

REPORTER

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REPORTER

EDITOR IN CHIEF Madeleine Villavicencio

| eic@reportermag.com

MANAGING EDITOR Emily Mohlmann

| managing.editor@reportermag.com

NEWS EDITOR Chris Zubak-Skees

| news@reportermag.com

LEISURE EDITOR James Arn

| leisure@reportermag.com

FEATURES EDITOR Alex Rogala

| features@reportermag.com

SPORTS/VIEWS EDITOR Justin Claire

| sports@reportermag.com

ONLINE EDITOR Brendan Cahill

| online@reportermag.com

WRITERS Christina Belisle, Emily Bogle, Justin

Claire, Ali Coladonato, Jackie Connor, Michael

Conti, David Keith Gasser, Bonnie Greenberg,

Amanda Imperial, Jeff McKinzie, Patrick Ogbeide,

Michael Roppolo, Maureen Sedlak, Michelle Spoto,

Amanda Szczepanski

ART

ART DIRECTOR Jena Buckwell

| art.director@reportermag.com

SENIOR STAFF DESIGNER Cassie Angerosa

STAFF DESIGNERS Ko Kawazoe, Nick Law

PHOTO EDITOR Michael Conti

| photo@reportermag.com

STAFF PHOTOGRAPHERS Robert Bredvad, Chris

Langer, Joi Ong

STAFF ILLUSTRATOR Joanna Eberts

CONTRIBUTING ILLUSTRATORS Ko Kawazoe,

Griffin Moore

CARTOONIST Justyn Iannucci

BUSINESS

PUBLICITY MANAGER Abraham Gil

AD MANAGER Alecia Crawford

| reporterads@mail.rit.edu

BUSINESS MANAGER Tom Sciotto

| business.manager@reportermag.com

PRODUCTION MANAGER Nicholas Gawreluk

| production.manager@reportermag.com

ONLINE PRODUCTION MANAGER

Madeleine Villavicencio

| webmaster@reportermag.com

ADVISOR Rudy Pugliese

PRINTING Printing Applications Lab

CONTACT 1.585.475.2212

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SUCCEEDING STRESS

If you think cramming that 25-page final paper that's due tomorrow on four hours of sleep is bad, then imagine supervising six college boys on a trip to Louisville, Ky., programming a handful of freelance projects, and conducting the production of a magazine from a location 600 miles away while attending workshops and sessions at a national college media conference, maintaining communication with your co-op bosses, and dealing with PMS all at the same time. You may want to take advantage of your trip and see what this Southern city might have to offer, but it's more likely that you'll find yourself passed out on the floor with your feet sticking out from under the hotel's unusually short doors.

Lucky for me, that very stressful period has already passed. With this being the last issue of the quarter and the next issue not due for print until November 29, I can live the quiet life of a programmer and enjoy my weekends – for two weeks at least. Things are slowing down; and now that I've had time to unwind, I've realized that it isn't as bad as I thought it was.

Looking back, I must have done *something* right. I didn't get fired from my co-op; my staff is mostly intact; and, I'm still breathing. In fact, *Reporter* received two second place Associated Collegiate Press Photo Excellence Awards – for General News and Sports – and placed eighth in the magazine category of the conference's "Best of Show" competition. And to top it all off, last week's "Money Issue", which is the issue we were working on remotely, went like hot cakes.

For most of you, finals are looming and the pressure is on. Stress is piling up; but just before you wake up in a cold sweat because anxiety has driven you to dream about a hard drive crash causing the loss of your final project, close your eyes and take a deep breath. Everything is going to be alright. You'll be home soon enjoying that not-so-American apple pie while watching that not-so-American football game with your dad. (See "American Icons That Aren't" on page 12.) Feel any better?

If you still feel the need to breathe into a paper bag, then this week's features section has got you covered. (See "Burning Out" on page 16 and "Managing Your Stress" on page 20.) You won't find the answers to your Biology midterm – you're still going to have to face the music – but you will learn a little more about stress and find a few helpful tips to keep it from taking over your life. However, if that still doesn't help you out, you can take a few pages from my book: ride a random painted horse in a faraway city, hit the current source of your frustrations with an inflatable bat, and eat a whole lot of ice cream and candy.

Madeleine Villavicencio

EDITOR IN CHIEF

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Call 585.672.4840 for a good time.

cover photograph by Joi Ong
illustration by Joanna Eberts

2010
Faculty & Staff

winter
craft
sale

Wednesday, December 8, 2010
10 a.m. – 4 p.m.
Student Alumni Union

Center
for
Campus
life
campuslife.rit.edu

TROUBLE AT TRIANGLE

by Jacqueline Connor | photograph by Chris Langer

A rush of whispers swarmed the RIT Greek community after Interfraternity Council President Greg Warchol sent out an e-mail announcing Triangle fraternity's interim suspension on October 26.

Student Conduct suspended Triangle after a hearing called to address disorderly conduct, harassment and RIT organizational policy charges. A combination of the suspension with Triangle's clouded history may end up condemning them in the end.

"The history behind us caused things to be blown out of proportion," Triangle President Scott Loyer Jr. said. Despite what Loyer acknowledges as a history of campus violations, this was the first disciplinary action against Triangle since the end of their probation in February 2008 for an alcohol-related violation.

"Triangle is not doomed, they can appeal the decision," said Dawn Soufleris, chief conduct officer of RIT. "Any actions can be put on hold until the appeals board reaches a decision."

Student Conduct will not disclose the specific events that led to the suspension, but one recent incident is well-known. According to sources close to the incident, Zeta Tau Alpha members were guarding the Greek rock on the quarter mile after new members — recruits that are not yet full members — had painted the rock with the sorority's letters. New members from Triangle approached the sisters and asked to take over the rock.

Two of the 10 Triangle new members were severely intoxicated, said people familiar with a report of the incident.

When the sisters refused to leave, there was an altercation between the Zeta Tau Alpha sisters and the new Triangle members. The specific details of what happened next are in dispute, but someone called Public Safety.

Zeta Tau Alpha did not return messages seeking comment.

Triangle was immediately placed on interim suspension and was not allowed to associate with any sisters of Zeta Tau Alpha until their hearing on November 2, according to Soufleris and Loyer. At that hearing, Triangle was suspended until 2015, when the last remaining brother will graduate.

Triangle's charter is being held under question by their national headquarters until the appeal is over. If they lose the appeal, then they will lose membership in the national organization.



Members of the Triangle Fraternity relax in the living room at the greek mansion they currently live in.

Even when the chapter would be eligible to re-apply for membership, the potential brothers would have to go through a colonization process all over again. They would have to petition for membership to the national organization in order to be granted the opportunity to start a colony — a status given to an interested group of men before a national charter is awarded and the group becomes a chapter.

"I put my life into Triangle, and now it's all gone. *Four years, four years.* I was a giant screw up before Triangle, but I joined and slowly took on leadership roles. I learned what I was made of and brought in the biggest class in 20 years as rush chair," said Loyer. "Now I'm president, and I will always be the president that lost [our] charter. I will always be known as that, no matter how much good I've done."

Along with the suspension of their fraternity, Triangle must give up their mansion on Greek Row. The 18 brothers currently inhabiting the house must move out by December 18 and find other housing for the remainder of the year. In addition, members are being charged a \$700 housing fine for breaking their contract early to move off campus.

The brothers of Triangle are currently putting together a case to send to the appeals board claiming that the decision may have been influenced by events prior to the 2010 school year.

"I don't blame anyone but us; not RIT, not student conduct. We messed up, and there were consequences," Loyer said. **R**

“ I DON'T BLAME ANYONE BUT US; NOT RIT, NOT STUDENT CONDUCT. WE MESSSED UP AND THERE WERE CONSEQUENCES ”

BEYOND THE BRICKS

by Christina Belisle

CONSERVATIVES WIN BIG IN LANDSLIDE ELECTION

This year's midterm election shook up the political order in Washington, D.C. Democrats lost their majority in the House to a projected tidal wave of 60 new Republican members. The Senate, meanwhile, barely remains in Democratic control. Power in the legislative branch has shifted in the past three consecutive elections.

Exit polls show Republican voters widely disapproved of President Barack Obama's job performance, were far more likely to support the tea party, and more often described their financial situation as worse.

In a White House Press Conference the day after the election, Obama suggested that the divided system required compromise. "No one party will be able to dictate where we go from here," he said. However, he continued to defend economic, health and social policies that were often cited by conservatives as reasons to defeat the Democratic majority.

Commentators have suggested that House Republicans will soon start investigations aimed at bloodying the Obama administration.

Despite the national trend, Democratic gubernatorial candidate Andrew Cuomo, Sen. Kirsten Gillibrand and Sen. Chuck Schumer were elected or re-elected in New York. Rochester Mayor Robert Duffy will be Cuomo's lieutenant governor.

NO MORE HAPPY MEAL TOYS

The Pokémon toys that we all remember getting in our Burger King Kids Meal might become a thing of the past, at least in San Francisco. On November 2, the city's Board of Supervisors voted to give preliminary approval to a new law that bans the giveaway of free toys with children's fast food meals if they do not meet certain nutritional requirements. If the bill is approved in the following week, it will become a law in December 2011.

In order to include toys in the meal, it must have fewer than 600 calories and 640 milligrams of sodium. No more than 35 percent of the calories can originate from fat; and it must also include a half-cup serving of fruit and a three-quarters cup serving of vegetables. The accompanying drink must be low fat and low sugar.

Fast food giant McDonald's was "disappointed" by the decision.

BRICK BEAT

NTID CHOOSES NEW PRESIDENT

by Christina Belisle

The search is over. After a year and 18 candidates, the National Technical Institute of the Deaf has a new president. Gerard Buckley will assume the role of the 1,500 plus student college in January. Alan Hurwitz, the prior president, left last January to become the president of Gallaudet University. James DeCaro served as the interim president while the school searched for a replacement.

Buckley is an NTID alumnus. He graduated with a bachelor's degree for social work in 1978. He received his master's degree in social work from the University of Missouri and obtained a doctorate in special education from the University of Kansas.

Buckley told "50 in 52 Journey" in a video interview two years ago that NTID changed his life. Growing up, he felt increasingly isolated as his hearing siblings found opportunities he couldn't. "For me, coming here just opened doors. I found a career. I found a community. I found a culture, a language that just enriched my life."

He has since spent 30 years working in the education field, and more than 20 of them have been at NTID.

INFOGRAPHIC: HOW A BILL BECOMES A LAW

infographic by Ko Kawazoe



The legislative process can be more of a roadblock to proposals than an avenue of advancement; each step is designed to be a hurdle. Committees, votes and the president's veto can kill bills. With a divided political landscape, consider this a road map of probable failures.

GENESIS PROJECT KICKS OFF

by David Keith Gasser

On October 1, the kick-off ceremony for the new Student Information System, dubbed the GeneSIS project, was held in the Vignelli Center (VIG, 7A). The morning event introduced the implementation partner for the project and the design philosophy that will be used.

Oracle Consulting Services will work with and guide RIT staff through the process of creating a new SIS. A representative from Oracle, who will be on the projects managing team, spoke of her company's commitment to getting the GeneSIS project done on time and within budget.

RIT executive sponsors for the project were also present for the ceremony. Mary-Beth Cooper, vice president for Student Affairs and an executive sponsor, spoke about what they hope to accomplish. She said they are aiming for a product that "allows us to enhance the way we help students."

The project centralizes information on students, staff, faculty and alumni throughout the different divisions of RIT. The database will allow for more efficient allocation of resources and end the duplication of records across campus.

Development on all parts of the project will be underway in 2011. The system is expected to be operational by 2012.

For more information visit <http://www.rit.edu/genesis>.

SG UPDATE by Amanda Imperial

DORM CHALLENGE MAY INVOLVE SHUTTLES

In the spring of 2009, RIT administrators were asked to live with students in the dorms. Student Government plans on conducting a similar experiment in late January. SG discussed plans for the next Dorm Challenge at their October 29 meeting.

This year, however, representatives hope faculty members — in addition to administrators — will join the roster of willing victims. The challenge might be redesigned so that participants must also experience the chaos of the RIT shuttle system. SG would like to have participants temporarily live at places such as Park Point, The Province or apartments downtown while experiencing the ins and outs of student life.

Students travel back and forth, to and from campus, to live their lives as part of the RIT community. This involves taking the time to plan accordingly — finding out when the bus leaves

residences, when the bus gets to campus, where the bus stops are, etc. Taking public transportation also involves cramming into a bus already packed full of distressed students.

SG plans for participants to live off campus and, without the use of their personal vehicles, complete tasks such as making it to meetings, classes or lunch dates on time. The ultimate goal is to show faculty and administrators the weaknesses of the current transportation system, in hopes of bringing about improvements.

SEMESTER INTERSESSION OPTIONS

Katherine Mayberry, vice president for Special Projects, and Maureen Valentine, associate dean of the College of Applied Sciences and Technology, came to SG to discuss ideas for the intersession period of the coming semester system. Intersession will be a three-week period in January, between

the two semesters of the converted academic year.

Mayberry and Valentine discussed three broad options to fill this period: credit-bearing courses, fun non-credit courses, and study abroad. Credit-bearing courses would be worth about three credits and would be an option for students who need to catch up, intend to get ahead or want to take a class outside of their major. Non-credit course options would include more enjoyable activities, such as taking a wellness course or working on an innovation project. Study abroad may last between three to five weeks, depending on whether or not a student wanted to spend the winter holidays abroad.

After this discussion, Valentine asked SG what other options should be made available to students during intersession. Ideas included: an alternative break for students who would like to participate in a community service project; tutoring mentorship programs; lab field experiences; training courses such as leadership; and workshops for things like résumé-building.

CRIME WATCH: OCTOBER 2010

by Michael Roppolo

5 DAYS WITHOUT CRIME.

OCTOBER 2

Sol Heumann Hall (SHH, 47). 4 a.m. Students were found covering a smoke detector with a plastic bag. Citing the charges of assault/reckless endangerment, the case was referred to the Student Conduct system.

OCTOBER 4

RIT Inn & Conference Center (ICC, 500). Between the hours of 10:30 a.m. and 7:20 p.m., someone wrote vulgar remarks on a dry-erase board on the outside of a dorm room. The case is closed, pending new information.

Peter Peterson Hall (PTH, 50B). 11:45 p.m. Students were found in possession of marijuana. The case was referred to the Student Conduct system.

OCTOBER 9

Mark Ellingson Hall (MEH, 50A). 8 p.m. Students were found in possession of drug paraphernalia. The case was closed by Student Affairs.

OCTOBER 11

Public Safety Office. 4 p.m. A student harassed a staff member. After further investigation of the case on Oct. 13, Public Safety referred the case to the Student Conduct system.

OCTOBER 13

Residence Hall B (RHB, 30). Between 11:30 and 11:59 p.m. A student discharged a fire extinguisher. Citing disorderly conduct, the investigation continues.

OCTOBER 17

Sol Heumann Hall (SHH, 47). Between 1:00 and 1:20 p.m. A student reported being harassed by another student. The case is now being investigated by the Student Conduct system.

OCTOBER 18

Corner Store. Between 3:43 and 3:50 p.m. An outsider was apprehended for stealing food. The thief was banned from campus.

OCTOBER 20

K-Lot. From 3 p.m. on Oct. 20 to 5:43 p.m. on Oct. 27. Someone broke a car window and removed property. The case is closed, pending new information.

OCTOBER 22

Golisano Hall (GOL, 70). From 12:00 p.m. on Oct. 22 to 5:30 a.m. on Oct. 25. Someone spray painted different areas on campus. The case is now closed pending new information.

OCTOBER 25

Helen Fish Hall (FHA, 39). 7:39 p.m. Someone stole a card reader from a door. The case is currently being investigated.

In case of emergency, use one of the numerous blue-light call boxes located around campus or contact Public Safety at 585.475.3333 or via AIM at RITPublicSafety.

CORRECTIONS

An October 29, "News Desk" headline stated that the Institute of Health Science and Technology (IHST) will not be a school. The headline should have stated that the previously planned School of Health Science & Technology, a component of the IHST, will not be a school.

The October 29 "News Desk" incorrectly stated Apple's FaceTime will be part of the iLife suite. It is a separate downloadable application. **R**

A SAFE PLACE: THE GLBT CENTER

by Emily Bogle | photograph by Robert Bredvad



“THIS IS WHAT AN ALLY LOOKS LIKE.”

Nadine Hylton's purple t-shirt summed her role as the graduate assistant at RIT's GLBT Center. It also summed her role as an ally and friend of the larger gay, lesbian, bisexual and transgender community.

On September 22, Tyler Clementi, a student at Rutgers University, jumped off the George Washington Bridge shortly after his roommate streamed live video of a sexual encounter between him and another male.

“For gay people [Clementi's death] reaffirms what we see all the time,” Chris Sasarak, a third year

Computer Science major, said. “Gay people are backed into a corner and they kill themselves... It was interesting to see the media finally react, [because] there were five before him.”

Five young, gay males have killed themselves since July, and anti-gay bullying is the chief culprit. The media focused more on the reasons behind Clementi's suicide. Cyber bullying and homophobia are now topics of discussion, and they have particular resonance in the GLBT Center.

The Center, which opened in 2008, spans two small, windowless rooms in the basement of the

Student Alumni Union. It serves as a safe zone for students to do homework, socialize and attend the GLBT organizations' meetings.

“[The Center] was born out of the need for the GLBT community to have a space to call their own as well as to provide services for the community,” Hylton said.

There is a comfortable atmosphere in the Center, with two large couches in the lounge, bowls of candy and condoms on the coffee table and a small library of material for students to check out. On a typical afternoon, around 40 students will come into the Center, with a regular group of 20 to 25 students.

Students share a lot with Hylton as she sits in the office adjacent to the lounge. She sees herself as a “listening ear” as she monitors changes in students' behavior.

The Center does not provide its own counseling service, but it does direct students to resources on campus like the Center for Women and Gender, the Counseling Center and Public Safety.

The Center hasn't addressed the suicides formally but, The Center for Women and Gender, which shares the same director as the GLBT Center, held an open forum titled, “What Happened at Rutgers: Hate Crime or Prank?” on October 7.

While many places and campuses are questioning how inclusive they are, students at the Center agree that RIT is fairly accepting of the GLBT community. “There are lots of allies at RIT in the faculty, staff and students,” Hylton said. “The GLBT community presence is felt and it is known. There are events that the entire community looks forward to that the GLBT community presents.”

“A lot of colleges don't even have [a GLBT organization],” Kyle Jackson, a second year Advertising Photography major, said. By contrast, at RIT the Center works with OUTspoken, RITGA (RIT Gay Alliance) and Spectrum, a GLBT group for hard-of-hearing and deaf students.

While RIT is more progressive, awareness and education about GLBT issues can still be improved. “[RIT should] have a good response to homophobia and transphobia,” Sasarak said. He noted that transgender students have been the targets of bullying. He has seen Transgender Group signs torn down every day.

“There needs to be a lot more trans[gender] awareness,” Jackson said. “I have been hearing a lot more hate speech directed at trans people, mostly out of ignorance.”

“The GLBT community at RIT should work with outside groups more so we're not only operating in this space,” Hylton said.

“[The space] is a starting point and it's working. We're getting awareness and people are supportive of the GLBT community on campus.” **B**

RIT FORECAST

compiled by Michelle Spoto

12 FRIDAY

Men's Hockey vs. University of Connecticut
Frank Ritter Ice Arena. 7 - 9:30 p.m. Show some RIT spirit and cheer on your hockey team as they face off against UConn. Cost: \$5 for students, \$8 for faculty/staff, \$10 for public.

13 SATURDAY

Tiger's Next Top Model
CSD-1300/1310. 7:30 - 9:30 p.m. Watch as Tiger's Next Top Model final contestants battle it out in this final runway event. The former TNTM and aspiring models will be showing off an imaginative collection of attire. Cost: Free.

14 SUNDAY

Fall Quarter Concert
Ingle Auditorium, 8 - 9:30 p.m. Featuring RIT's very own concert band, jazz ensemble and jazz lab band, the Fall Quarter Concert is sure to fulfill your musical craving. Cost: Music to your ears.

15 MONDAY

Take a study break
Any time, anywhere. Take a break from all that studying because let's be honest, you deserve it. Grab a cup of coffee or take a long anticipated nap. Cost: One or two precious hours.

16 TUESDAY

Open Mic at lovin'cup
lovin'cup. 8:30 p.m. Show off your musical talent at this acoustic open mic night located close to campus at Park Point. Cost: Free.

17 WEDNESDAY

Asylum Street Spankers
lovin'cup. 8 p.m. The Asylum Street Spankers combine acoustic folk music with humor to come up with a few seriously interesting songs. Join them on their stop at the lovin'cup as a part of their farewell tour, “Spanks for Everything!” Cost: \$15 for students, \$20 others.

18 THURSDAY

Enjoy your break
Anytime, anywhere. Finals have come to a close, but winter quarter will be starting up again before you know it. Enjoy the time you have off. Cost: Free.

ROC FORECAST

compiled by Michelle Spoto

12 FRIDAY

“Young Frankenstein”
Auditorium Theatre, 875 Main St. 7:30 p.m. Prolong the Halloween spirit with a showing of “Young Frankenstein,” the story of one young man's dream to finish his grandfather's work of bringing the dead to life. Hilarious and scary, this show is sure to please. Cost: \$32.50 - 64.50.

13 SATURDAY

“The 25th Annual Putnam County Spelling Bee”
Nazareth College Arts Center, 4245 East Ave. 8 p.m. This hilarious, Tony-Award-winning musical tells the story of six awkward teens and their hopes of winning the Putnam County Spelling Bee. Cost: \$16 for students, \$17 for public.

14 SUNDAY

“A Palette of Choreography”
Artisan Works, 565 Blossom Rd. 3 - 4 p.m. Watch the beautiful dance performances of the Park Avenue Dance Company as they host a benefit concert for Artisan Works, a non-profit organization that promotes art throughout Rochester. Cost: \$12.

15 MONDAY

Stretch, Strengthen and Relaxation
First Baptist Church of Penfield, 1862 Penfield Rd. 7 - 8:30 p.m. First day of finals got you stressed? Relax it away with this stretch, strengthen and relaxation class and de-stress before your next exam. Cost: \$13.

16 TUESDAY

Baking with Pumpkin: Traditional Pumpkin Pie
New York Wine & Culinary Center, 800 S. Main St. 6 - 9 p.m. Take this class before heading back home for Thanksgiving, and you'll be sure you impress your family with your new-found baking skills. Registration required at <http://nywcc.com>. Cost: \$40. **R**

17 WEDNESDAY

The Margaret Explosion
Little Theatre Cafe, 240 East Ave. 7:30 - 9:30 p.m. Support local music. The Margaret Explosion, a five-piece Rochester jazz band, will perform a variety of original songs. Cost: Free.

18 THURSDAY

Karaoke
Pineapple Jack's, 485 Spencerport Rd. 9 p.m. Show off your singing talent at Pineapple Jack's Karaoke night or just watch your friends embarrass themselves. Cost: Courage to belt out 80s tunes.

AVENGED SEVENFOLD "NIGHTMARE"



ALBUM | HEAVY METAL | 67 MINS
by Amanda Imperial



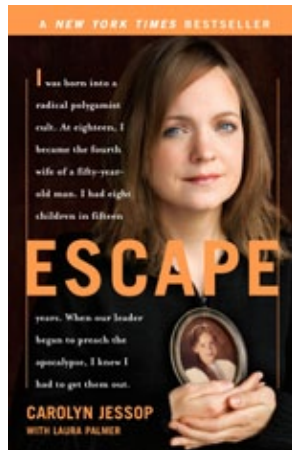
Recently, world-renowned metal band Avenged Sevenfold has garnered sympathy and concern from the music scene. Last December, seven months before they released their latest album "Nightmare", the band's drummer, James "The Rev" Sullivan passed away. Sullivan was recognized as one of the greatest drummers in the world, and his loss greatly affected the band. Fortunately, the band found Dream Theater's Mike Portnoy, to fill his empty throne. Before he passed, Sullivan wrote the drum tracks for "Nightmare", and Portnoy was asked to record them with the band. Though deeply saddened by the loss, Avenged Sevenfold played through their tears and released "Nightmare."

The album starts off feeling fun and poppy. However, this feeling doesn't last long as the album begins to take you through an emotional tornado; back and forth from slow and sad, to pure metal. "Nightmare's" heavy metal masterpieces include its title track and "Natural Born Killer." But what

makes this album difficult to listen to at times are the slower songs on the album, such as "So Far Away" and "Fiction." This is solely due to the loss of one of the A7X brethren. "Fiction" is especially tough as it is dedicated to Sullivan and includes his vocals.

The album is recognizably reminiscent of Avenged Sevenfold's usual style, even with a new drummer. Portnoy is a superb substitute for Sullivan, and although he cannot truly replace him, he certainly does him justice.

"ESCAPE" BY CAROLYN JESSOP



BOOK | NON-FICTION | 413 PAGES
by Bonnie Greenberg



What would you do if you were forced to marry someone you didn't love? What about someone you didn't even know?

That was the terrifying reality facing Carolyn Blackmore, who would eventually marry into the Jessop family. Her husband? A 50-year-old man named Merrill Jessop who, at the time of the marriage, already had two wives. He wasn't divorced, no; he was still married to them when Carolyn came along.

Carolyn was born into the suppressive Fundamentalist Church of Latter Day Saints (FLDS), a sect of the more common Mormon faith, which practices plural marriages. The daughter of a violent, controlling father and a passive subservient mother, Carolyn was barely 18 at the time of her arranged marriage.

Carolyn's autobiography, "Escape", details her life growing up in such restrictive and sometimes horrifying conditions. The book

chronicles her entire story. Starting from the innocence of childhood to the terror of her marriage to a man she had never met. Eventually, she flees the FLDS — a nearly impossible task — with every one of her eight children, only to be faced with a heartbreaking crisis regarding her eldest daughter, Betty.

"Escape" is a tale of triumph-through-adversity at its best; an examination of the endurance of the human spirit, and the desperation of one mother's attempt to get her children out of her sect once and for all.

The story also follows Warren Jeffs, the so-called "prophet" of his sect, as he rises to power and grows more and more violent and arrogant. In 2006, he was at the top of the America's Most Wanted list, and he is now serving 15 to life for charges including arranged marriages of minors, incest and rape.

There is no doubt: "Escape" is a true harrowing tale that will leave its readers breathless. **B**

by James Arn

QUOTE

"I love deadlines. I like the whooshing sound they make as they fly by." – Douglas Adams

WORD OF THE WEEK

Gubernatorial *adj.* – Of or relating to a governor.

The dashing Mr. Turner rescued the governor's daughter from the **gubernatorial** mansion.

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

LIMERICK

It can sometimes become quite a trick,
To come up with a clever limerick.
Though I try and I try,
I keep coming up dry,
Just hoping for something to click.

OVERSEEN AND OVERHEARD

"I'm hands down the most modest person I know."
– Male student in Gleason Hall

"Wanna know how old I am? I remember **REPORTER BEFORE** Rings..."
– Female student on Twitter

REPORTER RECOMMENDS

Southern Belles

The north is cold, its women are colder and what you really need right now is some loving warmth and affection. Solution: southern belles. From the charming accents, to the luscious golden locks, to the seemingly instinctual southern hospitality, southern girls offer an array of charms that will sweep you right off your feet.

Where can you find these mysterious creatures? First step: leave Rochester. The blistering cold of this place is highly offensive to the belle's nature. You're going to need to venture into the deep American south. Remember to stay away from the cities, as these fair creatures' ideal habitat is a rural country farm.



cartoon by Justyn Iannucci



STREAM OF FACTS

New York City has effectively banned all school bake sales. The sales have been shut down because officials believed that the large amounts of sugars and carbohydrates consumed at the sales were causing **OBESITY** among students.

In an attempt to reduce the **OBESITY** rate, thousands of Dance Dance Revolution machines were installed in West Virginia schools. The machines were used during **SCHOOL** physical education classes because the state government wanted to reduce the emphasis on competitive sports.

American **SCHOOL** children are taught that the harvest feast shared between the pilgrims of Plymouth colony and their Wampanoag Indian friends was the first **THANKSGIVING**. The real event was a more somber affair was held in the fall of 1623 when the settlers offered thanks for the end of a severe drought.

For over 20 years, the balloons for the Macy's **THANKSGIVING** Day Parade have been designed, inflated and operated by students of the Stevens Institute of Technology in **HOBOKEN, NJ**.

The city of **HOBOKEN, NJ** was home to the invention of the zipper. Before **ZIPPERS**, any closures had to be made with either buttons or laces.

The majority of the world's **ZIPPERS** are manufactured by the Japanese YKK Corporation. Any zipper made by YKK will have those initials stamped somewhere on the pull-tab. **B**

SUDOKU

Difficulty Rating: Tricky

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AMERICAN ICONS

that AREN'T

by Michelle Spoto | illustration by Lee Fitzgerald

As a nation of immigrants, America's culture has been influenced by other cultures from all across the globe. Still, there are a few cultural icons that are utterly American, born and bred right here in the United States. Apple pie, football and hamburgers are all completely American. Or, are they? Let's take a look back at the origins of these seemingly "American" traditions.



Hamburgers

On the surface, it seems that the invention of America's favorite fast food has its roots in two different American cities; Seymour, Wis. and Akron, Ohio. In the late 1800s, both Charles Nagreen of Wisconsin and Frank Menches of Ohio claimed that they invented the burger at separate town fairs in an effort to give customers a convenient and portable meal. However, the idea of a ground beef patty wasn't entirely their own.

The creation of the hamburger is credited to the Genghis Khan's fearsome cavalry, the Golden Horde. Riding non-stop for days, the horsemen required food that could be eaten with one hand. They assembled scraps of leftover meat into patties, which they then stuck underneath their saddles. When it came time to eat, the meat was tender, having been softened by the pressure between the saddle and the horse. These patties came to America with the German immigrants on the German Hamburg-America boats. Patties formed from salted scraps of meat and mixed with breadcrumbs and various spices were the perfect food for the voyage; they had the necessary nutrients and a long shelf life. Although Nagreen and Menches may have been the first to give the hamburger its bun, it's clear that the patty's origins belong to Europe.

Football

Football, arguably America's favorite sport, is deeply ingrained into our nation's culture. However, American football has its roots in rugby, a traditional English sport. Rugby was created in 1823 at the Rugby's Boys' School in England during a game of schoolyard football — what would become known to Americans as soccer.

Legend has it that a student named William Web Ellis disregarded the rules by picking up the ball and running it down the pitch. At that time, football was played in such a way that players could pass the ball with their hands, as well as kick it. Ellis' modification of the rules stuck, and rugby was born. When the sport came overseas, its rules changed to make it more interesting for fans and safer for players; it eventually evolved into the football game we see today.

Looking even further back, football could have originally come from the ancient Greek game of *harpastum*, a sport in which an unlimited number of players attempt to move a ball across a goal line by kicking, throwing or running with it.

Apple Pie

"As American as apple pie" isn't exactly the case for this fruity desert. The tradition of making pies extends back to the ancient Greeks, who wrapped meat in dough to contain the natural juices during cooking. Additionally, these outer pastry shells helped to keep the meat inside fresher for longer periods of time. When the Romans took over around 200 B.C., they adopted and evolved the Greek recipe for meat pies to create pies with fish and shellfish.

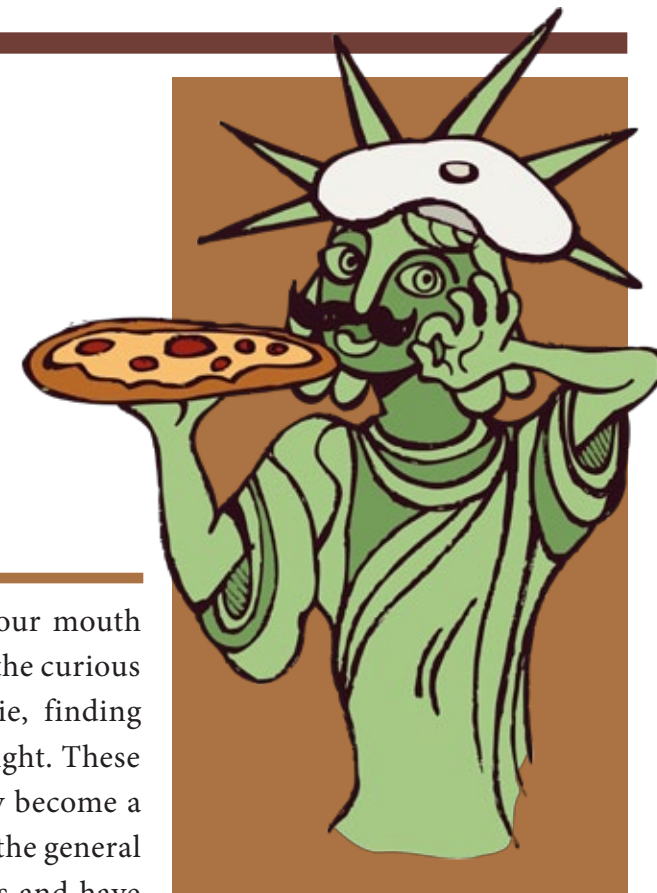
Sweet fruit pies, however, did not appear until around 1380 A.D. in England. The first recorded use of apples in pies can be found in a 1390 cookbook entitled "The Forme of Cury." Although it's clear that apple pie does have English origins, it's not the American institution that many people believe it to be. **R**

FOREIGN ICONS

that AREN'T

by David Keith Gasser | illustration by Lee Fitzgerald

Nothing beats the chewy, cheesy goodness that graces your mouth with each bite of a slice of pizza. You can't quite reproduce the curious apprehension of breaking into a Chinese fortune cookie, finding something more exciting about a treat than its sugary delight. These well-known and oft enjoyed foreign pleasures have slowly become a part of the American lifestyle and culture. That, at least, is the general perception. In reality, these foods are American creations and have no real significance to the cultures they are associated with.



The Fortune Cookie

The fortune cookie is one of the best examples of just how American our "Chinese" food really is. Two inventors have claimed credit for these message-concealing cookies. The first: David Jung, the founder of the Hong Kong Noodle Company in Los Angeles. Legend has it that in 1918, Jung created the classic cookies to be a free snack that he could give away to the poor in his neighborhood. His original cookies contained messages of hope written by a local Presbyterian minister.

The other possible inventor was Makoto Hagiwara, designer of the Japanese Tea Garden in San Francisco. Hagiwara's story claims that the messages inside the cookies were originally thank you notes to people who had supported him during his time of need. Whichever of these two innovators truly created the fortune cookie, the fact remains that the treat is not Chinese at all. In fact, though the treats have become somewhat of a staple of Asian cuisine in the United States, they have never caught on in China.

Pizza

While masses of Italian-Americans may cry out in objection at the statement, it is true that many pizza variants we consume today were developed right here in America. From simple Italian focaccia bread, a wide range of Americanized pizzas have evolved; from the thin crusted pies of New York to the deep dishes of Chicago. The Sicilian pizza as we know it is also an American creation brought on by a lust for the saucy and savory delight of pizza. In fact, a pizza created in Sicily is not made with any cheese at all, in stark contrast to the American version we all love and enjoy.

Pizza was first popularized in America in the 1950s in the wake of World War II. G.I.s who had been introduced to proto-pizzas while serving in Italy brought the concept back to their homeland. From there, it branched and evolved into the myriad of cheesy pizzas we have today.

The Burrito

While the basic concept of the burrito — beans and cheese wrapped up in a tortilla — has existed in similar forms within Mexican cuisine for ages, the burrito as we know it today didn't come into existence until the early 1900s. The first step was the creation of the wheat tortilla in northern Mexico during the late 1800s.

The addition of the myriad of meats, vegetables and condiments didn't come around until the dish migrated north of the border in the early 1900s. The burrito's popularity soared in the Los Angeles area during the 1950s. It was around this time that the dish got its name as well, with the first use of the word burrito appearing in the "LA Times" in 1958. In the following decades, the popularity of the burrito spread, reaching most of the rest of the nation by the 60s and 70s. **R**

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YOUR BLACK FRIDAY SHOPPING GUIDE

by James Arn | illustration by Ko Kawazoe

While you're counting down the days until the end of Week 11 and anticipating that delicious Thanksgiving dinner, retailers around the country are counting as well. The difference is that they are one day behind you. They're counting down to that long-awaited day when they can break out the black ink and mark their sales as profits. They're counting down to Black Friday, the first day in the hugely profitable holiday shopping season.

Standard shopping logic dictates that what is good for the retailer is bad for the consumer, but on Black Friday this doesn't necessarily hold true. On this rare day, buyer and seller unite for the common good. Retailers slash their prices to draw in hordes of ravenous sale-seekers, who in turn throw down huge sums of cash on a season's worth of gifts and gadgets. In this rush of spending madness, it can be difficult to find the best deals, luckily *Reporter* has got you covered.

PLAN AHEAD

Most major shopping malls and large chain retailers open very early in the morning on Black Friday, and the earlier you get there, the better the deals you will find. With that in mind, it is important that you plan your shopping strategically. Try to get to each store when it opens in order to snag the best prices.

Certain shops implement a few very complex shopping systems in order to control the mobs of shoppers; some use lottery systems, while others use wacky ticket schemes. If you want to reap the most success out of your ventures, you'll want to familiarize yourself with all of these systems so that once you actually make it into the store, you're a pro at the process.

You should also prioritize which locations you want to hit first. Stores with big-ticket items often sell out very early in the day. If there is a must have on your list, make sure that you get to it early in your adventure. Also, keep in mind that some vendors like the Apple Store almost never have sales, and you're going to want to hit up those locations on the one day they actually do.

DO YOUR RESEARCH

Many stores, especially larger chains, offer price-matching services. If you can find an item for a better price elsewhere, some retailers will sell you that item for the better price; they might even go a little lower for you. A few will even honor prices found online, which saves you the cost of shipping. It is well worth it to scout out the best deals and bring proof of them with you when you shop. This will allow you to get all the best prices without having to make a stop at every single store.

NOURISH YOUR MIND AND BODY

Most Black Friday shoppers start their quests in the early hours of the morning. In order to combat the effects of delirium induced by sleep deprivation, it is important to feed yourself.

Once you've hit all your major locations, you might want to think about treating yourself to a little breakfast. It might not be a bad idea to locate all of the coffee shops along your route as well. Also, consider investing in a good travel mug; many coffee shops give discounts to people using reusable mugs.

JUST DON'T GO

If all of this sounds like a little too much work for you at 4 a.m., there is an alternative. Skip Black Friday altogether and wait to do your shopping until you are safely situated in class the next Monday. This trend — waiting to do online shopping until the Monday after Thanksgiving — has become so popular that it has earned its own name: Cyber Monday. Cyber Monday offers many of the same deals and sales as Black Friday, and it is accessible from the comfort of your computer. **B**



by Justin Claire | photographs by Joi Ong | illustrations by Joanna Eberts

The brakes lock as your car begins to skid. The guard rail looms ahead, but you're sliding fast — too fast. The rail strains then snaps, and the scream of metal scraping metal pierces your ears. As the car slams into the rail, your head continues forward, violently hitting the steering wheel with a loud crack. Your car does not stop, however. It careens down the small slope beyond, rattling and jostling violently all the way. At last, at the bottom of the hill, you come to a stop. It's over.

In the crash's aftermath, you're greeted by a gruesome scene. Your head is cut, and blood slowly streams down your face. You step out of the car to survey the damage, and as your knee buckles, you notice you must have smashed it. Standing outside your scraped-up car with the smell of burnt engine oil and fresh blood filling the cold November air, you are, to say the least, stressed.

Your body, however, is built to deal with these situations. The nervous system is composed of two halves: the sympathetic nervous system, which springs into action in times of crisis, stress and excitement; and the parasympathetic nervous system, which deals with day-to-day, relatively mundane periods of low stress.

A Body in Crisis

When danger arises, the *sympathetic nervous system* quickly kicks into action. The body is in immediate danger, and it postpones long term projects. The immune system is suppressed, its energy diverted elsewhere; there's little need for antibodies if you're dead. The digestive process slows to a crawl — any energy that can't be used immediately can wait. Various glands start to secrete adrenaline (also known as epinephrine) and cortisol, plus a cocktail of other hormones. In doing so, your senses are heightened, your pain is dulled, and your reaction time sharpens. You feel stronger and more energized as your heart rate skyrockets, delivering oxygen to your muscles at an accelerated pace. The liver, muscles and fat cells pour out glucose, simple proteins and fats, rapidly providing energy to the body.

Despite your many injuries, there's a surprising lack of pain. The cut on your forehead is clearly there, but you don't feel it; you're dimly aware of it in the same way as your knee. The rest of the world, however, appears in high definition. You hear the soft echo of your footsteps with razor-sharp intensity, and your dilated pupils are acutely aware of the light shining off the car's crumpled hood. You feel nervous, scared and anxious — all too aware of the consequences of

what's just happened. Your brain has the luxury of worrying about the future, because without so much as a thought, your body has adapted and acted on your behalf.

Types of Stress

It's then clear that humans are adept at dealing with situations like car accidents that cause short-term, high-level stress, called *acute physical stressors*. These are pressing, immediate concerns, requiring, in some cases, drastic physiological adaptation in order to survive. These situations are common to nearly everything that walks, crawls or flies, and nature has prepared them for it well.

There are also *chronic physical stressors* that affect

If your body is too busy worrying about exams, that stress response is consistently triggered; and that carries with it a bevy of problems: a weakened immune system, interrupted digestion, and repeated expenditure of adrenaline, simple sugars, proteins and fats. With the long-term consistently being put on hold, the processes of the body become an endless repetition of inefficient, short-term bursts.

the body over a long period of time. Again, almost all animals have to deal with these. The zebra whose water hole has dried up must deal with thirst for months on end; the farmer whose crop has been devastated by locusts will similarly become well acquainted with hunger for a long time.

But now that humanity has settled down and built cities, stopped migrating, and generally stepped away from the rest of the animal kingdom, we

have developed a unique type of stressor. These are *psychological and social stressors*, and nature has left us unprepared. The body's stress response is a sacrifice, prioritizing short-term survival ahead of long-term sustainability.

Health Degrades

In short bursts, there's no problem. However, take a man in his 40s — losing his hair, high blood pressure, a few years away from his first heart attack. He's taken out a second mortgage to help put his kid through college, and he's losing sleep trying to figure out where that money is going to come from. Or take that college kid himself: he wants to make it into grad school, and he knows his grades have to be top-notch. With exams looming, he's nearly pulling his hair out wondering if he'll make the cut.

When these short bouts of serious mental stress become prolonged, however, the body is at risk. That same stress response activates regardless of the source of the danger, real or imagined, present or future. Imagine your stress response as an army, fighting a war against everyday threats. The problem is not that the army is poorly trained; the problem is that the country collapses trying to pay for the war effort. Over a long enough period, the stress response itself becomes damaging.

If your body is too busy worrying about exams, that stress response is consistently triggered; and that carries with it a bevy of problems: a weakened immune system, interrupted digestion, and repeated expenditure of adrenaline, simple sugars, proteins and fats. With the long-term consistently being put on hold, the processes of the body become an endless repetition of inefficient, short-term bursts.

Recently, studies have associated long-term, chronic stress with type 2 diabetes (also called adult-onset or insulin-resistant diabetes). If you're running from an escaped bear, that energy generating glucose is quickly used, but if you're sitting at your desk thinking about your exams next week, it remains in your blood for a prolonged period.

This results in hyperglycemia, or high blood sugar — a key symptom of diabetes. To make use of all that extra glucose, the body also releases a lot of insulin with the stress response. Insulin is the key that unlocks the energy in glucose, but when the body releases high levels over months and years, it builds up a tolerance; you become insulin resistant. Sound familiar?

The grim list stretches far beyond diabetes. Even without the increased risk of a dulled immune



Burning
Out

system, chronic stress can result in clogged arteries, ulcers and in extreme cases, loss of muscle mass. Stress is not something anyone should live with for very long, unless they wish to put their health in jeopardy. But how is stress caused? What, exactly, constitutes a stressor? At what point does planning ahead and anticipating problems become worrying? How can stress be mitigated?

Identifying the Stressor

Those questions have yet to be fully resolved. However, in 1967, psychologists Thomas Holmes and Richard Rahe conducted a massive study to find correlation between major life changes and the stress and diseases that followed. What they found was a definite relation between those life-altering events and illness. Each discrete event was assigned a number from zero to 100, the score in “life change units.” Depending on how drastically your life has shifted in recent months, just about anything — dismissal from work, starting school, changing eating habits, trouble with the law, pregnancy — could push you over the edge and put you at risk for disease. The Holmes-Rahe scale isn’t perfect, but it has been supported by further studies. A separate scale was eventually developed for young adults. At the top of the scale? Death of a spouse, parent, or sibling: 100 life change units.

Even without the scale, the causes of stress are well-known to the public. It’s all too easy for college students to get caught up in that vicious whirlpool; if you’re not careful, assignments and obligations can stack up like cordwood the instant you turn your back. Exams are the most notorious stressor, but everyday assignments from a variety of courses can unite to form a daunting roadblock. Students who don’t practice time management and just “wing it” might have no problems at all. Or, they might find themselves caught in a situation with no clear exit.

The signs of stress are not uncommon. In fact, they sound like a laundry list of what most college students accept day-to-day life. In the short term, it starts as anxiety, feeling pressured or nervous, and general worrying. As you become stressed, insulin levels increase, plaque builds up and your body falls behind on long-term improvements. Things start to break down.

You feel fatigued. You might feel less hungry, or you might feel driven to overeat. Your sleep — one of the most precious resources during finals week — might be affected, breaking up throughout the night or generally less restful. Your body is starting to accept stress as the status quo.

Of course, the crushing weight of stress affects your mind just as much as your body. You may begin to feel depressed or hopeless about the array

of seemingly impossible tasks before you. You might feel trapped, like there’s no way out. Or, no matter how unreasonable it is, you might feel guilty whenever you take a break, like you don’t deserve to rest until everything is done. Over time, the buildup of this mental detritus may just accumulate into a bona fide disorder.

The prevalence of stress in academia is indicative of a massive problem in need of resolution. So lighten up. Exercise has long been known to be a great stress reliever. It’s effective, and quick, too. Even if you’ve got a mountain of work to do, you probably have time to go for a 15-minute run or shoot a few hoops. Or, if you’re just not up to exercising, you can still chill out for an hour with your friends and try to relax. When your body is suffering from chronic stress, it’s like a wound up toy; you’re under strain, tense and ready to go off at a moment’s notice. Take some time and try to release that pent-up nastiness; your body will thank you.

In fact, all that fatigue and nervousness means that you’re not even doing your best work. Unwinding might take a little bit of your time; but when you return, you’ll be feeling better and more prepared. When you’re feeling less stressed, your mind is clear and you can work more effectively. Relax. Your final product will be much better for it.

Be glad that you have a stress response. Unchecked, it might hurt you someday; but without it, you might not be here today. That jump-start of oxygen, adrenaline and glucose may have been the difference between life and death somewhere along the line. Beware, though, because it’s crucial not to activate that response too often. It can put your body on hold, keep your immune system down, and make you sick.

In fact, all that fatigue and nervousness means that you’re not even doing your best work. Unwinding might take a little bit of your time; but when you return, you’ll be feeling better and more prepared. When you’re feeling less stressed, your mind is clear and you can work more effectively.

RELAX.

Your final product will be much better for it.



STRESS SCALE FOR YOUTH

Keep stress on your side. Your heart, brain and whole body will be eternally grateful. This test is used to determine the susceptibility to illness. If you score:
LESS THAN 150 - You have a 37 percent chance of becoming seriously ill.
BETWEEN 150 AND 300 - You have a 51 percent chance of becoming seriously ill.
OVER 300 - You have an 80 percent chance of becoming seriously ill.

Adapted from “Social Readjustment Rating Scale” by Thomas Holmes and Richard Rahe.

Death of spouse, parent or significant other 100 | Divorce (your own or your parents) 65 | Puberty 65 | Pregnancy (or causing pregnancy) 65 | Marital separation or breakup with significant other 60 | Jail term or probation 60 | Death of other family member (other than spouse, parent, or boyfriend/girlfriend) 60 | Broken engagement 55 | Engagement 50 | Serious personal injury or illness 45 | Marriage 45 | Entering college or beginning the next school level 45 | Change in independence or responsibility 45 | Any drug and/or alcoholic use 45 | Fired at work or expelled from school 45 | Change in alcohol or drug use 45 | Reconciliation with mate, family or significant other (getting back together) 40 | Trouble at school 40 | Serious health problem of a family member 40 | Working while attending school 35 | Working more than 40 hours per week 35 | Change of course study 35 | Change in frequency of dating 35 | Sexual adjustment problems 35 | Gain of new family member (new baby born or parent remarries) 35 | Change in work responsibilities 35 | Change in financial state 30 | Death of a close friend (not a family member) 30 | Change to a different kind of work 30 | Change in number of arguments with mate, family or friends 30 | Sleep less than eight hours per night 25 | Outstanding personal achievement (awards, grades, etc.) 25 | Mate or parents start or stop working 20 | Begin or end school 20 | Change in living conditions 20 | Change in personal habits 20 | Chronic allergies 20 | Trouble with the boss 20 | Change in work hours 15 | Change in residence 15 | Presently in pre-menstrual period 15 | Change in religious activity 15 | Change to a new school (other than graduation) 10 | Going in debt 10 | Change in frequency of family gatherings 10 | Vacation 10 | Presently in winter holiday season 10 | Minor violation of the law 5

MANAGING YOUR STRESS

by Patrick Ogbeide | illustration by Griffin Moore

It's Week 10, and your hands breeze over the keyboard, typing the last paragraph of that philosophy essay that's due tomorrow. With one swift click of the mouse, a sputtering printer produces a hardcopy of your finished essay. You place it neatly on your desk and prepare for bed, when a sudden panic jolts you awake. Although your paper may be finished, you still have to study for tomorrow's biology exam and begin that presentation for Experiential Leadership. As you imagine the to-do list, your mind begins to ache, your heart races and your blood starts to boil. Frustrated, and with drooping eyes, you return to your seat and crack open your biology book, preparing for another night of little sleep.

THE GOOD, THE BAD AND YOU

If the scene above resembles your life, chances are you are suffering from stress. By textbook definition, stress is "bodily or mental tension resulting from factors that tend to alter an existent equilibrium." Associate Director of Wellness at the Center for Intercollegiate Athletics and Recreation Michelle Schrouder, however, sees it differently. When asked about stress, Schrouder responded, "Stress is a reaction to a situation." Further explaining her answer, she said, "There is always a source of stress, so when people identify the source of their stress and how they are going to react to it, this is what [determines a situation's stress level]."

Stress' first few side effects are familiar, most common are a high heartrate, accelerated breathing and tension in the muscles. However, if stress persists, its side effects become more severe, ranging from physical ailments — high blood pressure and a decreased immune system response — to emotional issues including depression and restlessness. Left untreated, this stress could affect your lifestyle for long periods and ultimately result in fatal conditions.

Since stress is usually viewed negatively, a majority of the population is not familiar with the positive stress, called *eustress*. Unlike conventional stress, *distress*, *eustress* describes a circumstance where "you find both [the good and bad] with a situation," Schrouder explained. "Good stress is like getting married, buying a house or getting a car. That's all great, but there's that *distress* that comes with it, which is the financial piece or the burden of marriage."



A SEASONAL RELATIONSHIP

As a college student, there is already a predetermined amount of stress placed on your shoulders. Whether it's through academics, sports or work, college inherently breeds many concerns and worries. As if that isn't troubling enough, relationships and social interaction only add to the pile. With the rise of social media such as Facebook and Twitter, the public has unprecedented access to information. This constant publicity can potentially be very taxing, especially with relationships. Schrouder described it as difficult for students, saying, "Relationships used to be very private, and now things are very public." While she does believe that relationships in college are universally difficult, she clarified that it truly depends on maturity of the relationship. And of course, not all relationships are the same.

Relationships aren't the only stressor students suffer from. Seasons can also determine stressors, especially for newer students. Fall months, such as September and October, bring about a sense of anxiety and homesickness. October is the notorious peak of this fall stress. "They realize they like it here, but it's not as perfect as they thought," responded Schrouder. "October is more about relationships with the people that are here now, so the relationships at home are starting to fizzle and relationships here are starting to flourish." In the colder months, students tend to be socially inactive and prefer to remain to themselves until spring. Although spring is generally more relaxed, many still worry about summer jobs, co-ops and returning home.

THE ART OF STRESS MANAGEMENT

With so many factors causing stress, it's only natural that there are a surplus of methods to manage it. Although there are many approaches, nothing can be done without first identifying the reasons for your stress. Schrouder states, "You can give someone 10 ways to combat stress; but if they don't know how to identify stress, then none of those techniques will ever be helpful for them." Discovering the reasons for

stress and fighting them is a difficult journey, but there are many resources, both in and away from RIT, that can help.

RIT offers several resources for identifying the cause of stress, including the Religious Life Center, the Counseling Center, the Student Health Center, and the Women's and Gender Center. There may be an easy solution that can earn you a wellness credit at the same time. Offered quarterly, Stress Management focuses on dynamic and exciting ways students can combat stress and live a much healthier life. The course itself is very popular and due to the high demand, fills up quickly.

Outside of RIT, there are a variety of other ways to manage stress. Relaxing activities such as yoga and meditation are great ways to unwind due to their slow nature and the break they give the mind and body. Along with the benefit of lowering *distress*, yoga also improves flexibility and facilitates better breathing. If such activities are too relaxed for you, then more intense activities such as weight lifting and dancing can also alleviate stress.

Even something as simple as talking can also be a great inhibitor of stress. According to Schrouder, it's important to have constant dialog with people you care about. She mentions that you need to have, "someone you trust on campus, whether a professional or a [fellow student]." Simply venting about your issues can help alleviate pent-up emotions and make for a much easier life.

REEVALUATING YOURSELF

Stress is a phenomenon that will remain an intricate part of our lives. It does not matter if it's *eustress* or *distress*, we will always encounter it as throughout our daily routine. However, if your quality of life is suffering in the name of stress, you should re-evaluate all areas of your life and isolate the source. With some assistance and a few handy techniques, stress can change from a major concern to a distant memory, which is great for any student. **R**

FOUR SURPRISING METHODS OF MANAGING STRESS

There are so many ways to manage stress that most people don't know where to begin. For those who are looking for a more out-of-the-ordinary solution, here are four easy methods to take control of your stressful life.

Laughing

The quote "laughter is the best medicine" is not far off. Simply laughing can lower your blood pressure and reduce stress-causing hormones. Next time you feel angry about that lab assignment, laugh about the time you tripped on the quarter mile instead of stressing.

Singing

For people who love to hear their own voice, singing is a great way to melt away all that stress. Even if you're not the next Madonna, unleashing your inner prima donna can lead to a better self-image and increased self-esteem.

Looking at Pictures

With the unpredictability and "Kodak moments" pictures enshrine, it's obvious that looking at them can calm you down. Reminiscing about your vacations and time with the family can fill your mind with good thoughts, which then lowers stress. For those who want a more active approach, grab a camera and snap away!

Gardening

If your thumb is a little green, then instead of yoga, why not tend to your garden? Managing your garden distracts you from the troubles of everyday life and boosts your emotional well-being. Plus you may be rewarded with healthy food depending on the type of garden you create.



HEROES AREN'T MEANT TO BE HIDDEN

We invite the RIT Community to uncover the hidden heroes among our student population. Do you know a student who is making a meaningful difference in the lives of others? We want to hear their story! Please help us identify candidates for the 2010 Bruce R. James Public Service Award. This award is given to a student committed to enhancing his/her community through service.

To nominate a student, stop by the SDC Lobby or Campus Center Room 1000 on Thursday, December 2nd between 10am - 4pm. We invite you to come tell us about the heroic student and how they are involved in assisting others.

Help us discover our unsung heroes!

The Bruce R. James '64
Distinguished Public Service Award

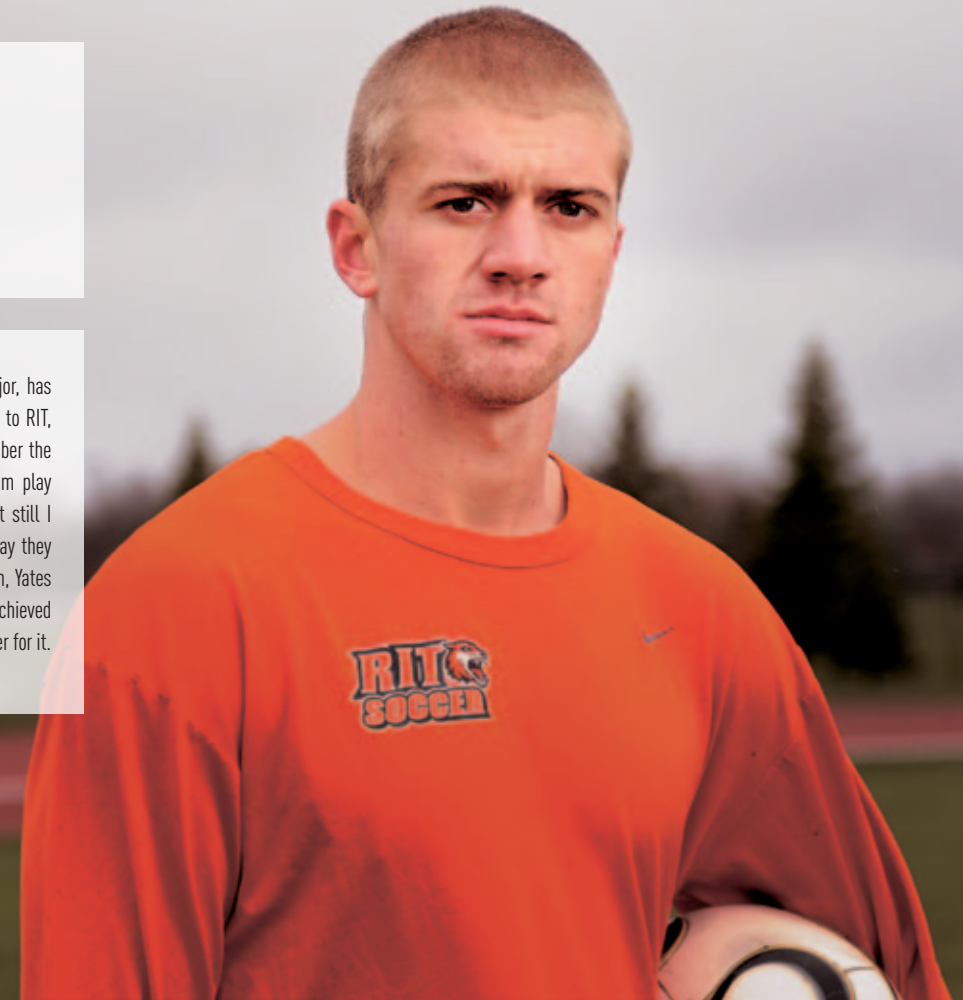
3 STARS: JAKE YATES

by Ali Coladonato | photograph by Chris Langer

SEASON STATS

Total Goals: 2
Total Assists: 2
Shots per Game: 1.00
Goals per Game: 0.12

JAKE YATES, a fifth year Mechanical Engineering major, has played soccer ever since he was six years old. Coming to RIT, he knew he wasn't ready to stop playing yet. "I remember the visit and everything, I watched the Men's Soccer Team play Nazareth in the conference tournament. They lost, but still I thought, 'Yeah, I could play for this team. I like the way they play.'" Throughout his time with the Men's Soccer Team, Yates has done more than just play; he's worked hard and achieved both on and off the field, and he knows he's all the better for it.



Yates has been a strong all-around player for RIT soccer for the last five years and an even stronger captain for the last three. He's found that being a captain really improved his playing ability and his work ethic. "I was forced to lead by example. I'm not really a vocal leader, but I like being in that leadership position," Yates said. It's true that this year could have gone better for the team — they ended up with a final record of eight wins, six losses and three ties. "This season, we kind of underachieved; we had the most talented group of guys here of any of my past years, and we lost to teams that we were way better than." Still, the season was full of memorable experiences for Yates and his teammates.

The Tiger's preseason trip to Spain was both a learning and bonding experience, and it was definitely one of the highlights of Yates's time with RIT soccer. Yates recommended, "If you get a

chance to take a trip abroad with your team, do it. I wish everyday that I could go back to Spain and do it all over again." He felt he learned a lot from the phenomenal instructors over there, and they definitely helped him improve and get back on his feet after an ankle injury during preseason kept him from playing last fall.

This year, Yates started in all 17 games of the season, earning two goals, two assists and a total of 10 shots on goal for the year. His best memory on the field came early on in the season during the Doug May Tournament match against Nazareth College. Down a goal in the 85th minute, Yates headed the ball in off a corner kick to send the game into overtime where the Tigers eventually won. He was named the Tournament MVP.

With all these fond memories, Yates is hesitant to leave the team he's been so integral to these past few

years. "My last game, kind of an emotional day. But I'm going to go and enjoy my last two quarters here; last two quarters before I have to start a real life," he said. Yates will be graduating this spring and hopes to one day work in the aerospace industry. He has co-oped at Bausch and Lomb for two quarters and is confident he'll obtain a full-time position there right out of school. He doesn't necessarily plan to stay there though. "I don't want to spend the rest of my life in Rochester. It's not that I hate it; I'm a surfer, I want to go some place warm, somewhere out west."

As for soccer, Yates knows he can't give up the sport he's played for the better part of his life. He plans to join an adult men's league, maybe play some indoor soccer, and enjoy some more relaxed competition after all the hard work he's put in to becoming an all-around star. **R**

3 STARS: JESSICA SCHAFFER

by Michelle Spoto | photograph by Robert Bredvad

SEASON STATS

Total Kills: 548
Total Digs: 409
Service Aces: 45

It's mid-morning when I sit down with **JESSICA SCHAFFER**, a sixth year Chemical Engineering major with a fifth year status. It's her easy-going personality that keeps the conversation flowing. She seems lively, but relaxed, despite having woken up at 5 a.m. for a practice at six in the morning. I'm pleased to discover that she is anything but pretentious, although with all of her achievements she certainly has the right to be.



In 2007, Schaffer, an outside hitter, became the first player in RIT women's volleyball history to have 600 kills and 600 digs in the same season. Currently, Schaffer is placed at fifth all-time for digs and sixth for kills for RIT women's volleyball. This season, she was chosen for the Empire 8 All-Conference team as a first team selection and was named MVP of the St. Lawrence Invitational.

These notable achievements, however, had humble beginnings. Schaffer tried out for, and was cut from, a team while in eighth grade due to her lack of experience. Noticing her potential, the high school coach offered her a position as team manager of the varsity squad so she could be exposed to the sport. Throughout high school, Schaffer participated in a variety of out of school teams, including the Junior Olympics, which helped shape her raw talent. During her senior year, she was recruited to play for the University of Rochester Yellow Jackets, but was put on an admittance waiting list after her high school transcript was sent late. Having heard

about RIT from another coach, Schaffer came up to Rochester to check it out, loved it and has been here since.

She played for the Tigers her first, second, and third year but suffered from an unfortunate wrist injury in her fourth, which prevented her from playing. All of last year, her fifth here, Schaffer was on co-op, making her ineligible to play. Despite missing two consecutive seasons, she's decided to give college volleyball one last run this year. Schaffer says, "I have the time. I love the sport. I love to play, and we got a new coach, so I was excited about that. I figured I'd give it a shot."

According to Schaffer, it's this new coach, Jim Lodes, who has helped the team make significant improvements this year. Lodes's coaching style is different from the previous coach, focusing on correcting mistakes and practicing game-like situations. As for the team dynamic, Schaffer says that, just like any friendship, the team has its ups and downs, but remains close, joking around during

and after practice. Speaking of the fun her team has together Schaffer says, "Everything turns into some little joke, funnier than anyone else would find it. But at six a.m., we're all delusional." It's this team camaraderie that Schaffer loves most about volleyball (in addition to the hitting, of course). She says, "My favorite part about volleyball would have to be the hitting, everything about it, the quickness, the power, the combination of plays you can run." Her love for the sport certainly won't end after she graduates; she plans to continue playing beach volleyball during the summers.

As for the long term, coaching is an idea that Schaffer has entertained. Having worked with kids of all ages, helping them learn the fundamentals of the game, she believes that this would be a good fit for her, but only later in life, after settling down. For now, she has chosen to focus on her career, finding a job after graduation, and continuing to play volleyball for recreation. **R**

3 STARS: ZACH MILLER

by Jeff Mckinzie | photograph by Michael Conti

SEASON STATS:

8000m Run - 25:39.57
Empire 8 Runner of the Week - Sep. 19, 2010
E8 Sportsman of the Year (2010)

Fifth year Mechanical Engineering major **ZACH MILLER** was in the fourth grade when he knew for the first time that he wanted to run. As a kid from Lancaster, Penn., he ran a half-mile race in gym class and never looked back. "It was from that experience that I knew I could run," Miller recalled. And he was right to say the least. From the beginning, Zach had a gift. And with that gift, his talent grew.



Twelve years later, he is now a star cross-country and track runner at RIT. He chose to come here because he felt he'd be able to run and receive a good education. Said Miller, "I really liked what the team had to offer, but I also wanted to study mechanical engineering." The year before he enrolled, RIT went to the national championship, which certainly didn't hurt. His biggest influences throughout his running career have been his Hempfield High School coaches: Jeff Bradley, Terry Newman and Dave Hummel. Miller also looked to teammates that were older than him to set a good example. During his senior year of high school, the cross-country team qualified for states, pushing him into a new level of competition.

Due to graduate in May, Miller looked back on his prolific collegiate career and mentioned two of his most memorable performances. The first was in 2008, his second year. He entered the 10,000-meter ECAC outdoor track event and finished with a time of 31:37 for first place, despite having little hope

that he would take the victory. "That was a really good race because I came in not expecting to win, but then I ended up winning the whole thing," recalled Miller.

Another memorable experience is the recent Empire 8 championship. Miller placed third, which is his best ever Empire 8 finish. According to Miller, the key to success was to pace himself. "I tried to go out at a good pace. I wanted to keep contact with the leaders without expending too much energy too soon. I laid low for the first mile or so and then worked my way up to the leaders," he said. Miller's time at the end of the performance was 26 minutes, 15 seconds — his second best time of the year.

Miller credits his training for getting him where his is now. Asked about whether or not he was satisfied with his running, he said: "I'm pretty satisfied. I'm a much stronger runner than I was in high school because I run more miles now."

When asked about how the team was doing as a whole, Miller replied: "It's all coming together;

most guys on the team have run well. Our goal is to qualify for a national championship. Our regional championship is [November 13]. If we run well enough, we can qualify for the nationals."

What advice does Miller have for beginner-level runners who hope to follow in his footsteps? "Be consistent in your running habits. Eat well, get enough sleep, and trust your training. It will work." Good advice; it certainly paid off for him. **R**

“
I'M PRETTY SATISFIED. I'M A MUCH STRONGER RUNNER THAN I WAS IN HIGH SCHOOL BECAUSE I RUN MORE MILES NOW.
”

WORD ON THE STREET

by Joi Ong



1

KENNA LINDSAY

FINE ART PHOTOGRAPHY
THIRD YEAR

"How I blow off steam: run, art, binge on chocolate, coitus."



2

ANDREW FALLOWS

SOFTWARE ENGINEER
THIRD YEAR

"I go to Church and Intersivity Christian Fellowship meetings."

HOW DO YOU BLOW OFF STEAM?



5

ROY BROOMFIELD

HEALTH SYSTEMS ADMINISTRATION
THIRD YEAR

"My wife and I do yard work, take walks or shop."

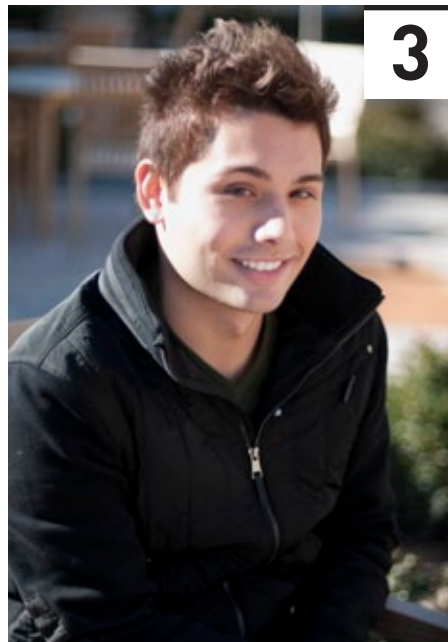


6

MARISSA LA TOUCHE

ADVERTISING AND PUBLIC RELATIONS
THIRD YEAR

"Rollerblading at night."



3

ADAM COCCIA

ENVIRONMENTAL, HEALTH AND SAFETY MANAGEMENT
THIRD YEAR

"Partying."



4

DAVID MOON

CIVIL ENGINEERING TECHNOLOGY
THIRD YEAR

"Flirting."



7

JENNIE BILLS

NEW MEDIA PUBLISHING
SECOND YEAR

"Taking hot baths."



8

DAN PISE

3D DIGITAL GRAPHICS
SECOND YEAR

"Drawing."



REPORTER

now hiring photographers, designers, and illustrators

WHICH BITTER PILL?

by Michael Conti | illustration by Griffin Moore

If the Matrix were real and happened today, the storyline would be different. Morpheus would be full into his speech, getting ready to rain all the unholy truth bombs on innocent Neo. *“You are a slave, Neo. Like everyone else, you were born into bondage. Into a prison that you cannot taste or see or touch. A prison for your mind.”*

Just as Morpheus reaches for his trusty pals — good ol’ blue pill and red pill — he feels obligated, due to the financial commitment of GlaxoSmithKline, to offer the green pill, as well as three different generics that will provide immediate relief from one’s worldview being shattered, but with less flash and pizzazz of the aforementioned colored pills. After options for the patch and rectal ingestion of the pill are offered, Neo’s mind begins to hurt more than mine did after I tried to make sense of how the “Matrix” trilogy actually ended. There are just too many options, too many choices, and too much freedom to have the capability to be an effective decision maker.

Case in point: When you go into a mall, your hands get sweaty. Automatically. Or at least mine do. It’s really uncomfortable, and my heartbeat quickens. Screw these choices! Screw them!

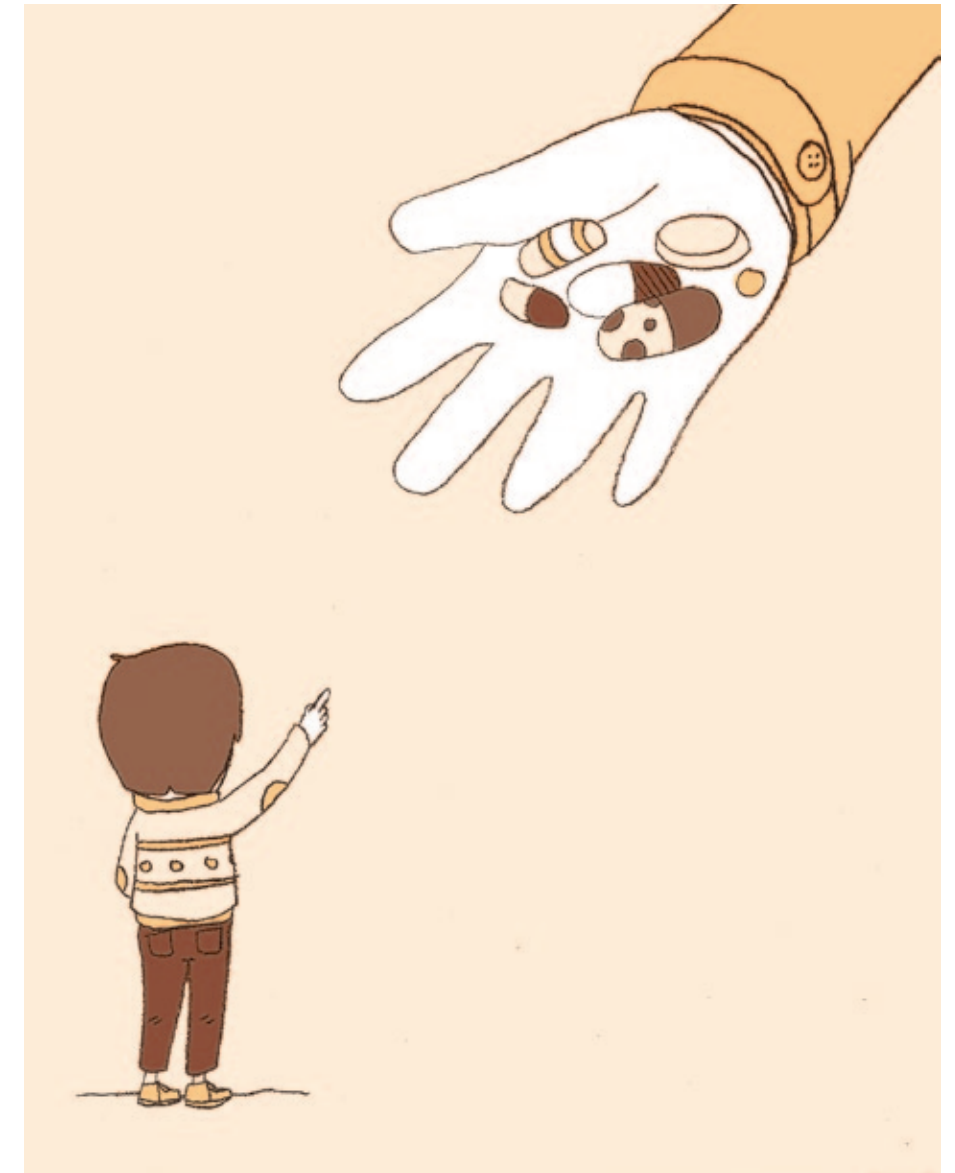
Let’s say, for example, I’m looking to get a new vacuum cleaner. There are around seven different models I could hypothetically afford. I know none of these will last more than seven months, so I’m left asking the department store manager, “Which one is the good one?”

None. None of them are any good. But hey, at least you got to stress about your choice before you walked out the door to pass by Victoria’s Secret again. You imagine what the Bodies exhibit would look like next to the Victoria’s Secret display. Or better yet, what if the Bodies exhibit was inside the Vicky C’s display? Solid.

This is one of the instances wherein having fewer choices would be really convenient. Instead, I feel paralyzed, thinking about which vacuum cleaner would be easiest to throw out after it broke.

Next case: I decide to buckle down, and I purchase some hardwood flooring so that I don’t have to worry about a vacuum cleaner, which would just break in less time than it takes to hire temporary workers to install Amazon rainforest hardwood into my living room. But as the finishing shellac is being applied, I can’t help but think about the other options I *could* have had.

Maybe it was the converted racecar-telescope-Playstation-home recording studio that I could have paid extra to have installed, or maybe it was the 100-percent black rhino tusk tabletop that I could



have included on the side. My heart fills with regret considering the lost alternatives.

My point is simple: Today, happiness is apparently determined by how well you are able to navigate a seemingly endless amount of freedom, made possible by consumer choices. Thanks to the internet, each choice — whether it be career, college or significant other — is stacked up against the others in a endless stream of advice and data.

With the amount of “advice” that is present in the media we consume daily, finding exactly what we “want” has become an unconscious purpose for life, regardless of the effect it has on our sanity. Being aware of this, and purposefully ignoring the advice we’re given every day, might be a way out. But that’s just my advice. **■**

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RINGS *****

compiled by Amanda Szczepanski and 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.

585.672.4840

SUNDAY, 1:48 A.M.

Just convinced some kid on the Gleason North elevator that he won \$300 in Tiger Bucks playing Cash Elevator.

(from text)

MONDAY, 12:38 P.M.

Just had another bear sighting on RIT campus... Oh wait, that's just a fat hairy hipster. *Nevermind.*

(from text)

WEDNESDAY, 1:08 P.M.

RIT needs some new clubs like, "THE TUITION IS TOO DAMN HIGH" club.

(from text)

THURSDAY, 12:56 P.M.

I just saw Ritchie with his head off asking people on the quarter mile to light his cigarette. Are you serious? He has no future career as *Mickey Mouse!*

(from voicemail)

THURSDAY, 2:24 P.M.

SO THEY ARE RE-DOING THE SOFTBALL FIELD, WHICH NO ONE USES. BUT OH WAIT, THE BUS STOP STILL ISN'T DONE, A STRUCTURE THAT EVERYONE USES. NICE TO SEE PRIORITIES ARE IN ORDER AROUND HERE.

(from text)

THURSDAY, 4:41 P.M.

My Gracie's thefts have been improving. Yesterday, two pieces of fruit. Today, a whole jug of cider. Tomorrow, the coffee machine.

(from text)

FRIDAY, 7:45 P.M.

Rings, I'm tired of hearing stupid ads for Park Point located at the corner of bankrupt and overpriced.

(from text)

FRIDAY, 7:45 P.M.

I've been at RIT for almost four years, and the only thing I know in sign language is "RIT has penises everywhere."

(from text)

SATURDAY, 12:02 A.M.

There's too many video game characters at this party. I'm gonna start stepping on the mushrooms instead of eating them.

(from text)

TUESDAY, 7:25 P.M.

You know those signs by the SAU about not locking your bike to the railing? They're [bullhonky]. How about the sign maker pays \$37,000 to come here, THEN they can tell me where to park my bike.

(from text)

RIGHT NOW

Rings misses the sound of your SEXY voice. Please call 585.672.4840 for a good time. ☎



(from your brain)

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