will allow Ohio residents with family incomes of \$35,000 or less to attend Miami tuition-free for up to four years, according to the program's Web site. The university will pay for any tuition fees not covered by other grants or scholarships a student receives, said Chuck Knepfle, director of student financial assistance at Miami. All qualifying full-time freshmen attending the Oxford, Ohio, campus in the fall of 2007 are eligible to receive funding from the initiative. "Miami's been focusing a lot of efforts the last couple years on diversifying the student body, not only from a racial and ethnic point of view, but also from an economic one," Knepfle said. The initiative will be funded by \$10 million left to Miami by alumna Lois K. Klawon, who died in 2005 and wanted the money to be used to help needy students at her alma mater, Knepfle said.

In his address, Hodge explained the importance of helping students from low-income families receive a college education. "Miami can and must do more to help Ohio students prepare for college. Miami can and must do more to help Ohio students of all economic classes find the means to attend Miami," he said. "It is part of our responsibility as a public university." Knepfle said the initiative, proposed in July, is based on similar financial aid programs at other universities. "We want everyone who graduates from high school to think, 'Hey, I could go to Miami,'" Knepfle said. "They might not want to go to Miami, but we want it to be an option."

Kent State's director of student financial aid, Mark Evans, said although free tuition is not currently available to students at the university, he is paying close attention to programs like Miami's. "Obviously, we're monitoring the new initiatives, and we're reviewing them to see: Would a program like this work at Kent State University?" Evans said. He estimated eight in 10 Kent State students are eligible to receive some sort of financial aid, whether it be in grants, loans, scholarships or work-study employment.

Constance Dubick, associate director of student financial affairs, said Kent State offers outreach and counseling programs to students in need of financial assistance.

"We make a real effort to make that interpersonal connection and talk to students and their parents," Dubick said. She described financial aid at Kent State as a "high-tech, high-touch" department devoted to educating students about their financial options.

Evans said he urges students to contact the financial aid office to find out what financial help they are eligible for. "We're really here to help serve students," he said. "These are some challenging times, with fee increases." ○

Looking Ahead...

89.7 WALF FM

General Interest Meeting

Tuesday, Sept. 5 @ 7 p.m. in Nevins Theater

Want to be a DJ? Come check us out.

We are currently seeking new radio personalities and show ideas.

Poder Latino

General Interest Meeting

Wednesday, Sept. 6 @ 7 p.m. in the Multicultural Suite

Executive board seeking new members, including secretary, senate rep., events coordinator.

Bergren Forum: "Acid Rain Revisited"

Thursday, Sept. 7 @ 12:10 p.m. in Nevins Theater

Dr. Michele Hluchy speaks about the damaging effects of acid precipitation

Bring lunch, coffee and tea provided.

Nicholas Leichter Dance

Friday, Sept. 8 and Saturday, Sept. 9 @ 7 p.m. in the

C.D. Smith Theater of Miller Performing Arts Center

Attend this slow and sensual dance performance filled with provocative pairings sure to please audiences

Free of charge and open to the public, but reservations are recommended.

Auditions for Twelfth Night

Sunday, Sept. 10 from 7-11 p.m.

or Monday, Sept. 11 from 9 a.m.-1:30 p.m.

in Miller Performing Arts Center

Prepare a monologue from the play or prepare nothing!

Everyone encouraged to audition.

ALANA "5 Stories"

Monday Sept. 11 @ 12:10 p.m. in Nevins Theater

Panel discussion on the events of 9/11.

Hear from five different students about their experiences on that day.

"Gay? Fine By Me." T-shirt Day

Tues. Sept. 11

Show your support for the GLBT community by wearing your "Gay? Fine by me." T-shirt around campus.

Non-Traditional Students' Union

Seeking childcare for student parents

Contact Eric Carvalho at etc1@alfred.edu if you wish to be added to the list of sitters or would like a copy of the list.

AUTV

6 p.m. Mondays in the AUTV studio

Under new management!

New show ideas wanted.

(Almost) anything goes.

CAREER CORNER

Face it: Your Web identity matters

BY KYLE TOROK
INTERNSHIP AND CO-OP COORDINATOR CAREER DEVELOPMENT

Introducing a new column is like playing matchmaker with two bafflingly opposite friends, who, when introduced, are less star-crossed lovers than molar-grinding, fist-throwing nemeses: a bit awkward.

So let's forego small talk and get to the point: even as you read this, employers are scouring the Internet for your name, trolling for long-buried secrets, skeletons thought safely closeted and antics so debauched as to make Greek gods blush.

There, that wasn't awkward. Paranoid, maybe – but awkward, no.

Employers have wised up to the digital domain, scrutinizing blogs and popular networking sites, such as Facebook.com and MySpace.com, to investigate job-seekers and weed out undesirable candidates. More employers are catching on every day. Such tools are great for communicating with pals, but information you make public can be found, and used against you.

You might think it's none of their business, that such practices are sneaky, even slimy. Maybe they are, but whether to hire you – that's their call. So while you may derive chuckles from posting photos of your first kegstand or banging out an F-bomb-peppered rant about that professor who gave you a C-, employers would take a different tack on it.

Savvy, self-censoring students, sufficiently wary of where they're found online, can sidestep such pitfalls. Forewarned is forearmed, job-seekers:

- With an employer's eye, review such information you've put out on the Internet. Check your photos, blogs, friends' comments; even check your friends' information for how it reflects on you.

- Know what your name's attached to: Google yourself. If your name is out there – say, on MySpace – it can show up in a query. Removing your name from the source isn't the quick fix you might think: Google archives Web sites.

- What's fun or cute to you isn't so for everyone. The standard advice regarding blogs and social networking sites is to refrain from posting anything you wouldn't want on the front page of the newspaper or to show your sweet, old grandmother.

- If you must blog, mind your manners and leave the office out of it. Loyalty is prized; gossips: despised.

- Facebook may seem safer than other sites, as it requires users to have an email domain registered with participating schools; however, some 400 companies also are registered with the site; employers have put interns and recent hires (alums) to work digging up dirt; and state and federal agencies can access Facebook accounts under the Patriot Act.

Taking a few moments to mind your online antics can help ensure you get that interview, and will definitely detract any awkwardness from the first introduction.

CAREER CORNER

How to Survive Your Freshman Year Without Killing Your Roommate

BY JESSICA BARNTHOUSE
FEATURES EDITOR

So here you are: your first year of college. Your parents are gone and all kinds of new experiences await you. Live it up, kid—it's ultimate freedom time. But wait a second... the school has stuck you living with some stranger who has nothing in common with you and smells funny?! How barbaric! How the heck are you supposed to survive this year?!

Now, take a step back and breathe. It's probably not that bad. Besides, Office of Residence Life says you're stuck with him for the next three weeks anyway. Trust me, getting along with your roommate is much easier than going through the paperwork of kicking him out. With the help of Brett Wellman, Assistant Director of Residence Life, I have compiled a list of tips on how to survive your freshman year without killing your roommate.

Share. Hopefully over the summer you talked to each other about who was bringing what. If there is one microwave, one television and one mini-fridge in the room, you must be willing to share these appliances. When I decided to fill condoms with Jell-O and let them set in my freshman roommate's mini-fridge overnight (to be placed in a piñata the following day), my roommate gave the "okay" and no fuss was made. After all, there was space for it.

Communication is key. It is important to talk to your roommate about bedtimes. No, seriously-- conflicting sleep schedules can be a pain if one roommate sleeps all day instead of at night. However, compromise can be made if both persons are willing to make the effort. Set up specific "quiet times" for when sleep is most likely to occur and don't be a jerk. Which brings me to my next point: Don't be a jerk. Don't go through his stuff

while he's gone or borrow things without asking. Also, don't eat all of his food—that's just rude. If your roommate is invading your personal space, talk to him about it before you complain to everyone else on the floor behind his back. You'd be surprised how quickly word travels on such a small campus.

Make other friends. If your roommate is the only person you're ever hanging out with, you really will want to kill each other. Burt and Ernie had other friends around Sesame Street and so should you. Besides, hanging out with other people will also make the time you do spend with just your roommate all the more special.

Set up a game plan. If it's been three weeks and you're still getting bad vibes from your roommate, set up "room rules" with him. If annoying music is a big issue, start a headphones policy. If your roommate is constantly having his boyfriend or girlfriend spending the night and it's bugging you, request that slumber parties only take place a few nights a week. I have a friend who complained about the smell of her roommate's significant other's feet. After dealing with it for several weeks, she finally spoke to her roommate about it. The problem was fixed with an open window, a bottle of Febreze and the boyfriend keeping his shoes on more often.

Remember, although you have the right to make reasonable requests with your roommate, you must also be willing to compromise. Chances are if there are things bugging you about him, he's just as irked about you. Make sure you keep a communication line open and remember that both of you will be changing a lot this year. And anyway, look on the bright side: at least it's not your mother moving in with you to leave her dirty boxers all over the floor. ○

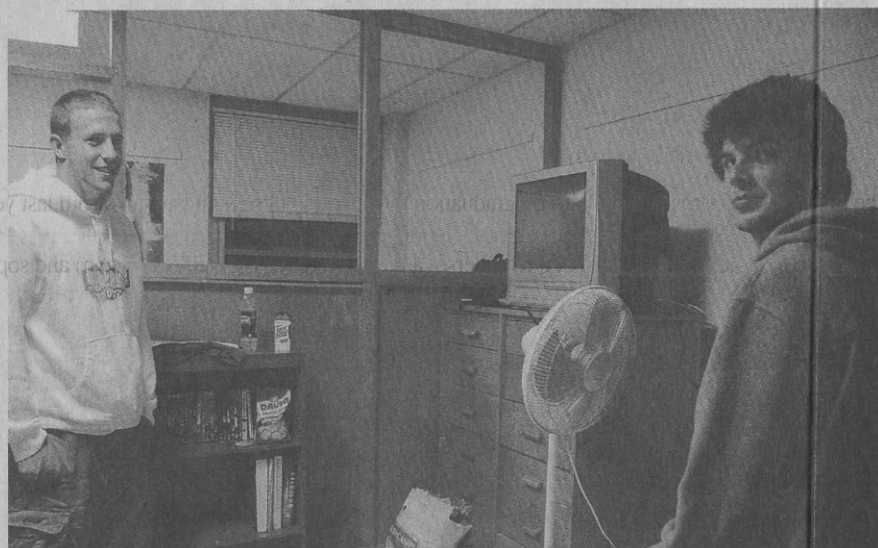


PHOTO BY SHAUN LITULIPPE

New roommates Calib Mall and Sam Tallarino relax in their Openhym room during a break from Orientation activities.

The Essentials to Taming Stress

BY JILL BALZANO
WRITING COACH

The alarm goes off at 9 a.m.. You have only gotten three hours of sleep and even fewer lie ahead. After a night of work and studying, the load doesn't seem any lighter. Welcome to college.

Although stress is a common part of pre-college life, the level and amount of it changes drastically once at college. Classes at this level require more attention and effort. On top of all of this, a whole new social life is in the midst of being formed.

Faltering under overwhelming pressure and giving up are easy to do. Don't let this happen! There are many ways to help relieve the stress. Once you find the techniques that work for you, life will become much easier. First thing's first: breathe. Take the time to recognize the areas which are causing the most stress. Step back from them for a moment and just breathe.

Sophomore psychology major Caity Cramer offers this advice: "Lock yourself in your room, take a deep breath, and forget about all obligations for a couple minutes."

You'll be surprised how much those few minutes can help.

Don't let assignments pile up. Figure out which things need to be dealt with first and start there. Making a list of priorities is key. Staying ahead with your work leaves room for fun and for any unforeseen situations that may arise.

Be prepared for surprises. Professors can throw last minute assignments at you. Don't let this overwhelm you. If you do longer assignments at a reasonable pace there will be room in your schedule for sudden changes.

Sleep. It sounds obvious, but, as you will learn,

sleep is one of the first things sacrificed in college. Work cannot be done well if you are too tired. So fit sleep into your busy schedule. You will be shocked to find how much work can be accomplished when well rested.

Be confident. If you believe you can tackle the large list of obligations, than you will.

Junior art and design major Katie Cornelius says that for her, "confidence is one of the most important parts of avoiding stress."

It is extremely easy to crack under the pressure of stress. Believing you can't possibly do anything is a common feeling. Don't let this happen. Have confidence and take things task by task.

Exercise. Use the wonderful, free gym facilities Alfred offers you. Redirect your stress to the task of burning calories. Go for a run (while the temperature is still in the positives) or grab some friends and head to the pool.

Working out is an excellent way to release all the pent up frustration college life can bring.

Lastly, and most importantly: have fun! It may seem like there is no time for fun, but there always is. Constant work can drive a person mad.

Get out of your room. Leave Scholes. Go out to dinner or watch a movie. Go out to that party with your friends for a while. You will feel much more refreshed when the time comes to go back to your work. Everyone has their own ways of handling stress. Find a way that works for you and practice it.

Once you have a method for handling the pressures of college, life will be much more enjoyable. It is possible to fit work, play, and sleep into your day. Search until you come upon a way to balance these, and always remember, to quote *The Shining*, "All work and no play makes Jack a dull boy." ○

When Jill Balzano asked Professor of English Susan Mayberry for her advice on managing the stresses of college life, she received this list of tips.

The 13 Commandments to Counteract Stress

As spoken by Lady Susan of Avon, a.k.a. Susie the Fool

1. Make stress work for, not against you; create something from it.
2. Look at life as a journey, not a job.
3. Do your work before you play, but be sure to come out and play.
4. Remember the past, consider tomorrow, live in the moment.
5. Eat mayonnaise.
6. Prioritize: make lists and check them twice.
7. Exercise.
8. Laugh a lot.
9. Know that grunge makes more sense than grudges.
10. Walk a tightrope, but keep your balance.
11. If children and dogs make you nervous, drink diet Dr. Pepper.
12. Know yourself; love yourself. Know that loving somebody else is something you do for yourself.
13. If all else fails, and you find yourself an atheist in a fox-hole, pray.

AU Sports

AU football team poised to compete for Empire 8 crown, NCAA berth

AU OFFICE OF COMMUNICATIONS

If the Alfred University football team continues to build on the success of the last two seasons, the Saxons could earn the program's first trip to the NCAA playoffs in 25 years.

The 2005 AU football team came up just short of its goal of winning an Empire 8 Conference title and an automatic berth in the NCAA Division III championship tournament. The Saxons settled for a runner-up finish in the conference standings, their lone conference blemish a 28-14 setback at Ithaca. When AU was denied an at-large bid to the NAAs, the Saxons instead earned their second straight ECAC title, this time with a 63-20 pasting of visiting Maine Maritime in the North Atlantic Bowl championship.

While the Saxons were disappointed at not making the NCAA tournament field in 2005, they had plenty of reason to turn an optimistic eye toward 2006. Sixteen starters return from last year's 9-2 team, including seven from a defense that was one of the toughest in the Empire 8 and Upstate New York and seven from a balanced offense that averaged more than 380 yards and 30 points per game. In addition, most of a solid special teams corps returns intact. "It's nice to return kids with a lot of playing experience, kids who've been a huge part of our success the last two years," said Dave Murray, entering his ninth season as AU head coach. "We're going to need that experience and talent because of our schedule." Murray was referring to a 2006 slate that includes four games, all at home against nationally-ranked opponents. Three of those — Thiel (season opener Sept. 9), Hobart and Ithaca — played in the 2005 NCAA tournament, while the fourth, St. John Fisher, played an ECAC bowl game last season. As has been the case of late, defense will be key to the Saxons' success. Each of the last two seasons, AU's defense has ranked among the best in the conference and region in yards and points allowed. Murray will count on similar contributions this year.

Alfred will certainly miss the contributions of the handful of players it did lose, most notably All-American linebacker and 2006 graduate Brenton Brady, who logged nearly 300 tackles in his career and was the centerpiece of the Saxons' stingy defense. Fellow linebacker Blake Fuller and strong safety Aaron Meyers are gone from last year's squad as well. "The guys we have to replace were outstanding," Murray said. "It will be tough to fill their shoes, but our program has grown to the point that there will be guys ready to step up and perform."

A solid corps of veterans, led by a trio of Empire 8 Second Team all-stars — senior end Andy Rantz (Montandon, PA/Milton Area), junior tackle Don Miller (LeRoy, NY/LeRoy) and senior middle linebacker Nick Gatto (Bemus Point, NY/Maple Grove) — return ready to pick up where they left off last year. Rantz had 47 tackles in 2005, including 18 for loss and 11 sacks. Gatto was second on the team in tackles last year and has rung up more than 200 stops in his first three years. Miller, at 6-2, 310, is an exceptional run stopper who had seven tackles for loss in 2005.

Miller and Rantz are part of a defensive line that returns all four starters. Sophomore end Jake Syracuse (LeRoy, NY/LeRoy) and junior tackle Mike Penkin (Rochester, NY/Greece Athena) played well as first-time starters in 2005, Syracuse had 35 tackles (16 solo, 4.5 for loss) while Penkin had 41 stops (15 solo, four for loss). "Our defensive line, the starting foursome, is the strongest I've had in nine years here," Murray commented. Add solid sophomore backup tackles Rob Ritter (Fairport, NY/Penfield) and Robert Campbell (Rochester, NY/Pittsford-Mendon) to the mix and Murray expects the line to anchor another outstanding effort from the Saxon defense.

The linebacking corps was hit hard by graduation this spring, but several backups from last year are poised to step in to starting roles this season, including senior Ralph Jackson (Forestville, NY/Forestville), juniors Bobby Plate (Seneca Falls, NY/Mynderse) and Nate Pleakis (Olean, NY/Olean) and sophomores Jeremiah Wagner (Coudersport, PA/Coudersport) and John Soule (Richfield Springs, NY/Richfield Springs) and freshman Chad Pieri (LeRoy, NY/Caledonia-Mumford). "We have questions at linebacker, but we do have Nick Gatto coming back in the middle. We'll need our youngsters to step up and play," Murray said. The secondary is talented, with a pair of all-Empire 8 honorable mention selections, sophomore free safety Brian Nitsche (Portville, NY/Portville) and three-year starting cornerback Mike Coupe (New Hartford, NY/New Hartford), returning. Nitsche and Coupe each ranked in the top eight on the team in tackles and had four and three interceptions, respectively.

Players looking to replace Meyers at strong safety include juniors Bobby Magiera (Little Valley, NY/Salamanca) and Dan Medlock (Garden City Park, NY/Mineola) and freshman Brent McGill (Rochester, NY/East). Competing for the weakside corner spot include junior Josh Rammacher (Angola, NY/Lake Shore), who is also the starting punter, and sophomore Xavier Marshall (Fairport, NY/Fairport).

"We have two solid starters returning in our secondary," Murray said, referring to Nitsche and Coupe. "Ideally, we'll have someone emerge as a shut-down corner who can cover the opponents' best receivers one-one-one, and if we can put pressure on the quarterback, a rest of the secondary will work."

While Alfred has become known for its stalwart defense, the Saxons also boast a balanced, powerful offensive attack, led by junior quarterback Paul Keeley (Caledonia, NY/Caledonia-Mumford), junior tailback Elmer Newsome (Walton, NY/Hancock) and senior tackle Mike Yokopovich (Webster, NY/Webster-Schroeder). "Defense has been our foundation the last two seasons, but our offense has really developed," Murray said. "Now, we're a much more balanced team."

That balance is due in no small part to the emergence of Keeley, who earned the starting nod last fall after transferring from St. John Fisher. He was given honorable mention from the Empire 8 after throwing for 2,173 yards (second-most in a year in school history) while setting a new school single-season record for touchdown passes (21) and tying the mark for TD tosses in a game (four, vs. St. Lawrence). Keeley topped off a solid first year at AU by completing 16 of 17 passes for 219 yards and three scores against Maine Maritime in the ECAC bowl game and earning the game's outstanding player honors. "It's a luxury to have a seasoned quarterback like Paul running our offense. He just kept getting better as the season progressed last year," Murray said. "We're excited to have him as a leader. It's like having another coach out there on the

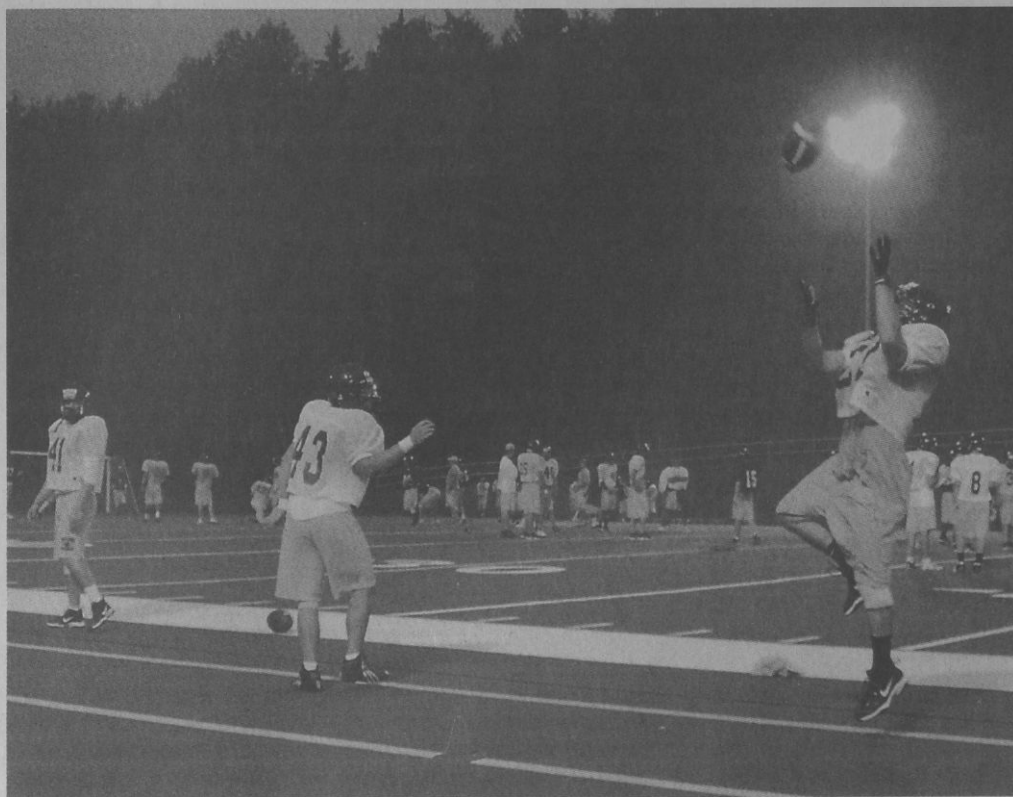


PHOTO BY SHAUN LATULIPPE

field. He's a very smart player who knows what the defenses will give him. Paul's strength is he always puts himself in a position to do well." With last year's backup QB, junior Jared Hyatt (Newark, NY/Newark) moving to tight end, sophomores Matt Eisenhauer (Kenmore, NY/Kenmore West) and Ed Wienckoski (Levittown, PA/Pennsbury) will battle for the number two job this fall.

Newsome was outstanding in his first year as a starter, racking up 1,230 yards rushing and scoring seven touchdowns on his way to earning First Team Empire 8 and Third Team Football Gazette All-East Region honors. The Saxon offense was successful in large part to the diversity of its attack, which includes diminutive and speedy backup tailback Julio Fuentes (Olean, NY/Olean). The 5-2, 160-pound Fuentes was used primarily in third-down situations as a freshman last year, when he ran for 333 yards and two TDs while catching 22 passes for 276 yards and two more scores. "What Elmer and Julio give us are two guys with lots of experience who bring different tools to the table. They complement each other so well and with their different styles make it difficult for teams to defend," Murray said.

Alfred has always been able to attract talented tailbacks to the program, as evidenced by the arrival of freshman Dustin Morris (Cortland, NY/Homer), a New York State high school all-star last year. Despite the presence of Newsome and Fuentes, Murray expects Morris, a solid runner and receiver, will see playing time this year. "We're really excited about Dustin," he said. "We think he'll be an impact player for us."

Junior Jeff Pecoraro (Williamsville, NY/Williamsville) is the incumbent first-stringer at fullback. He'll compete for the starting job this fall with sophomore Justin Hamblin (New York Mills, NY/New York Mills) and Morgan O'Brien (Bradford, PA/Bradford). Keeley's primary target this year will be sophomore wideout Trevor Bork (Fishers, NY/Victor). Bork caught a team-high 50 passes for 572 yards and four touchdowns as a freshman in 2005. His four scoring catches averaged 36 yards. "Paul and Trevor have great chemistry," Murray said. "Trevor is great at reading coverages and runs his routes well. If the ball's in his vicinity, he'll go up and get it. He's a playmaker."

Looking to crack the starting lineup is junior Ben Stanton (Fort Edward, NY/Hudson Falls). Plagued by injury his first two years at AU, he stayed healthy in 2005 and caught 13 passes for 144 yards and a score as the team's third receiver. Others vying for time at wideout include sophomores Jack Phelan (Slingerlands, NY/Guiderland) (two catches, 22 yards in 2005) and Craig Chase (Erie, PA/Cathedral Prep), junior A.J. Ross (Ticonderoga, NY/Ticonderoga), senior Paul Torrey (Niagara Falls, NY/Niagara-Wheatfield) and freshmen Jared Manzer (Johnson City, NY/Johnson City), Saucobie Riley (Rochester, NY/Marshall) and Nick Barton (South Glens Falls, NY/South Glens Falls).

"We'll be able to play a lot of them. Competition at receiver is wide open," Murray said.

Senior Matt Gibbins (Clifton Park, NY/Shenendehowa) is the frontrunner to replace all-conference pick Chris Reger at tight end. Gibbins, who like Reger was used at fullback early in his career, caught seven passes for 84 yards and two TDs last season. "Gibbins has been with us a couple years," Murray commented. "He's got good hands and can block." Also competing for time at tight end are junior Kasey Kryder (Rochester, NY/Gates-Chili) and sophomores Stephen Soderberg (Peru, NY/Peru) and Rahsaan Parks (Binghamton, NY/Binghamton).

Alfred's success on offense hinges on the effectiveness of its line, and the line has been tremendous over the last two years. In 2005, AU allowed a mere seven QB sacks all year while paving the way for nearly 200 yards passing and more than 185 yards rushing per game. While AU will miss all-conference right tackle Matt Nelson, Murray is confident left tackle Yokopovich will lead the line to another year of stellar play.

Other returning starters are junior center Mike Callahan (Scotia, NY/Scotia-Glenville) and senior Brian Caston (Webster, NY/Webster-Schroeder). Others competing for time along the offensive line include juniors Justin Hanft (East Otto, NY/Maple Grove) and Brian DeCabia (Calverton, NY/Riverhead) and seniors Paul Tulkis (Pomona, NY/North Rockland) and Dave Cooper (Rochester, NY/Hilton). Eric Manning (Hoosick Falls, NY/Hoosick Falls), a 6-4, 300-pound all-New York State lineman, is Alfred's top freshman recruit. "We have some skilled kids returning," Murray said. "Matt's shoes will be hard to fill, but with Yokopovich, Caston and Callahan returning, we have experience and leadership. I think (the line) will be fine." Once again, AU will count on a balanced offensive attack — Murray prefers a 60-40 percent split on running and passing plays — to move the ball, eat up clock and keep opposing defenses honest. With new starters in several key positions on defense, maintaining a time of possession edge on offense will be important.

Special teams play should be a strength in 2006. Junior placekicker Chris Reynolds (Pittsford, NY/Pittsford Sutherland) made 35 of 37 PATs and eight of 11 field goal tries in 2005 on his way to receiving Second Team Empire 8 honors. The owner of single-season records for points scored by a placekicker, field goals made and PATs made, Reynolds is on the verge of setting virtually all school career kicking marks. Rammacher averaged 38.5 yards per punt in 2005, a new school single-season record, and earned honorable mention from the conference. "Those two guys (Reynolds and Rammacher) have been consistent for us the last two years," Murray said. "Our kicking game is in very good shape."

The return game took a hit with the graduation of wide receiver/punt returner Craig Zarzycki, yet returns some talent from last year. Fuentes averaged 21.1 yards on nine kick returns in 2005 and could share kick return duties with Manzer and Riley. Bork is in line to return punts. Getting off to a good start is important, Murray said, noting last year's season-opening loss at Washington & Lee, a setback that likely denied the Saxons a spot in the NCAA playoffs. This year's goals include competing for an Empire 8 crown and the automatic NCAA berth that comes with it. "We need to get off to a great start and we'll find out right away how good we are," Murray said, referring to the season-opener Sept. 9 at home against visiting Thiel, ranked 21st in Football Gazette's preseason Division III poll.

After the Thiel game, AU travels to St. Lawrence (Sept. 16) and opens its Empire 8 Conference schedule Sept. 23 at Springfield before returning to Merrill Field Sept. 30 for a Homecoming matchup with conference foe Norwich. The Saxons have successive Empire 8 road games against Hartwick (Oct. 7) and Utica (Oct. 14) before traveling to Bangor, ME, Oct. 21 for a non-conference matchup with Husson. AU, ranked 35th in the Football Gazette poll, wraps up the year with an Oct. 28 non-conference home game with Hobart (14th ranked) and a pair of home Empire 8 contests, Nov. 4 against 19th-ranked Ithaca and Nov. 11 against 31st-ranked St. John Fisher. "This is as challenging a schedule as we've had in a long time," Murray said. "There is no room for let-ups and no easy games." ○

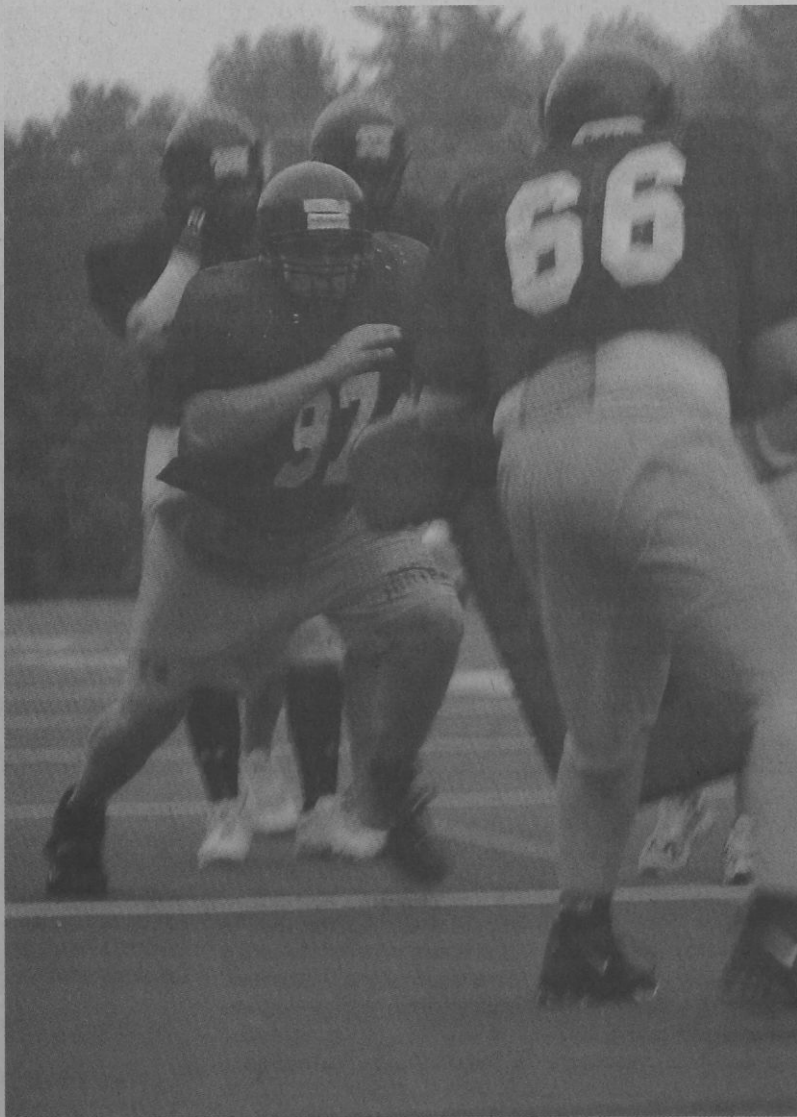


PHOTO BY SHAUN LATULIPPE

AU Sports

New blood, hard work, and big plans for Saxon cross-country squads

BY JON WORDINGHAM
STAFF WRITER

Alfred University's men's and women's cross-country teams are no strangers to being very competitive within the Empire 8 Conference, but this season's outlook is shaping up to be even more special for the young squads.

"We have a very young and talented team with seven new women and seven new men," said Head Coach Rob Winkky.

Winkky said that he is particularly excited about the women's team.

"We lost no athletes last year to graduation on the women's side, so I expect to challenge [cross-country powerhouse] Ithaca's women at the conference meet."

Along with the seven freshmen, the squad features an array of veteran talent including seniors Kate Ciccone, Kristen Egan and Krista Villoman.

McKenzie Clemens, Megan Scrimmins and Rachel Gaylord lead the pack of freshmen who are not only going to challenge Ithaca, but also the veterans on their own team.

This is a breath of fresh air for returning runners like Kaitlin Sherin, who said that a competitive team makes everything more fun.

"Everybody's more focused because our team is bigger and we've started out [practices] very strong and motivated," Sherin explained. "It also helps during a race because having a teammate there makes you realize where you need to be."

Personal records are the name of the game for this year's team.

According to Sherin, "I want to improve on my place and get P.R.'s, and if everybody does that, we should have success."

The Saxon men are also looking to have a very successful season, despite the loss of two top runners and the team captains in May, graduates Jeff Norton and Jason Bell.

Senior Fontana Fluke said that returning members responded by stepping up their summer training.

"We know that we have to step up to maintain our reputation and good name," he explained.

The seven incoming freshmen will bring additional talent and enthusiasm to the squad.

Two standouts from this crop of freshmen are Jessie Schuster and Jim Thierman, who Winkky believes will be able to make up for the loss of Norton and Bell.

"We should be able to compete better than last year at the conference meet, and we could even compete for the title" Winkky explained.

After a personally disappointing end to his junior year, Fluke said he worked hard in the off-season to gain the edge that he will need at this year's state and conference meets.

"I ran quite a lot over the summer and Fontana ran me ragged on our first run," said Winkky. "He's highly motivated right now and I expect him to win conference."

Fluke's training, combined with his acquired knowledge of the courses, should help him run faster at each race. "I'm shooting for nationals, which translates into a top 5 finish at the state meet," he explained.

As for the team, Fluke believes that those seven freshmen could give them a really good chance to win Empire 8's. "I know [veterans] Travis [Swan, a senior] and Matt [Karczewski, a junior] have high goals and we need to show the freshmen that it takes consistency to obtain higher levels of achievement."

Improvement is a goal for both the men's and women's squads, but so is enjoying the experience.

According to Sherin, "We're all getting to know each other and looking forward to having fun." ○

Experienced men's soccer squad looking for success in 2006 season

BY ERIN
BRUMMER
SPORTS EDITOR

The Alfred University men's soccer team was recently ranked fourth in an Empire 8 preseason coaches' poll. This ranking comes after AU placed fifth in the conference last year, with a 5-10-0 record, 2-4-0 in Empire 8 contests.

Do not be fooled by this middle-of-the-pack standing, however. The Saxons are entering the 2006 season with high hopes of repeating their 2003 title as Empire 8 Conference champions, which earned them a spot to compete in the NCAA Championships.

This year's seniors remember the experience well, having been freshmen on the 2003 squad.

According to senior goalie Brian Middleton, "This year has the potential to be one of the best for the AU men's soccer team. For the older guys, it's our last year so we only have one more chance to shine."

Senior goalie Jim Roberts agreed adding, "We really want to get back to the NCAA tournament!"

This desire, combined with the depth of the upperclassmen, is sure to mean improvement from the 2004 and 2005 seasons.

A returning impact player is senior forward Bobby Linaberry. Linaberry leads the attack with 62 career points, hav-

ing earned Empire 8 all-star honors and been named the 2003 Rookie of the Year. He is currently 11 points shy of breaking Alfred University's career points record, and the season hasn't even begun.

Joining Linaberry is junior forward Adam Long. With 35 career points, Long was a 2004 Second Team all-conference pick as well as a First Team choice in 2005.

Bringing experience to the midfield are seniors Jarett Sanatar, David Suddaby and Brian Piccardo. Sanatar was named an Empire 8 all-star during the 2003 and 2004 seasons.

The defensive line will be anchored by seniors Zach Hunkele, Adam

Morgan and Zach Wise.

Middleton and senior Jim Roberts continue to share time in the net. Rounding out the senior class are midfielder/defender Kian Merchant-Borna and defender Matt Jakielski.

While the team is deep with experienced upperclassmen, Middleton noted the importance of building a strong future program to continue us each year to post-season play."

Sophomores Gavin Beem and Adam Nudd are sure to add strength to the midfield. Beem was a Second Team Empire 8 all-star his freshman year.

With a solid senior

class as well as underclassmen willing to step up, the team's confidence is high.

According to Roberts, the team has already made noticeable improvements: "We've worked on our attitude and our leadership, and we've all matured over the last year," said Roberts.

The team was put through its paces during a difficult but, the players said, ultimately constructive preseason. Because of this, says Middleton, "our team optimism is high, along with out positive mental attitudes."

The Saxons will be in action at home on Merrill Field Sept. 6 at 6 p.m. as they take on Cortland State College. ○

Women's volleyball starts it up in '06

BY AMANDA KNIGHT
CONTRIBUTING WRITER

Kathleen Dyring, Head Coach of the Alfred University women's volleyball team, looks forward to the new season, her third as a coach at Alfred.

Dyring is no stranger to Alfred volleyball, however. She graduated from AU in 2002 and played four years on the volleyball team. Because of her experience with the game, she knows what qualities a successful team needs to have.

"The team is physically stronger than last year's team," said Dyring. "New players bring enthusiasm to the team and returning players bring back leadership qualities."

Dyring said that she expects to improve on last season's 7-16 record. This year, her goal is a .500 season.

This season there are five new players and four veterans.

Dyring said she is expecting good things out of Sarah Berry. A senior who plays middle hitter, Berry is a fourth year starter who has earned Empire 8 conference honors.

Freshmen Meghan Barry and Danielle VanCott are expected to have a positive impact on the team as well. Barry is a middle hitter with good height, strength and aggressiveness, and Dyring called VanCott an amazing all-around athlete with solid skills.

Dyring said that she runs challenging practices in order to work toward team goals. The girls practice hard Monday through Friday, with a typical session lasting two hours. Since the players

spend so much time together, the team has become close and developed strong chemistry.

Shannon Mather is a freshman from Endicott, N.Y., who played four years of volleyball in high school. She is a libero player, playing on the back row of the court and wearing a different color jersey than the rest of the team.

"I am really excited to start playing, and I think it will be a good year," said Mather. "With the coach pushing the team, and all the hard work and conditioning, it will definitely pay off during the games."

Meghan Barry is another freshman playing volleyball at AU. She is from Goochland, Va., where she played four years in high school as a middle hitter.

"We only have about nine players right now but we all have strong hearts and that will hopefully help us grow as a team," Barry said.

Barry called volleyball her favorite sport, saying that she loves the competitive atmosphere.

On Aug. 24 Alfred University scrimmaged against Alfred State College. While the Lady Saxons felt they played well, they acknowledged their need to focus on better communication.

Another team goal is tournament success, with the players hoping to show up in the top three at Elmira College on Sept. 8 and 9 and Hartwick College on Sept. 29 and 30.

The team's home opener is Sept. 5 at 7:00 p.m. against Fredonia State College. ○

Women's soccer confident about 2006 season

BY LAURA
LAPIERRE
PRODUCTION MANAGER

It's a new season for the hard-working members of Alfred University's women's soccer team. Preseason began on Aug. 20 with a week of nice weather and lots of new faces.

"We were definitely in better shape coming into preseason than we have been in the past," said junior captain Brittany Higgins.

"Preseason was pretty intense," added senior captain Rebecca Pociask. "The first two days were triple sessions, the rest of the week was doubles, but we should be in good shape now for the rest of the season."

The season started off with an interesting twist with a loss against Keuka College on Aug. 26. Ten out of 26 players were not able to play due to injuries. The team suffered a 2-1 loss with only five usable substitutes on the bench.

The injury list decreased for the Aug. 30 scrimmage against Alfred State College. The Lady Saxons dominated the Pioneers throughout the whole game, with a final score of 5-1.

"The scrimmage went really well. We had a lot of offensive opportunities," said goalie and Empire 8 all-star Pociask.

The combination of talented newcomers and experienced older players has worked out well

for the offense.

According to junior defender Yaicha Winters, "It's a really big change for our team to have such a powerful offense. Last year we lost a lot of games by only one or two goals. We had a hard time finding the net and that won't be the case this season."

In addition to the return of six starters and 11 letter winners, a combination of freshmen and transfers make for 15 new names on the roster. One major addition is freshman Rochelle Densmore, who will back up Pociask in net.

The Lady Saxons traveled this past weekend to play in a tournament against Susquehanna and Lycoming.

"We are going to try

our hardest and continue to work on bringing our team together, and just get used to playing with each other," said senior defender Kristen Rasey.

The group already has developed a strong camaraderie. "We have been together for only a week and we are all so close already. If we don't get anything else out of the season we know we have some friendships," said freshman Valerie Sherwood.

Nazareth and Ithaca will, as usual, be the most challenging competitors for this season's squad, but the girls say they are up for it. The ladies' next home game will be Sept. 16 against Ithaca College. ○



PHOTO BY SHAUN LATULIPPE

Freshman Samantha Hallberg takes it down the field at an Aug. 26 scrimmage against Keuka.