

# REPORTER

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## **PUNCHING HUNGER IN THE MOUTH**

*Sandwiches that will likely throw you into a food coma.*

## **GENETICALLY ENGINEERED FOOD ROUNDUP**

*The Frankenfood takeover.*

## **STARVING FOR KNOWLEDGE**

*You are what you eat, so you better know what you're eating.*

## REPORTER

**EDITOR IN CHIEF** Madeleine Villavicencio

| eic@reportermag.com

**MANAGING EDITOR** Emily Mohlmann

| managing.editor@reportermag.com

**COPY EDITOR** Laura Mandanas

| copy.editor@reportermag.com

**NEWS EDITOR** Emily Bogle

| news@reportermag.com

**LEISURE EDITOR** Alex Rogala

| leisure@reportermag.com

**FEATURES EDITOR** John Howard

| features@reportermag.com

**SPORTS/VIEWS EDITOR** Dan Lovria

| sports@reportermag.com

**WRITERS** James Arn, Emily Bogle, Brendan Cahill, Michael Conti, Kyle Hugo, Dan Lovria, Laura Mandanas, Emily Mohlmann, Alex Rogala, Evan Williams

## ART

**INTERIM ART DIRECTOR** Caitlin McCormick

| art.director@reportermag.com

**SENIOR STAFF DESIGNER** Cassie Angerosa

**AD DESIGNER** Lisa Barnes

**PHOTO EDITOR** Michael Conti

| photo@reportermag.com

**STAFF PHOTOGRAPHER** Will Styer

**CONTRIBUTING PHOTOGRAPHERS** Robert Bredvad,

Jacqueline Connor, Alexis Lambrou, Chris

Langer, Dustin McKibben, Joi Ong, Theophil

Syslo, Daniel Wodecki, Victor Prado

**STAFF ILLUSTRATOR** Stu Barnes

**CONTRIBUTING ILLUSTRATORS** Joanna Eberts, Lee

Fitzgerald, Stephen Kelly, Kathryn DeFeo

**CARTOONIST** Jamie Douglas

## BUSINESS

**PUBLICITY MANAGER** Abraham Gil

**AD MANAGER** Alecia Crawford

| reporterads@mail.rit.edu

**BUSINESS MANAGER** Tom Sciotto

| business.manager@reportermag.com

**PRODUCTION MANAGER** Jayadev Alapati

| production.manager@reportermag.com

**ONLINE PRODUCTION MANAGER** Viktor Nagornyy

| webmaster@reportermag.com

**ADVISOR** Rudy Pugliese

**PRINTING** Printing Applications Lab

**CONTACT** 1.800.970.5406

reportermag.com

# EDITOR'S NOTE

## MORE THAN A HEARTY MEAL

Last summer, while vacationing in Cape Cod, Mass. for the July Fourth weekend, my aunt, two cousins, cousin-in-law, sister, sister's friend and I, had a very serious discussion. The topic? "If you had to give up eating an entire category of animals and all of its byproducts, which would it be?" The choices were poultry, swine, cattle and seafood. (Although, if we weren't just talking about animals, then rice certainly would have been in its own category.) All the vegans reading this are likely laughing at our ridiculousness right now, but what made this decision really difficult for us — besides the fact that my sister couldn't picture life without real ice cream or cake — is that we are all Filipino. All the most delicious, and possibly most unhealthy, Filipino dishes involve animal meat and their byproducts.

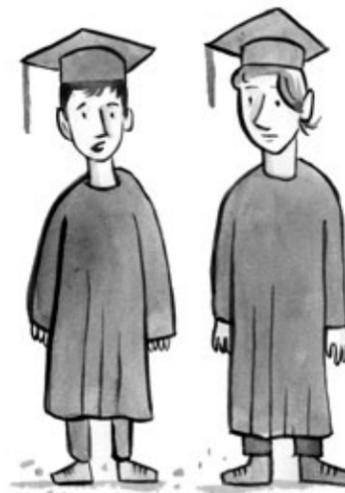
Filipinos love to eat, and no celebration is complete without a hearty meal. In fact, if feasible, every celebration would include a group huddling around and picking the skin off of the *lechon*, a full-sized roasted pig. And if you've ever been to the Philippine Independence Day Parade in New York City... let's just say that people don't flock there for the entertainment. The main event is always lining up to get lunch... and dinner... for the next week.

I'm not going to try to convince you how tasty *chicharon* (skin cracklings), *isaw* (grilled chicken and pork innards) and *sisig* (roasted pig's head and liver diced and marinated in with calamansi and chili peppers) are. Sometimes, I even wonder why we eat some of the more bizarre things — how much meat can you really get out of chicken's feet? However, there is something that I can probably get you to agree with. Whether it be sharing a meal with your family at Thanksgiving or enjoying funnel cakes and fried dough with friends at a carnival, food has a sentimental value. And that's really what it's all about.

A majority of the articles in this week's special Food Issue incorporate a social aspect to food, and that's something we shouldn't forget. The main point of eating may be fueling your body, but sitting down to share a meal with some good company can do wonders for your well-being on the whole. So next time you feel like grabbing a quick bite to eat, drag one of your friends with you. After all, once you graduate, it may be a while before you have that opportunity again.

*MKVillavicencio*

Madeleine Villavicencio  
EDITOR IN CHIEF



"Well, that was a waste of time."

CARTOON by Jamie Douglas

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Phi Kappa Psi's Jacob Sachs, Taylor Deer and Will Resch break into cheers as Heath Boice-Pardee accepts the award for the Best Overall Meal at the 2010 Greek Throwdown. The event split Greek Row into two teams in a cooking competition. | photograph by Jacqueline Connor



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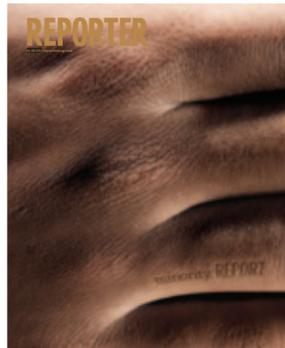
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cover photograph by Will Styer



# PRODUCTION MANAGER'S NOTE

Some time in April 2009, I was reading Reporter and came across an ad that said they were hiring a production manager. Thinking I should give it a chance, I sent in my résumé. On the day of my interview, I wore a suit — that's how badly I wanted the job. When I didn't hear back for the next two weeks, I thought for sure that someone else had gotten the position. Finally, the answer came: I was going to be the production manager of Reporter. I immediately called everyone I knew to tell them. That day was one of my most exciting days at RIT.

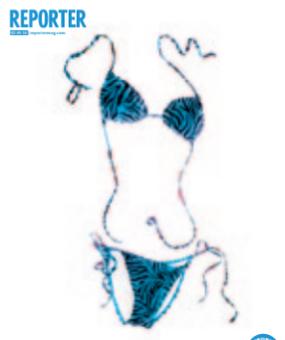
After being hired, I was told that Reporter produces a special issue once every quarter, and I could do some kind of special printing for it. My first special issue was the Minority Reporter (11.06.09), in which the art director and I used bronze metallic ink as a fifth color. The next special issue was the Body Image Issue (02.05.10) with special dimensional ink that you could feel on the cover, printed on the Kodak NexPress.

Because this academic year marks 100 years of student press on campus, I wanted to do something extra special with the printing. For the 52-page long commemorative issue, I arranged for us to print a pull out poster coated with peppermint-scented ink. The issue also included variable AYL and VOX. We printed 10,000 unique issues using variable data and exhibited it at Imagine RIT. It is my favorite issue and I am proud to say it is the best issue I produced.

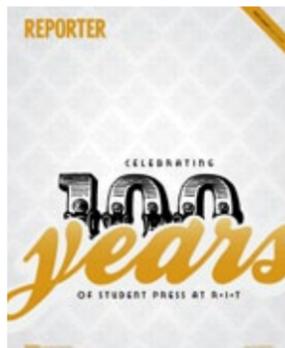
This week is this quarter's special issue, the Food Issue. The cover has French Fries scented Rub'nSmell ink sponsored by Scentsisphere. If you rub anywhere on the cover and smell it, it will smell like French fries. As Scentsisphere explains on their website, "Rub'nSmell uses a patented state-of-the-art form of micro-encapsulation called FOLCOScent™ made by Follmann & Co. Minden Germany." The ink is supplied as a clear overprint varnish or coating, allowing us to apply scent as a fifth color.

This week is my 34th issue as production manager and it is going to be my last. I am graduating this summer, and next fall I will be starting a six-month co-op as an assistant printer on the Queen Elizabeth cruise ship. Though it's been a pleasure serving as production manager, I'm excited for my world cruise and feel confident that I am leaving the magazine in good hands.

Next year, your new production manager, Nick "Baby Face" Gawreluk, will take over. This week, however, is mine. Enjoy.



Jayadev Alapati  
PRODUCTION MANAGER



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# FUTURE OF RIT DINING SERVICES

by Evan Williams | illustration by Stephen Kelly

Sometimes it pays to have a few more cooks in the kitchen. At least, that is the approach Patty Spinelli, executive director of Dining Services, took when she began retooling the internal structure of the dining department. Prior to that, the operation hadn't undergone major change in about 30 years. "We took a look at the organization and said, 'How can we get more people involved in the decision making?'" Spinelli used her experience as the former head of RIT's Human Resources office to bring a more personable, round-table style atmosphere to the way Dining Services are run.

"Instead of having a director and two associate directors, one academic and one residential, we said 'we're all the same,'" said Spinelli. The goal was to make sure that everyone working at Dining Services felt that they had equal say in what goes on, and to keep new ideas flowing. This has led to one of the most dynamic planning periods in decades as the department gears up for a slew of new installments for the 2010 – 2011 academic year.

The department's big project is Express Dining, an effort headed by Nicole Gilbert, the Express Dining manager. The plan is to be able to provide late night options for students that are more convenient and accessible. It's not cost effective to keep larger facilities open during the mid-evening dining lull, which generally occurs between 6 and 9 p.m. Therefore, the plan is to introduce two new means of getting the students food when they want it. The first is a proposed mobile van or truck that would circulate around campus similar to street vendors in cities like New York or Philadelphia. The van's location could be tracked online through the dining website or Twitter so students would know when it would be in their area.

The other proposed addition is stationary "grab-and-go kiosks" that would provide prepared items like salads and sandwiches. The idea is to provide small, yet efficient "dining footprints" around campus. Both of these new options are proposed to accept cash and RIT food debit.

The additions don't stop there. Starting in the fall, the upstairs concession stand in the Gordon Field House will feature quick lunch options and will possibly include breakfast and dinner. In addition, the opening of Global Village will introduce two new dining facilities: Salsarita's Fresh Mexican and the Global Grill. The made-to-order Mexican cuisine from Salsarita's Café and Cantina will be prepared in front of the customer, and a bar serving global beers and margaritas will be open in the back. The Global Grill will feature a

range of international recipes prepared daily, including fresh sushi.

Gilbert and Spinelli stress that student feedback is crucial in the decisions that Dining Services makes. Every dining hall on campus, except for Crossroads, has a Facebook page where students can provide feedback. "We're really shooting to take full advantage of these [social networking systems]," said Gilbert.

The team hopes these new communication mediums will also make it easier for students to see the available choices. In addition to the use of social media, Dining Services is planning a complete overhaul of the dining website to better engage the students and keep them informed. Nutritional information has been a highly-voiced concern among both

faculty and students; therefore the information, while already available, is going to be reorganized in a way that makes it easier to find.

A goal has also been set to ensure that vegetarian options are in place at all of the dining locations on campus and that vegan choices are available as well.

Finally, the group has also tasked itself with creating "Rochester's best pizza" through student feedback and a little experimenting. "I don't want to see anymore of these [Domino's pizza boxes] on my campus!" Spinelli joked.

The team wants students to see the effort they're putting forward to try and serve them better. "I hope the students are seeing a new can-do attitude with us," said Spinelli. "I really feel good about what the students will see over the next year or two." **R**



## RIT COMMUNITY GARDEN

Tim Stephany, special projects director of the Center for Student Innovation, works in the two-year-old community garden located behind the tennis courts on RIT campus.

Tucked away in the corner of campus, behind the tennis courts, and sandwiched between U-Lot and the woods, lies the RIT community garden. Earth Day, April 22, marked the first day of the garden's activity this year, as volunteers prepared the land for this year's plantings. Over the summer, teams of faculty, staff and students remaining in Rochester for the summer will tend to the garden and, come the end of August, reap the harvest.

The garden got its start in March 2009, sparked by a mass e-mail from the RIT Better Me Program. A group of around 40 interested individuals got together and decided to make their idea a reality. The administration gifted the plot that the garden sits on, as well as the money for the fence and initial tilling. The garden's first year was marred with soil problems that led to a low yield. This year, however, Timothy Stephany and Dawn Carter, the two staff coordinators of the garden say that new bed locations and rotation techniques promise to mitigate these issues. Carter is a professor in the department of Biological Sciences who also teaches a gardening wellness class available to faculty and staff. Stephany is a special projects coordinator for the College of Science.

At the moment, most of the people working in

the garden are staff members. While many students have expressed interest in working with the garden and some have already participated, the Institute schedule often makes student participation difficult. "I think gardening is something that students are becoming interested in. One problem is that students won't actually be here for the harvest," said Carter.

One thing that Carter and Stephany want to promote is the social aspect of gardening. "The beginning of last year, early June, was much more enjoyable for me than later in the summer. It's a lot less like hard work when there's another person there with you," said Stephany. Carter added, "We wanted to make a place where you could just stop by, put some work in, [and] get a change of pace from your day."

While most community gardens offer their participants their own private plots, Carter and Stephany chose to make this garden a true community effort. This decision was made "mostly because people have a tendency to sign up for something and then not follow through with it," said Carter. Volunteers who work on the garden have been divided up into teams, each responsible for growing one type of crop. A team leader is in charge of each group to manage time and workloads. This means that only one person on

each team needs to have real gardening skills, which allows more casual members to participate and learn about gardening.

Though there are no individual plots, individuals will still be able to collect and share their produce. One of the benefits of this is that individuals only have to focus on tending one type of crop, but still to harvest a wide variety. Another benefit of this system is that there may be some excess yield. Discussions are currently underway regarding what to do with the remainder, if there is any. One idea is to donate the food to RIT Dining Services or to a local food pantry.

A main goal of the garden is to promote RIT's efforts in being as green as possible. Recently, the garden took shipping pallets and converted them into composting containers. "We are trying to develop this into RIT's dedication to sustainability by taking things — whether it's food waste, collected leaves or waste materials generated around campus — that can be composted and used in the garden," said Stephany. "We'd like to become a destination for items that might otherwise end up in the trash. There's a lot of potential for that." **R**

by James Arn | photograph by Alexis Lambrou

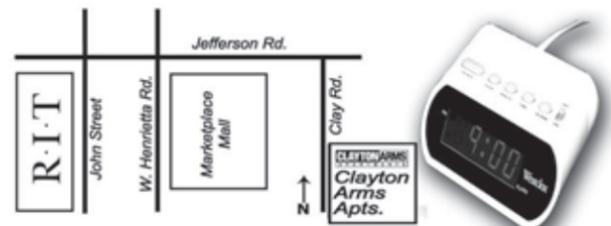
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Stacy Pickering of Eaton Farms talks to a customer about different types of flowers on sale at the Public Market.

# ROCHESTER PUBLIC MARKET

by Kyle Hugo | photograph by Chris Langer

In the heart of a city of over 200,000, one doesn't exactly expect the crow of roosters early in the morning. Yet that is exactly what you will find at 280 N. Union St. Open Tuesdays, Thursdays, Saturdays, and various Sundays, the Rochester Public Market attracts vendors and patrons alike as the place for independent and local goods.

The history of the market dates back to 1827, when Rochester only had a population of about 5,000. The market's current form didn't come onto the scene until 1905. Since then, it has grown to house over 300 different vendors, both indoors and out. It features many local, family-owned farmers, wholesalers, and even a few small ethnic restaurant shacks. On occasion, there are special events that the market holds such as celebrations for the change of seasons, flea market days, artist or food festivals, and ethnic holidays.

Almost any item found at a normal grocery store can be found at the public market, including various fruits and vegetables, pasta,

meats, dairy products, and other miscellaneous goods such as honey, flowers, soap and home-made crafts.

"[It's] kind of like one stop shopping," said Stacy Pickering of Eaton Farms, a retailer at the market. Shoppers can even find some foods that are not available in a typical supermarket, like different ethnic foods. Although most of these goods can be found within a 100-mile radius of the Rochester area, the market brings them closer to home.

"More people are getting into buying local," Pickering continued. "It supports the local economy." However, not all vendors get their produce and goods from local farmers. Exotics such as banana trees and pineapple bushes don't exactly grow around Rochester; red snapper and cod aren't available in Lake Erie, either. Despite the fact that most of the produce is local, some isn't necessarily so; if you are specifically looking for local goods only, it's best to ask.

Some go to the market for more than just the local products. Most of the time, shoppers can

find these goods cheaper than at a normal grocery store. "You can get anything you want at a reasonable price," explained Pickering. "Those who come to the Public Market are money-conscious people."

As usual, where there are shoppers with money to spend, there are also merchants peddling cheap throwaway wares. Much like a dollar store, some vendors sell low-priced, often unnecessary imports from low-wage countries. But unlike Wal-Mart, the profits made from these cheap goods go directly to the vendor instead of out of the Rochester area to corporations.

The Rochester Public Market grown over time along with Rochester and is an experience in itself. In addition to the hustle and bustle of business, consumers are also given the opportunity to see the faces behind the food that they buy. If you ever find yourself tired of the same old trip to the supermarket and want to add new flair to an old chore, head to the Public Market. Just make sure to arrive early — parking spaces fill quickly! **B**

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# MICROWAVE THROWDOWN: BAGEL PIZZA EDITION

by James Arn and Brendan Cahill | photographs by Dustin McKibben

## THE CHALLENGE

Create two different styles of bagel pizzas using only ingredients found in the Corner Store and cooked using only a microwave. One pizza must be a classic style pizza, composed of red sauce, cheese and any traditional pizza toppings. The second must be a more experimental design comprised of any ingredients of the competitor's choosing. Each pizza will be judged by an independent group of five taste testers, after which a winner will be declared.

## THE COMPETITORS

Brandan Cahill is a first year Information Security and Forensics major from West Suffield, Conn. James Arn is a first year New Media Interactive Development major hailing from South Portland, Maine.



## THE COMPETITION

### James's Take

Given my copious, first-hand knowledge of the microwave's tendency to turn anything that has the misfortune of being put into it into a soggy mass of unevenly heated grossness, I opted to give my bagel a preliminary dry run in the radiation box. The thought here was that this first spin would evaporate some of the water in the bagel, providing a dash of structural stability come cookin' time. To create the traditional pizza, I combined Prego's traditional sauce, pepperoni and grated mozzarella cheese. To lend a splash of originality, I also added a sprinkling of Parmesan cheese on top.

For my non-traditional attempt, I combined Dinosaur Bar B Que sauce with chunks of chicken and topped it off with mozzarella.

### Brendan's Take

Without Jamie's extensive knowledge of microwave ovens, I immediately started piling toppings on my bagel, hoping that the toppings, rather than their treatment in the microwave, would make the difference. To that end, I opted to use a fancier Prego garlic sauce, but kept the standard mozzarella and pepperoni that Jamie used. Without any real knowledge of how long to put it in the microwave, though, I tossed the bagel in, spun the dial to roughly where I thought it should go, and hoped for the best.

For the non-traditional attempt, I opted for a downright evil combination of A1 steak sauce, roast beef and mozzarella cheese. This idea sounded decent while pondering ingredients at the Corner Store, but would prove to come with its own share of problems later. Seeing that my traditional pizza was looking a little overdone, I actually thought about cooking duration for this one and chose a more forgiving amount of time in the sweat box.

## THE VERDICT

### Traditional Pizza

Coming out of the microwave, the pizzas looked roughly the same. As soon as knife touched bagel, though, the difference became obvious. While Arn's bagel had a rubbery, tough to cut texture (similar to a Bagel Bite), Cahill's cut with unnerving ease. Both textures were less than pleasant to chew, and it quickly became apparent that Arn's was the favorite among the tasters. "It's like comparing rubber to shit. Rubber wins," explained judge Derek Kreider, a first year Physics major. Cahill's choice of sauce did garner favor from Kreider and two of the other judges, but Arn's pizza was unanimously declared the winner on the basis of texture alone.

### Experimental Pizza

While neither pizza fared particularly well in this grouping, Arn's more sensible barbeque chicken pizza was the favored contender as tasting began. Cahill's offering suffered from a fatal flaw: no matter how little A1 sauce was used, the steak sauce simply overpowered the toppings.

After declaring Arn's pizza the winner, judge Zach Hoefler, a first year Game Design and Development major, had the dangerous idea of combining the two. While he admitted that the initial experience was unpleasant, the aftertaste was surprisingly good. Five minutes later, with the aftertaste still lingering, he had changed his tune. "It's starting to burn," he claimed.

Pizza bagels in the microwave needn't be a bad thing. As Arn was able to prove, they can be at least as good as Bagel Bites, but more satisfying when made with better ingredients. Experimental microwave recipes, however, tend to be a mixed bag: When attempting to cook with minimal tools and ingredients (as us poor college students often do), it is best to keep things simple and let the pros with their fancy convection ovens handle the rest. **R**

# WHAT THE #\*%@% IS THAT?!

compiled by Laura Mandanas | photographs by Joi Ong

Match the fruits and veggies to their names... if you can!  
Couldn't figure it out? Check out the answers online.



Tomatillo

Kumato

Habanero Pepper

Uniq

Okra

Kumquat

Papaya



Einstein once said, “Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.” Looking around today, Einstein would be proud. In the past 10 years or so, vegetarianism and veganism have become increasingly popular; tofu is no longer a foreign foodstuff in restaurants, and soy milk is commonplace in coffee chains such as Starbucks. RIT’s campus provides a diverse menu to choose from, but how many of these options are vegan friendly?

According to Merriam-Webster, a vegan is defined as a strict vegetarian who consumes no animal or dairy products. People go vegan for a variety of reasons: Ariana Bhalla, a second year Mechanical Engineering major, recounts how she became vegan in her freshman year, “I wasn’t [vegan] until I lived with some of them [vegans]. I was getting the proper nutrients I needed, my mood improved, I started exercising more, and I felt just better. My top reasons [for being vegan] are for environmentalism and health.”

Others choose to go vegan because of the way animals such as dairy cows and chickens are treated, resulting in the common stereotype that vegans have to be hardcore organic, tree-hugging hippies. Stereotypes such as this, especially in recent years, don’t necessarily hold true; actresses such as Alecia Silverstone and Zoey Deschanel are vegan, and they don’t preach about animal cruelty to any omnivore that crosses their paths.

Veganism gives people the opportunity to explore new food options they haven’t tried before; many Asian, Mexican and Indian

foods are traditionally vegan. As veganism has become more popular, RIT has tried to provide vegan options within campus eating establishments. Many veggie burgers — such as the black bean burgers found campus-wide — are made vegan and most sub locations have hummus on hand to make vegetable wraps. Crossroads offers mini-bags of baby carrots, snack-sized hummus packs with pretzels, as well as an array of fresh fruit.

The biggest issue with being vegan is making sure the ingredients list doesn’t include dairy or meat products. Jesse Powers, a second-year Mechanical Engineering Technology student, emphasizes that, “[The] most important thing to do as a vegan — or even just as a person — is to read the ingredients list.” Most prepared food places on campus have an ingredients list available on hand for students to check what is in their food. A lot of vegan products also tend to be allergen free, devoid of gluten and dairy in hopes of appealing to a broader range of component-aware consumers.

Decreasing the amount of animal product consumption is a main goal for many vegans.

Try switching to soy milk instead of regular milk, or try to eat a vegan meal once a week — these kinds of efforts are what people like Bhalla and Powers encourage. “Everything that I eat that’s vegan tastes so much better than other food,” Powers said. So the next time you’re craving something sweet, try a Prana bar at Java’s instead of a cookie, or pick up some dairy-free ice cream at Crossroads.



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**STICKY LIPS PIT BBQ**



When it comes to the Rochester barbecue scene, Dinosaur Bar B Que has the market cornered. So when RIT students get a hankerin' for some good ol' grilling, they hop in a car without considering the alternatives. Admittedly, Rochester may not be a barbecue mecca, but there are quite a few excellent, often-overlooked joints where diners can dig in and enjoy an amazing home-style meal.

It took a native Rochesterian to introduce me to Sticky Lips Pit BBQ, a sleepy little joint nestled in southeast Rochester. Built in a former car showroom, the establishment provides a gloriously hole-in-the-wall atmosphere. Framed pages from old magazines hang everywhere, and advertisements for everything from Chesterfields to vintage cars adorn the beadboard walls. The vibe is distinctly 1940s, and, late in the Rochester night, the dim lighting sets an ideal mood for a romantic rendezvous or a night out with the boys.

But what makes Sticky Lips stand out is not the atmosphere, but the food. The menu follows the credo that simple is better, and many favorites from the great American cookbook are present, including chicken, steak, and ribs. For the more adventurous diner, there are some more exotic dishes, including jambalaya, catfish, fried pickles, ratatouille, and "Ultimate Mac & Cheese", a combination of macaroni, cheese, hot dogs, and chili (certainly not designed for the weak). Most entrées are reasonably priced and tend to fall between \$7-20. For guests over 21 the restaurant has

a variety of standard-fare beers, as well as a "Finger Lakes Wine Tour," a menu devoted to regional wines.

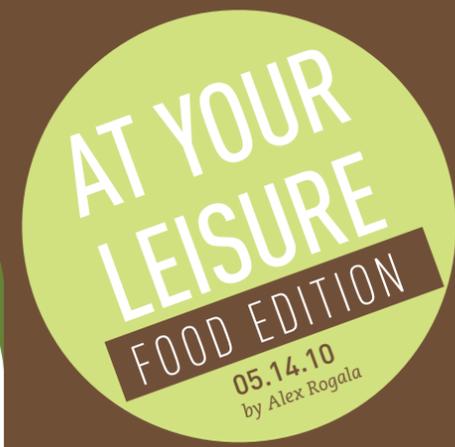
Perhaps the reason Sticky Lips is less well known than its reptilian respectin' peer is its lack of a legacy. Founded in late 2004 by "Howie" Nielsen, also the owner of Park Avenue's excellent Chester Cab Pizza, Sticky Lips is a relatively recent endeavor. Still, it's unfair to compare the Sticky Lips to its better-known brethren, Dinosaur. Both provide their own unique experience, and in the long run, our stomachs come out the winner. **R**

Check out Sticky Lips' menu online at <http://stickylipsbbq.com> and visit them at 625 Culver Road.

by Alex Rogala



cartoon by Jamie Douglas



Word of the Week

**ASININE**- adj. extremely or utterly foolish.

The professor found Caroline's story about Zombie Regan fighting a mutant broccoli army to be completely **ASININE**.

Definition taken from <http://merriam-webster.com>.

Reporter Recommends

**FLAMBÉING EVERYTHING.**

Fire is pretty much the coolest thing ever, second to food only because you can't eat it. Yet, there is hope for those of you who want more fire in your stomach — the culinary art of flambé. Applying fire to food increases its awesome factor to an incomprehensible level, making the charred remains far more delectable than you could possibly dream. It's a flexible art, and you can flambé nearly anything. Plus, it sounds totally fancy. Ice cream flambé? Hell yes. Double Down flambé? Yes, please. Cheeto flambé? It's an easy trip to classy street. (We wouldn't recommend Reporter flambé though. Or Everclear flambé. Those would probably end pretty badly.) **R**

Difficulty Rating: Hard

	7	3		8	6			
			9		3			2
				1	7			
			1			8		
2								9
	8			5		6		
			8	6	1			
	6	2				7	8	
3			4	2				

Haiku

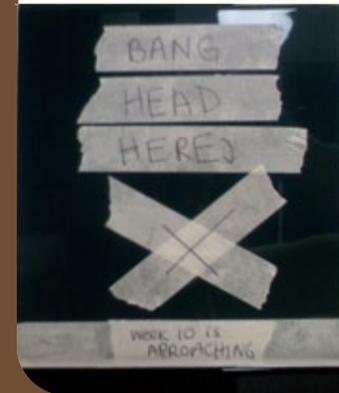
Conti, Bogle fight  
 Over greasy foods galore  
 Heart disease likely.

Overseen & Overheard

"Have you seen Pterodactyl porn? It's the best dinosaur porn ever."  
 - Students at table in Crossroads.

Female student sunbathing topless in front of Gannett Building.

Stress relief device in Engineering Building. (picture below)



Send your Overseen and Overhead texts or emails with the phrase "Overseen and Overheard" in the subject line to [leisure@reportermag.com](mailto:leisure@reportermag.com). Or submit them via Twitter by directing submissions @reportermag with # OnO.

Stream of Facts

In 1989, the Anchor Steam Brewing Company brewed a beer crafted from an ancient Sumerian **RECIPE** dated 1800 B.C.

The **RECIPE** for KFC's famous seasoning is one of the most carefully guarded secrets in the modern world. Each half of the spice is mixed at a separate factory before being combined at a third **LOCATION**.

The only **LOCATION** in the world to bottle the original recipe Dr. Pepper is a plant in Dublin, Texas. Refusing to update their image, the plant still bottles the famous **SODA** (complete with cane sugar) in glass bottles.

In 2004, the Jones **SODA** company first released a **TURKEY** and gravy flavored soda, now one of the company's trademark seasonal beverages.

Now a long standing White House tradition, the first presidential pardon of one lucky Thanksgiving **TURKEY** was done by President **BUSH** in 1989.

President H.W. **BUSH** was an avid junk food fan, eating nachos by the plateful and even implementing a **BROCCOLI** ban on Air Force One in March 1990.

In the 1930s, **BROCCOLI** began to reach acceptance in the U.S., and although it has been around forever, many thought the **PLANT** had been newly developed.

The berries of synsepalum dulcificum, better known as the miracle berry **PLANT**, contain a chemical called miraculin, which makes sour foods taste **SWEET**.

James A. Dewar, the inventor of the Twinkie, had a notorious **SWEET** tooth, purportedly consuming over 40,000 of the **SUGARY**, frosted cakes during his lifetime.

The **SUGARY** wonder known as Kool Aid is the official soft **DRINK** of Nebraska.

A 2006 study showed that coffee can help protect the liver against cirrhosis, and those who **DRINK** just one cup a day have their risk of liver damage reduced by 20 percent.





# PUNCHING HUNGER IN THE MOUTH

6,370 CALORIES, 308 GRAMS OF FAT, SIX FAST FOOD VENUES, 2 HOURS

by Emily Bogle and Michael Conti | photographs by Robert Bredvad

Let us assure you: there was nothing sentimental about this eating. It wasn't about enjoying our food; it was about efficiency, agility and strength. The strength to stomach what was assuredly one metric assload of grease, steroids and livestock hormones.

The challenge was to the run the gauntlet of alternative fast-food delicacies. Five sandwiches, all inside other sandwiches, devised to quicken the pulse of even the most seasoned, artery clogged drive-by diner. Inspired by one too many late night internet excursions, our intrepid Reporter team set out to dominate the world of culinary bottom feeders.



## LUTHER VANDROSS DOUBLE DOWN

**2 GLAZED DONUTS FROM DUNKIN DONUTS**  
**1 KFC DOUBLE DOWN (2 FRIED CHICKEN BREASTS, 2 STRIPS OF BACON, 1 SLICE OF CHEESE, SPECIAL SAUCE)**

**EMILY:** After adding the overwhelming sweetness of two glazed donuts to a sandwich primarily meant to be disgusting, I expected very little. I was fearful, yet curious to try the Luther. The first bite was a surprising wave of sugar from the glazed donut. Warm, salty fried chicken, quickly followed it, making a surprisingly pleasant taste combination. I was shocked that I genuinely enjoyed the amount of fried fat, sugar and salt that went into making this Frankenstein of fast food. Given the opportunity, I would definitely eat this sandwich again.

**MICHAEL:** I sincerely enjoyed Mr. Vandross' latest reincarnation, from the sticky outsides to the stickier insides. On that note, who says chicken has to be sticky? The pepper jack sauce was over the top, and coated the lining of my stomach for the rest of the trip.

**1 BEEF 'N CHEDDAR SANDWICH**  
**1 HAM MELT**  
**1 ROAST CHICKEN CLUB**  
**1 CHICKEN FILLET SANDWICH**

**EMILY:** Upon the first bite of this sandwich, I yelled in horror, "This is too much meat!" While the chicken patty was a nice texture contrast to the various, thinly sliced meats, it was not worth the \$12.

**MICHAEL:** George Orwell could not have predicted the hopelessness of this fast food creation. Some assembly was required, and a bit of hand wiping to ensure that 100 percent of this sandwich was in my mouth. After about four bites, I had disconcerting thoughts: "Why does it hurt to chew?" "Isn't there something I'd rather be eating, like some nice lettuce, or maybe a rock?" There really isn't a reason ever to try this, unless you enjoy the feeling of your arteries hardening. A definite no-go. Unless you're a fisherman, because you're likely already salty.



## ARBY'S ANIMAL FARM



## THE KING'S CASTLE

**12 BURGER KING PATTIES**  
**1 BUN**

**EMILY:** After a little negotiation and overpaying, we compiled 12 beef patties on an insufficient amount of bread. With about eight inches of sandwich, Michael compressed it, and dumped over a tablespoon of grease on to the ground in the process. (We chose to eat outside and take in some fresh air.)

Every time I took a bite, I had a face full of beef. I felt pain in the middle of my chest. The patties' lack of flavor was the only thing that made stomaching such a mass of meat possible. When I finished my half, I did feel somewhat triumphant, but mostly, there was a sensation of disappointment, knowing what I was doing to my body.

**MICHAEL:** As I shaved off layers of beef shimmering in the evening light, I realized that metaphor about biting off more than I could chew was painfully appropriate — and also, no longer a metaphor. It literally hurt to chew this sandwich. Burger King patties are ideally used as filler for beanbags, not consumed en mass.



## MCGANGBANG

**1 MCCHICKEN**  
**1 MCDOUBLE**

**EMILY:** After four sandwiches, we were eager to end at the mecca of fast food. The tastefully refined McGangBang seemed meager when we unwrapped it on our plastic tray. We thought that we could easily consume it and finally go home. I was able to pull my share, but Michael had faded quicker than we expected. The last bite of McDonald's saccharine sweet essence summed up the night's experience. About five minutes after finishing, I felt the wave of settled stomach along with a sense of relief that it was over. I hope I will always remember that feeling whenever I think about going to a fast food establishment.

**MICHAEL:** I hate you, McDonalds. Yeah you, with the Ansel Adams photographs lining your pepto-pink walls. You're not fooling anyone with your art, or the creative ways you've found to defrost cow brains. Yeah, right. What is this garbage? Drinking out of cups, I felt like I was king of the trees. No way, get real.

**1 CHEESE QUESADILLA**  
**1 BEAN BURRITO**

**EMILY:** By this time in our journey, food had become wholly disgusting. It did not help that the bean burrito, in a desperate attempt to escape its gruesome fate, continued to ooze out of its wrap, resembling something found in diapers. Regardless, this was probably the most reasonable and enjoyable hybrid on our trip.

**MICHAEL:** A vegetarian choice felt like a breath of fresh air, despite the dank, humid interior of Henrietta's finest Taco Bell establishment. The faux-Mexico restaurant prides itself on having its own "flavor," and while my mouth was already completely robbed of its desire to taste, I could give the folks who engineered the "chalupa" their props.



## TACO HELL



We weren't out to change the world. Absurdity is only useful when we put this in perspective: Fast food won't kill you if you eat it sparingly. But, no one ever died from eating too much salad. Or grains. Or asparagus. Or bananas. I suppose this was more of a lesson in self-control, learning that some impulses should only be acted on with preparation, or at least a week's worth of purging. **R**

# GENETICALLY ENGINEERED FOOD ROUNDUP

by Laura Mandanas | illustration by Lee Fitzgerald

It was 2002 and an intense famine had struck Zambia. 2.3 million people were starving, and though the United Nation's World Food Program had set up an emergency food aid system, the Zambians weren't having it. "I will not allow Zambians to be turned into guinea pigs, no matter the levels of hunger in the country," President Levy Mwanawasa was quoted as saying, before rejecting over 40,000 tons of maize (corn) from the United States. What was the "poison" in the maize that the Zambians so vehemently opposed? Genetic engineering.



*"Roughly 75 percent of all U.S. processed foods contain genetically engineered ingredients, according to a 2005 estimate by the Grocery Manufacturers of America."*

Genetically engineered foods are foods derived from plant varieties developed using recombinant DNA technology. Basically, scientists cut and paste genetic code from one organism to another to make unique strands that would otherwise not exist. Though studies have shown the gene splicing technique to yield products safe for human consumption, the general public remains highly skeptical of these new creations. As Zambia so clearly illustrated, these so-called "Frankenfoods" have — at least in the past — developed a highly toxic rep.

Although genetically engineered foods have only been around for a couple decades, people have been altering the genetic makeup of their food for millennia. Between 4,000 and 2,000 B.C., for example, Babylonians controlled date palm breeding through the use of selective pollination. Traditional techniques like this allow people to produce desired traits — sweeter tastes, larger fruits, hardier plants, etc. — in their crops, but the results are imprecise. Cross-fertilization mixes thousands of genes from multiple plants, requiring many attempts over many years to weed out unwanted traits. By controlling the precise insertion of just one or two genes into a plant's DNA, scientists are able to speed the process up and pinpoint particular traits to transfer.

Today, the United States is the world's most enthusiastic adopter of genetically engineered crops, and leads the world in their production. In fact, over half of all genetically engineered crops are planted in this country. Though consumers may not be aware of it — the FDA does not require genetically engineered foods to be labeled as such — chances are most Americans consume genetically altered foods in each of their three daily meals. Eat any meat today? That animal was likely raised on genetically engineered animal feed. Like cereal, frozen dinners or boxed meal mixes? Anything containing corn syrup or cooking oil? Roughly 75 percent of all U.S. processed foods contain genetically engineered ingredients, according to a 2005 estimate by the Grocery Manufacturers of America.

Behind the genetically engineered foods in the U.S. agribusiness, one company dominates the market in a monopolistic choke hold. Nearly 90 percent of the U.S. soybean crop and 80 percent of the corn crop and cotton crop are grown with seeds containing technology from the St. Louis-based agricultural giant, Monsanto. Consider: In the 2009 fiscal year, Monsanto sold \$7.3 billion of seeds and seed genes. The second largest company, DuPont, sold only \$4 billion.

Founded in 1901, Monsanto is perhaps most famous for its one-two punch of Roundup, Roundup-ready. The company first commercialized Roundup — a glyphosate-based herbicide that kills a broad spectrum of weeds — in the U.S. in 1976. Two decades later, Monsanto developed genetically modified soybeans, corn and other plants resistant to

Roundup ("Roundup-ready") by inserting a gene from glyphosate-resistant bacteria. With farmers now able to spray herbicide on their fields without killing their crops, regular tilling was no longer necessary to control weeds. Needless to say, the killer combo became a whopping success.

This system of minimum-till farming has revolutionized American agriculture, saving farmers many hours of hard labor plowing fields. In addition, a report released last month by the National Academy of Sciences has found that the practice reduces erosion and the runoff of insecticides and herbicides that linger in soil and waterways. Most importantly, it has lowered production costs and increased yields — a fact, which advocates of genetically engineered foods point to as key in this time of rapid population growth.

Critics, on the other hand, point out that world hunger is not a problem of supply and demand; according to the UN Food and Agriculture Organization, we are already producing one and a half times the amount of food needed to provide everyone in the world with an adequate and nutritious diet. As the position of environmental organization, Greenpeace, states, "Hunger and malnutrition are a direct result of a lack of access to, or exclusion from, productive resources."

Furthermore, critics worry that genetically engineered crops are being developed too quickly, and put into wide release before they've been adequately tested for long-term impacts. Impact on insects that feed on genetically modified crops is a concern, as well as gene flow from crops to weeds that would create herbicide-resistant superweeds. Indeed, a May 3 article in the "New York Times" recently reported a serious infestation in western Tennessee of glyphosate-resistant pigweed, which can grow three inches a day and reach seven feet or more.

Despite this, the tide may be turning for genetically engineered food. Though negative public opinion and conservative public policy has kept genetically engineered food out of Europe (and poorer countries who want to export food to Europe), recently, the European Commission has begun a new push to allow farmers in Europe to grow more genetically engineered crops. Just last month, farmers began planting the genetically modified Amflora potato produced by German company BASF. Prior to that, the only other bioengineered crop grown in Europe was a type of corn produced by Monsanto, which was approved in 1998.

In the end, after two more years of famine, Zambia's president eventually accepted food aid inclusive of genetically engineered food. Given the choice between the "poison" of genetically engineered food and starvation, he chose the former for his country — and so far, things seem to be going okay. As for the future? We'll just have to wait and see. **R**

# STARVING FOR KNOWLEDGE

## THE POWER OF THE UNINFORMED CONSUMER

Mike Juchniewicz, a third year Criminal Justice student from Syracuse, N.Y., is like many of the dedicated employees of RIT's Dining Services. Working at the RITz Sports Zone and the CTRL ALT DELi, he serves the needs of hundreds of students over the course of a week. In this case, our lives intersected over a double cheeseburger and fries served on a paper plate. He made the best burger I'd had all week (compared to the monstrous creations featured in "Punching Hunger in the Mouth", page 16). While Juchniewicz and his cohorts at the RITz put much love into their daily creations, it remains to be said whether their knowledge of their own job extended outside of the kitchen. Did those responsible for the preparation of food for thousands of students know where it came from?

Juchniewicz's answer was a "No," something I had partially expected from the average college student. "I don't think many people care," he said. Juchniewicz remarked that his own personal diet choices, which did not include cheeseburgers, were dictated primarily by taste and money. For Juchniewicz and many college students, knowledge of what goes in and out of our bodies is secondary to the immediate experience of enjoying our three to seven square meals a day. But knowing the biography of your burger may be essential for your, and humanity's, survival.

### WHERE DOES IT COME FROM?

This question — what is really in that \$7.65 double cheeseburger and fries — was kindly answered by Gary Gasper, associate director of Dining Hall Operations. RIT purchases its ground beef from Palmer Food Services, located on 900 Jefferson Road. Research traces the original location of New York beef to Trowbridge Angus Farms in Ghent, N.Y., some 256 driving miles away. Producing only Certified Angus Beef, Trowbridge Angus Farms has developed a local reputation for quality.

RIT's commitment to a local distributor, and a specific supplier, is an exception to the majority in the world of food. The largest purchasers of beef — fast food restaurants — use factory-style methods to raise and slaughter cattle. This efficiency is made possible through a variety of factors worthy of books in their own right, inclusive of government subsidies, a glut of corn for livestock feed, and the use of fossil fuels to move the entire process quickly from feeding trough to the cafeteria tray.

### THE MEAT MACHINE

Like Upton Sinclair's "The Jungle", modern authors and filmmakers have done much to combat public ignorance and apathy. Household knowledge has changed due to a recent flurry of popular movie and book titles like "King Corn" and "Fast Food Nation." These go to great lengths to explain a machine that has evolved out of the popularization of the motor vehicle and the Agricultural Revolution in the 1950s and '60s. Despite clear warning signs, change to the process has been limited. Continuing problems: cases of contagious diseases spread through livestock, greenhouse gases emitted by agriculture and the lengthy transportation thereof, and the exhaustion of land and water supplies. All these problems show that little is being done to change the way we eat.



Taste and price, the two factors that Juchniewicz said influences his diet most, lead companies to maximize both at the expense of qualities that may not be on the average consumer's mind. Many of the things you "should" care about are far from my mind as I bite into each layer of simmering ground beef. For those who don't have the luxury of college loans, the ability to decide what they want to eat is limited. Choosing a system that may adversely affect their health and their environment is a decision made everyday.

### THE WORLDWIDE FOOD BALANCE

Public ignorance affects more than a lunchtime decision; it affects the whole world. Because the U.S. has become so efficient at producing food, other economies have adjusted to depend on our surpluses. These surpluses, however, aren't predicted to last long into this next century.

Last year, when corn supplies in the United States dwindled due to increased production of ethanol fuel in 2008, countries dependent upon our exchange of corn suffered. Fourteen rice-exporting countries limited or banned exports, to feed their own people, as did 15 wheat-exporting countries. Nations were forced to hoard to ensure their own food security. Choosing combustible fuels over food inflated prices of staple crops like corn and soybeans, a trend that has many analysts warning of the possibility of a food shortage in the coming decades.

The 256 miles the RITz burger traveled to reach me is representative of an unnoticed truth: despite measures to become selective in choice of beef, the Institute, like much of the world, is largely dependent on fossil fuels to keep people fed. In the year 2030, the United States population is expected to peak at 293 million, and the world to grow to 8.2 billion. A higher standard of living and a dwindling supply of oil will undoubtedly put more pressure on fuel supplies. Our current system of expending over 400 gallons of oil to feed each American will not be possible forever.

### KNOWLEDGE IS POWER

Educated consumer demand has a history of encouraging companies to change their policies and products. Public outrage over the sanitary conditions of meat packaging forced change at the turn of the century, and has severely restricted the tobacco industry. In May of 2006, Wal-Mart began stocking its shelves with organic products and produce, a sign that it was reacting to a public who had become more informed about the importance of food raised without pesticides or hormones. Tony Airosso, Chief Dairy Purchaser for Wal-Mart, was quoted as saying, "If it's clear the customer wants it, it's pretty easy to get behind it."

A solution to America's current food confusion is needed if the world wants to continue to eat. Technological innovation made America a world leader as a hyper-efficient food machine. But this efficiency has arguably hurt us, in terms of our personal health and environmental security. If enough people demand a shift in how our food is grown, raised and delivered, then the industry will react. But this change can only happen with knowledge of what needs to be done; a kind of knowledge we could all use a little more of on our plates. **R**

# OSCAR O'FLYNN

The next time you bite into an Oscar's Hot Burger, be sure to thank Steven O'Flynn. But when you do, don't be offended if he doesn't turn around when you call his name. Nicknamed "Oscar" as a boy by his childhood neighbor, O'Flynn has been answering to "Oscar" for over 40 years.

by Dan Lovria  
photograph by Theophil Syslo

A Johnson and Wales University graduate and 28-year veteran chef, O'Flynn is no stranger to the kitchen. When he was offered a job at RIT right out of college, he expected to stay here for three or four years. He never imagined that he would still be here and still loving what he does after 28.

Inventor of the Oscar Hot Sauce and Tiger Sauce, O'Flynn has certainly made his impression on RIT. Starting as a line cook at Gracie's, O'Flynn moved up the ranks to work at The Commons, then he was transferred to the RITZ and promoted to Production Coordinator where he stayed for 24 years. Earlier this year, O'Flynn became the production coordinator for CBoards, a campus-wide nutritional database that is currently working to get all recipes standardized and categorized with nutritional facts, which will be made available to all students.

And O'Flynn says that students are what it's all about. Over the years, his job has changed with the changing palettes of students, and when

RIT went global, O'Flynn knew the food had to change as well. "When I was at the RITZ, I had students bring in recipes from their mothers," O'Flynn recalled. "We would make it [on a] larger scale and serve it. The Indian and Asian students especially appreciated it, and it was a big seller."

O'Flynn loves his job, and his accomplishments show it. Taking a great deal of pride in his work, O'Flynn admires what the dining service at RIT has become during his years here. On the food at RIT versus other campuses, O'Flynn said, "There is just no comparison. If you've been anywhere else, you know."

O'Flynn said that he couldn't ask for a better career. He met his wife on his first day at RIT, but recalled, "We didn't get along for about six months." Overall, it is the students that O'Flynn loves most about his job. "The best part of working here is meeting so many new people over the years," O'Flynn said. "I've been here a long time, and I've seen a lot come and go. Things seem to just keep getting better and better." **R**



It's a Friday night, and you're at a party. You get that familiar craving for something sweet, but you don't want to venture out of your social gathering. You're left with no choice but to sit and wait while your sweet tooth aches...

That is, until your roommate slips you a scrap of paper. You unfold it to find a number. Curious and without options, you text, instant message, or call 2 Cookies 1 Buck; within a few minutes, Conrad greets you on his bike, and hands you a package of cookies for a reasonable price, all without having to leave your friends.

Conrad Conkledairy\* is a fourth year student who decided to spend his last quarter at RIT making people happy and finding interesting stories through homemade cookies. He started learning how to cook at the end of freshman year. He quickly gravitated to baking and was given a bread maker for Christmas that year. While he enjoyed the appliance, Conkledairy felt limited by it. Soon he was given a KitchenAid stand mixer, and his baking took off.

Starting out small, he would often bake cookies for classmates and friends, garnering rave reviews. People would offer suggestions, and Conkledairy would try out new recipes until he found a few that everyone loved.

About two years ago, the idea of opening a cookie business popped into Conkledairy's head, but being a full time student did not offer him enough time to commit to it. He wanted a place where younger people could get food late at night on Thursdays through Saturdays. And instead of sloppy bar food, his business would have a dessert twist.

Shortly before spring break this year, the idea came back, and it wouldn't leave him.

"I knew that I would have a relatively easy schedule spring quarter... Maybe I could just make cookies and just bike around. And I [said]



a name. "I wanted something that explained the concept quickly and easily," said Conkledairy. As a self-proclaimed nerd that spends a lot of time on the internet, he was inspired by the viral video "2 Girls 1 Cup" because of how simple and recognizable it was. Despite the name, he is frequently asked how much money a pair of cookies cost.

On a typical night, Conkledairy will receive his various communications all on his Blackberry and assess the orders. He responds to the customers, packs his backpack and hops on his bike to deliver his products.

Along the way, he has had some unorthodox transactions including collecting money from a couch cushion and leaving cookies on said couch while a student was in class. One night, regular customers from Kate Gleason Hall lowered a bag from the fourth floor with money where Conkledairy deposited the sought after cookies.

## 2 COOKIES 1 BUCK

by Emily Bogle | photograph by Daniel Wodecki

"I'll do what I got to do and make it happen," said Conkledairy.

So he began to stock up on bulk ingredients and refined his cookie recipes in his apartment, which he has dubbed, "The Bakery." Now he and his girlfriend make the standard varieties that everyone knows best: chocolate chip, snickerdoodle, M&M and oatmeal butterscotch. Occasionally he offers specials, such as when the RIT Men's Hockey was in Detroit for the NCAA Frozen Four. To keep up with Tiger spirit, he sold chocolate orange cookies.

Conkledairy has also branched out to cookie sandwiches where he makes his own frosting, giving a bit more variety to his customers. By far his most popular is the Snickersmore sandwich, which has two snickerdoodle cookies, layered with chocolate ganache and a roasted marshmallow filling.

Before he could start selling, he had to find

"I do [2 Cookies 1 Buck] because I just really want to get a good story," said Conkledairy. "My least favorite question is 'What is the craziest or most interesting thing you've ever done?' And I never felt that I had a good, immediate answer for that. But now, I have an answer."

2 Cookies 1 Buck will not be open for business during finals week so that Conkledairy can focus on his projects and relax before graduation. There are no plans for the business to continue next year since he will be moving to Massachusetts to start a job in his field, unrelated to late night cookie deliveries.

Conkledairy does have hopes to open a legitimate, late night cookie or dessert business, perhaps in Boston, Mass. at some point in the future. But for now, he will utilize his undergraduate degree and join the corporate world. **R**

\* Pseudonym has been used to protect the student's identity.

# EAT THIS NOT THAT

by Emily Mohlmann  
photographs by Victor Prado  
illustrations by Joanna Eberts

Your stomach is growling. You're hungry, and you just want to eat. You order the first thing that sounds good to your roaring stomach. But do you stop and think of how many calories or grams of artery clogging fat is inside that meal? Chances are, probably not. *Reporter* hopes that the next time you order that double bacon cheeseburger, you'll think twice and grab a garden burger instead.

## BREAKFAST

It's always tempting to eat grab-and-go foods for breakfast, but they aren't always the best choice. After all, why eat a muffin when you can get a hot breakfast for half the calories and fat? If you must have an on-the-run breakfast, try a scone rather than a bagel or muffin. A blueberry or cranberry-orange scone makes an excellent on-the-go breakfast. It's portable, it's delicious, and it has roughly 1/3 the amount of fat.

### Gracie's

**Eat This:**  
**TWO WHOLE-WHEAT PANCAKES AND FOUR OUNCES OF SCRAMBLED EGGS.**

For 256 calories and 10.09 grams of fat you can get a hot breakfast. It may take you a few minutes longer to eat, but it's worth it for the variety of nutrients you'll gain.

**Not That:**  
**TRIPLE BERRY MUFFIN**

Don't let the berry in its name fool you into thinking that this is a healthy choice. With 471 calories and 26.35 grams of fat, you might as well be eating a chocolate bar.

### Crossroads



**Eat This:**  
**SCONE**  
Similar to a biscuit, a scone has 249 calories and only 9.45 grams of fat. They're low in sodium and sugar, and also pack 6.03 grams of protein.



**Not That:**  
**BAGEL**  
Bagels come in with 340 calories and 4.13 grams of fat. Yes, they contain less fat than a scone, but bagels can contain up to 590 milligrams of sodium. And don't forget the additional calories and fat from butter, jam or cream cheese you're likely to add.

## LUNCH AND DINNER

When it comes to lunch and dinner, there are so many choices available. As a college student, all too often you do not have the time to stop and think about what's going to be better for your health. A good rule of thumb to follow is this: chicken or a veggie burger is usually going to be healthier than beef.

### RITZ



**Eat This:**  
**ISLAND BREEZE WRAP**  
This 482-calorie wrap laced with chicken and fruit is a healthy choice with only 6.61 grams of fat. And it even packs a solid 33.53 grams of protein.



**Not That:**  
**CHICKEN CLUB WRAP**  
This wrap comes with 795 calories. And unfortunately, its whopping 59.09 grams of protein is not enough goodness to offset the 37.73 grams of fat and 1,571 milligrams of sodium it also contains.



**Eat This:**  
**GRILLED CHICKEN BREAST SANDWICH**  
When you head to the grill at the RITZ, try out this sandwich, which contains only 338 calories and 3.87 grams of fat. You can't beat this sure fire winner.



**Not That:**  
**TRADITIONAL BURGER WITH CHEESE**  
A cheeseburger is rarely the healthiest option. This one contains 527 calories and 23.52 grams of fat — 36 percent of the recommended daily value. Definitely pass on this one.

### The Commons

**Eat This:**  
**REUBEN MELT**

If you just can't kick that hankering for a greasy meal, we've got you covered. This gooey sandwich is high in calories and fat, but not the worst thing you can find. With 759 calories, 40.22 grams of fat, and 2914 milligrams of sodium this should not be a daily staple.

**Not That:**

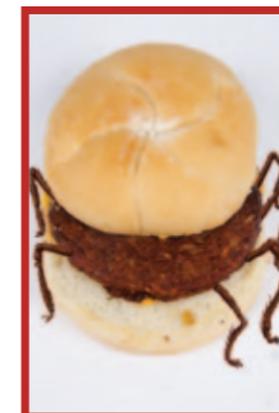
**FRENCH DIP PLATTER**

With 1,092 calories and 44.26 grams of fat, you'll nearly max out on daily-recommended amounts. Having a lower sodium amount than a reuben, 1635 milligrams, is about the only "advantage" you'll find to this sandwich.

### Crossroads



**Eat This:**  
**GARDEN BURGER WITH CHEESE**  
This garden burger contains 467 calories and 10.15 grams of fat. It's low in cholesterol at 15 milligrams and contains 29.18 grams of protein.



**Not That:**  
**BLACK BEAN GARDEN BURGER WITH CHEESE**  
This burger comes in with more calories, 527, and fat, 13.57 grams than its original counterpart. It also contains 1,349 grams of sodium — about 200 more than the garden burger.

# DRINKS

In the coffee versus tea debate, coffee takes the gold over a bottle of iced tea. Always be on your guard with iced drinks and juices; they taste good for a reason — all that extra sugar. But if you can't pass up a good juice blend, look for no-sugar added options that are 100 percent juice.



**Drink This:**  
**COFFEE (16 OUNCES)**  
 With only five calories in a 16-ounce cup, this is no liquid meal. Nine milligrams of sodium and a half a gram of protein give this hot beverage the ability to keep your eyes open, but not much more.



**Not That:**  
**LIPTON TEA (16 OUNCE)**  
 A similarly sized tea brings in 208 calories and 49.14 grams of sugar. If you like tea, avoid the iced variety.

**Drink This:**  
**PEPSI (16 OUNCE)**  
 Pepsi over juice, you say? With 192 calories and 52.40 grams of sugar this soda is better in calories and sugar, but keep in mind it does lack other nutrients.

**Not That:**  
**DOLE JUICE (15.2 OUNCE)**  
 This bottle of juice contains 254 calories and 63.34 grams of carbohydrates. Fifty-five of those are grams of sugar.

For more nutritional information on these foods and others available on campus, visit <http://fnweb.rit.edu/diningservices/netnutrition/Form2.html>.



RIT Biology students innovate some green food technology.

comic by Jamie Douglas

# FOOD ON THE STREET

## WHAT DOES RIT TASTE LIKE?

compiled by Chris Langer

*It tastes like happiness.*

**DREW ZEMKE**  
 Computational Mathematics  
 Second Year



*It tastes delicious but different.*

**DAVID NELSON**  
 Computer Science  
 Third Year



*It tastes like Tiger Sauce.*

**DAN TOBIN (LEFT)**  
 Mechanical Engineering  
 Third Year  
**MIKE SCANLON (MIDDLE)**  
 Digital Cinema  
 Fourth Year  
**ALEX LENHARD (RIGHT)**  
 Applied Network &  
 System Administration  
 First Year



*It tastes like a fruit salad.*

**CARLIE HOLIDAY**  
 Accounting  
 Third Year



*It tastes like shit!*

**MARY LEEMAN (LEFT)**  
 Biology  
 Second Year

**VICTORIA NACHAR (RIGHT)**  
 Biology  
 Second Year

# RIT RINGS

## 585.672.4840

compiled by Amanda Szczepanski & Moe Sedlak  
All calls subject to editing and truncation. Not all calls will be run.  
REPORTER reserves the right to publish all calls in any format.

THURSDAY, 3:02 P.M.

**QUESTION: DO YOU THINK THAT ONLY AWKWARD KIDS BUY JEAN SHORTS? OR THAT KIDS JUST LOOK AWKWARD WEARING JEAN SHORTS?**

(from text)

SATURDAY, 4:55 P.M.

**I JUST WALKED BY A BUNCH OF FRAT BOYS SMASHING BEER CANS AROUND WITH GOLF CLUBS. NOW I UNDERSTAND WHY SOME PEOPLE HATE GREEK LIFE.**

(from text)

MONDAY, 10:29 P.M.

**I went to hug the free hugs guy. Little did he know that I was in it for the ass grab.**

(from text)

WEDNESDAY, 8:54 P.M.

*I had a dream last night where I was in a jousting match against RITchie the tiger and I lost. Does that make me RIT's bitch?*

(from text)

WEDNESDAY 3:30 P.M.

**Dear all girls wearing moccasins: YOU ARE NOT POCAHONTAS! I AM NOT SQUANTO! This is RIT... not the tribe.**

(from text)

FRIDAY, 6:08 P.M.

**HELLO? WHO IS THIS? MY SON SENT A TEXT TO THIS NUMBER. HE'S A VERY NAUGHTY BOY.**

(from text)

MONDAY, 6:06 P.M.

Dear Toilet Talker, please keep your phone conversations out of the bathroom so I can [make a deposit] without your mother hearing it. Love, Peaceful Pooper.

(from text)

SUNDAY, 1:22 P.M.

To clarify my Rings in the last edition: a pocket rocket is a small motorcycle. Perverts!

(from text)

TUESDAY 12:27 A.M.

**RINGS, IT MAY BE SMALL, BUT IT'S FIERCE!**

(from text)

WEDNESDAY 9:55 A.M.

HI RINGS, I WAS JUST CALLING TO SEE IF MAYBE YOU WANTED TO GET HIGH. THIS IS TOWELYEY BY THE WAY... T-O-W-E-L-Y-E-Y. YEAH. DON'T FORGET TO BRING A TOWEL!

(from voicemail)

## YOU ARE *cordially* INVITED TO THE PROVINCE GRAND OPENING!

FRIDAY, MAY 14<sup>TH</sup> FROM 2:30-8PM

GRAND OPENING WEEK: MAY 15<sup>TH</sup> THRU MAY 22<sup>ND</sup> FROM 10AM-7PM



## THE PROVINCE

STUDENT HOUSING AT ROCHESTER INSTITUTE OF TECHNOLOGY  
220 JOHN ST. | ROCHESTER, NY 14623 | 585.427.7777

LIVETHEPROVINCE.COM

OUR PARKING LOT IS STILL BEING FINISHED, PLEASE PARK ON CAMPUS.

*see you there!*



BUCK  
CATERING  
& CAFE