Below: Students shave their heads to raise money to donate to the American Caner Society



April 4, 2011

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Photo provided by Sarah Sha

The Libyan Situation

Raffi Jansezian Staff Writer

After the uprisings in Tunisia and Egypt, it was only a matter of time before Libya joined the ranks.

In the case of Egypt, peaceful demonstrations by thousand of Egyptians displayed that people can accomplish change without bloodshed.

In the past couple of months, massive protests have occurred in the Middle East. The above mentioned protests in Egypt forced President Hosni Mubarek to resign after a thirty-year reign. Tunisian leader Zine El Abidine Ben Ali also stepped down after similar protests.

Muammar Gaddafi, a powerful dictator, currently has control of many countries in the Middle East including Libya.

Gaddafi came to power September 1, 1969, after leading a military coup and toppling the regime of King Idris. Gaddafi established the Libyan Arab Republic. Since taking power, Gaddafi has gone from charismatic leader to unreliable lunatic. He has challenged foreign oil corporations to give the people of Libya a majority revenue from its own oil reserves, and given blunt speeches at the United Nations.

In the past thirty years, Gaddafi has been involved in numerous international situations, including the 1986 bombing of a Berlin nightclub which resulted in the deaths of two US soldiers and one civilian. Gaddafi has ordered the assassinations of many critics of Libya over the years. Amnesty International estimates twenty-five killings from 1980-1987.

Today, Libya is viewed as the next country to



Relay for Life draws on AU community

Jericho Shackelford Editor in Chief

Relay for Life, the American Cancer Society's annual benefit for cancer research, took place at Alfred University Friday, March 25 to the sum of

"All things considered, it's great. For people to donate any money at all in this financial climate is amazing," said Relay for Life Senate Representative nations. Whichever Relay

Eric Hudack.

The event, held in Davis Gym, began at 7 P.M. Friday and ended at approximately 4:30 the following morning. Co-chairs and club members worked for a semester to plan the cancer research fundraiser. When they met with Alfred State members to plan their consolidation, the clubs decided to do something new - a race to collect do-

conglomerate, AU or Alfred State that earns the most money wins. Alfred State College will be having their Relay this Friday, April 27.

Relay for Life is a national fundraiser for the American Cancer Society, which serves to provide funding and information for furthered cancer research. The ACS also offers programs and services at no cost for people who are dealing with cancer or the

affect it has on loved ones The ACS advertises the event as, "One day. One night. One community."

One community is exactly what was pitched up in the Davis gym as students from various paths of life created campsites to promote the cause. The event hosted performances by a number of AU clubs and organizations, each of which camped out in

Continued on page 7

Reimer fires to spark pursuit

Nickelina Noel Staff Writer

A series of three small fires were lit in men's bathrooms in Reimer Residence Hall at different times this semester.

Each fire was lit in a trash can in the men's bathrooms, the first occurring on the third floor on Jan. 24 at 4:45 AM, the second also occurring on the third floor on Mar. 21 at 1:30 AM, and the third occurring on the first floor on March 22 at 12:30 AM.

This information was announced to the university by Chief of Public Safety, John Dougherty via email on Mar. 23.

In an interview, Dougherty confirmed that there are leads in the case but could not comment due to the nature of the ongoing investigation.

According to Dougherty, the fires are not unprecedented, as there have been several accidental fires as well as one incident when

AU Gospel Choir Rocks Alfred

Griffin Taylor Sports Editor

The AU Gospel Choir, along with Syracuse-based group Heaven's Fire, rocked Holmes Auditorium this past Friday. The show drew an audience of around 100, and by its end, all were out of their seats, singing and clapping.

The choir was formed by sophomore Jared Cooper, and Cooper led the group through three different songs. One of the songs was a harmony, blending three separate verses, coordinated perfectly by the choir. Another featured a series of solos from five

choir members, highlighted by sophomores Derek Echevarria and Chris Lopez, who managed to hit notes your ordinary college student can only dream about.

Heaven's Fire followed the choir, and boy did it excite. The group had a stage presence that ranged from impressive to the pessimist, to electrifying to the optimist. I fall somewhere in between, yet still had goose bumps throughout the performance.

Toward the end of the set, Cooper told the group

Continued on page 9



Jared cooper leads the AU gospel choir last Friday April, 25 in

Photo provided by Griffin Taylor

Alfred University reaches out to Japan

Nickelina Noel Staff Writer

In an effort to increase campus awareness on the devastation in Japan, Alfred University faculty, staff and students participated in a week of activities titled, "Our Minds on Japan, Our Actions in Alfred."

On March 11, an earthquake struck off the coast in the northern part of Japan leading to a tsunami that ravaged cities and farmland.

The 9.0 magnitude

undersea earthquake triggered a devastating tsunami with waves of up to 29.6 m (97 ft) that struck Japan minutes after the earthquake.

The death toll from the tsunami and earthquake was said to have been the strongest ever recorded in Japan while the nation faced a nuclear emergency and the worst nuclear accident in decades.

Japanese officials are faced with traces of radiation found in Tokyo's water



and in water pouring from the damaged reactors and into the ocean.

Government officials are

now handling a much greater effect of the radiation leak due to contaminated water, plutonium traces in



the soil and the dangers environment workers are faced with at the nuclear plant.

The death toll has been raised to more than 11.000 and 17,000 people are listed Continued on page 8

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Raices 2011 kicks off on a spry foot

Adrian To

Ads Manager
If you were fifteen min-

utes late for this year's Raices, you had already missed the first half of the show. Though Raices had some fantastic dances, the show was relatively short compared to last year's and the performances consisted mostly of dances, such as Tango and Cha-cha.

Raices started off with Palos Dance choreographed by Akeem Caballero. This dance was a shorter dance compared to the others. The dance demonstrated a celebration of culture and the ritual of banishing evil spirits. The Tango Dance was performed after Palos, and quickly became my favorite part of the show. Choreographed by Daniel Gonzalez, this part of the show depicted passion in Spanish culture as well as the struggle between love and hate.

There were a few technical difficulties that occurred during the night. This proved a little disturbing when it happened in the middle of a dance and performers had to give hand signals to request for the correct song to be played.

The Bachata Dance followed after the Tango; it was choreographed by Ricardo Ramos and Yoelvin Molina. This dance style originated in the Dominican Republic and is also very common in Europe. The dance portrayed powerful motion through swift moves.

During intermission, free appetizers were given out to audiences, including small Spanish snacks similar to Tapas. These appetizers were delicious and audience members seemed to enjoy them.

The show then continued with the Tongue Twister competition and Dance lessons on stage; these were more interactive parts of the show, where audience members were invited on stage to be a part of the performance.

A performance of poem written by Alexis Acosta followed the interactive section. The addition of poetry to the dance-dominated Raices was a nice change from past years. The reading was beautiful and I would love to see this part of performance to continue next year.

Finally the show ended with a modern Cha-Cha choreographed by Akeem Caballero. This dance was sexy and seductive as the performers danced to songs by Rihanna. After the dance, performers invited attendees up on stage to dance with them, which led the show to an interactive and exciting end.

Sophomore audience member, Nicole Hutchinson said she especially enjoyed the Cha-Cha dance and the appetizers, but she had hoped the show would have lasted longer.

Hopefully Raices will expand its program next year to provide a lengthier show experience.





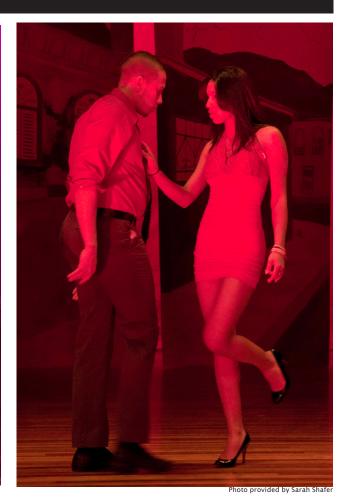




Photo provided by Sarah Shafe

A less than peachy return for The Strokes...



Melanie Baker A&E Editor

Less than peachy, although it wouldn't have seemed that way before the release of the group's new album, Angles.

The music world and blogosphere were all abuzz when the premier single of the album, "Under Cover of Darkness," catapulted the group back into the music scene after what seemed like an endless hiatus.

In fact, fans and even band members themselves doubted if Angles would even be written or recorded. But here it is – a mere ten tracks with few packing the punch we've come to expect from The Strokes and many falling flat.

After "Under Cover of Darkness" was released, fans of the Strokes rejoiced, not only because their beloved band had come out of hibernation, but because the track was downright high-quality.

It carried the trademark sounds from earlier albums, including lead singer Julian Casablancas' impressive howling range and wildly sliding guitars. The return of The Strokes was looking up. However, now that Angles has officially dropped, it appears "Under Cover of Darkness" is the lone wolf connecting on the the sound that made



the band so popular.

Not every track on the album is a letdown. The opening song on the album, "Macchu Picchu" offers a promising start to the record with pleasantly blaring guitar riffs and solid work from the drum kit. "Gratification" is another album staple that will stand the test of critics and listeners alike with its catchy, carefree melody that is a clash of The Strokes and The Beach Boys.

"Taken For A Fool" features an exciting, quick-tempo jam quality made for a summer playlist, which you'll need when the band kicks off its summer promotour to promote Angles

tour to promote Angles.

Where the group falls flat are on tracks with such experimental personality disorders that the end product feels nothing less than bipolar. Instruments bleed into each other in off-putting ways, sapped over with lyrics Julian Casablancas can't even take full ownership of (the songwriting credits on Angles go to The Strokes, not Casablancas himself).

The album seems an ill attempt to re-group and re-enter the music scope as a unified rock outfit. The Strokes' differing tastes have inelegantly splattered themselves onto the same album.

The album deserves an audience, and most listeners will tolerate a sitthrough of all ten tracks, but only the rare, standout songs on Angles will live on

The Strokes must have sensed discontent from its fans. Immediately following the release of Angles, the group announced it had already begun writing and recording a fifth studio album. When that album does drop, listeners will be looking for something less like Angles and more akin to Is This It or Room on Fire.

For now, listeners of The Strokes can repeat those few golden tracks on Angles, and hope Casablancas and crew can somehow expedite the recording process to deliver something more worthy of the music world's attention.

FIAT LUX

Next issue: April18, 2011 Next deadline: April 14 by midnight **JERICHO SHACKELFORD** Editor in Chief

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Editorial:

Time for a break

Sometimes bad news is just bad news. Developing stories go underdeveloped either for political stagnation or maybe simply to remedy popular demand.

News foragers might get sick, and editors - they're busy.

Sometimes political upheaval just takes too long, other times there's just too much of it to follow. Thus, if just for a moment, it becomes nice to simply not mind all that strife.

T-minus 11 days until hotdog day. Maybe it is 10 for some and 12 for others but it seems that 11 is the median.

Libya is one of the most pressing issues on the community mind, right up there with the next test, that paper due a half hour ago and keg money for the party ten days from now.

For a place run on the efforts

and educational yearnings (for lack of a better phrase) school sure can get cumbersome for all those wee students out there. Soon it becomes hard to decipher the body beneath the backpack as its own separate entity.

So students they rally.

Recently, droves of students rallied for prosperity in Japan throughout Powell Campus Center and others camped out to preserve life in there communities maybe in commemoration of that life they new that was affected by cancer.

Hope seems to be the defining theme of this twelfth issue. Not, that intangible Obama kind, but something more tactile - like leaves might start re-budding if it weren't for the breath of hopes to sigh them away - just

a few more days.

Alfred to Asia

In the midst of all these cares it seems the one that carries the most weight isn't always the one we care most about - that's not a bad thing.

Everybody has gotta party every once in a while.

Sometimes life is worth toasting.

That leaf hope blew away it'll grow back and sometime soon. One day we'll save this thing just long enough to say, "Job done, goodbye. It's time for a break, a respite, or just a good drink."

For now school will kip ticking on: for seniors too quickly and for juniors too slow. Funny what a year will do, it's a whole new worldview.



Editorial Policy

The *Fiat* 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).

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Did you know you don't need fancy cleaners to wash your windows? Just mix a little vinegar and water, and use those left over newspapers that you've finished reading. The vinegar is a natural disinfectant, and the newspaper leaves a streak-Green Guide

OPINIONS

Capital Efforts: Twenty-first century patriot



Jericho Shackelford Editor in Chief

My biggest April foolery, this year, was a joke on myself. Well, maybe on both you and me. In an effort to be vainly satirical I stumbled upon some truth in writing "It aint funny" in world so he marched right Friday's April fools issue. into the military.

Growing up, ya know

- back in the day, Patriots drank ale and spilled tea. They were merchants, farmers, propagandists and plotters. They were far removed from you and me, but so are Libya's rebels.

Libya, Tunisia, Egypt, Yemen, Syria, Jordan and Iraq all say don't tread on me. Revolution, it seems may be, the hottest topic of this new decade. Hopefully for us across the Atlantic that theme is putting things in perspective.

Hope, as defined by the American Heritage Dictionary is to wish for something with expectation of its fulfillment.

To friends I tell this story a lot, the one of a young man running. That young man he grew; no money for a young man in a Jim Crow

His sisters were jailed

and his brother had died all in that snarling south. That man he went to college, earned two degrees and furthered them both with postgraduate studies. Physics, he would say, taught the world to me.

Wavelengths, mediums and math brought that man to design lenses for cameras - private and publically contracted - and eventually for the Hubble telescope.

One day, as many English majors do, I'd like to rewrite certain sections of the dictionary. For instance I would redefine hope as: the ability to wish for something with expectation of its fulfillment.

Months ago the Middle East and northern Africa were as most people had always thought of them plagued by either the

ineptitude or outright corruption of their governments. Life is hard when water, food, and money are all made scarce.

A year ago, those people over there were the people who might bomb us. Jokes were made and still are based on fearful biases.

Perhaps now, it is the people of the Middle East especially, who are redefining our view as a new kind of radical. Extremism is not just that term that equals exploding vans and downed websites. It is a conviction driving each revolutionary movement. To be sure, America's own patriot was radically against loyalists.

Patriots, they fought, they ran towards freedom: they earned their vote. And now they sit - reminders of to be. Many citizens were a nobler generation. They convicted by an inalienable stand and they pledge

to America, that thing now benign, the America they made. We sit in their America graded and polled and scatter plotted by political strategists and ad agencies. Stagnant we sit because that's our American way.

Truly, I'm no America basher as it took the guidance of my entire family to keep me out of the military. As political unrest is the sum of discontent and an extreme ideal we aren't so bad off. If we were we might react too - maybe.

So they, the have been infidels of democracy, are my make shift patriots of the twenty first century. Currently some one of them are running, marching or reading their nation into a better way of living.

A patriot is someone ability to dream for better

and fulfill that expectation - that dream betters a country.

In the Middle East it is uncertain of what that dream will result in. Democracy is always a wishful possibility however there are natural steps between there and the plateau of revolutionary fervor. Nonetheless I'm certain that this step is the beginning of a better history for a once misunderstood and previously subdued people.

Why combine narrative about hope with a piece clearly about some new fangled conception of patriotism?

It seems to me that one wouldn't work without the other, but that is not for me to decide. I just put the

Stop feeding the cats!

Vreni Gust

Opinions Editor

I think everyone living in Alfred, on or off campus, will agree that there is a problem with stray cats

The cats simply seem to be everywhere. I have talked to people on campus that have seen them in the dumpsters, or seen them try to enter dormitories. I live off campus, and from my dining room window I have counted twelve in one field of vision.

I have come home to find kitten footprints on my car windshield. They sit on my fire escape and look into my windows and I can see them physically shivering when it is cold outside. One of them only has one eye; my roommate and I have nicknamed it Cyclops. And some of these cats are clingy.

My roommate made the mistake of picking one up once, and it followed her all of the way to GJ's. And then when she was leaving, it was waiting for her outside.

Another friend of mine decided he wanted to open my window and pet one, and it tried to come into my apartment.

Regardless, nothing prepared me for the time I came home to see two cats procreating on my fire escape, only for the male cat to immediately run off and find a different cat to mate with in the backyard. No wonder there are so many cats; they are

multiplying!

I personally do not feed the cats because I don't think it's right to help extend their lives of misery. However, the neighbors on both sides of me feed them regularly, which is honestly terrifying.

The cat problem is only going to get worse if we are feeding them. And having too many stray cats can seriously disrupt and ecosystem.

According the American Bird Conservatory's (ABC) "Cats Indoors" Campaign, stray and feral cats prey on populations of birds and other wildlife that native animal species naturally prey on. These cats create an unnatural competitive environment for animals such as native hawks and

The animals that the cats prey on are an important component of a diverse ecosystem. Because feral cats often exist in high density colonies, they are able to out-compete native predators, which upsets the

natural ecological balance. Cats are often attracted to one area because someone is feeding them, and thus they form colonies there. This is precisely what is happening on South Main Street. Cat populations can grow rapidly, as female cats can have as many as three litters per year. Three liters can easily yield 10 new members to the colony per year. A small colony with

only 2 breeding females can grow to over 100 cats in less than 2 years. As a population becomes larger, cats become more susceptible to diseases. These diseases, such as rabies, parasites, and cat scratch fever, may be transferred to local domesticated cats or even humans.

So what can be done about the cats? Most area shelters are full. Adopting one is risky considering they may be feral or have serious health problems that are costly to fix. Killing the cats may be cruel and expensive.

Luckily, a group called Feral Cat Focus of Western New York has begun a free Trap/Neuter/Vaccinate/ Return (TVNR) program for people willing to trap cats and bring them in.

TVNR programs appear to be effective, because they are humane and keep the cats from reproducing. Although the ABC opposes TVNR programs because cats remain outside (which is a risk for the ABC's beloved song birds), I believe that Feral Cat Focus' program is an extremely important step to helping take care of our cat problem.

I realize that it might be unrealistic to expect college students to trap cats and get them fixed. However, something we can all do is STOP FEEDING THE CATS. Feeding the cats is not helping the problem, so please don't do it.





ARTS & ENTERTAINMENT

Alfred 2 Asia takes flight

Eric Hudack

Managing Editor

Alfred to Asia, a yearly event held at Alfred University, brings a little slice of Chinese, Japanese and Korean culture to the student body by sharing dances, music and other forms of entertainment with the audience.

A2A, as it is commonly referred to as, centered around the theme of "ISSO Airline" this year, and jokes parodying in-flight entertainment and policies were sprinkled through out the show. For example, the show started with performers dressed as flight attendants demonstrating the emergency procedures on an airplane as the 80's hit, "Safety Dance" played in the background.

Highlights of the night included the Korean Guys Dance, featuring six male performers who channeled their inner Backstreet Boys or N'SYNC for the night. The Korean Guys Dance got the crowd buzzing as they opened with an interpretive dance to the Taylor Swift song, "Romeo + Juliet." It demonstrated the sense of humor underlying not just this particular dance, but the whole A2A experience.

The audience roared and screamed as the guys popped and locked their way through some modern Korean techno/pop music.

Next, Janet Cheung and Ze Dong sang a duet with piano accompaniment by Crystal Luk. The duo interpreted classical Asian love stories in these romantic ballads with stirring emotion and excellent tone quality. You could really see the passion in Cheung's expressions and body movements, which was matched perfectly by her powerful soprano voice.

Not to be upstaged, Dong countered Cheung's voice with a delicate tenor that really wowed the crowd as he effortlessly slipped into a falsetto during the climax of the song.

Perhaps the most raved about performance of the night was magician Kelvin Ng. While the fire tricks and gravity-defying act was amusing (I personally got a kick out of Kelvin dancing with a floating table to the song "All By Myself"), Kelvin really hit his stride when he was given a microphone and started his appearance/disappearance

act.

As the magician attempted to create the illusion that a wine bottle and glass were switching places, he would make brief, but hilarious comments that kept the crowd laughing.

"It's really good stuff," Kelvin would comment about the wine he used as a prop. "This would be easier if I could just drink the wine, but I'm only 18. That would be illegal."

While Kelvin may have stole the show, the most dynamic performer of the night was A2A director, sophomore Yuhan Wang. Wang demonstrated her diverse musical skills playing the traditional Guzheng in one number and interpreting Chinese fairytales on the clarinet in a duet with Crystal Luk (on the piano) in another.

Wang also helped choreograph and danced in the Traditional Fan Dance. This piece featured five female performers in a very graceful and seductive interpretation of Chinese poem "In the quiet night" by 8th century poet Li Po.

The dancers translated themes of the poem, longing, desire and change, into the movements and reflected that in the performance.

The fan dance included a lot of slow, methodical movements at first, occasionally interrupted by quick ones, but staying in a tight formation. As the movements began to quicken, the formation was broken and reformed through the use of spinning.

Through out the performance, there was no touching, as if the fan served as a symbol of mystery and an outlet for all of the flirtation and sexuality of the dance. The fan dance provided a feeling of wanting and longing, but never having.

Months of rehearsal and even more months of planning finally reached a conclusion Saturday evening, and for many of the performers, it is a bittersweet moment.

According to Wang, for many of the seniors, it was a "farewell party for the graduates."

"[I'm] grateful for all the people. We just wanted a good show." Wang added. I think they got one.







Williams' Streetcar rolls onto the Alfred mainstage

Melanie Baker A&F Editor

The Division of Performing Arts and the College of Liberal Arts and Sciences will present the American theatrical classic, A Streetcar Named Desire, by Tennessee Williams. The production will run Wednesday, April 6-9 at 8 p.m. in the new Miller Theatre.

Directed by J. Stephen Crosby, the play, according to an AU press release, "deals with a culture clash between two iconic characters, Blanche DuBois, a fading relic of the Old South, and Stanley Kowalski, a rising member of the industrial, urban working class." The tangled relationships of Stanley, Blanche and Stella (Blanche's sister and Stanley's wife) bring to light issues of mental health, alcoholism and abuse in a world pulled thin with constant tension.

Justin Pietropaolo takes on the iconic role of Stanley alongside Anna Kowalczuk as Stella and Jessica Antrobus as Blanche. John Hamolsky plays Mitch, Blanche's "on-again, off-again boyfriend", and Kate Truini and Javier Pritchard play a married couple, Eunice and Steve Hubbell. The supporting cast consists of Sanders Schneider, Nathan Abel, Nathan Early, Krystal Redding, Andrea Castro, and Holly Durand.

The production is stage managed by Amanda Lynch with assistance from Hope Barnum. Marketa Fantova created the design and scenography with the help of Nate Gibson and technical direction provided by Zach Hamm. Debbie MacCrea heads the team of costume designers for Streetcar.

Tickets are available for purchase through the AU Box Office, which can be reached at (607) 871-2828 or by emailing performs@alfred.edu .









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Upright Citizen's Brigade

Tyler Mackenzie Cummins Contributing Writer

The Upright Citizens Brigade is one of the most highly recognized and respected live comedy troupes in the country, currently featuring wildly popular theatres both in New York and Los Angeles.

Their company is perhaps best known for spawning the careers of such recognizable names as Adam Mckay, Amy Poehler and Horatio Sanz, as well as for their show on Comedy Central running from 1998-2000.

This past Saturday, Alfred was treated to a free, intimate performance by UCB's touring company in the C.D. Smith III Theatre, which was loaded with laughs despite a low turnout and almost no technical assistance.

The group interviewed audience members about what Alfred life was like, basing nearly an hour's worth of unscripted material on Alfred folk-lore, none of which the quartet of actors were familiar with before stepping on stage.

Such topics covered were: Hot Dog Day, dead animals being thrown through restaurant windows and the transition of 71 N Main St. from a fraternity into a welcome center. This was followed by another set of improvised material based around the words "cruise ship".

In addition to their hilarious performance, the group also gave a free improv workshop, mostly to members of Alfred's own Friday Night Live, who provided a scripted opening act for UCB.

The performance overall was a excellent example of the peculiar brand of comedy that can come from truly talented improvisers.

Hopefully, if the Upright Citizens Brigade touring company makes their way through our small community again it will fall on a night with less campus events, and a few more seats will be filled.

Main St. Profile: Cafe Za

Griffin Taylor Sports Editor

Of all those clamoring for greater food and drink selection in Alfred, my dissenting voice may have been loudest.

After a trip around Main St. to visit shop owners, I found myself to be far from a credible source. I thought I had run through the Alfred food spectrum a month into my stay, and here I was, two years later,

realizing I hadn't even discovered much of what the town had to offer (at least not the good stuff).

I began at Café Za, which I presumed to be the most diverse of all the Alfred restaurants. Though I had been ordering food from Za on a weekly basis for over a year now, I went with one of two things every time - Thai curry chicken, or if it ain't broke, why fix it? Owner Eric Cushing filled me in on what I'd been missing.

"People look at the menu and say, 'If I can't read it, I won't eat it," said Cushing, in reference to his pasta dishes listed on the menu in Italian. "I want to say 'no, if you can't read it, you should want to try it,' but I can't lose any customers Penne a la Vodka. After all, in a town this small," he smirked.

At that point, I realized I was actually one of those Cushing was venting about, but I dared not admit it.

Cushing worked at the popular New York City restaurant Balthazar before he moved up to Alfred in 2001. He came to Alfred to be near his parents and pursue a second career in ceramics. He opened Za shortly thereafter.

"I began with a sort of complex, niche menu, but I realized that unlike New York, you need something for the entire town here if you want to stay afloat," said Cushing.

He quickly adapted, adding student favorites such as the gigantic burrito, which feeds a family of four for the price of one. Today, he is excited about the outdoor wood oven in

the back of the restaurant, where he will begin to sell a focaccia crust pizza slice for only a buck once the weather improves.

I plan to be one of the first in line to try his new product and will not shy away from all of that Italian on the menu the next time I take my date to Za.

After all, if I don't like the final product, I can always swap plates with her.

BERATIURES

Adventures of a mishapped columnist: Ditching meats for veggie treats



Victoria Floor Copy Editor

Boca burger, you're the one ... you make meal time lots of fun ... Boca burger, I'm falling in love with you.

Ok, I'm exaggerating ... a lot. Veggie burgers may not be my favorite "would-bemeat patty," but they aren't hockey pucks either, which is what I was expecting.

Because I failed to conquer anything for this issue. I had to take another approach to writing my column. Two weeks as a vegetarian will not only serve as penance for my "fear fail," but it will also teach me to eat healthier. Let's see Bert the Conqueror do THAT for the Travel Channel. He probably won't, it's too exciting.

So how does one become a vegetarian without losing his or her passion for food? Food is, after all, one of the great joys of life. It's not merely fuel for the body, but a source of flavor and fulfillment. I always assumed that giving up meat meant sacrificing those things ... until now.

It might be too early to tell what kind of endurance this project has, considering that I'm only approaching the end of my first week without meat, but so far I like the change in mindset.

Meat and potatoes would definitely get out of hand without a veggie present to keep the party respectable. They're kind of like that friend who tries to talk you out of jumping into the pool from the roof of your house. They might not seem fun or sexy, but they will keep you out of trouble, if you let them.

Of course, there are reasons to go vegetarian or vegan that have nothing to do with personal

challenges or penances. Rather than debate on the moral issues of eating meat, let's assume that our barnyard friends are quite content to keep their wings and tenderloins. I think that's a pretty safe bet, so there is no need to dwell

More relevant to my point are the health benefits of avoiding meat. Anything that will help me lose weight before the summer is great, but the vegetarian lifestyle will also force me to pay more attention to what food I buy and what is in it.

Studies show that vegetarians and vegans live longer, healthier lives. They are at a lower risk for cancer, heart disease and intestinal problems. Let's not forget the reduced financial stress (we students know all about that). As the prices of meat rise along with just about everything else, it's cheaper to spend your time in the produce section rather than with the butcher.

To fully embrace the challenge, I banished all meat to the freezer, thereby making any decisions based on impulse cravings less likely to deter me from my goal (defrosting requires a certain degree of commitment to a food). I felt safer knowing it was frozen solid.

I then filled my fridge with vegetarian-friendly protein "fixes" like veggie patties and garden burgers, vegan tofurky beer brats,

meatless chicken cutlets and ground meat-like products. This all might seem excessive for two weeks, but I like the "speed dating" approach to food exploration.

My favorite so far is probably the "Meatless & Soy-Free Naked Chik'n Cutlets" made by Quorn. Though not quite as moist or dense as real chicken, the texture is remarkably similar. With a little marinade and seasoning it's delicious. I'm amazed what is possible with the right combination of ingredients.

I can't say whether or not I'll stick to the vegetarian lifestyle indefinitely after this experience, but as of right now I'm excited to see where it takes me.

Easy wins: the future of computing



Nicholas Clark Staff Writer

Tech writers love to predict the future, probably due to the fact that they have very little skin in the game. The tech world is always changing, and while the writer of an article may keep track of past work, few others will.

I am in the same boat, only better.

If my prophesies ever come true, I'll have a dated copy of this paper and the ability to show it to house guests while declaring, "I totally called it." If my prophesy falls flat on its face, I will have graduated and in all likelihood be in another state.

Over spring break, I was sitting in a hot tub with a friend at an athletic club near my house in rural New Hampshire.

There were two elderly women in the hot tub discussing technology, so I began eavesdropping. One of the women was going on about her upcoming upgrade from a relatively new laptop PC to a new Macbook Pro in order take advantage of Facetime, a free video calling program available for Macs, iPhones, iPads and the like.

She referred to the program as "Face-to-Face."

I am a proud PC user, but I consider myself open minded. I regularly use Apple hardware, and have recommended Apple products to friends, family

and perfect strangers. I am, however, a huge fan of saving money.

I politely informed the woman that she did not need to invest \$1800 but could instead spend as little as \$20 on a webcam which could perform the same functions as Facetime on her current laptop. I explained to her that video chatting is nothing new, as Skype, a similar free video chatting program, can be used on Macs, iPhones, iPads, PC's, Windows phones, Android phones and elsewhere.

Her response will haunt me for years. She thought for a moment, then raised her eyebrow and said, "... But it's not Face-to-Face."

For any pastime, all the people of the world could, in my opinion, be separated into two groups: consumers and enthusiasts. Now, I don't want anyone to think that I am playing favorites, because most people are a combination of both.

Sports enthusiasts know the stats and birthdays of their favorite sports players. Horse enthusiasts own their own. Twilight enthusiasts debate passionately and pointlessly debate why Edward is better than Jacob. Art enthusiasts frequent museums and exhibits, and can recite the difference between expressionism and neo-expressionism.

For every enthusiast, there are at least 100 consumers who watch the occasional sports game, have ridden a horse, were drugged and dragged to a Twilight movie, or who have

been to an art museum. Computer enthusiasts build their own systems, debate AMD vs Intel, create scripts and shortcuts to automate tasks and tweak their computing experience to be exactly what

For a computer enthusiast, a computer is a pastime as much as it is a tool. For

they want.

most of the world however, a computer is simply a device used to do something else. This is why most people hate computers.

Most people couldn't care less about how a computer works, they just want to check their email or type up that cursed politics paper. The woman in the hot tub who would pay an extra \$1780 for an easy and sleek experience is the future of computers, not the guy in your dorm running dual Radeon 6990's

in crossfire. If I were to turn this into some kind of prediction, I would say that computers will continue to get smaller. For the average person's basic Facebook/ email/news needs, a tablet, netbook, or even a snappy smartphone will

be suitable. As more people realize this, the small, sleek, and minimally configurable will survive. Think tiny Apple stuff, except every company will be selling it.

Who knows, maybe someday desktops will be treated like cars in car shows, in use not from practicality but from love (or a very specific need). That is, of course, only until they begin implanting computers in our brains.

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Childhood fashion: the glorious 90s



Evelyn Porter

Contributing Writer

I consider my childhood years to be from 1993 when I stepped on the kindergarten scene in a denim and fringe cowgirl getup, to 1999 when I wore

a backward Nike hat and fully embraced my inner hip-hop self. Looking back through the many phases of my childhood, one thing is obvious: I was a sprouting fashionista and loving every minute of it.

Everyone has his favorite generation - an iconic period in his life when the memories are as sweet as the fashion they loved and would never wear again. For me, the '90s were it.

During this time, supermodels were taking over the world, President Clinton was playing saxophone on late-night TV (among his other late-night hobbies) and car phones were cool.

I was living in rural New Hampshire. I had an imaginary friend named Cousin Fakey (a daring fashionista herself), I loved Star Wars and I was totally into Mariah Carey, Seal, Bobby Brown and Raffi. Don't let the eclectic list fool you, I was pretty white. Physically I resembled the twig of a white oak: pale, lanky and frail. I certainly wasn't snagging any child modeling contracts, nor did I care.

That was the point of being a kid. The choices you made were inconsequential and what you knew about the world you probably learned from the Disney channel. There is an innate freedom we often lose sometime during adolescence. That freedom was behind some of my most awesome outfits and made me totally oblivious to the fact that I may be photographed, and then forced to look at that photograph when I was older.

Photographic evidence unfortunately confirms that not only have I always been non-photogenic, but my fashion choices were equally distinct and perplexing. There was the cowgirl princess phase, the "black is my favorite color" phase, the Princess Leia phase and the tomboy rap phase. Of course there were many sub-phases and transition phases, but they didn't last long enough to count. During each phase spandex, overalls, GAP sweatshirts, acid wash, skorts and scrunchies had their turn.

The most important contributor: spandex of course. What was not to love about spandex? It could take the form of shirts, pants, shorts and skirts and it came in every color of a Crayola 64-pack: so versatile.

One of my favorite clothing items of all time was a spandex skirt with spandex shorts underneath and a giant elastic waistband. The skirt was white with black polka dots, and the best part was the Minnie Mouse patch on the front. The waistband came clear up to my rib cage, sucking the life out of me. Obviously that was irrelevant. I was in heaven. It was from a second-hand store. That's where all of my clothes were from; my mother took full advantage of the fact that I was unaware that you could buy clothes new - she was also in heaven.

The culmination of my fashion triumphs and pitfalls is a constant source of amusement for me. My best friend and I often reminisce about our identical glitter and fringe adorned cowboy boots - I had the white ones, she had the black. My mother still likes to share Leia hair-do stories with anyone and everyone. And despite recent developments of brand obsession and passionate appreciation for malls everywhere, sometimes I just want to throw on a Minnie Mouse skirt and bust out a little Mariah.

Chemistry Club gives AU a blast from the past



Above: Dr. D'Angelo "listens to what the Flower People say" as he does his best hippie impression in the Chemistry Club's Decades Day Competition.

Eric Hudack

Managing Editor

In the end, the 80's just weren't enough. As a way to increase interest in the Chemistry Club's 80's Metal Moustache and Teased Hair Competition, the club expanded their repertoire to include all decades above the 1920's in what they are calling the Decades Day Competition.

The concept is simple. On April 1, the Chem Club encouraged the student

body to come to Nevins Theatre, decked out in the most ridiculous outfit that defines the era of his choice. A photo shoot of the participators followed. 12 wins.

Then, through some serious PR and marketing schemes (or sitting at a table in Powell during the lunch hour rush and soliciting for donations), students and faculty alike will vote for who had the best Decades outfit. Contest judging is based on the amount of money donated to each jar (one for each decade). The largest amount of money collected by the close of the Scholes Lecture on April

'We really enjoy doing this competition," Danica Ostrander, president of the Chemistry Club, commented. "Not only is it a ton of fun, but its for a really great cause."

All proceeds will be given to the Food Bank of the Southern Tier.

The idea came from the Alfred University's very own Dr. Geoffrey Bowers, assistant professor of chemistry

"Now that I'm here at Alfred, the AU Chemistry Club has been 100% in control of the event," Bowers said about his role with the Decades Day Competition. "They make decisions, do all the man power work, and they selected the charity. All I did was approach them with the possibility

of continuing something I started at Gustavus Adolphus College in St. Peter, MN," he added.

Originally called the "Metal Mustache March," the competition started as a bet between Bowers and two other students at Gustavus Adolphus, Jeremy Bedard and Joel Rindelaub. Eventually, the contest grew to the point where it pitted senior men against faculty to see who could groom a better 80's style, Metalica mustache. It was for fun.

"That in and of itself isn't a unique idea, but making it into a charity contest for a local cause was," Bowers commented.

Bowers saw the competition as a rare opportunity to give back to community, in addition to engaging in a hilariously good time.

When he came to Alfred, administration officials encouraged new faculty to make an impact in the community both on and off campus. Bowers immediately recalled the mustache competition from his college days and wondered if the Chemistry Club would be willing to start it in Alfred.

The Chem Club loved the idea and voted to hold an 80's rocker contest. The major change they made, modifying the event to allow for female contestants too. The Chem Club, in particular Sam Lamphier, ran and executed the whole

thing. "Other than giving a little bit of advice and helping in rather small ways when asked, I had nothing to do with the contest this year," Bowers added, stressing the student management of the event was a key to its success.

That being said, it still is quite an impressive feat to see that many professors getting involved in such an outrageous extracurricular activity.

"As far as getting professors involved, the chemistry professors are a great group of people," Ostrander mentioned.

"They just get excited about dorking out and dressing up as we, the students, do. They take all of that enthusiasm and share it with the other professors," she added.

While all proceeds from the event go to the Food Bank of the Southern Tier, there is a little personal gain to be won, aside from the pride of having deemed the most ridiculous person on campus. The winners of the competition will receive a voucher for a free ice cream at the upcoming liquid nitrogen ice cream social held by the Chem Club.

For years to come, professors and students hope to continue the tradition of this competition. Next year, there is even talk of expanding the competition by opening it up the entire university, not just LAS faculty and students.

Hot Dog Day 5k run and walk

Matt Brown

Contributing Writer

Counseling Services has organized the annual Hot Dog Day 5K run as a fun wellness event to kick off Alfred's largest community gathering.

When Health and Counseling Services collaborated to create a Wellness Educator position, the first staff member in that position, Pam Schu, worked to reinvent the run as a fun and inclusive family event. It was named the Fun Bun Walk or Run, with Fun Bun t-shirts and gilded hot dog buns as prizes. Schu's cheerful race day staff included her husband, Brian Schu, long-time race organizer for the YMCA in Hornell.

Alfred University's own Andy Crawford, past crosscountry and track and field coach and a competitor currently sponsored by Saucony, is helping to organize this year's race. Andy has organized Alfred's Alumni Race, as well as the Medved Lilac

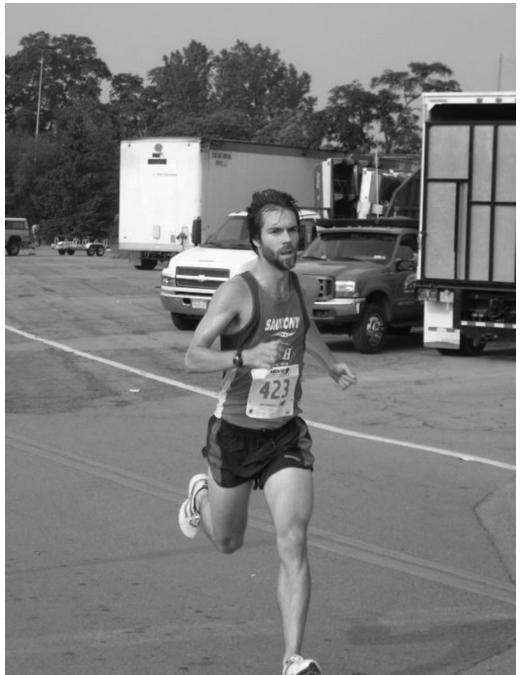
5K and 10K Race in Rochester. Assisting with the run are local wellness advocates from Hornell Area Relay for Life teams. They are known around town as Ward's Walking Warriors (lead by

Ward Votava and associates) and The Phunny Pharm (lead by Tony Graziano and associates). All proceeds from the Wellness Walk or Run will go to these two Relay for Life teams that originate in the Alfred community.

This year's Hot Dog Day 5K is scheduled a week earlier than last year's, so don't forget to mark your calendar for April 16th. We will be celebrating the advent of Spring in rain, snow

To register for the Wellness Walk or Run, email Kim at csdc@alfred.edu, or complete the registration forms flooding Powell Campus Center. The sooner you register, the better your chance of obtaining your desired t-shirt size. Race day registration starts at 9:15 a.m. The race will begin at 10:00 a.m. by the Alfred Village Bandstand. All runners, walkers, strollers and dogs (on leashes) are welcome! Students can register for \$5, and the fee for everyone else is \$15. Any questions can be directed to Kim at 607.871.2300. Come out and have fun while running or walking for wellness!

Right: AU's own Andy Crawford, during his race in Harborfest with his Saucony



Relay for Life in Alfred continued...

various sites around the gym.

"We had the dance team and Alfred to Asia perform, and the archery club did a demonstration too," said Relay for Life Co-Chair Rachel Coggins about the event.

AU's Relay for Life turned out all the better for a "We Heart Maggie" campsite that sold baked goods to on-comers and donated the proceeds to the Relay for Life team.

Shave to Save, preceded Relay for Life. The event was based on an agreement made between faculty, staff and one local hairdresser that if over 15 students shaved their heads, faculty would donate money to the Relay cause. In all there were 19 students willing to offer their hair up for a good cause, which earned \$300 towards the Relay initiative.

Right: Truly a community event, Alfred to Asia dancers performed their infamous "Korean Guys Dance"

Below: Students walk around the track in Davis Gym in order to raise awareness and fight back against cancer.







Above: Cancer survivor shows off her shirt and pride, celebrating life.

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AU Chamber Singers presented: An Elizabethan Evening, March 26.



ADDITIONAL NEWS Japan continued...

as missing. The devastating occurrence

has more than 190,000 people housed in temporary shelters.

"My reaction was a sudden shock because you never saw it coming," sophomore Marketing major Ralphy Arias said.

Arias, a student of the Drawn to Diversity curriculum mentions that he, along with his peers felt that it was their responsibility to spread awareness and assist in aiding Japan.

Alfred University is directly affected by the occurrence since the Alfred community harbors a significant amount of Japanese international students.

AU also holds a bond with Japan through Dr. Kazuo Inamori; founder of the Kyocera Corp. Kyocera bestowed a \$10 million donation for the School of Engineering. The school was then renamed in honor of Dr. Inamori.

"As long as I've been here, Alfred has had a strong friendship with people and places in Japan," senior Communications major Kendall Westbrook stated.

"I wanted to start making and hanging paper cranes to show that we are thinking of them, and that we are hoping that peace will soon return to their nation," Westbrook continued.

The activities began on Monday with "Connected to Japan." Students, faculty and staff were asked to add notes to a large map that hung in the Powell Campus Center lobby.

"All week, students have been trying to process the sad news from Japan and are looking for ways to respond through action," Dan Napolitano, director of Student Activities stated in an AU Press Release.

Napolitano states that the activities were intended to spread campus awareness and generate therapy throughout the community.

The "Paper Crane Project" occurred the following day. Students, faculty and staff were taught to make origami out of dollar bills, which were donated.

"A few hundred dollars were donated, but the real emphasis was on communitybased art - the concept of a community responding in a creative and physical way rather than just struggling with emotions without an outlet," Napolitano said.

"Message in a Bottle," which was the third activity of the week, allowed students, faculty and staff to place messages of hope to the people of Japan in a bottle, which were placed on the large map.

"On Our Minds and In Our Hearts" white tee shirts were decorated with the Japanese flag and other symbols representing peace.

On the final day, "Day of Solidarity," Assistant Professor of Human Studies Dr. Shannon Hickey narrated "her experience as a priest of the second largest school of Buddhism in Japan provided a very true spiritual connection to the people who are currently struggling," Napolitano said.

Hickey then guided the group with a prayer for Japan ending a sincere and thoughtful week of activities dedicated to assisting the people of Japan.

If you would like to make a donation in an effort to help Japan earthquake and tsunami survivors visit the redcross.org.



hoto provided by Rick McLay

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Photo provided by Rick McLay



Left: Student Participant Victoria Garcia on "Message in a Bottle."

Reimer fires continued...

a student lit a residence hall bulletin board on fire. In the case of the bulletin board, criminal charges were pressed. However. because the fires in Reimer occurred three times and were started in the middle of the night, the offense is

much more severe. Luckily, no serious damage was caused and no one was injured. In the email, Dougherty called the fires "serious incidents"

and announced, "A criminal investigation into a possible arson charge has been launched by the New York State Office of Fire Prevention and Control; the Allegany County fire investigator and the Alfred Village Police."

Although there have been rumors and speculation that the charges could be as severe as seventy-seven counts of attempted murder, The District Attorney, Keith Slep, stated,

"Depending on the circumstances and timing of the fires, as well as level of intent, the charges could range from a Class A Misdemeanor to a Class B Felony."

A person is guilty of a Class B Felony, Arson in the Second Degree, when he intentionally damages property by starting a fire, or was present when a fire was intentionally lit. In New York, a Class B Felony can means one to three years in state prison.

According to Dougherty, students are very concerned about the fires, but parental concern is even more prominent.

In response to the incident, Residence Life and the Office of Public Safety have been patrolling the

building more frequently. "The Reimer Residence Life staff, under the capable and unflappable direction of RD Brandon Parrish, have served the Reimer community exceptionally well throughout this entire ordeal." Director of Residence Life Brenda Porter said when asked about the fires.

And it would appear that Reimer residents agreed.

"I still feel safe in Reimer, I don't think it was a huge deal," First year student Samuel Guy stated.

Another resident, Eric Teller, said "I don't really think it was malicious, I think someone was probably just smoking in the bathroom and lit it by accident."

If you have any information about the fires, please contact the Office of Public Safety or use AU Report it on the My.Alfred.edu website.

Campus officials and the police are actively searching for the perpetrator, and any information is helpful.

Libyan strife continued...

break free from tyrannical leadership.

As demonstrations have grown in size, so has Gaddafi's retaliation. The most notable Gaddafi's order for planes and helicopters to fire upon peaceful protesters. As the rebellion ensued and more Libyans joined to remove Gaddafi from power, the UN enacted a "No-Fly Zone" over Libya to prevent further attacks from Libyan air forces. In addition, UN officials also made preparations to intervene.

So far Britain, France, the US, Norway and Qatar are among the countries that have said they will help to enforce the no-fly zone, while China, Germany, Poland, Australia and Russia have indicated they will not. The US and France have led efforts to keep

Gaddafi's forces at bay. President Obama has said that US forces are only in Libya to keep the peace and protect the lives of civilians. The United States has also relinquished command of the UN's Libya operation to NATO (North Atlantic Treaty Organization).

US forces are still the most prevalent in Libya; they have yet to be matched by the French or the British. In addition, CIA operatives are now on the ground in Libya.

The idea of sending in CIA agents to arm and train Libyan rebels harks as a red flag to many critics. The last time the United States trained and armed rebels it was in Afghanistan, and they lacked the foresight then to realize it was a dangerous move. It is unknown how involved Al Qaeda may be with the rebel movement in Libya, and the Obama administration does not want to get burned the way it did in Afghanistan.

In the coming days we will have to see how the situation pans out and if we made the right decision to move into Libya.

All Parts At Peace: Alfred Student Confronts Body Image "Head On"



Left: cast members of all parts for piece take a bow at the show's conclusion

Bottom left: Holly Durand sings accompanied by Tyler Commins on guitar

Bottom right: Kate Truini and Krystal Lord perform a dance place







Photo provided by Jacob Gorl

Sonya Ellison Staff Writer

The Women's Leadership Center presented All Parts at Peace, a presentation about media's influence upon body image, on Thursday March 24 in Holmes. Featuring both original and remade works, performances included skits as well as songs and an interpretive choreographed piece, all of which were performed by students.

and female performances, the project was put together

by sophomore Amanda Lynch with the Women's Leadership Academy. A member of the WLC, Amanda said, "My goal in creating this presentation was to combat the messages and images that the media sends about our bodies head on."

An English major and active in the Women's Leadership Academy since the beginning of this year, she wanted to base her project on a popular issue that Consisting of both male has impact upon everyone, both male and female.

"I wanted to take on a ganized and memorized."

issue that has affected my life and the lives of many people I've met. It's universal. I wanted to take it on in a way that I was most passionate about: performance."

The progress of making this event happen came little by little and with lots of consideration since she had started planning it in November.

"The most difficult part of the project was gathering people and working with so many busy schedules to find time to rehearse, be or-

When asked what inspired the theme of her presentation, Amanda explained, "During my writing II class with Dr. Ryan we talked a lot about body changing and body modification also how personal narratives are shaped by these things. This had a huge impact on me when it came to choosing my Women's Leadership Capstone project."

I also asked Amanda if she felt our society was getting closer to reaching body image peace. She said, "I think as generations get

older they are beginning to get more comfortable about speaking out against the issue. I suppose there will always be those in the media or what have you, pushing the boundaries of normal body image, pushing for skinnier this, less that, but I think people are finding their voices, I think people are speaking up, and it DOES make a difference. If it's a battle of the thinnest, there will always be people fighting for body peace."

I asked how she most wanted impact people in

putting on this show. She believes Body Peace starts

with individual realization:

"If during the course of the performance people thought for one second about how they view themselves and judge others then I've made a difference. I want people to realize the difference loving your body and appreciating all the wonderful things it does can make. It can change the entire way you carry

Announcements

--Katie Barlow - need over 200 people to dance for Senior Project. You do not have to be a dancer. Contact Katie if you are interested in getting involved.

--All evaluations from e-board training will be available in Dan's office this week. Feel free to come and write comments.

--IAU - meeting times have been changed to every other Wednesday at 7. Next meeting is next Wednesday

--SAB - Tickets being sold for Ghostface Killer in

the downstairs booth of Powell. -Senior class gift – table in Powell on Wednesday and Friday from 11-2 for donations. Can also donate in Student Services Office in Seidlin.

Class of 2011! What do you think is One thing that someone

should do before they graduate from Alfred University?

Tell Us! We are making an "Alfred Bucket List." This master

list will be a hub of information for new (or current) students to attempt to accomplish by the time they graduate. SUBMISSIONS NOW ACCEPTED

(Keep in mind, althouth we are not planning on

editing to the max there are certain things we

cannot accept. This will be determined on a case by case basis) Please email adg6@alfred.edu with any submissions or questions!

Thank you, Ana Devlin gauthier and Jessica Repanes

This announcements section of the Fiat Lux originated out of a student's concern to be heard. Thus this section is the no strings attached portion of the Fiat, open only to students and associated interests. Simply send an announncement and it will be placed. For more information attend the next student senate meeting or email the Fiat Lux at fiatlux@alfred.edu

Looking to shape up

Stephanie Mistark Contributing Writer

It's time to wake up those spring bones Alfred and get some sun rays and fresh air! Although the melting snow on the ground may make you want to crawl into your warm bed, the sunshine is calling you out to get involved in various activities.

There are many ways in which you can lose that extra winter weight and look great in your bathing suit this summer.

Alfred has many opportunities such as dance clubs, co-ed soccer, volleyball, basketball intramurals, rugby and much more. Not to mention the upcoming fall sports are starting their practices, and now is the perfect time to get a feel for what it's like to be part of the many teams available.

For those of you who are not interested in sports, there are many other ways to shape up

and tone your body. One way is paying a visit to our lovely weight room and trying out the treadmills, elliptical, weight lifting machines and more. Also, you could simply go on a jog around campus or break out with your bike or skateboard. With the many hills and pathways a jog is perfect for toning your legs and getting the cardio workout that may be well overdue.

Fitness is important for our bodies and getting that twenty minutes a day could improve your metabolism, your stress levels and your sleep cycles. With upcoming exams it is important for you to be less stressed and to get the sleep you need.

A great workout consists of a six to ten minute warm up to get your heart rate up, a twenty minute cardio work

out, twenty minutes of weight training and then a ten minute cool down to get your heart rate back to normal.

Don't forget to stretch! Stretching will prevent you from hurting your muscles; just remember to stretch when your muscles are warm from exercise. After your cool down, you should find a comfortable place to sit with your legs propped up to drain the lactic acid that is stored in your muscles. This will help your muscles recover faster. Although getting back into exercising will be painful and hard, it will improve your quality of life and become a healthy habit.

Gospel choir continued...

it had time for one more song, but was no match for a protesting audience which demanded an encore.

That was about the only time Cooper disappointed.

When the musical festivities finally did conclude, he delivered a message that even the most ungodly of citizens

could take something from. "I had a 0.76 GPA last year. I had just gotten into a fight. I owed the school \$600. I was on disciplinary probation. I shouldn't be here right now. But God is good," Cooper

Cooper then told of his little brother who collects goldfish, yet loses many because he neglects to change the water in his fish tank. Just when you began to wonder what business goldfish had at a Gospel concert, Cooper pieced it all together.

"Alfred is a pretty secluded place, but we are all here for a reason. We needed a water change," he closed.

Cooper's mom stood from her seat throughout his speech, eyes closed, nodding along with her son's words. She is no doubt a proud mother, and the AU community is proud of her son as well. Religious preferences aside, we should all be thankful to have Jared Cooper and the AU Gospel Choir among us.

Rebuilding Japan

Kendall Westbrook Contributing Writer

Workers in orange and navy uniforms dig through rubble on recovery missions. Citizens are being scanned for radiation by people in HAZMAT suits. Workers at the crippled Fukushima-Daiichi nuclear plant are scrambling to prevent a devastating meltdown. Land which was once green and fertile now looks brown, lifeless, and entire towns and villages have been turned into matchsticks from the 9.0 magnitude earthquake and deadly tsunami that ravaged the northeastern coast of Japan's main island.

All over the world, people have been donating thousands of dollars to Japan's relief efforts and showing support for the battered nation. Australia sent robots to

Fukushima-Daiichi that could help spray water into the damaged cooling ponds. In Alfred, we held our own events to raise money and show our support for Japan, from paper cranes to a small ceremony.

However, Japan and its citizens will still need help long after the end of this week, both physically and emotionally, for months and years ahead. As citizens of the world, we should continue to send as much aid as we can.

This tragedy hit close to home for me. Since I was a little girl, I have been fascinated by Japan and its culture. Of course, as with many of my friends, my interest started off with the animation that came from overseas to America. The more I watched, the more I wanted to learn about the country from which these delightfully quirky cartoons came from. I remember taking out library books on Japan's history, culture and customs. I often entertained the idea of going there, teaching English and experiencing the culture firsthand.

In the spring of 2008, I roomed with an exchange student from Japan. She and I became close friends and we taught each other about our respective homeland's customs and unique cultures. When we had to part ways at the end of the year, it was the first and only time I ever cried over having to leave a roommate behind. She was going back to Japan, and we both knew that it would be a long time before we saw each other again.

When I woke to hear about the earthquake and tsunami, I was terrified. I was so afraid that something had happened to my roommate, and I was an ocean and almost an entire continent away. I felt helpless. I looked for any update from her. Luckily, about six hours later, she sent me a message via Twitter and told me she and her family were all right.

Alfred University has alumni in Japan at this very moment. Nicole Jongsma, a graduate of the Fine Arts program, is currently an alternate language teacher in a tiny town called Anancho, about 300km from the Fukushima-Daiichi nuclear plant. During our recent video chat, she talked to me about how things were going in her town.

"In Japan, everyone is so calm," she said. "People waited five hours in line for supplies and no one was cutting in line or looting,"

were too busy to dwell on it.

However, just because the on it, doesn't mean that it isn't affecting them. It may take years to clear away of Japan's main island of Honshu. Food, potable water, clothing and hygiene products are badly needed that they need right now.

"They need emotional videos to show their country's citizens.

she said. When I asked support for the nation. If her if people were talking we use all forms of comabout it, she told me that munication and donate it was graduation time for what we can, we can help Japanese schools, so people the citizens of Japan get back on their feet.

It's hard to figure out Japanese aren't dwelling how to start helping when you're half a world away. But please don't be discouraged and don't stop the debris and rebuild the trying to help now that towns that were destroyed AU's donation events are on the northeastern coast over. If you are religious, pray for Japan to become whole again. Make paper cranes, or a YouTube video for those in Japan who may in the worst hit areas. But it be watching. Continue to is not just material goods donate to the Red Cross if you have the means. Just because our focus is turnsupport," said Choichiro ing to other things, it does Yatani, a professor of psy-not mean that the situation chology at Alfred State in Japan is no longer impor-College. Yatani told me tant. Aiding Japan should about students in England continue to be as relevant who were making YouTube in our lives as it is for the

AU senior gift announced

Jericho Shackelford Editor in Chief

Another class of students is about to graduate from Alfred University, but not without leaving a lasting impression.

Septaquintaquinquecentennial: the coined word for an anniversary of 175 years, and the term being used by AU to celebrate such an occasion during the year of 2011.

Seniors of this year's graduating class have the honor of leaving behind a legacy celebrating the history, accomplishments and pride students have created here at Alfred since 1836. That heritage will be commemorated in the form of a class gift - a uniquely crafted plaque to be placed in front of Powell near the university's quad.

A class gift has been a way to say thank you to alma mater for all they allowed to students since the university's inception. The gift communicates the pride we have in our school and the faith that we have in Alfred to continue providing incredible opportunities to students for

Over a hundred years ago, classes would

plant a tree, so they could see their mark on campus each time they returned, scholarships were created for future students in hopes that they too would make the most out of their Saxon experience.

Some senior classes decided to raise money to better a building or program on campus that needed assistance. Whatever the consensus was, the class gave back in a way that was unique to their generation at AU.

The senior class of 2011 has the honor of giving a gift that not only shows appreciation for the time spent at AU, but for everyone affiliated with Alfred University in the past 175 years.

With the help of AU design and public relations officials the senior emblem on the plaque was designed to visually balance the importance of this year's graduating class and the 175 years of AU that it represents. Therefore the emblem displays the sun of Alfred University's official seal, representing the AU motto "Fiat Lux" or "Let There Be Light."

The emblem is a symbol of everything involving the university, gift-giving and the encompassing experience seniors have had in their time at Alfred.

Why is it a big deal? This is the last time that something resembling the AU seal will be allowed on anything other than official university documents. A side note could be made here about the necessity of a mascot, but that's an unnecessary digression. Like it or not, this year is the penultimate use of the graphic's long

The gift is meant to both beautify and make better use of the space outside of Powell Campus Center. This idea came to the committee following a school wide vote on what the preferred gift would be.

Finally, class t-shirts and glassware was designed to be an integral part of senior week along with class trips to either Seneca Niagara Casino or Shay's Performing Arts Center to see Wicked.

This year's donations to the senior gift have been set at two-tiered levels. The first tier is a donation of \$25 that covers the cost of an AU senior t-shirt; the Second tier, a donation of \$50, gives students both a class t-shirt and a glass with the

senior emblem on it.

Students may also donate unset amounts. For more information, see senior committee members in Powell on Wednesday's and Friday's, or visit the senior giving website at www..alfred.edu/ alumni/giving/senior/ to donate online.

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A most artful science

Tyler Cove Contributing Writer

When I was twenty-one I met and befriended Erik Scheetz, a student at my college. He looked exactly like Vasily Zhukovsky, but he was to some extent bohemian. Erik took a view which I don't agree with.

I recall having lunch at Café Pamplona on 12 Bow Street, near Harvard Square in the summer, not far from my apartment. From time to time an attractive girl would walk down to the subterranean interior. When a particularly stunning girl entered, wearing a yellow sun dress, Erik leaned in close to me and said with modest pride "as an artist, I see her more clearly than you." I, being decidedly bookish and inclined toward the purism of biology and mathematics, was taken aback.

In my opinion, he observed only the immediate impression and lofty concept of a beautiful girl, like space and number, things quite indistinct and intangible.

Indeed, I noticed her peering eyes, parabolic curves and mellifluous voice. I noticed everything a skilled painter might capture: the sublime and beautiful. The painter, however, would relegate to black the vibrant and concealed universe shrieking from her every corporal picometer. The artist is decidedly priggish in this manner.

Our universe, containing twin messiahs-the great and small, was calculated by Roger Penrose as having a 1010123 chance of existing. Time, the lonely traveler, starting at the initial expansion walked leisurely for fourteen billion years before stumbling upon a shrewd ape that invented reason on a planet which is only 30% habitable. More remarkable, the probability of a cosmic birth, which boiled, precipitated and changed color, from the inorganic fabric of the universe, was roughly .01% over 4 billion years.

The sum total of all art turns pallid like a blank piece of paper! Awe passed right into me; it was at home within me. It was a large abscess that rose in the brain not unlike the moon or a horror that makes one palsied.

At the moment my thoughts converged to the notion of asking the girl her name a viscous flood of photons escaped the coruscating surface of the sun and excitedly voyaged 92 million miles on invisible channels. Their pilgrimage lasted roughly nine minutes. The tiny packets of energy passed through 62 miles of atmosphere.

The small vessels bounced childishly off the dry street, students with back packs, off small birds with the taste of bread in their mouths.

The capillaries of the coffee shop swelled and spilled over with photons. The hopeless hyperbola of their paths curved toward her and then receded in terror, consumed by my photoreceptors. They forfeited energy to a cascading fractal of electrical impulses. Through complex processing of information, an image of a girl with blonde hair, pouty red lips and green overflowing eyes settled from a solution of visual data.

The grammar and pointed geometry of her tortuous and slender dimensions were made manifest by atoms and cells. She was the organic reflection of the universe, the great gamut bounded infinitely toward the small, organized and contained by mathematical

axioms.

About 50 to 75 trillion cells compose the microscopic constellation in the cyclonic roaring from depths of the human body In a single cell there are roughly 200 trillion atoms. Straightforward arithmetic reveals that about 200 septillion atoms make up this young girl, 100 times more than stars in the visible universe.

You see, nothing is torpid in the world of growth and form. We have to learn to think differently about science-in order to, at last, achieve more: to feel differently about science. Science is the highest refinement and ennoblement attributed to man and mankind.

Left: Alfred's Elvse

Caldwell senior attack for the

Women's

Lacrosse

t e a m

drives to

the net

SPORTS Women's Lax off to a Rough Start

J.P. McCombs Staff Writer

Alleghany College scored eight of the first nine goals in the second half to edge the host Alfred Saxons, 19-16.

Alfred was up 13-10 at the half, but couldn't stop Alleghany's strong surge after the break. Freshman midfielder Ashley White (Islip, NY/Islip) threw one in with 21 minutes left in the contest to put the Saxons up 15-14, but it wasn't enough. Alleghany would eventually go up 18-14 with 9 minutes left, and was able hold off the Saxons' comeback attempt.

White led the Saxons with seven goals and an assist. Sophomore midfielder Devin Fitzgerald (Rochester, NY/Greece Olympia) and senior attack Michelle Adams (Horseheads, NY/ Horseheads) each added three goals and an assist for the Saxons.

Senior Kate Baughman (Rush, NY/Rush-Henrietta) recorded 10 saves for

Most recently, the AU women's lacrosse team was defeated, 20-3, by visiting Stevens Saturday afternoon.

Alfred (0-4, 0-2 Empire 8) trailed Stevens, 12-3, at the half. For the game, the Lady Saxons were outshot 42-10.

Sophomore attack Ali Garcia (Salt Lake City, UT/ Judge Memorial) netted two goals and senior attack Elyse Caldwell (Endwell, NY/Maine-Endwell) scored goal to to pace AU.

Leah Wasserman scored a game-high seven points (four goals, three assists), and Spencer Waybright scored four goals and had two assists to lead the

Ducks (7-2, 2-0 Empire 8). Michelle Buonacuo (one goal) dished out a gamehigh five assists.

Baughman made 10 saves in goal for Alfred. Melanie Welcome played the first half in net for Stevens, making four saves and allowing three goals and Sarah Prall played the second half in goal.

Alfred is in action next on Tuesday, April 5, at 4 p.m. at Wells College.



Left: Alfred midfielder, Tracie McGinnity(sophomore) cradles the ball on her way to the net



New York State of Mind: An Ode to Ollie



Griffin Taylor

Here's to you Oliver Perez, for being a true Met through and through.

For what it's worth, you were not the worst Met ever. just a victim of the burden of heightened expectations; expectations which, in fairness, you wanted no part of. You cannot hit the strike zone with a hundred foot pole, but you have plenty of company up on the Wall of Shame with Alomar, Burnitz, Cedeno, Vaughn, Looper, K-Rod, Castillo and the like.

Your strange journey began in Pittsburgh back in '04. You were 22, and out of nowhere you posted a 2.98 ERA and struck out a league-leading 230 batters.

Had you been anywhere but Pittsburgh, a video game may sit on the sale rack today with your face on the cover.

Perhaps it was a blessing you were hidden in Pittsburgh, because the next year you were one of the worst pitchers in baseball. The following year, you were the worst.

Which is around the time you became a Met.

It was a risk we had to take - a lefty less than ten years removed from a season like yours in '04 is worth Xavier Nady and a bag of chips.

You weren't much better when you got to Flushing, but something happened in those '06 playoffs. Remember that Game 7 of the NLCS? The way we all screamed "OLLIE, OLLIE" as you stymied the Cardinal bats for six innings? We fell for you after that game.

For much of the '07 season you were our ace, and you had us at hello. Toward the end of the first collapse you began coming home late and leaving more runners on base than you or I have fingers.

But things settled down

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when we got Johan, and those ever-frequent meltdowns were ignored because we had a new \$137 million toy. When it mattered, you stepped up; you turned in a 0.90 ERA in six starts against the Yankees and Phillies. To them you were still good and that

was good enough for us. Then came that final game of '08. You had a chance to stop the bleeding, to avoid the greatest team collapse in baseball history. Instead, you dug your fingers through the wound.

That was the big fight. We moved out. But our GM demanded we do an about-face.

You didn't want to feel like a fraud, to hear an entire fan-base blame its life problems on your every

pitch, but \$32 million is \$32 million. There isn't much we wouldn't do for a sum like that.

From there, you were the worst pitcher in baseball. You really were, nothing more and nothing less.

Today you have finally left us and it feels strange. Who are we going to blame our problems on now?

Beltran? Reyes?

You are sure to get your chance in Washington, and plenty of other places until those good times we had together are over a decade ancient. Fortunately for us, there are no long-distance relationships in baseball, so this is goodbye.

I think it's for the better.

Opening Day: New York or Boston

Griffin Taylor

Sports Editor

It almost feels taboo to discuss America's pastime here in Alfred, NY, with snow still at our feet and down jackets still a necessity.

But somewhere in this great country it is Opening Day, and somewhere 30 separate fan bases all have October in their respective sights.

And when it is all said and done, somewhere Mighty Casey will strike out. Will it be Boston or New York? Los Angeles or San Francisco? Milwaukee or Cincinnati?

Here are some topics begging to be addressed by the warm weather in 2011, aside from when it is actually going to get here.

What will happen to and championships. Albert Pujols?

If the Pujols contract speculation isn't yet garnering the type of media frenzy Lebron did a year ago, it's because Pujols has provided nary a reason to be in the news over the past decade.

After all, as Larry King once said, "There is no such thing as good news."

I do believe Pujols wants to remain a Cardinal; he is a God at Busch Stadium and his relationship with the city of St. Louis has produced nothing but good

summer, all that sentimental stuff makes for a nice party favor and little else. For the elites of the game today, it is about money

Cardinals owner William DeWitt remains averse to engaging in a bidding war that may take \$300 million

"Just ask the Yankees how they are enjoying the A-Rod deal, and their pockets are a lot deeper than mine," Dewitt said at the Winter Meetings back in January.

Yankees...Underdog?!? I know. That is an oxymoron if I've ever heard one. But according to A-Rod himself, the Bombers will play David in 2011.

After the Red Sox left But as Lebron proved last the dealership that is sweetest cars in the lot not named Lee, baseball's Goliath is feeling, well, a bit poor these days.

In Carl Crawford and Victor Martinez, Boston fields a pair of gold glove candidates in Right Field and First Base, and adds some serious muscle to a lineup which underachieved last season, yet only scored 41 fewer runs than New York.

The Yankees paid Rafael Soriano \$35 million to be the best set-up man in the game, but conventional wisdom says it is a crapshoot to invest multiple years into the swinging door that is relief pitching.

While overpaying for a stud like Soriano beats not having him at all, the Yankees real problem lies in Andy Pettite's decision

The team now must catapult A.J. Burnett, the non-fiction version of Jeckyll and Hyde, into the number two starter role.

Last season, Burnett was much more Jeckyll than Hyde. If the Yankees want to do more than sniff October, it must be vice versa for Burnett in 2011. Of course, whoever

winds up with the short end of the stick in the regular season wins department can always wrap up the Wild Card berth. But the AL East figures to be much like the Big East was in college basketball this year.

With Baltimore and Toronto vastly improved, and the Rays a perennial threat to reach 90 victories. all five teams will beat up on one another and the level of parity may prevent a second AL East team from

making the playoffs.

Before we go feeling sorry for the Yankees, keep in mind its opening day lineup plays out like this: Gardner, Jeter, Teixeira, Rodriguez, Cano, Swisher, Posada, Granderson and

Underdog? Give me a break. No one will bat an eye if that lineup brings a 28th World Championship to the Bronx.

That being said, it feels mighty good to be a Boston fan these days.

But before Beantown can revel in the joyous May the Celtics are sure to bring and dominant summer the Red Sox promise, allow me to serenade with one final

J-E-T-S, JETS, JETS, JETS.

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Please visit the Summer School website at www.alfred.edu/summer/school for information concerning registration deadlines, tuition, payment and housing. Summer Schedule Booklets are available at the Student Service Center, the Mail Room and the Office of Summer Programs. The Booklet is also accessible on-line at the Summer School website.

Questions about registration and payment should be directed to the Student Service Center at 607-871-2123. For further information about summer art courses, please contact Cathy Johnson at 607-871-2412, johnsonc@alfred.edu. Questions about all other summer school courses should be directed to the Office of Summer Programs at 607-871-2612, summerpro@alfred.edu.

Alfred University

Alfred's female athletes "Play To Lead"



Kim Rau

Staff Writer

Play To Lead, an event to benefit young girls in sports, ran from March 30 to April 2.

It kicked off Wednesday, with guest speakers McCall Zerboni, Becky Edwards, Ali Riley and Beverely Goebel. The four women, all professional soccer players, spoke in Holmes Auditorium about their personal stories of success.

On Thursday night, teams of students and

faculty took to McLane Gym for a volleyball tournament. On Friday, a dance was organized in the Knight Club. The event closed Saturday with Saxon Unity Day, where students were encouraged to support the mens' and womens' lacrosse teams as they played Stevens College.

The proceeds from the event went to the Women's Sports Foundation's "GoGirlGo!" program. The program uses sports to educate girls on the importance of health and wellness, encouraging America's girls to be more

GoGirlGo! fights to end the serious physical and psychological issues facing girls in the United States

Sophomore Rebecca Windover came up with the idea for the event, hoping the benefit would inspire the student body to take on stronger leadership roles. She served as chairperson for the project and worked with her fellow female athletes to bring the event together.

"We need to realize that as students we are the next generation and it is important to stand up as leaders and for what we believe in" said Windover.

Devyn Devantier, a sophomore engineering major, also played a large role in the event. She was drawn to the project because not only did it aim to bring



Alfred's female athletes together, it also supported an exceptional cause.

"The hope for this project was to promote a unity between Alfred sports teams in order to support youth participation in sports,' Devantier said.

Both Windover and Devantier stressed the impact sports had on their lives as children.

Devantier emphasized that "this project was a great chance to help other children get the same opportunities that we were

all so fortunate to have." The group hoped that Play To Lead would not only raise money for this important cause, but also further awareness and unity throughout the Alfred community.

Is VCU really Cinderella?

Griffin Taylor

Sports Editor

The line of the week will be that VCU "Shaka'd the World" with its win over Kansas Sunday.

But did it shock the

My drive back to school is six hours of hills that look exactly the same. When a green sign finally tells me better things await at the next left, my mind is far from past or present, but just what I am going to do the second I get out of the stinking car.

Last season, it was ruled an upset when Kentucky and its quartet of lottery picks went down in the Sweet 16. This year, the 'Cats have since handled Mr. Sullinger and Mr. Barnes, but were fortunate

to escape the nerds of Princeton in the first round.

Kansas has twice failed to dispose of the pest that is the mid-major in as many

Each time we are equally dumbfounded.

But what do you think folks named Wall, Jones or Morris are thinking about when the next left on life's highway is a two-comma check in their names? Do you think they want to defend 30 seconds worth of backdoor cuts in the case of Princeton, or an endless barrage of threes from VCU?

More important, do you think they really want a part of a team focused 100% on the present; players willing to leave every ounce of blood on the court in possibly the last game of their life that matters?

Why mingle with the paupers when a Bentley waits in the lot with your name on it (and a cool dude at the steering wheel).

Of course, even the most distracted of future lottery picks is 95 percent void of the above-mentioned views. He is, after all, a basketball player, and such players have a ton of pride and competitive spirit - otherwise he wouldn't be in your living room in HD.

But in a March marathon that is truly mad, Goliath has everything to lose and little to gain.

In March, 95 percent gets you weak-side blitzed by VCU. 95percent gets sacked by 100 percent, talent notwithstanding.

As training gets smarter and more accessible, we see a lot more kids who can flatout play. With the advent of AAU, you no longer have to scan the inner-city blacktop for your franchise point guard. He can be in your

neighbor's backyard. So it only makes sense that the schools in your backyard are no longer, well, schools in your backyard. The powerhouse teams can only pluck two or four at a time from each class: the mid-majors are getting the appetizing leftovers.

Leftovers, in the case of VCU, that produce two first-round picks in as many years; Eric Maynor of the Thunder and Larry Sanders of the Bucks.

Bill Self put it perfectly in

his post-game press conference Sunday:

"Those kids (VCU) can come play for us any day. If it was shirts and skins out there today, I'm not sure vou'd see much difference."

Sure, the Rams supposedly play in a weaker conference.

But what do we know about conference strength these days? The Big East sent more teams to the field than you or I have fingers. It speaks for 1/8 of the field remaining. And that 1/8 had to play on Day 1 of the Big East Tournament.

VCU "didn't deserve to get in", but its pre-tournament resume boasted victories over four teams which made the field of 64. Those teams posted a winning percentage of

.500 in the Madness; Big East teams have thus far posted a winning percentage of .523.

As far as outside influences go, March Madness isn't like the NBA, where star-power draws ratings, and Kobe draws whistles. The networks love VCU. Everyone watches because everyone wants to see David beat Goliath.

Or so it thinks.

VCU is 5-0 in this tournament. Butler is 9-1 in the past two. Few batted an eye when the Bulldogs beat Pitt, and those who did kicked themselves for not knowing better.

Cinderella? Come on.

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Saxons Scoreboard Alfred

Team Men's Lacrosse Women's Lacrosse Men's Tennis

Last Opponent Stevens Stevens Stevens

Result L, 6 - 24 L, 3 -20 L, 1 - 8

Record 7,2,0 0,5,0 3,3,0

Next Opponent Elmira Wells Nazareth