

Continued on page 9

Continued on page 4

Page 12

Opinion

Black History Month an opportunity to reach out

Traditionally, Alfred University student groups have used Black History Month as a time to educate the campus community about African-American and Caribbean culture and heritage.

This year, the observance has been marked by such events as a Kwanzaa dinner, a Umoja discussion on the crisis in Darfur, and a recent Women's Studies Roundtable by the members of Shades.

Indeed, this handful of events reflects AU's year-round commitment to diversity education.

Administrators and student organizations are doing right by our campus. The next question, then, is how we can do right by our community.

The village of Alfred and its surrounding environs are exceedingly rural; the local population is predominantly white. The result is that many local youngsters do not receive daily exposure to diversity and regular opportunities for educational experiences that expand their view and understanding of the world.

With this in mind, it makes all the sense in the world to mobilize our active and diverse population of student leaders and send them forth into local schools and other community venues.

Such efforts by campus groups have already proven successful.

Take, for example, the traveling troupe of students that brought last spring's *Drawn to Diversity* stage show into local classrooms. As students and teachers reap the benefits of a new and different educational experience, the performers involved in the production have the opportunity to shape the way that young people think about diversity.

Similarly, the programs in the Children's Learning Initiative afford local children the chance to interact with AU students from numerous backgrounds.

We are on the right track, but we still have a long way to go. This semester, we challenge our peers to challenge themselves. Brainstorm ways to educate local children about diversity. Forge a connection with local teachers and administrators. Find some way to implement some kind of diversity education program or event in an Allegany or Steuben County school or library.

Work with the Box of Books to organize a story hour that focuses on African-American folktales and music.

Help an elementary school stage a geography fair to increase students' cultural and historical awareness.

Publicize an upcoming event like Raices or A2A to local school administrators and encourage them to organize a field trip to campus. You might even consider planning a matinee performance especially for schoolchildren.

We are fortunate to receive a daily education through immersion. Now, let us spread the wealth to the community that has adopted us for four years and give its children an education that will last for a lifetime. ○

Do your part against global warming

During these frosty times, it's easy to forget about global warming. You're probably thinking, "Shut up, *Fiat Lux*, the windows of my Ford Street apartment have iced over on the *inside* and my car is frozen to the ground. I can see my breath in the morning ... when I wake up and am still in my bed. I could really go for some global warming about now."

You think back to a few short weeks ago when we were enjoying unseasonable warm weather. Everyone was like, "Whee! I like global warming; I can wear flip-flops to class! Bring on the CO₂."

The point is that we all need to pay attention to what's really going on around us. It's not natural for weather to change so quickly. This volatile weather is a direct effect of the Earth overheating. This never-ending snow and negative-degree weather is as much a result of global warming as 60-degree December days.

You may be sick of hearing about how serious the problem is, but by ignoring it we are only hurting our selves and our animal friends.

Now that the warm spell has ended, we are all looking for ways to fight the cold, regardless of the environmental effects these methods could have. However, we are not the only ones to blame.

The University itself could stand to improve its approach to building maintenance. Some academic buildings are too warm while others are miserably cold. The temperatures in residence halls vary as well.

Many buildings are poorly insulated, which makes it much more difficult to keep rooms warm. This, in turn, leads to more energy spent on heat.

That's not good.

However, there are things that can be done on both the University level and the student level. Installing storm windows would keep the cold air outside where it belongs. This could prevent such high thermostat settings and reduce the cost of heat, as well as limit the amount of energy used.

Time could also be spent by some of the engineering and environmental studies students and faculty to brainstorm more efficient heating systems for the campus buildings that could more evenly distribute a smaller amount of heat.

As students living on campus, we can try to limit our use of heat. Make sure your windows are securely shut to keep the heat in during the day. Turn your thermostat down at night. If you keep the temperature at a reasonable degree throughout the day, your room should stay warm enough to lower the heat while you sleep.

Though this may seem annoying, and the idea of warmth seems much more enjoyable, using less energy means decreasing your environmental impact.

So, put on some extra layers and a pair of gloves and battle global warming head-on. ○

Feb. 14 not so serious after all



JODI ANDERSEN
OPINIONS EDITOR

As the most awkward holiday of the year approaches, I am faced with a crop of annoying questions I'd rather not ponder. What kind of gift is romantic, yet personal? Am I even at the gift-giving stage of my romantic relationship?

How seriously should I take Feb. 14 anyway? As someone who has just recently made the monumental decision to switch her Facebook status from "single" to "in a relationship," these questions become

that much more complicated.

While discussing writing my column on Valentine's Day's more irritating qualities, my housemate exclaimed, "But all *Fiat* columnists are anti-Valentine's Day!"

Sure, there is no shortage of bitterness on the topic of the candy-tastic celebrations Feb. 14 brings. Even Amazon.com features a gift-giving guide for V-Day haters, complete with bad date movies (*American*

Psycho, anyone?) and equally bad gift ideas (a subscription to the ever-informative, ever-cheery magazine *Taxidermy Today*—bringing a whole new meaning to the gift of "stuffed animals").

In all sincerity, I don't hate the holiday, and I do in fact plan on spending Wednesday with people who send my heart a-flutter.

They're the ones who fret when I am gone for long weekends on icy roads. We gripe about our theses over English muffin pizzas. We share agonizing Jim-and-Pam moments together every Thursday. They're my friends, and they are the loves of my life. This year, my Valentine's Day is committed to them.

As for my boyfriend, I'm trying to recreate the magic from last year's Valentine's Day episode of *The Office*. He's getting a bobblehead. Romantic? Maybe not, but if a wobbly-headed likeness of a popular prime time television character can incite butterflies in his stomach, he probably doesn't take V-Day very seriously either, which means this "in a relationship" thing that Facebook so proudly proclaims, will probably work out. ○

What is love?



KARLI-MARIE REYES
A & E EDITOR

BY KARLI-MARIE REYES
A&E EDITOR

Love is patient, love is kind, love is a battlefield, love is in the air.

We have heard the clichés, but the age-old question remains: what is love?

The dictionary defines love as "a strong positive emotion of regard and affection," but for those of us who have looked

into the eyes of another and bared our souls without saying a word realize that the dictionary does not do love justice.

I may not be an expert in the ways of love, but there are a few building blocks that have helped me build a strong relationship foundation and may save you from the devastation of a broken heart.

Love is: Communication

You do not need to major in communication studies to know that it is perhaps one of the most important elements of any relationship. We all know that couple that bickers over he said/she said; perhaps we even do it ourselves. Whether you are right or wrong in your argument does not matter in the end if you cannot effectively communicate with one another.

Everyone communicates differently. Keeping the line of communication open and knowing how you and your partner communicate are the keys to a healthy relationship.

Love is: Trust & Honesty

Honesty and trust are inextricably linked. If you do not trust your partner, or cannot be honest with your partner, you have no business being together.

Yes, people cheat. Yes, people lie. The truth will come out one way or another. Pointing fingers, lying to your

partner or stressing over whether or not your partner is cheating is not a healthy way to live.

If there are things about your partner's life that you absolutely cannot get over, perhaps this is not the right relationship for you.

Love is: Respect

True respect means valuing an individual for who they are. It means listening to your partner and appreciating their opinions.

Does your partner cut your ideas down? Do you interrupt your partner when they are trying to connect with you about their lousy day?

For some people, mutual respect does not come easily but when you achieve it in a relationship, the rewards are priceless.

Love is: Attraction

While physical attraction is important, I do not mean attraction only in this sense. Beauty is in the eye of the beholder.

While it helps if your partner is the sexiest thing you've ever seen, there are many other ways to find your partner attractive.

Maybe you are attracted to your partner because you two share a passion for underwater basket weaving. Perhaps your attraction lies in the ideal personality traits that your partner holds.

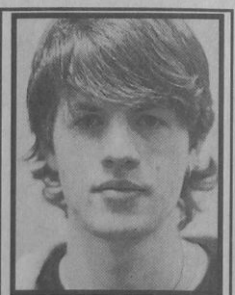
For whatever reason, there are sparks flying. That special something about your special someone is the glue that will keep you two bonded.

Love comes in many shapes and sizes. Figuring out how to navigate the murky waters of love and relationships is a different experience for everyone. Listen to your heart.

While maintaining a healthy relationship may seem like a lot of work, the benefits far outweigh the challenges.

Whatever you do, do not give up. I truly believe that there is someone out there for everyone. ○

More generic college advice



KURT PITZER
COPY EDITOR

If I were a bowl of petunias spontaneously called into being several miles over the surface of a planet, there is no doubt in my mind that my only thought would be "Oh, no. Not again," as well.

It was somewhere between waking up for the third day in a row with barely enough time to get to my first class because I had forgotten to set my alarm the previous night and struggling valiantly (but in vain) to read about a "transparent eye-ball" and "living deliberately" that I mused over this passage from Douglas Adams's *Hitchhiker's Guide to the Galaxy*.

It really didn't directly apply to me in any way, but at the same time, that is not a very tenable position for a plant to be in, and neither was the current state of my work ethic. I realized a change to how I go about my day-to-day procrastination might be necessary.

In high school, I was one of the kids who had turned procrastination of epic proportions -- and getting away with it -- into an art form.

I managed to pass classes with high B's and low A's with minimal effort put into the work, more often than not, 40 minutes before the class began.

I was a constant source of irritation to my teachers, as never had they had a pupil who could doodle so much, and yet never fall into one of their surprise "on the spot" questions to see if I was paying attention.

College was another story. Here, the teachers are far more efficient at weeding out those who don't apply themselves in class. It may have had something to do

with the fact there isn't a law requiring students to attend, or that it's our money we are flushing down the toilet along with our futures and, possibly, some goldfish.

I wasn't concerned. I was quick to realize that it was a simple matter of adapting a loose structure of procrastination that I had polished in high school to a new environment, calculating the average time it took to complete certain assignments (factoring in of course the nature of the assignment, whether it be paper, test or presentation), adding the ease of the project to the amount of interest I could see myself investing in it, all over past expectations of the teacher, which nearly always resulted in the phrase, "I'll do it tomorrow."

As a direct result of this, I now face projects for major grades in all my classes culminating on one date. Awesome.

Complete mental collapse aside, I can say that leaving things to the last minute like this will only result in the desire to experiment with gravity and tall buildings.

To sound preachy, take my advice: High school was a joke; in college, everything you do is going to come back to haunt you if you aren't careful. ○

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

Letter to the Editor

A Parable:

To Mike Neiderbach, Loyal Retainer for the Lord of the Kingdom,

Once upon a time, there was a beacon (of light, hope, learning) shining forth in a village. This beacon had many keepers and many visitors – hoping to keep the light burning and to bask in its glow. Against all odds, for more than 20 years the beacon had grown in strength and its sharing of light.

Of course, as in all good stories, there is trouble, conflict, antagonism. Next to the beacon stands a watchtower of service, also a symbol of inestimable value to this village. Unfortunately, this watchtower’s keepers needed more and more space as their service grew and guarded their increasing space as mother dragons would protect their young, voicing their worries about space to peace keepers and village leaders.

Sadly, the watchtower’s keepers forgot that the beacon needed space for its visitors and keepers, too, especially for leaving their steeds while the worked at or visited the beacon.

So this story has no “happy-ever-after” denouement, no resolution. The beacon’s keepers and visitors, especially the wise elders of the

village (those attaining the age of 75 or beyond) and the temporarily lame or wounded need to be safe when they visit or tend to the beacon. They need to out of ‘by-way’ harm, free from the ravages of winter’s ice and other dangers.

The teller of this tale wishes that the lord of the land, holder of the fiefdom, would help its retainers find a happy ending. The lord holds the grants to the beacon and watchtower’s lands. In this village, for the harmony of a new history, the lord could help the keepers of the watchtower and the keepers of the light find safe passage for their seekers and keepers, restoring an equitable balance, intended by the lord in his original grants of land.

Janice Porter
Director, Alfred Box of Books

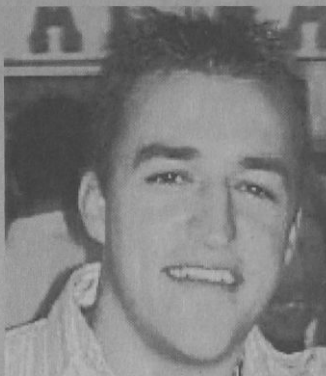
Roving Reporter

PHOTOS AND QUOTES BY
JESSICA WEBSTER

Q: “If you could choose anyone to be your Valentine, who would it be?”



“David Beckham, because I know he’d choose me over a Spice Girl any day”
--Janie Capotosto, Freshman



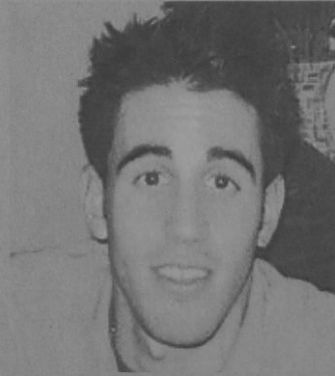
“Vida Guerra, because she has curves that no else has”
--Bobby Linaberry, Senior Marketing and Economics



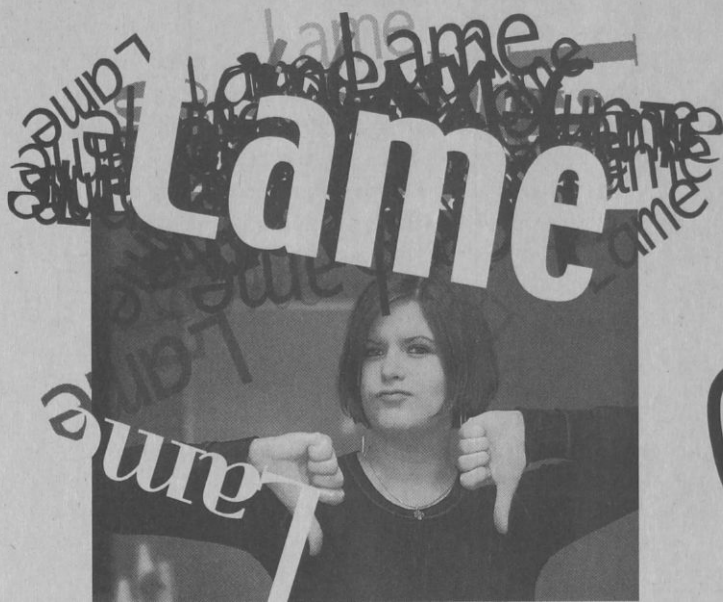
“The rope in *The Boondock Saints* definitely got me! After I saw that I knew I was in love with Sean Patrick Flanery”
--Jessica DiPietro, Senior Art & Design



“Shaun White. I do love those red-heads!”
--Allyssa Dudo, Senior Marketing and Psychology



“Scarlett Johansson because she seems interesting to get to know and I think I would have a good time with her. Also, her luscious lips.”
--Jarett Sanatar, Senior Marketing and Business Administration



OR



BY JODI ANDERSEN
OPINIONS EDITOR

Uggs

Hunts Tomato Ketchup

No “sledding” down Miller hill

Mel Gibson’s drunk driving

My Super Sweet Sixteen

20 degrees below wind chill

Quitting

Andy Bernard

Battling the cold with the same hoodie every day

Buying a Valentine at Wal-Mart for that one special someone

Napoleon Dynamite boots

Heinz Tomato Ketchup

Riding a cooler or another human’s body down the hill instead

Bill Pullman’s hair

I Love New York

Haagen Dazs Mayan Chocolate ice cream

Knitting

Dwight Schrute

Going to Salvo and stocking up on cute wool sweaters

Making thoughtful, personalized cards for all of the special people in your life

Student Senate Update

Senate Update Senate Update

Senate Update Senate Update

BY TOM FLEMING
COPY EDITOR

The Student Senate had its meeting on Jan. 31 with guest speaker Liz Lawton discussing her position as the Director of Retention. She described her position as being someone who helps the students on campus improve academically and outside of class. She identifies students who may be having trouble academically and socially. She also tries to find out why students leave campus.

In new business, the Senate nominated three members to the Finance Chair committee.

The Senate moved on to open forum with a variety of issues brought to the floor. One issue involved a problem with laundry service in Kenyon. Another issue discussed was the slowness of the Internet all over campus this semester. Many students also expressed their disapproval over Davis Gym being torn down because many clubs and organizations actively use the facility.

The Feb. 7 meeting of the Student Senate began with a survey involving Alfred Today. Professor of German Sandra Singer and Professor of Psychology Gordon Atlas spoke about Alfred Today, and explained that they are curious if the student body feels the same way about Alfred Today as the faculty does. After some discussion on the issue, the Senate broke for committees.

In officer reports it was announced that there would be a Valentine’s Day cake and a possible guest appearance of the Acafellas. Prizes will also be offered at the next meeting for anybody dressing up for or against the occasion. It was

announced that there is an interest in the Senate funding a few Late Night at McLane events. Someone will be coming to talk about Internet slowness on campus at the Feb. 14 meeting.

There was also an update on the situation at Davis Gym. The building is going to be torn down, but since there are currently no donors, a replacement facility that has the same purpose has not been proposed. This issue led to other complaints such as there being no time for non-athletes to work out at the fitness center.

In open forum, issues brought to the floor included HBO and other channels disappearing from programming at Alfred University and further discussion on Davis Gym.

Announcements: Students can e-mail sg3@alfred.edu if there are any problems with snow covering the roads and sidewalks. Petitions for a position on the Student Senate are due on Feb. 13. Applications are available for Finance Chair and the new position of Diversity Director.

The CSA Annual Fashion Show will be on Feb. 17 at 8 p.m. After the Senate meeting on Feb. 14, the Sci-Fi Club will be holding an anti-Valentine’s Day party in the Knight Club. Spectrum announced that they would be holding a walk out on Valentine’s Day. Participants will report to Harder Hall at the specified time. O

LOOKING AHEAD...

STUDENT SENATE CANDIDATE PETITIONS

TUESDAY, FEB. 13

JUST A REMINDER FOR ALL CANDIDATES RUNNING FOR STUDENT SENATE PRESIDENT AND VICE PRESIDENT. PETITIONS ENDORSED BY 150 ARE DUE TODAY. IF YOU HAVE ANY QUESTIONS OR CONCERNS, E-MAIL ljla1@alfred.edu. BE LOOKING OUT FOR THE CANDIDATES AS THEY CAMPAIGN FOR THE TOP SPOTS ON CAMPUS. GOOD LUCK!

SPECTRUM WALK OUT: "SHOW US THE LOVE"

WEDNESDAY, FEB. 14 AT 12 P.M. AT THE MAIN ENTRANCE OF HARDER HALL

SUPPORT SPECTRUM AS THEY PROTEST THE ONGOING INTOLERANCE AND CRITICISM THE GLBT COMMUNITY HAS FACED FOR MANY YEARS. STUDENTS AND FACULTY ARE INVITED TO PARTICIPATE IN THE WALK OUT. SPORT YOUR "GAY? FINE BY ME" T-SHIRTS AND MARCH FROM HARDER HALL TO POWELL CAMPUS CENTER. AN INFORMATIVE MEETING WILL BE HELD AFTER IN NEVINS THEATER UNTIL 1 P.M.

BERGREN FORUM: WHAT IS EXOTIC?

THURSDAY, FEB. 15 AT 12:10 P.M. IN NEVINS THEATER

ASSISTANT PROFESSOR OF SPANISH ARIANA HUBERMAN CONTINUES THE BERGREN SERIES SPONSORED BY THE DIVISION OF HUMAN STUDIES

WITH DISCUSSING THE CONCEPT OF EXOTICISM. THE FOCUS WILL BE ON THE WORKS OF CHILEAN AUTHOR AND FILMMAKER ALEJANDRO JODOROWSKY. THE EVENT IS FREE AND OPEN TO THE PUBLIC. BRING A BAG LUNCH.

AN EVENING OF DANCE

THURSDAY, FEB. 15 THROUGH SATURDAY, FEB. 17 AT 8 P.M. IN THE CD SMITH THEATRE

COME AND ENJOY A FUN EVENING OF DANCE INCLUDING NEW WORKS BY STUDENTS, FACULTY AND GUEST ARTIST JOHN GIFFEN. AN ADDITIONAL MATINEE WILL BE HELD FEB. 17 AT 2 P.M. TICKETS ARE \$5 GENERAL ADMISSION, \$1 AU STUDENTS. RESERVATIONS ARE STRONGLY ENCOURAGED. PURCHASE TICKETS VIA E-MAIL AT PERFORMS@ALFRED.EDU OR BY CALLING 871-2828.

WOMEN'S STUDIES ROUNDTABLE

FRIDAY, FEB. 23 AT 2:20 P.M. IN THE WOMEN'S LEADERSHIP CENTER

JOIN ADJUNCT ASSISTANT PROFESSOR OF ENGLISH EMERITA CAROL BURDICK AND PROFESSOR OF THEATER BECKY PROPHET AS THEY PRESENT "SAMANTHA: A PIONEER COMIC FEMINIST FINDS HER VOICE" THE EVENT IS OPEN TO THE PUBLIC.

OHARA LECTURE: A CONVERSATION WITH BILL PULLMAN

FRIDAY, FEB. 23 AT 7:30 P.M. IN HOLMES AUDITORIUM

JOIN HOST MICHAEL McDONOUGH IN WELCOMING ACTOR BILL PULLMAN TO CAMPUS. A NATIVE OF HORNELL, THIS ACTOR HAS PARTICIPATED IN MANY NOTEWORTHY FILMS, INCLUDING SPACEBALLS, CASPER, WHILE YOU WERE SLEEPING, INDEPENDENCE DAY AND RECENTLY IN SCARY MOVIE 4. TICKETS ARE REQUIRED FOR THIS EVENT.

MOCK INTERVIEWS AT THE CDC

MONDAY, MARCH 26 TO FRIDAY, MARCH 30 AT THE CAREER

DEVELOPMENT CENTER

SIGN UP NOW FOR THIS GREAT EXPERIENCE. WHETHER YOU ARE PREPARING FOR A JOB INTERVIEW OR JUST TRYING TO GET A FEEL FOR ONE, THIS OPPORTUNITY IS ONE NOT TO MISS! RESERVE YOUR 45-MINUTE SLOT TODAY AND DAZZLE THE PANTS OFF YOUR INTERVIEWER! GO TO [HTTP://WWW.ALFRED.EDU/CDC/](http://WWW.ALFRED.EDU/CDC/) FOR MORE INFORMATION.

Despite empty beds, retention up at AU

BY KARLI-MARIE REYES
A&E EDITOR

The culture of education in America is changing.

The trend of graduating straight from high school to a four-year college, to a two-year graduate program and into a job that you will keep until retirement is waning.

While the average college student with a single major should take about four years to graduate from college, a simple education is not always enough. Nationally, more students are transferring to other colleges or universities to find the college experience that is right for them.

While this trend may be on the rise, and there seem to be more empty beds on campus than usual this spring, Alfred University officials say there has not been a significant drop in retention.

AU actually has higher retention rates than the national average, and from the 2004 - '05 and 2005 - '06 school years there has been an increase in retention numbers.

According to Director of Retention Elizabeth Lawton, students generally leave AU in a trickle throughout the semester. However, last semester many students waited out the semester and left all at once.

While the first year is when the most students choose to leave their college, there is a steady flow of students leaving through their sophomore year. After that, the number tends to level out.

Lawton, AU's first Director of Retention, joined the Enrollment Management team in 2005. Her job is to compile and analyze data about student's reasons for departing from, or staying at, AU.

Lawton is also charged with maintaining and increas-

ing the flow of information between many departments on campus. Overall, Lawton says, her job is student centered.

Each individual has his or her own reasons for leaving AU. At the top of the list are personal issues, according to Lawton. Many students want to be closer to home and to their families. Students may also be looking for a larger school with a bigger student body.

There are students who leave for academic reasons as well.

While Lawton said the school tries its best to promote the benefits of a small community and strong student activities, there will inevitably be students who find that Alfred is not for them.

According to Lawton, this transfer trend is called swirling. Students who start in a two-year program will often transfer more than once to a four-year institution to finish their bachelor's degrees.

In 1992, according to the American Psychological Association Online, almost 23 percent of high school graduates attended at least three schools before earning a bachelor's degree.

No matter where the student ends up, if they graduate it is a success, according to Lawton.

AU has measures in place to encourage higher retention.

In the College of Liberal Arts and Sciences, both the First Year Experience program and the new transfer seminar requirement function to ease the transition to AU.

There is also a persistence committee made up of faculty and staff from several different divisions. The committee is charged with identifying and reaching out to students at risk of leaving the University. ○

"FOOD FOR THOUGHT"

In an effort to add to the spiritual, intellectual, and cultural vitality of our campus, InterVarsity desires to submit "Food For Thought". In honor of Black History Month we will take a slight departure from Christianity's influence on higher education and look at an individual of influence in the abolition of slavery.

"I tell you the truth, whatever you did for the least of these brethren of mine, you did for me" Matthew 25:40

William Wilberforce
1759-1833

Christian Politician and Abolitionist
William Wilberforce was born in 1759 and served in the English Parliament from 1780 to 1825. A turning point in his spiritual life occurred during a tour of Europe in 1787. In the luggage of a traveling companion he saw a copy of William Law's book, A Serious Call To a Devout and Holy Life. He asked his friend, "What is this?" and received

the answer, "One of the best books ever written."

From this book he began his spiritual journey with an intellectual assent to the Bible, followed by a deep commitment to Christ and His Kingdom. He knew that his new commitment might cost him friends and influence but he was determined to stand for what he now believed. After his personal decision to follow Christ, Wilberforce considered his options, including the clergy, and was persuaded by Christian friends that his calling was to serve God through his continued political involvement.

He was concerned about many social ills, but he is best known for his untiring commitment to the abolition of slavery and the slave trade. He introduced his first anti-slavery motion in the House of Commons in 1788, in a three-and-a-half hour oration that concluded: "Sir, when we think of eternity and the future con-

sequence of all human conduct, what is there in this life that shall make any man contradict the dictates of his conscience, the principles of justice and the law of God!"

The motion was defeated. Wilberforce brought it up again every year for eighteen years, until the slave trade was finally abolished in March 1806. He continued the campaign against slavery itself, and the bill for the abolition of all slavery in British territories passed its crucial vote just four days before his death in July 1833. A year later, in July 1834, 800,000 slaves, chiefly in the British West Indies, were set free. The BBC called Wilberforce the "Conscience of Parliament." ○

Up, up and abroad

tables, each featuring a different company that provides study abroad opportunities to students. One couldn't help but entertain the thought of sipping afternoon tea in London or taking a study break to hit the beach in Costa Rica.

The many places I want to see in the world were brought right to my fingertips. There were tables offering courses for select majors such as business or psychology, and there were some that offered a variety of courses for all majors.

One of the more interesting tables featured a ship, called the Scholar Ship, which travels around the world as a 'floating

classroom.' It makes stops for various amounts of time. The stops include places such as South Africa, Shanghai, Fiji, and Greece.

Other companies that were showcased include, Denmark's International Study, a program centered in Copenhagen, a program through the University of Rochester offering internships in Europe, and Australearn, a company offering courses all over the world.

There are amazing opportunities out there to broaden a person's knowledge of different countries and cultures. Alfred University students can choose to attend for a single

semester, an entire year, or a summer course. Sounds like a sweet deal, huh? Whether you choose to go live on a cruise ship and travel to multiple destinations, or decide you would like to explore a single culture in depth, everyone should give studying abroad a thought. Plus it is a great way to leave the "Alfred bubble."

For more information on where and when you can go, what you can study, and deadlines you can visit the International Office located in Perlman Hall. ○

BY AMY PUTNAM
STAFF WRITER

Want to go to London, Paris, Australia or China?

They might be within your reach. "How?" you ask.

The answer is simple: study abroad.

On Feb. 30, the Office of International Programs put the world at student's fingertips with their Study Abroad Fair in the Powell Campus Center Knight Club.

When I walked in, the half-moon circle of tables had a plethora of information. There were approximately eleven

Bergren Continued....

for a large number of papers.

Eklund also said that the fear of controversy has caused many media corporations to cut cartoonists out of the picture.

"They're afraid of rocking the boat!" he said.

Eklund displayed a variety of modern cartoons to the audience and pointed out the many topics they take aim at. From global issues like Iran and the tensions between Israel and Palestine, to domestic concerns like rising gas prices and the teaching of evolution in American schools, every cartoon had a topic both relevant and controversial to satirize.

Of course, one topic beat

out all of the others.

"There are so many cartoonists out there, and they all run with Iraq," Eklund said.

Other popular cartoons dealt with global warming, abortion and the death penalty.

Many American cartoonists, like Walt Handelsman, favored mocking our current administration.

"It's always easier to pick on the people in power," Eklund said ruefully.

Eklund also spent a large portion of his presentation speaking about the revolutionary creation of the animated political cartoon, which came on the scene five or six years ago. He showed several

of these pithy films during his talk, including many of Mark Fiore's works, which are available online at www.markfiore.com. These animated commentaries have become increasingly popular with the Internet community.

"You've probably all seen the JibJab films," said Eklund, grimacing mildly. "They tend to be a bit more crass than the more recent works I just showed you," he added.

While a chemistry professor by trade, Eklund snuck out of the lab last spring to teach an Honors Seminar on political cartoons. He said he hopes to offer the course again in the near future and even finished

his presentation by mentioning those students who had taken the course last year.

"I'd like to thank my spring 2006 Honors class, who put up with me talking about these cartoons all the time," said Eklund with a grin. ○

Fashion

College to Career

BY SARAH HARRISON
FEATURES EDITOR

We've spent the last four years of our lives living out of a wardrobe that consisted mostly of sweat-shirts inscribed with our alma mater, lounge pants, a few polos (with the collars permanently popped of course) and a very sparse collection of going-out ensembles that will never cease to smell of G.J.'s no matter how many times we Febreze them.

Our books? We have comfortably carried them in our backpacks or tote bags.

At the end of this semester, however, some of us will be forced into the work world, a scary place full of blazers, high heels, suits, ties and briefcases.

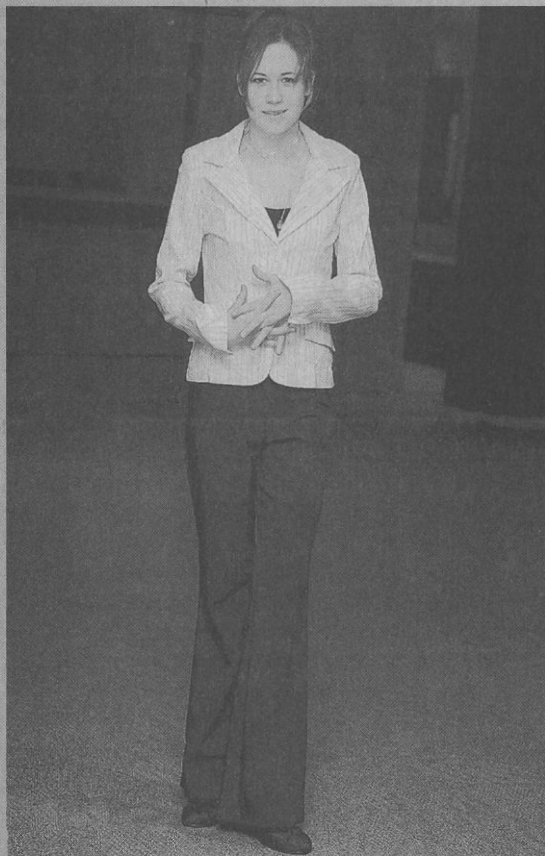
For those of you rejoicing in the fact that you still have a few more hoodie-and-jeans semesters left, take warning. Eventually you too will be sent to the land of the three-piece-suit.

Sound scary?

Yeah, it does to me too. Well, fear not.

The change from waking up at 1 p.m. to setting your alarm for the wee hours of the morning – 7 a.m. in some severe cases – may come as a shock to the system.

Shifting your wardrobe to be more career



SOPHOMORE FINE ARTS MAJOR HELEN DEMLER SCORES HER DREAM JOB WITH A PROFESSIONAL INTERVIEW LOOK.

friendly, however, is a far simpler and less stressful task.

Before you can score points for your wardrobe at work, you've got to get the job.

In order to nail that dream job, you must give a killer interview. A great interview outfit can help.

You should try to dress for the interview like you would dress for the job.

If you are interviewing for a company that requires a suit and jacket everyday, then you will

need to wear that to the interview. But if you are applying for a job where employees dress more casually, a suit might be too dressed-up for the interview. There are a few key rules that are appropriate for most interview situations.

Try to wear darker colors, and stick to solids. Bright colors and loud prints can be distracting. Besides, you want the interviewer to see you first, not your clothes.

Some classic options are black, navy blue, gray or brown.

Dress conservatively. Make sure that you are appropriately dressed. The general rule for what is appropriate is to make sure that nothing is falling out or overly exposed.

Leave the backpack at school and instead carry a portfolio or briefcase.

Make sure you look neat. In other words, you should be clean shaven and have everything ironed and tucked in. You shouldn't look like you just rolled out of bed.

Go easy on the perfume or cologne. You'll want to smell nice, but you don't want your interviewer to choke when you walk into the room.

Women – your hair should be pulled back and look professional. Keep your makeup minimal and natural looking.

Since many of us interviewing for jobs are on a college student's budget, shopping for an entire interview wardrobe is not an option. Look for interview-friendly clothes in your own closet. If you come up short, that's what friends and roommates are for.

Once you score your dream job or, at the very least, your "I don't have to move back home," job, you will need to dress accordingly.

The first step to dressing for the job is to know the dress code of your office.

The easiest way to find this out is, of course, to ask someone. You should also watch the people around you to see how they dress.

The appropriate attire required in the office depends on the particular dress code of each office. Dress codes are usually formal, semi-formal, or casual.

As college students whose dress codes are best defined as semi-clean and completely casual, we definitely couldn't distinguish between formal, semi-formal, dressy casual, casual, or casual Friday ensembles.

A general rule to remember is that your Mug Night attire probably shouldn't be your office attire. So here's the quick guide to business dress codes:

Formal

Unfortunately, when the office requires you to follow a formal dress code, you are probably going to have to be in a suit most of the week.

This means the whole shebang is necessary: suit jacket, collared shirt, tie and dress shoes. Suits should probably be a darker color. And absolutely no office is going to find a Dumb & Dumber power blue or electric orange suit acceptable.

But for those that refuse to wear a suit at all times in formal offices, there are a few alternatives to the classic suit.

Women can wear a skirt suit to avoid always wearing pants. Just make sure that the skirt is longer than your knees. Also, when wearing a skirt suit, stick to more neutral colors.

Another alternative to the typical suit is to mix up what you wear with it.

Change the look of any suit by pairing it with a shirt that's a brighter color or has a pattern. In this case patterns and bright colors are OK since they are underneath something more formal. They also add personality and character.

You can also mix and match your suit pants and jackets. This not only adds spunk to your outfits – it's also a great money-saver.

Basically, the general rule for formal offices is to stay as conservative as possible without being boring.

Semi-formal/ dressy-casual

Semi-formal or dressy-casual offices have slightly more relaxed dress codes. Employees

still aren't permitted to wear jeans, but there is more freedom in what you can wear.

Suits are appropriate for this office look as well, but they aren't necessary for the entire week.

Instead, darker khakis or regular dress pants are acceptable.

Instead of a suit jacket, a blazer can be worn at the semi-formal office.

When wearing a button-up shirt, a tie is not needed.

Women that would like to wear skirts should still keep them relatively long – minis are never ok.

Overall, in the dressy-casual office, you can wear more color and pattern, and enjoy more flexibility in what you wear.

Casual

Casual offices offer a lot of leeway in what their employees wear. This does not mean that you can come to work in sweats. You should still look nice. But instead of suits or even collared shirts, polos can be worn.

Khakis and, in some offices, jeans are part of the dress code. More casual skirts for women can be worn as well.

Patterns and louder colors are also acceptable.

It is important to remain work appropriate and make sure that you still give off a professional vibe. Be careful not to overstep boundaries and wear something inappropriate.

Casual Fridays

Make sure that before you start dressing for a casual Friday that your office actually has a casual Friday policy.

Casual Fridays are the saving grace to those that, by the end of the week, desperately need a break from the mundane suit-and-tie look.

The extent to which you can dress down depends on the general dress code of the office.

In a formal office casual Fridays usually mean that you don't have to wear a suit. You still will be expected to dress fairly nicely, however.

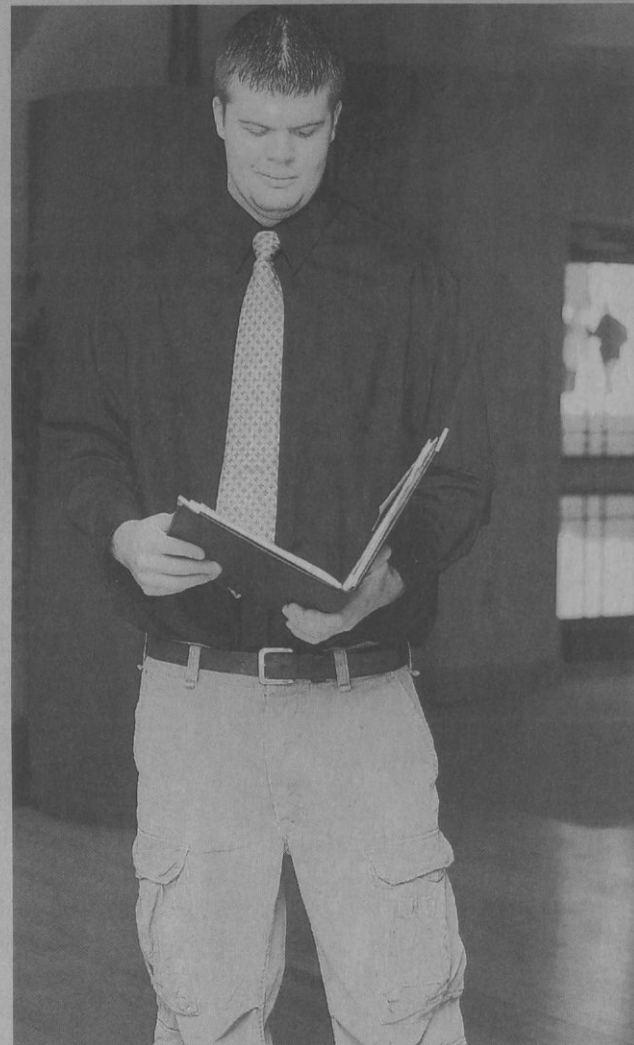
Usually, employees can dress in collared shirts and dress pants. Sometimes a tie is not necessary on Fridays but, again, it varies from office to office.

Casual Fridays at a semi-formal office can often include jeans. Employees are still expected to look presentable. Meaning that if you are going to wear jeans, you should at least wear a polo or button-down with them.

Casual offices with casual Fridays typically allow their employees to really dress down. This sometimes even means jeans and a t-shirt are acceptable, so don't walk into the office on a casual Friday in an "Alfred University Beer Pong Team" shirt.

There are a few tricks to help make you look even more professional:

1. Leather is always stylish and formal, so sport a leather coat to the office.
2. Glasses add an air of professionalism and intellect.
3. Brief cases instead of backpacks please. And NO lunch boxes.



SOPHOMORE BUSINESS ADMINISTRATION MAJOR BRIAN CLAR SPORTS CASUAL FRIDAY ATTIRE.

4. No hoodies, ever.

5. Always tuck your shirt in.

6. Make sure everything fits. There is nothing less office ready than something that doesn't fit correctly.

Now that you know what is appropriate to wear to work, there are some ways to use what you already have in your collegiate closet to mix into the work place.

I'm sure everyone here has at least one polo. Try it under a suit jacket with khakis.

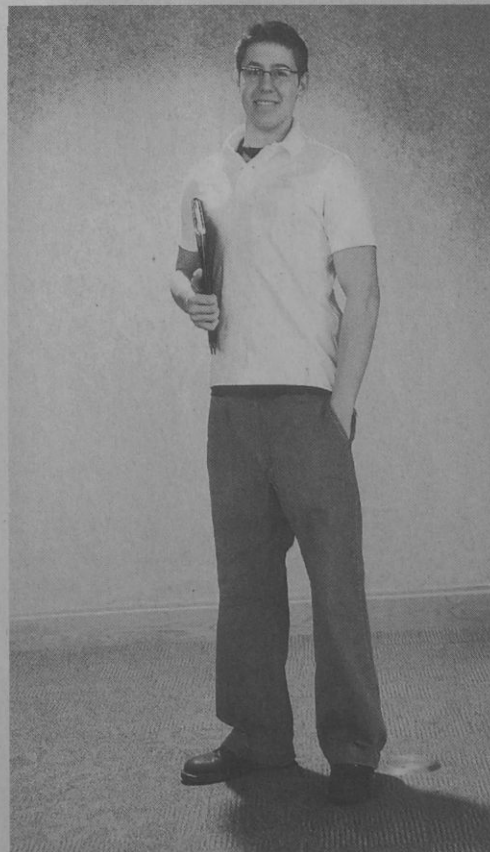
Button-downs, once they become de-G.J.'s-ified, can be worn to dressy-casual or casual offices. Sweaters that are too low-cut for the office can be worn with a tank top underneath. Also, most tank tops can be put under a suit jacket and considered quite formal. As long as your khakis aren't too casual or ratty, they can also be implemented into your work wardrobe.

Basically, anything that you have in your closet that your parents would approve of, would be considered too dressy for class, and isn't mistakable for pajamas, can be worn to work.

So to everyone about to take the plunge, good luck out there in the adult world. And remember, here especially, first impressions, including what you are wearing, matter. And to those with some time in the only office where the dress code literally is whatever you want, remember you too will graduate. So be prepared to look good out there. O



SOPHOMORE EDUCATION MAJOR CAROLINE FALCONE SPORTS THE PERFECT LOOK FOR THE DRESS-CASUAL WORKPLACE.



SOPHOMORE BUSINESS ADMINISTRATION MAJOR AUGUST GOLINSKI SHOWS THAT YOU CAN DRESS UP ITEMS THAT YOU ALREADY HAVE IN YOUR WARDROBE FOR THE OFFICE.



Top 10 Reasons To Be Single on Valentine's Day

BY SARAH HARRISON
FEATURES EDITOR
BRITTANIE FITZGIBBONS
STAFF WRITER

Are you nauseated by all the couples celebrating together, happy and cute as can be?

Are you sick of hearing all your friends complaining about being alone?

Guess what? Being single on Valentines Day actually has its benefits. So the next time you have to watch a couple holding hands outside of Powell or hear yet another sappy love song, here's a reminder of why it's better to be single tomorrow:

10. You can eat all the junk food, chocolate and ice cream you want to without feeling guilty about it or having to share with anyone else.

9. Finally! It's an excuse to spend an entire night watching cheesy chick flicks. Our suggestions for the evening are *10 Things I Hate About You*, *Never Been Kissed* and *Pretty Woman*.

Hey guys, how does a night full of video games, girls-free, sound?

8. It's one less holiday you have to spend money on.

7. You HATE pink. And lace. And glitter, too.

6. You have a moral obligation to avoid all Hallmark Gold Crown Stores. (That, and you just spent the last of your paycheck on late-night Chinese food.)

5. There will be no unnecessary anxiety spent on trying to find the perfect gift. Instead you can channel that anxiety where it belongs: that paper you never started.

4. You won't have to feel like a complete dork and write "hunny bunny," "sugar pie," or "sweet-heart," on any cards. You also won't have to fake a smile after receiving a card with any of the aforementioned pet names on it.

3. You're still jaded from last year's Valentine's Day debacle.

2. You can flirt as you please on the one day a year when everyone is looking for someone.

1. Until you read this, you completely forgot that Valentine's Day is tomorrow and therefore didn't do a damn thing for it anyways. O

L O V E C O U P O N S H
A G H C A S P M C A L P
M L A H N L P J C A O O
I L T O D T E C L N R E
N R E C Y W L M I X C D
A E M O E S O V N S D D
D E S L N O O E G T H E
E O R A F L O W E R S H
F Y R T T I S R R A S L
F S R E N N I D I E L X
U S E L D N A C E H O H
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S H P A R G O T O H P G

Valentine's Day Word Search

Candles
Candy
Card
Chocolate
Dinner
Flowers
Hearts
Jewelry

Lingerie
Love Coupons
Mix CD
Photographs
Stuffed Animal
Sweet Lovin
Vino

Easy and delectable truffles to impress on Valentine's Day

BY ASHLEY PADDOCK
MANAGING EDITOR

Do you need an idea for Valentine's Day? Are you strapped for cash but want to do something special for your significant other? Well, I have just the solution for you. It's cheap, easy and will wow the pants off of anyone.

Here's what you will need for a twist on these gourmet-looking truffles:

- 8 oz. package of cream cheese, softened
- 4 cups crushed Oreos or chocolate sandwich cookies

- 2 cups white chocolate baking chips or semisweet chocolate chips
- 1 tablespoon vegetable shortening

With a mixer, beat cream cheese in a bowl until fluffy. Add crushed cookies and beat on medium until well-blended. Refrigerate the mixture for two hours or until chilled enough to roll. Roll the mixture into 1-inch balls.

Next, in the top pan of a double boiler over hot water, combine and melt the chocolate chips and vegetable shortening until smooth. Make sure to stir occasionally to avoid scorching.

Next, dip the formed balls into the warm mixture making sure to coat thoroughly. Place on wax paper to cool and harden. Store in the refrigerator.

This recipe makes about two and a half dozen.

For a more gourmet look, you might want to consider drizzling melted dark chocolate over the top of the truffles and dusting them with crushed Oreos.

Chocolate covered strawberries would be a nice accent to this delectable treat. I bet your honey would enjoy them too! And if you're single, don't feel bad for making them yourself or to enjoy with friends.

Happy cooking and Happy Valentine's Day! O



Surviving Bad Dates 101

BY SARAH HARRISON
FEATURES EDITOR

With Valentine's Day right around the corner comes the season of bad, blind dates.

We've all been there. Our friends swore he was a great guy. "He's so your type," they said. "It'll be ok," they promised. "Not all blind dates are that bad."

And so you agreed to try it out and go on a date with their Mr. Wonderful. Of course you're expecting Prince Charming, or at least someone relatively decent.

As you're sitting at the table in the restaurant, he walks by. He's gorgeous, dressed well and walks right on by to the next table and kisses his wife hello. But, it's ok because the next guy isn't so bad. He's a little scruffy and his shirt needs to be tucked in but hey, hey, wait there he goes.

Then you catch him out of the corner of your eye. Oh no, you think. Not him. My friends know me, and there is no way they would even think that he is my type. You sit there with baited breath hoping, praying that this thing won't land at your table.

But sure enough he plops down right across the table from you. And it's not just his bad breath and poor manners that strike you, it's the obnoxious personality too that has you real-

izing that you need to get out of there ASAP.

What do you do if you find yourself in this nightmare? How do you remove yourself from dating hell? There are key strategies to drill into your dating rulebook in case you ever find yourself in this scenario.

The first thing daters need to do is hone in on the warning signs of a bad date.

1. You remember the old cliché, "Don't judge a book by its cover." Well, in the dating world, that doesn't hold as true. Of course that doesn't mean you can go around judging people based solely on their appearance, but you can tell a lot about a person based on how they look.

For example, someone that looks sloppy, isn't well-groomed, and smells bad doesn't take care of him or herself. This might mean that he or she has a lazy personality. Whereas, a person that walks into the room wearing their best duds, with perfectly coiffed hair, obviously takes care of him or herself. These signs are a strong indicator that he or she has an extroverted personality.

2. Let's say that you are going to give your date the benefit of the doubt. Although he or she looks a little rough around the edges, you're willing to give it a try. The next telltale sign of a bad date is in the manners. Is your date polite, attentive? Girls, is your date looking at your eyes when you talk, or your chest? These

attributes can lead directly to the decision of whether or not to go on a second date, or if they fail all three, whether to finish the first date or not.

3. Other than how a date appears and his or her manners, the next thing to watch for is the conversation. The way conversation flows during a date is important. If there are long awkward pauses frequently throughout the date, you won't want to go on another date because it will probably be the same.

Also, the topic of conversation can determine whether a date has potential or will just go sour. Guys, if you are out on a date with a girl that won't stop talking about her ex boyfriends, you're probably going to want to get out of there. I mean she did agree to go on the date with you right? If she plans to spend the entire evening talking about her exes, then you have a right to flee.

Also, for guys, if you find yourself out on a date with one of those girls that sits there and cries and whines about never being able to find a nice guy, consider this a high alert for a bad, no a terrible, date. Next, she is going to start asking, "Why are all the guys out there such jerks?" And, run as fast as you can, forget about even paying, just get as far away as possible if she asks "What's so wrong with me?" Now, once you have decided that you are on a

version of the date from hell and must get out of there, follow the daters' steps to ditching your date.

1. Always have a 'get the hell out of there' plan. Talk to a friend before you leave and plan for them to call you with an excuse to get out of there if the date goes bad. Then, when you can no longer take your date's bad jokes, go to the restroom and give that friend a call. Tell them to call in five minutes, or maybe three depending on how bad the date is, and say your aunt is sick and you need to leave immediately. Then return to your date, and as soon as the longest five minutes of your life are up, you are bad-date free.

2. If you have unreliable friends or just have had way too many 'sick aunts' to tend to, have your own excuse on hand. Don't leave your house without cab money or a ride. Maybe, you could even drive to the date yourself. Or, meet your date on location so if it gets that bad you can ditch him or her.

3. When you just cannot leave, no matter how hard you try, attempt to make the best of the date.

So, to the daters out there who still agree to the Valentines Day blind date, good luck. ○

Last-Minute Gift Ideas

BY SHEILA GARCIA
STAFF WRITER

Make a Mini Scrapbook

A regular scrapbook is a great idea but it can take way too long, so a mini scrapbook is perfect. You should start with a theme for the pictures. Mini does not mean small -- it means short and simple, so grab some pictures, glitter, construction paper, and markers and get to work. You can make the mini scrapbook into a mini scrapbook journal by adding dates and romantic comments.

Fill a Valentine Jar

Just fill a jar with your Valentine's favorite candy, cookie or chocolate. You can add a red bow to make the jar look more attractive. You can even make a cool label with glitter and makers. Don't be afraid to be corny, just do whatever your heart desires.

Burn a CD

Make a list of all the songs you both enjoy and burn them onto a CD. You can use a Sharpie marker to decorate the disc with a heart and kisses. You can also print out a cool picture for the jewel case.

Buy a big box of chocolates

Everyone enjoys a box of creamy chocolate. And remember, while flowers say "I'm sorry," chocolate says, "I love you."

Paint Something

If you are artsy, try painting something like a self-portrait, a portrait of your Valentine, or a painting of your favorite place. If you aren't so artistically inclined, just grab some glitter, glue and pink construction paper; it's card-making time!

Get a gift card

If you know your Valentine likes to get a regular haircut or would love a spa day, spoil them with a gift card.

Treat them to Terra Cotta

Who doesn't love a warm cup of Terra Cotta's best brew? Take them off campus for a while; even though it is just on Main Street, it's definitely needed after a long week of classes.

Write a love letter

I know we're not all poets, so here's a quick way to write a love letter.

Dear _____ (insert Valentine's name here),

I have felt so _____ (insert feeling here) about you since the first moment I laid eyes on you, _____ (insert time you have known them) ago. It was then that I realized how you make me _____ (insert verb here). When I look into your beautiful _____ (insert body part here), I know that you are so _____ (insert adjective here). And when we _____ (insert action here), I get _____ (insert adjective here) and _____ ier (insert same

adjective here). Being with you has been like _____ (insert wonderful experience here). Without you, I would _____ (insert threat here). And I now know it's true when they say _____ (insert sappy love quote here). Happy Valentine's Day. With love, _____ (sign your name here)

And now for some last-minute gift don'ts.

Don't stop by the drugstore for a last minute gift. Don't buy a Fake iPod, a fake X-Box, a Fake anything. Don't give inappropriate novelty gifts. Don't give self-help books. Don't give coupons for kisses, or other acts. Don't give cash.

So how are you going to know who to give that gift to? Here are some signs on Valentines:

5 signs he's not the one:
1. You only WANT him.
2. You don't want to go 'official'.
3. You are only with him because you don't want to be alone.
4. Your dog likes him more than you do.
5. You don't miss him when you're apart.

3 signs that the ex is a threat to your relationship:
1. He/she calls more than once a week.
2. He/she excludes you from events.
3. He/she gets a little too close for comfort when you are together.

8 signs you're head over heels in love:
Find out if it's the real thing...
1. He/she brings out your most animated side.
2. Even after so long together, sometimes you look at each other and can't stop blushing.
3. Your pulse pounds when his/her number pops up on your mobile.
4. You are interested in Football scores, or guys, you've become regular fashion gurus, and you're doing a lot of other things you wouldn't normally like doing.
5. During sex, you stare into each other's eyes.
6. You feel really tender towards them when you see them fast asleep.
7. When faced with a difficult situation, you turn to them first.
8. They are on your mind all the time. ○

AU couples find love and profit from it

BY LILY KATZ
COPY EDITOR
ABBY TRIPP
EDITOR-IN-CHIEF

Sara Schnick '06 found Love when she came to Alfred University.

Ryan Love, that is.

Schnick and Love, a 2005 graduate of AU, "met on the denim couches of the Honors House in the spring of 2003," in Professor of English Paul Strong's Honors Seminar, Risky Business.

The film course ended up setting the tone for the early days of their relationship.

"Our first bonding moment was when we got into an argument with the rest of the class," Love said. "During *The Last Picture Show*, Sara and I argued that Sunny had real feelings for Ruth Popper and the rest of the class said he was using her. I still say they're wrong."

On their first date, Schnick and Love went to Nevins Theater's showing of *The Hours*. Afterwards, they returned to Love's room and watched *While You Were Out* and *Annie Hall*.

"Then we stayed up talking until four in the morning," Schnick said.

Love said that their relationship has been successful because both he and Schnick are able to keep things in perspective.

"It's a question of context. The key is remembering that while there might be a small annoyance in, in the big picture, what matters is how special your life feels with your significant other," he said.

During their time at AU, Schnick and Love frequented the Hornell, N.Y., Pizze Hut. Their post-collegiate lives, however, have conspired against regular date nights.

Schnick is pursuing a graduate degree in public history at Northeastern University in Boston; Love has remained in the Southern Tier, working as a high school English teacher in Bath.

Later this month, however, Love will spend his winter break in Boston and the couple will enjoy their own - slightly belated - Valentine's Day celebration.

The couple, who got engaged last February, will marry in July 2008 on Hammondsport, N.Y.'s Keuka Maid Dinner Boat.

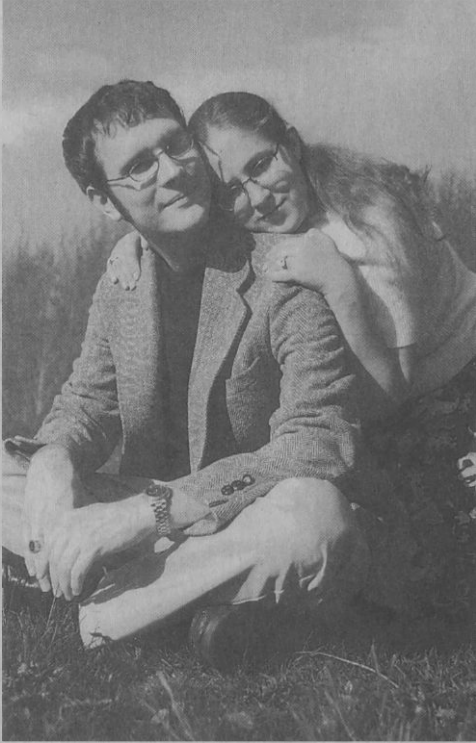
Schnick, who majored in history and performing arts at AU, likely profited from watching another successful AU couple whose ties to campus go way back.

Professor of Theater Becky Butts '70 Prophet and Craig Prophet '68 met at AU's frosh frolic, a freshman dance.

Craig, then a junior, was looking for love.

"We'd go down and check out the young girls that were coming down," he said.

"She was up against the wall talking to two or three guys," Craig said of Becky.



Sara Schnick '06 and Ryan Love '05

In Becky's version of the story, however, she was speaking to "four or five guys."

While involved with a theatrical production, Becky met and developed a crush on a castmate named George. Craig was George's roommate and he accompanied George to Becky's room for button sewing and pizza.

Becky accidentally burned the pizza and so she invited both George and Craig to her house for pizza a second time. This time, only Craig came.

Their first kiss was under the Arbor Vitae tree.

"The first time he kissed me there was a flash of lightning, truly," Becky said. "Twenty years to the day later, [the couple's son and current AU sophomore art and design major] Cameron was born."

Craig's advice for maintaining a solid relationship is to "work together, but be independent."

"Good coffee helps love last too," he added.

Said Becky, "You have many things that you share and a few things that you support each other in. You also need open-minded support from people around you, and [you need to] make important decisions together."

Riha, the couple's 17-year-old daughter, remarked, "Short-term memory is useful too."

The couple married in 1970.

Of the engagement, Becky said she saw it coming.

"A week before Craig proposed I got a fortune

cookie that said 'Your efforts will soon result in much profit,'" she said. ○



Becky Butts '70 Prophet and Craig Prophet '68

Walking vs. jogging: Which will get you there faster?



JENNIFER KELLY
COPY EDITOR

This seems to be an age old question for those beginning any exercise program. Those looking to manage their weight as well as gain health benefits are often confused by the array of options available for aerobic exercise.

Two of the most common forms of aerobic exercise include walking and jogging. The reason for this popularity may be that each of these activities requires very little equipment and

does not require a gym membership (except in these cold months). With as little as a pair of sneakers, anyone can be on their way to improving their health.

For those concerned about burning the greatest number of calories, it looks like jogging is the way to go. Walking burns, on average, 50 – 60% less calories than jogging does. The only exception to this figure is walking that takes place at speeds greater than 5 miles per hour.

The caloric cost at this speed of walking approaches that of jogging but still does not surpass it. A 150 pound person will generally burn 348 calories jogging at a pace of 6 miles per hour for a duration of 30 minutes.

That same person will only burn 168 calories walking at a pace of 4 miles per hour for 30 minutes. If your goal is weight loss or maintenance it seems that jogging will help you attain that goal faster.

As for increasing health benefits, many will be glad to know that walking provides all the same benefits as jogging. Some of these benefits include: lower blood pressure, improved lipid profile and a reduced risk of heart disease.

Another important point to note is when comparing walking and jogging, jogging incurs a much greater risk for musculoskeletal injuries. Jogging

can potentially create muscular imbalances that leave the exerciser prone to knee injuries. The repetitive shock that the lower legs are required to absorb during running or jogging is also likely to lead to shin splints.

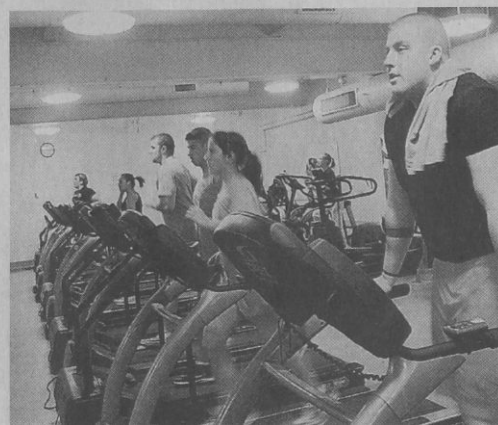
Walking is a lower intensity form of exercise and therefore does not carry with it the same risks. Walking has a much greater adherence rate than jogging, which may be due to the lower likelihood of injury. Walking is also an activity that can be accumulated throughout the day and during daily activities.

Time can be a major factor in the adherence to an exercise program, which is why walking fits into almost anyone's schedule. Walking can also be a more sociable activity than jogging on most occasions which has a greater appeal to many people.

Given all this information, it seems that the question of which activity to participate in must be answered by each individual based on their specific goals.

Jogging and walking each have their advantages and disadvantages. If you are still finding it hard to decide, the best idea is to start where you feel comfortable and increase the speed and duration of your activity as you progress.

Either way, you are still improving your health and burning calories so, ultimately, the decision is yours. ○



Bill Pullman to present Ohara Lecture

BY ABBY TRIPP
EDITOR-IN-CHIEF

Hornell's own Bill Pullman will deliver the Division of English's 2007 Ohara Lecture on Feb. 23 at 7:30 p.m.

The event, titled "An Evening With Bill Pullman," will take place in Holmes Auditorium.

Tickets for the lecture, which honors Professor Emeritus of English David Ohara, have been available to Alfred University students, faculty and staff at the Powell Campus Center Information Desk since Feb. 6.

While admission to the talk is free, a limited number of tickets are available.

English division chair Michael McDonough said that remaining tickets may be made available to the general public as the lecture date approaches. The event may also be filmed by AUTV and aired in the Powell Campus Center via closed circuit television.

McDonough will be a key participant in the evening's talk as he takes on the role of James Lipton, host of Bravo's *Inside the Actor's Studio*.

During his time on campus, Pullman will draw from his experiences as both actor and playwright to lead several classes.

He will meet with students in a master class taught by Professor of Theater Becky Prophet and have lunch with students from the playwriting class taught by Prophet and Associate Professor of English Susan Morehouse.

Pullman will also teach McDonough's upper-level English seminar, American Drama. The topic will be Arthur Miller's *All My Sons*, which Pullman had a role in when it was staged on Broadway over two decades ago.

Although perhaps best known for his film and Broadway roles, Pullman wrote and directed *Expedition 6*, a play about the 2003 emergency rescue of two American astronauts and one Russian cosmonaut from the International Space Station. The play has been performed in development workshops at the Denver Center for the Performing Arts and Vassar College. It was performed this past summer at the American Collegiate Theater Festival Playwright's Workshop in Washington, D.C.

An alumnus of SUNY Delhi and SUNY Oneonta, Pullman, now 52, earned an MFA from the University of Massachusetts, and taught theater at SUNY Delhi and Montana State University.

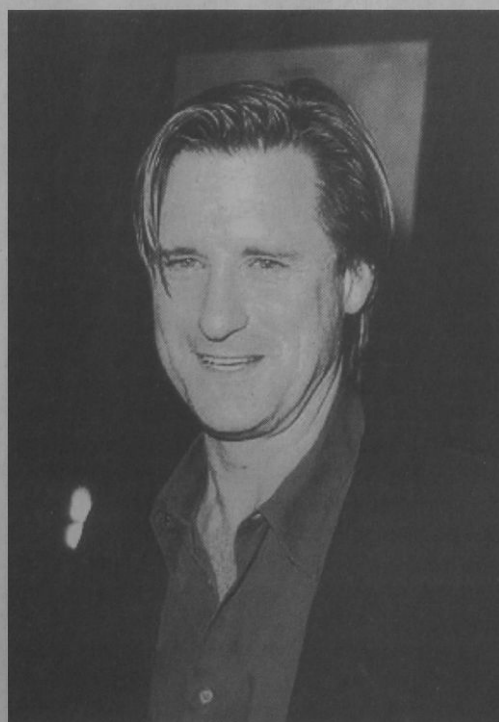
At age 28, he moved to New York to pursue an acting career.

Pullman worked with theater companies in New York and Los Angeles until his first film role in 1986's *Ruthless People*. He has since appeared in more than 50 films, including *Spaceballs*, *A League of Their Own*, *Sleepless in Seattle*, *While You Were Sleeping*, *Independence Day* and *The Lost Highway*.

His latest films, both released in 2006, are *Scary Movie 4* and *The Alien Autopsy*.

Pullman has also continued to do live theater, starring in a 2002 production of Edward Albee's *The Goat, or, Who is Sylvia?* on Broadway. The play won several awards, including the 2002 Tony Award for Best Play, the 2002 Drama Desk Award for Outstanding New Play and the 2003 Pulitzer Prize for Drama.

Pullman was nominated for the 2002 Drama Desk Award for Outstanding Actor in a Play. ○



Bill Pullman

Come to the Fair

BY SARAH HARRISON
FEATURES EDITOR

Where is the place to be for Alfred University students on Thursday, Feb. 22? The answer is Powell Campus Center to attend either the Engineering Career Fair or the Internship & Summer Job Fair. Both events kick off at noon.

The Engineering Fair, sponsored by PPG Industries, INC, will be held in the Knight Club and runs until 3:00 p.m. There will be over 35 engineering firms represented, a record high compared to the 20-25 firms that typically visit the campus for this annual event. Representatives will be present on behalf of firms both small and large from "as close as Coming to as far away as California" reports Nancy Williams, Recruiting Coordinator for the Career Development Center.

"All engineering students should attend the fair [along with] anyone from freshmen to post doctoral students" said Williams.

The fair will benefit all future engineers. "There are opportunities for all students" said Williams. Representatives are looking to offer Alfred University students internships, co-ops and even permanent employment. At Engineering Fairs in the past, a significant number of students have left with offers.

As for freshmen engineering students who think they can't benefit from a fair like this quite yet, there are opportunities for attending on Feb. 22. The Engineering Fair will provide students with the chance to network and discover what specifically companies are looking for in future employees. Find out what GPA certain companies are seeking; learn which extracurricular activities some like to see employees participating in; and discover how your resume should appear.

The Internship & Summer Job Fair will take place in the Kenyon Allen Davis Rooms on the second floor of Powell and will continue until 2:00 p.m.

This fair is directed towards students from the College of Liberal Arts and Sciences, the School of Art and Design and the College of Business. There are expected to be at least 30 companies represented, and an additional 10 companies with resume drop-off opportunities.

These companies are expecting Alfred University students to leave their resumes for the company to review at a later date. Many alumni will also be in attendance representing various firms.

"Some examples of the types of organizations expected to come include finance companies, summer camps, art programs, and marketing firms," said Mark McFadden Acting Director of the CDC. Moreover, the Burchetta Glassblowing Studio & Gallery, recent honoree of the December 2003 Fortune Magazine, will have a resume collection at the fair.

The benefits of attending the Internship & Summer Job Fair are three-fold. First, many students may walk away with an internship, summer job or even permanent employment. Secondly, the fair will provide all students the opportunity to learn what employers are searching for. And lastly, it provides and excellent opportunity to network within your field.

For both the Engineering Fair and the Internship & Summer Job Fair, a number of employees will be staying afterwards to conduct interviews. For a full list of companies in attendance log onto the CDC homepage.

The CDC recommends that all students planning on attending either of the fairs wear business casual attire and come with their resume.

The CDC has opportunities for students to prepare prior to the events. On Wednesday, Feb. 21, the CDC will be open from 8:30 a.m. until 10:00 p.m. During these hours, staff at the CDC will be available to students for resume reviews. From 1:00 p.m. until 10:00 p.m., while supplies last, the CDC will be offering free resume printing on their high quality laser printer. They will also provide students with up to 10 sheets of crème colored paper for their resumes.

So, plan some time on Thursday to come and visit the Engineering Fair or Internship & Summer Job Fair at Powell Campus Center.

"Anybody who's anybody will be there," McFadden emphatically said. ○

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"I think that it's important for us to demonstrate unity in fighting against hate."
-Conrado Bowen

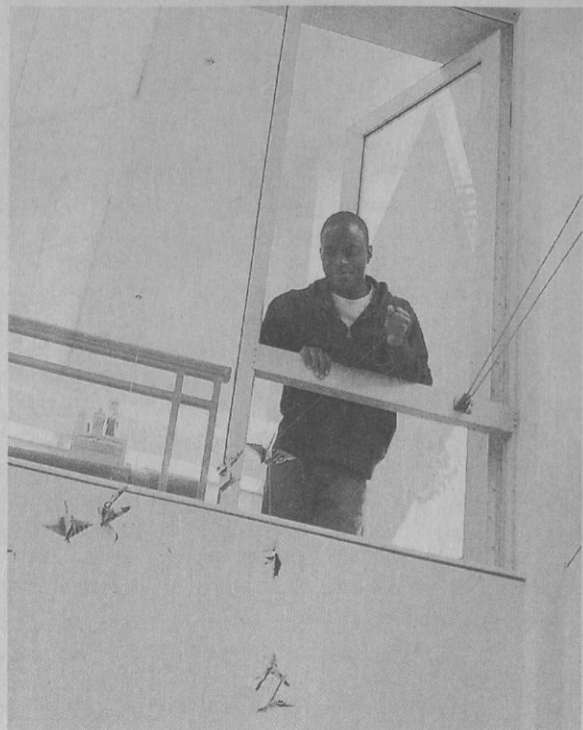


PHOTO BY SHEILA GARCIA



PHOTO BY SHAUN LATULIPPE

I Pledge to Speak Out
"This is a way to show Alfred students that there is a fight against intolerance!"
-Jameson R. Pownall

SAFE ...
Continued from front page

The Bias Incident Response Team's members are Dean of Students Norm Pollard, Women's Leadership Center Director Amy Jacobson, Assistant Director of Human Resources Mary Kell, Assistant Professor of Political Science Robert Stein, Director of Student Activities and ALANA Affairs Coordinator Dan Napolitano, Student Senate Vice President and junior communication studies major Jessica Cabrera, sophomore art and design student Erica Banks and junior art and design student Nikki Giraffo.

The team has collected nearly 1,000 pledges, and they will continue to hang them up as they receive them.

"We're trying to show visibility to let people know to stand up against hate," said Napolitano. ○

Top left, junior Spanish major and president of SAFE Conrado Bowen strings cranes from the rafters of Powell Campus Center on Feb. 9.

At right, members of the Bias Incident Response Team fold nearly 1,000 paper cranes from anti-bias pledges signed by Alfred University students.



PHOTO BY SHEILA GARCIA



PHOTO BY SHAUN LATULIPPE

At left, members of the Bias Incident Response Team gather in Powell Campus Center on Feb. 9 to fold and string paper cranes.

Below, sophomore marketing major Jameson Pownall hangs up a string of cranes.



PHOTO BY SHEILA GARCIA

Top 10 Valentine’s Day Movies

BY KARLI-MARIE REYES
A&E EDITOR

Valentine’s date night is quickly approaching and what better way to spend some time with your special someone than to cuddle up with a bag of popcorn (or box of chocolates perhaps?), a good movie, and of course your cutie. If nothing else, a quiet evening in with your honey will keep you warm, save you some money and may even score you some points, if you pick the right move that is.

While the cinematic world of romance is a vast abyss ranging from comedic to tragic ends, I have compiled my personal top 10 V-Day movie picks for your enjoyment.

10. *While You Were Sleeping*

Lucy lived a life of solitude, working as a fare collector at an elevated train station in Chicago. On Christmas day, muggers throw Peter, Lucy’s secret crush, onto the train tracks and Lucy saves his life. Peter falls into a coma.

Through a mix-up at the hospital, Lucy is introduced to Peter’s family as his fiancé. Desperate for companionship, Lucy accepts the family’s offer to spend the holidays with them.

After falling in love with Peter’s family, especially Peter’s brother Jack, Lucy falls into a web of misunderstanding.

Cute and funny, this is a good flick to lift you up. Besides, any movie with Bill Pullman that promotes lying and hooking up with a coma patient’s brother is my style.

Memorable quote:

Lucy: “The truth was that I fell in love with you.”
Ox Callahan: “You fell in love with me?”
Lucy: “No, N-o, yes. All of you. I went from being all alone to being a fiancé, a daughter a granddaughter, a sister and a friend.”

9. *Serendipity*

On a busy shopping day in New York, Sara meets Jonathan as the two are buying the same pair of gloves. Although they are both in relationships, they spend one amazing day together, but eventually need to part ways.

The couple exchanges phone numbers and Sara, a believer in fate, assures Jonathan that if they are meant to be together, then destiny will make it so.

If you believe in the alignment of the planets and that everything happens for a reason, all signs say this is the movie for you.

Memorable quote:

Sara: “Well, if we’re meant to meet again, we’ll meet again. It’s just not the right time now.”
Jonathan: “Maybe we’re supposed to meet on British time and we’re five hours too early.”

8. *Brokeback Mountain*

Groundbreaking and award winning, love stories do not get more tragic than this.

Jack and Ennis meet in the summer of 1963 on a sheep-herding job in Wyoming on Brokeback Mountain. The two men become quick friends over a campfire and whiskey.

Over the course of their job, their relationship

deepens into a complex love affair. Afraid of moral and societal judgment, the two part ways after their passionate summer.

Both men eventually marry and settle down with children. Through the years, their love stays strong and is rekindled through infrequent camping trips the men make together.

I am not going to give away the ending, but let me tell you, even Romeo and Juliet didn’t have it this hard.

Memorable quote:

Ennis: “We can get together... once in a while, way the hell out in the middle of nowhere, but. . .”
Jack: “Once in a while? Every four f--- years?”
Ennis: “If you can’t fix it, Jack, you gotta stand it.”
Jack: “For how long?”
Ennis: “For as long as we can ride it. There ain’t no reins on this one.”

7. *Eternal Sunshine of the Spotless Mind*

Joel and Clementine are not an average couple. Joel is mild-mannered and uptight, while Clem is free-spirited and dysfunctional. Never the less, the couple is drawn to each other deeply. After a raging fight, Clementine has all of her memories of Joel erased through a company specializing in this memory-altering procedure.

Joel is devastated when he finds out about Clementine’s decision and decides the only way to get rid of the pain is to have his memories erased too. The movie takes place within his psyche as he realizes that he does not want to erase his love after all. Alas, it is too late, or is it?

This movie shows us the beauty of who true love cannot be forgotten, no matter the lengths you may go to.

Memorable quote:

Joel: “I had a really nice time last night.”
Clementine: “Nice?”
Joel: “I had the best f--- night of my entire f---ing life, last night!”
Clementine: “Thaaaaat’s better!”

6. *Sleepless in Seattle*

Sam, a widower, recently moved to Seattle to start over. His son Jonah attempts to get his life back on track by finding him a girlfriend on a national late-night call-in show.

Sam and Jonah get the attention of Annie from Maryland, who despite her engagement cannot resist meeting the intriguing Sam through thick or thin.

This modern day version of a remade classic is a heartwarming tale which proves that love knows no bounds.

Memorable quote:

Annie: “Now that was when people KNEW how to be in love. They knew it! Time, distance... nothing could separate them because they knew. It was right. It was real. It was...”
Becky: “A movie! That’s your problem! You don’t want to be in love. You want to be in love in a movie.”

5. *Love Actually*

Five weeks before Christmas and everyone is looking for love. This movie takes complex and intertwining lives of more than a dozen characters and tracks their ups and downs.

From a husband tempted to cheat on his wife, to a young man pursuing his first love, to the Prime Minister falling for a young woman in his catering service, the movie covers a range of love interests successes and broken hearts.

While it may look like a Christmas movie at first glance, this flick certainly falls into the category of romance. From all ages and all walks of life, love is out there for you.

Memorable quote:

Mark: “For now, let me say - Without hope or agenda - Just because it’s Christmas - And at Christmas you tell the truth - To me, you are perfect.”

4. *Say Anything*

Dianne Court is not the most popular girl in school, but she is certainly going places. Lloyd Dobler is just an average guy, aspiring kick boxer and overall sweetheart.

Dianne, who is valedictorian and wins a scholarship in England, is out of Lloyd’s league. However, her charm and allure give Lloyd the courage to ask her out after graduation. Dianne falls for the valiant Lloyd and they spend the summer as friends with potential.

Their relationship eventually blossoms, but life gets in the way and the couple is challenged beyond expectation to make things work.

This movie makes you realize that sometimes, in love, the greatest risks make the greatest payoffs.

Memorable quote:

DC: “I wouldn’t get my hopes up Lloyd.”
Corey: “I’m sorry, it’s just that you’re a really nice guy and we don’t want to see you get hurt.”
Lloyd: “I want to get hurt!”

3. *When Harry Met Sally*

There’s nothing more fun then seeing love bloom between two people who cannot stand each other.

Harry and Sally meet on a cross-country trip to New York after they graduate college. Their first meeting is not ideal; a clash of minds and ideals make the couple butt heads the whole way.

After a few more random chance encounters and a failed relationship or two, Harry and Sally become just friends. But they soon find out just how close two people can get without things reaching the next level.

Memorable quote:

Harry: “I came here tonight because when you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible.”
Sally: “You see? That is just like you, Harry. You say things like that, and you make it impossible for me to hate you.”

2. *Casablanca*

In the World War II-torn Moroccan City of Casablanca lives Rick. A bitter and private man, Rick is the owner of a popular bar.

His life takes a turn when who should walk in

but Ilsa, the love of his life and reason for his bitterness. Ilsa is married to a Nazi resistance fighter with a bounty on his head. Rick gets stuck in an epic internal battle between his love and his virtue.

Perhaps one the most quintessential movies of all time, Casablanca is highly underrated in our age. It is a must see for all movie lovers.

Memorable quote:

Rick: “Who are you really, and what were you before? What did you do and what did you think, huh?”
Ilsa: “We said no questions.”
Rick: “Here’s looking at you, kid.”

1. *The Princess Bride*

Westley and Buttercup fall madly in love in a small country town in the city of Floren. Westley must traverse the seas in order to make enough money for the couple to marry. However, when Westley is murdered on his journey, Buttercup is devastated.

Some years later the Prince of Floren takes Buttercup as his fiancé, even though she can never love him back for her heart belongs to Westley.

When Buttercup is kidnapped, a mysterious man in black (who turns out to be Westley in disguise) saves her. Their love is rekindled, but many obstacles still stand in the way of their perfect love.

Not only is this my number one all-time favorite movie, it is a classic story of romance, comedy and true love.

Memorable Quote:

Westley: “I told you I would always come for you. Why didn’t you wait for me?”
Buttercup: “Well... you were dead.”
Westley: “Death cannot stop true love. All it can do is delay it for a while.”
Buttercup: “I will never doubt again.”
Westley: “There will never be a need.”

Don’t worry if you don’t have a cutie-patootie to snuggle up with on V-Day. Just grab a bunch of friends and revel in each other’s company. After all, it’s all about the love.○

The Brightness is ray of sunshine to listeners

BY SAMANTHA FOSTER
OFFICE MANAGER

In her debut album for Righteous Babe Records, Anaïs Mitchell’s *The Brightness* has the potential to become a household name.

Mitchell’s previous albums, *The Song They Sang When Rome Fell*, released in 2002; and *Hymns for the Exiled*, released in 2004 were strong efforts. However, it is with *The Brightness* that Mitchell caught the attention of fellow songwriter and creator of Righteous Babe Records, Ani DiFranco.

A native of Vermont, Mitchell grew up admiring DiFranco and wanted to become a journalist. Now at 25 years old, Mitchell uses the style of a journalist to fuse together her powerful lyrics.

The Brightness is a classic example of what folk music should sound like. Mitchell’s songs range in topic from Greek mythology to love and relationships. The song titled “Old-Fashioned Hat” contrasts previous lovers with a new love.

“Clearly I remember when/ I used to scratch my poems/ on the backs of other lovers in/ the darkness of my mind/ back before I made my home/ in the marrow of your bones/ now I know your figure like

my own/ even from behind,” describe Mitchell’s personal experiences with love.

The instrumentation in the songs is truly Mitchell’s own. “Of a Friday Night” combines piano sounds as if they are out of a play with lyrics such as, “and I’ve got this lingering feeling/ it’s like I’ve slipped between/ fingers of the century/ I know you know what I mean.”

I especially enjoyed the song “Your Fonder Heart,” in which Mitchell combines the acoustics of her guitar and the unmistakable sound of a banjo to create a song that is as beautiful as the artist’s voice is unique. The sudden crescendo of the chorus adds an unexpected passion that moves the listener.

At first listen, Mitchell’s voice can be considered bothersome. However, given a chance, the artist’s child-like voice makes her songs refreshing. It is rare in music today to discover an honest voice with real instruments.

Mitchell’s album accomplishes this with ease and grace. *The Brightness* is very mellow and a good collection of songs to end the day with.

The songs on *The Brightness* are not upbeat or loud.

The combination of various instruments, the artist’s voice, and her unique style help

listeners to avoid boredom. Her songs manage to be calming yet intriguing and difficult to forget.

“Fearlessly emotive ... Like Dylan, Cohen, and Welch, Mitchell weaves her stories into an effortlessly beautiful and cohesive tapestry with the skill of an artisan’s carpenter, showing no seams,” said *Acoustic Guitar Magazine* about Mitchell’s music.

I thoroughly enjoyed listening to *The Brightness*. I have to admit that I didn’t think that I would enjoy a folk album, but I am glad that I gave this one a try. Music today has turned into to an assembly line of producing artists that rarely go beyond one hit wonders. This is the first time in a while that I have had the pleasure of listening to real music. ○

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Fiction meets reality

BY KARLI-MARIE REYES
A&E EDITOR

What happens when your world turns upside down?
Harold Crick's (Will Ferrell) world is a simple one. Every move he makes is calculated and timed perfectly by his Timex T56371 watch.
Harold is ruled by numbers: the number of steps it takes to reach the bus stop, how long it takes to tie his tie. He even counts his toothbrush strokes. As an IRS agent, a life of numbers isn't entirely unexpected. In fact, there is little in Harold's life that isn't expected.

That is until Harold begins to hear the voice. The voice narrates Harold's every movement, thought and motivation as if he were a character in a book. Harold's confusion and frustration quickly turn to anxious panic as the voice explains that the death of Harold Crick is imminent.

On the brink of insanity, Harold seeks out literary professor Jules Hilbert (Dustin Hoffman). Together, they decide that Harold is in fact a character in a book. The questions that remain are who is the author and is his story a comedy or tragedy?

Across town, writer Kay Eiffel (Emma Thompson) is in a rut. Even with the help of Penny Escherhe (Queen Latifah) the tragic novelist cannot for the life of her figure out a way to kill the main character of her next novel, Harold Crick.

It is only with his life hanging in the balance that Harold truly begins to live his life to the fullest, beginning with his interest in baker Ana Pascal (Maggie Gyllenhaal).

My first reaction to the chosen cast of the movie was hesitation. Although the movie is star studded, it is a usual cast of characters.

That said, I was very impressed by



the on-screen chemistry. Ferrell and Gyllenhaal work well together as an unusual, but quirky couple. Latifah and Thompson are a perfect balance between sanity and lunacy. Then, of course is Hoffman who makes the bridge between the real and the imaginary seem like a walk in the park.

The acting was great and I wouldn't have expected any less. Ferrell playing the role of a straight laced, serious man learning to see the world with new eyes was impressive. If nothing else, I've learned to see him in a new light.

While the movie did not require much in the way of special effects, the visuals added to the movie's experiences. Because Harold was a man of numbers and calculations, the effects helped the audience to see life from his perspective.

I loved the creativity of the screenplay. The idea of merging the real and imaginary worlds, while still maintaining a realistic border was done artfully. I would almost categorize it as breaking a fifth wall.

I give *Stranger Than Fiction* four and a half stars. It was a truly righteous flick and apparently I was not the only one to think so. For the first time since *Star Wars: Episode III*, *Stranger Than Fiction* sold out the 8 p.m. showing at Nevins on Feb. 9.

For those of you who were turned away at the door, the movie will make it on to DVD on Feb. 27. O

Sudoku

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Sports

Saxon women's basketball fights to rebuild

BY NATHAN WEISER
STAFF WRITER

The AU Women's Basketball record is 4-17 and 0-10 in the Empire 8 as of Feb. 7. However, these numbers are deceiving since they have often remained competitive until the very end of games. The Saxons showed a lot of heart against Nazareth College and RIT on the weekend of Feb. 2, losing by seven and nine points respectively. The Saxons also had a tightly contested game on Feb. 6 at St. John Fisher College where they were defeated by a score of 63-54, partly because they fell behind early in the first half.

Part of the reason the squad has been unsuccessful in regards to finishing off games with a win, is because the team is heavily stacked with freshmen. When all the freshmen continue to gel, the wins will come. In reference to the lack of upperclassmen on the team, Coach Heidi Metzger added, "I would say the most improvement the team needs is to get this first season under their belt. The team consists of one senior, one junior, one sophomore and twelve freshmen." Metzger also said, "Another place for improvement would be to have the confidence that they can win and again that comes with experience. As they mature and all stick together these four years, as a team, we should improve with strides each and every year."

When freshman forward Christine DiLaura was asked about what

the most important thing the team needs to do in its upcoming games to get its first Empire 8 win, she said, "I think that we need to come together as a team, play the full 40 minutes, and play our game. We are a good team, we just need to play strong defense and with that comes our offense."

The Saxons can take pride in the fact that they are a freshman-heavy team because they are still able to stay in games until the closing minutes. When asked about the team's resiliency, Coach Metzger said, "If they did not show good heart we would be getting blown out every game by thirty-plus points, and the games that we have gotten beat by double digits we were in the game until the end. So to question their heart and their desire is not even a question, it's just a matter of getting them to use it to their advantage." This resiliency is a good sign because when the team can combine its heart and tenacity with its overall talent, that elusive first league win is sure to come.

When freshman guard/forward Hannah Meier was questioned about the team's heart and intensity, she added, "I think that since we are a relatively young team we get down quick, but we tend to keep ourselves in a lot of the games because we don't give up." Meier also said, "Even right towards the end of the game we are still pushing it and working together." O

ATHLETES OF THE WEEK

LAUREN PFEIFER: THE FRESHMAN FROM LIVONIA, N.Y., WON BOTH THE GIANT SLALOM AND THE SLALOM THIS PAST WEEKEND AT THE AU INVITATIONAL ALPINE SKI MEET AT SWAIN. PFEIFER WON THE INDIVIDUAL TITLE IN LEADING THE AU WOMEN'S TEAM TO A FIRST PLACE FINISH.



LINCOLN STEELE: THE JUNIOR FROM KEENE, N.H., TOOK SECOND IN THE GIANT SLALOM AND SIXTH IN THE SLALOM TO FINISH FOURTH OVERALL INDIVIDUALLY AT THE AU INVITATIONAL ALPINE SKI MEET AT SWAIN. STEELE HELPED LEAD THE AU MEN'S TEAM TO A THIRD PLACE FINISH.



MEGAN SAMPSELL: THE SENIOR FROM CORRY, PENN., SCORED A GAME-HIGH 25 POINTS IN THE LOSS TO NAZARETH, HITTING FOUR OF SIX 3-POINTERS AND ALL 14 OF HER FREE THROW ATTEMPTS. IN TWO CONFERENCE GAMES, SHE AVERAGED 18.5 POINTS, SHOOTING 50 PERCENT FROM THE FLOOR, 63 PERCENT ON THREE-POINTERS, AND 100 PERCENT FROM THE LINE (16-FOR-16).



DILLON STEIN: THE SENIOR FROM NORTH HUNTINGDON, PENN., AVERAGED 16.5 POINTS AND 6.0 REBOUNDS AS THE SAXONS SPLIT TWO CONFERENCE HOME GAMES. STEIN SHOT 61 PERCENT FROM THE FIELD (14-FOR-23).



ALL Sports

The February frenzy



JON WORDINGHAM
STAFF WRITER

It's that time of year again. That time of the year when the sports fan seems to feel a void in their life after the Super Bowl champion is crowned.

To the average sports viewer, it seems like nothing important is happening in any of the four major sports. Personally, I find this to be one of the more exciting times of my year.

It's the time of the year when the college basketball player of the year seems to emerge from the pack of contenders and make a statement that leaves all of the voters for this prestigious award without a doubt. It has yet to

happen, but here a few of those possible candidates.

Freshman sensation Greg Oden (who some believe is actually over 30) has been a monster in the middle for the 3rd ranked Ohio State Buckeyes.

He has averaged 15 points and almost ten rebounds per game.

And here's the kicker: he's been doing it all while recovering from off-season surgery on his right (shooting) hand. The man has been shooting a better percentage from the line with his left hand than Shaq has ever dreamed of.

Although Oden will make one professional team very happy in the near future, I feel that he just isn't dominating enough to win this award.

Another young freshman who has made an instant impact on his team is Kevin Durant. The "Lebron-esque" rangy forward is averaging over a double-double this season in a tough Big12 conference.

It's too early to tell, but Durant may have had one of those memorable performances earlier this season against Bob Knight's Texas Tech team. In that game he scored 37 points and nabbed 23 rebounds while taking over the game in the Longhorns' second half victory. The only flaw on his record is his team's mediocre 16-7 record.

This brings me to Mr. Intangible. Joakim Noah is the driving force in the number one team in the country's starting five.

Noah's fiery energy and deceptive range make him one of the more dangerous players down the stretch, especially with the experience of already winning an NCAA tourney to his name.

Although his numbers aren't as strong as the other players, he is the best player on the best team in the nation, and that says a lot.

Another experienced player leading a highly ranked team is UNC's Tyler Hansbrough. If the conversation is about energy and hustle, this guy is my leading candidate.

Averaging 18 points per game, Hansbrough hits the deck more than any of the Tar Heels' football players. (They're really bad so that's saying a lot.)

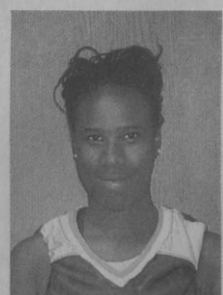
His Achilles' heel is those sub-par effort games, like Feb 7 against Duke. His inability to match the game's intensity almost led to a North Carolina defeat, which would have been disastrous for his resume for player of the year.

One player who never has a problem getting hyped for the big games is Alando Tucker of Wisconsin. He is my favorite to win the player of the year not because he is the most gifted of these athletes, but because he is the most experienced and most determined player in the country.

The only senior in this discussion, Tucker actually showed up in the Badgers' two losses.

Wisconsin's second best player is Brian Butch, who reminds me of a shorter Shawn Bradley. (That's right, he's useless.) The fact that the Badgers are ranked fourth in the country puts an exclamation point on my statement that Tucker deserves to be the player of the year.

Not only is February when the best teams in the country start to show what they're made of within their respective conferences, it's also a time for the best players on those teams to make a statement for themselves. In the coming weeks it will be interesting to see which performance from which player will really stick in the minds of the Player of the Year voters. ○



8 questions for Danielle Cooper

BY NATHAN WEISER
STAFF WRITER

Danielle Cooper is a freshman forward from Reading, Pa. While enrolled in the College of Liberal Arts and Sciences, she has not yet declared a major.

What do you consider your most exciting college game?

The SUNY Morrisville game was the most exciting because it was a very competitive game.

Which game in your college career are you most proud of?

The Elmira game because I felt that even though we lost I never gave up.

Who helped you develop the most as a basketball player?

My AAU coach Richie Williams and my experience with going to Donyell Marshall's basketball camp.

Which coaches have been most influential for you?

Richie Williams, Tanisha Giddens and Barry Schultz. They have known me since I was a young player and they helped me develop into a better player.

What are your expectations for yourself for the rest of the season?

To keep playing hard no matter what and become a better player

What are your expectations for the team for the rest of the season?

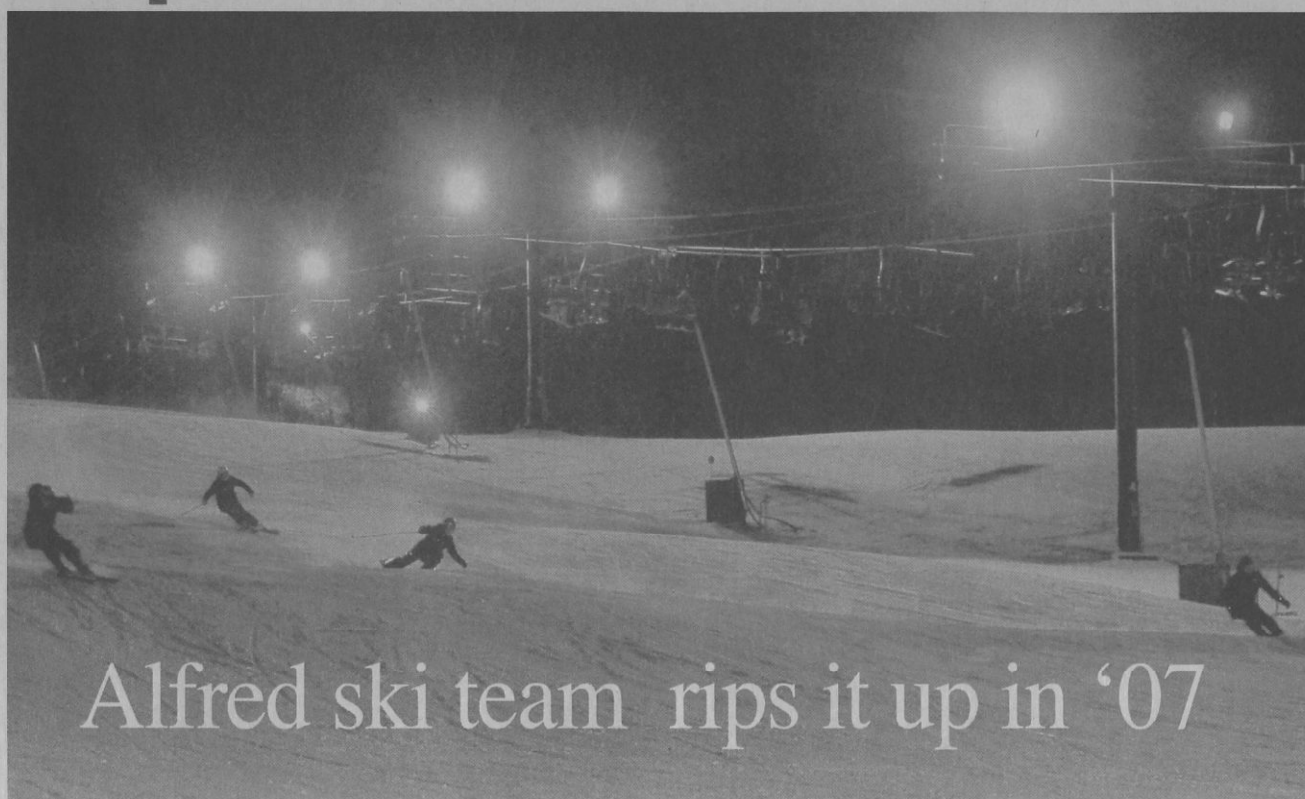
To WIN!

What part of your game do you think you could improve on?

Not one aspect because everything could use improvement.

What was the best overall team you have ever been a part of?

My AAU team and my women's league in the summer time. ○



Alfred ski team rips it up in '07

BY ERIN BRUMMER
SPORTS EDITOR

For twelve Alfred University students, skiing is more than just a winter pastime. It is a sport that for some has meant life-long training. Many are unaware that AU has a varsity ski team, let alone that the team is one of AU's best performers; the ski team frequently makes it to the USCSA National Championship.

So how has a small school like Alfred University maintained a solid ski program? Head Coach Kevin Walsh attributed various factors to the Saxon's success.

"Sometimes we get lucky and kids just show up. Recruiting is difficult because it is a small school. Schools like Syracuse and Cornell have bigger name reputations that make them more attractive," said Walsh.

Alfred's smaller name has not been completely overshadowed, however.

Walsh added, "We do get kids because they see we go to Nationals. Also, other teams don't have coaches that travel, so that extra attention is a plus."

The ski team trains on Tuesday and Thursday evenings at Swain Mountain. Here they set their own courses and run it anywhere from six to twelve times, working on something new each run. They try to set courses based on the slalom and giant slalom courses they will see at their weekend races.

The ski team is different from being on other sports teams because, "We are more self-reliant. We drive ourselves to and from practices and races," said Senior Captain Ben Cantor.

Cantor also explained how ski racing in college differs from skiing at other levels. "Ski racing is traditionally an individual sport. In collegiate racing you take individual results to get a team result. You have to ski for the team instead of for yourself."

This can mean changing your individual style. "Here you have to learn to ski smart because it's the finishing that counts," said freshman Heidi Skinner.

This year Coach Walsh and the team are confident that they can go far. To date the women have had second, first and fifth overall finishes and then men have earned a second and two third place overall finishes.

In a race you compete with your top five, and the top three finishers are counted. With twelve teams in the division, the top four go on to compete at Regionals, and the top four from Regionals move forward to Nationals. The top three skiers for the women have been freshmen Lauren Pfeifer and Heidi Skinner, and sophomore Rachel Beckwith. The men's top three for Alfred have been junior Lincoln Steele, sophomore Robbie Ryminski and Cantor.

Walsh and Cantor noted the importance of the team's four and five skiers to achieving overall success. "Senior Laura LaPierre had a great performance at Whiteface. Her score

was just enough and she adds depth if the top three don't perform," said Walsh.

Much improved from last season, sophomore Chet Farnum is helping add depth for the men. "Chet is finishing races and getting good results," said Cantor.

In order to be successful at Regionals, Coach Walsh said, "The men have to step it up and not make mistakes. If they are really on their game at Regionals they have a shot at Nationals."

"If the three, four and five guys stand up we have a good chance of being successful," said sophomore Joel Buchanan.

Skinner believes the women can clean up at Regionals. "As long as everyone stands up at Regionals, I think we can finish first."

If the women don't mess up at Regionals, Walsh sees no reason why they won't finish in the top four. "The women are strong enough to ski smart, not their hardest," said Walsh.

Scores were not available at press time for the ski team's February 10 and 11 races at Toggenburg and Song Mountain. The team will be in action next February 17 and 18 at Toggenburg, followed by the USCSA Mid-Atlantic Regionals February 23 and 24 at Elk Mountain, PA. ○



Lauren Pfeifer and Lincoln Steele pack up their skis after a practice at Swain on Feb. 8. The two were recently named athletes of the week for their performance.

