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## EDITORIAL

# THE WRITE STUFF

Before I begin my commentary, I'm going to challenge you, the reader. If you choose to read this, you are to carefully read every word. Do not scan or skim or speed read. Go from beginning to end, without interruption. Only then will my message become completely clear.

Last year, I had the opportunity to take on the position of grader for an Information Technology class. One assignment that fell under my red pen was to grade research papers the class wrote on influential multimedia founders.

I was instructed to only mark off for incorrect facts and information, and NOT to correct any grammar or spelling mistakes. This was actually an intelligent decision, as I would have no doubt used up all the red ink I had.

Among a high percentage of papers, there was very little sense of how to form basic sentences, or how to use verb tenses—even clicking on the spell checker button would have almost certainly caused their computers to crash from overload.

As a writer, editor, and someone who understands the absolute need to communicate effectively, it's appalling to watch the English language continue to get butchered and hacked up the way it is today.

This is, no doubt, the unfortunate side effect of elementary schools now failing to place the emphasis on spelling, grammar, and phonics they once did. For many students, there first introduction to the definitions of a subject and a verb come in high school, or even worse, in high school foreign language classes. We can also blame the continuing adoption of whole language—the ridiculous idea that by making students read more, theyll just automatically pick up the rules of the language. Sort of like asking a person who can't tell the difference between a volt and a toaster to rewire a house in the hopes that he or she will master electricity.

Well then who isn't shocked to discover that our educational system have failed, to the point were entering college student lack basic writing skills? And by this time, it seems ludicrous too believe that one or 2 Liberal Arts courses in writing is going to have any type of dramatic affect.

What's fun too note, however, and i can't explain this, is that even though certain students appear doomed too be able to right a coherent, correct sentence, they're eyes will no doubt catch minute errors as they read. *Reporter*, once cast as be utterly spelling impaired, still makes the occasional errors (the reality being that wren dealing with between 15,000-20,000 words a weak, a couple are unfortunately bound to get mist). Nevertheless, when we *do* make a mistake, we're sure to here about it.

Perhaps instead of trying too teach sentence structure and weird spelling rules now this late in teh game classes should concentrate on teaching *proofreading*. Remember, its reading over a document after its finished two check four errors? Most people whom are even mildly educated are able too spot when the word "the" is mispelled or if a sentence is missing punctuation

Some people though truly can't do this Many speak English as second language; some others suffer from lysdexia (a completely understandable condition, i know several people with it) In such a case find a friend who is willing too look over that research paper or assignment four errors Even better, look on as he or she does. Everyone has his or her "trouble spots" which can be improved.

If u think u have absolutely perfect writing skill, great!!! everyone is entitled to his or her own flawed opinions. i will never say i no everything because i dont i still make mistakes and often, yet, i no that when i enter the working world spelling and grammar errors look highly unprofessionally and could mean the difference between getting job or going home empty handed if my application or resume stood out negatively from the rest. i'm not planning too become a doctor, so i wont have the luxury off using completely illegible handwriting as an excuse

If you got this far, then congratulations! Now you know where I'm coming from.

P.S. Grammar Check only found three errors with this article.

Jeff Prystajko Editor-in-Chief Jeffrey W. Prystajko

Do you have feedback on this or other articles in *Reporter*? Log onto **www.reportermag.com** and post your ideas and comments to our all new bulletin board.

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## OP/ED LETTERS TO THE EDITOR

 $\bowtie$ 

NOTE: ALL LETTERS HAVE BEEN EDITED FOR CLARITY AND CONTENT

## RIT'S BIGGEST FAN

I consider myself to be one of RIT's biggest fans, but also its harshest critic. Your comments in the January 12 issue on things that bother you about the way things are done around here motivated me to write.

I was in the Campus Connections bookstore this week to purchase some advance hockey tickets. I then decided to buy an RIT Hockey T-shirt for a friend of mine coming into town. When I went upstairs to find one, I was confronted with rows upon rows of backpacks! The sports clothing section was gone! When I asked about it downstairs, I was told that the bookstore is slowly phasing out that merchandise.

Can we possibly crush school spirit a little more? Let's put aside the fact that at the time of this writing, RIT Men's Hockey is rated number one in the nation (according to the most recent writer's poll). Athletics is only one of the ways that students support their school. It is one of our faces to the world. We meet with other schools on the field, ice, and hardwood for the glory and fame that comes with competition. And many of our sports teams are damn good and worthy of our support. Why did RIT think they could just quietly remove this part of our school's culture?

Nearly twenty years ago, RIT rubbed out our football team with no regard for public opinion. Are they going to do the same thing twice? President Simone has stated in the past that the focus of his administration would be on academics. He also stated in another situation that unhappy students can "vote with their feet." Well, that's exactly what's going to happen unless steps are made to change the culture of school spirit here at RIT.

Otto Vondrak Class of '99 (Graphic Design)

## OP/ED THE PULPIT

by edgar blackmon

#### HATE ON EVERYBODY

The other day, I was faced with a question that I could not answer. Is a hate crime really worse than any other crime? Most violent crimes are based in hate or anger, so why is the punishment for a hate crime stiffer?

For example: Say you are a white man. Now let's say you see a black man with a white woman whom you are attracted to. You start a fight and cripple the black man. That is a crime.

Let's now say that you see the same black man with the same white woman. This time you start the fight because you don't think blacks and whites should date. You cripple the black man. That is a hate crime.

As a black man, I can say that I agree with hate crime legislation. If someone were to kill me or someone in my family simply because of the color of their skin, I would want them to be punished. But I wouldn't want them punished any less simply because they had a different reason for doing it.

I think what I'm trying to say is that perhaps we should be harder on all criminals, instead of singling some out. If a person can go to jail for 15 years for committing a hate crime, then another person who commits the same crime for another reason should get the exact same punishment.

Otherwise, it's like saying, "We don't want you to commit violent crimes, but if you're going to, do it for a reason other than prejudice."

I assume the reason why there are stiffer penalties for hate crimes is because those who write the laws want to send the message that we won't tolerate those kinds of violent acts. So why can't we just do that to all criminals? I say we just start being tougher on everybody, and let all the criminals know that we're not going to take it anymore.

You know what would be really cool? If we could make hate crime offenders members of the groups that they hate. That way, they would either receive the same treatment that they gave to others, or they would be filled with so much self hate that they would kill themselves. Either way, problem solved..•

Please send all responses to pulpit@reportermag.com.

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COVER PHOTO: CHRIS EHRMANN

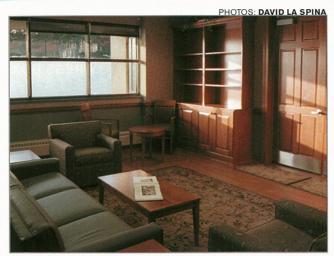
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# NEWS THE OPENING OF CROSSROADS

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by eric d. nelson



The newly erected Crossroads Building on the west side of the RIT campus is one of the more ambitious of the new construction projects on Institute grounds.

The most noticeable part of this building is its refreshing stucco exterior. Bill Batcheller, Director of Business Services, explained the reason for the new look,

"[RIT] really wanted to get away from the brick. The architects thought [stucco] would be a nice transition from the brick on the academic side to the wood in the apartments."

The original idea for the building came when the Institute took one of its famous surveys. The point of this survey was to find out how many people were going off campus for various products and services so that RIT could in turn supply them here themselves. Thus, RIT integrated the products and services in the greatest demand into the Crossroads.

The first thing encountered in the building is the copy, mail and print center, formally known as The Print and Postal HUB.

Here one may make copies, send packages, print special reports, develop letterheads and create posters.

"We have better equipment and faster computers," said HUB Manager Dave Smith. "We came in with the idea to beat Kinko's prices."

Since the HUB is part of Mail and Reprographic Services (MRS), if there ever is a task [the HUB] does not have the capability to handle, the HUB can send it over to MRS.

"Have them handle it. Then send the finished product back to the HUB for the customer to pick up," said Batcheller.

Another feature of the Crossroads building is the new Alumni Relations Office, which used to be located in the Student Alumni Union, where it was placed inside another office.

The functionality of the new building certainly does not stop with the Alumni Relations Office and the HUB, as between these two establishments is the premier feature of the building, the Crossroads Café and Market.

Upon entrance to the market, one first notices the special tiled floor.

"The arrangement of the different color tile gives the impression a road leading to different shops, supplying the market feel" said

of a road leading to different shops, supplying the market feel," said Jim Bingham, Director of Food Services.

Each of the shops (known as the grill, sub shop, salad counter, pizza/pasta counter, the oriental foods counter and the coffee/smoothie bar) specializes in preparing a different kind of food.

The grill is special because unlike the frozen meat the Food Service branches use, it cooks burgers with fresh meat. A highlight sure to be a hit is the Roadie Plate, which bears a striking resemblance to Nick Tahou's artery-clogging Garbage Plate.

The sub shop features rolls that are baked and cut right at the counter.

Bingham said, "All rolls have been baked within the hour, then are sliced in front of the customer with the bread slicer behind the counter."

The salad counter offers custom-made salads or pre-boxed salads

For the oriental foods counter, RIT purchased a franchise from Jump International Asian Cuisine. One student sampled the food, and exclaimed, "This is better than my Chinese buffet back home."

The experience of the Crossroads Café and Market that creates a big draw is that there is no kitchen and all the food is prepared right in front of the consumer.

Adding convenience to the restaurant, the market contains a 1000-square foot convenience store similar to the Corner Store.

"This store is stocked with everything that students normally buy when they leave campus," said Batcheller, "but of course, it does not sell beer."

The only addictive item the Crossroads Café and Market will sell is coffee, as part of its coffee/smoothie bar. Together with coffee and smoothies, this counter also serves cappuccino, espresso, and assorted pastries and sandwiches.

Better known as The Buzz Stop, the coffee/smoothie bar contains another franchise that RIT bought from the Freshens Smoothie Company.

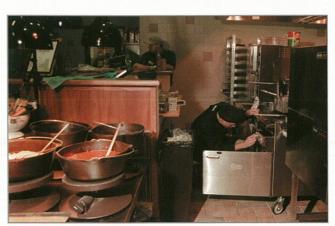
Meal options, debit, and FLEX can be used to purchase meals at the Crossroads.

After students and faculty buy their smoothie and Roadie Plate, they have their choice between cushiony armchairs, booths, or smooth modern chairs.

Above the seating hang four 36-inch JVC televisions.

"We hope to hold events here such as watching the Super Bowl," said Bingham.

All of the services provided by the newly christened Crossroads building should be helpful to students, especially since it should relieve the stress placed on the Ritz and the SAU cafeteria at lunchtime.•



## NEWS WORLD ASKEW

by jason pacchiarotti

Here's another installment of the funny but true (well, mostly true) news stories from around the globe.

JOHANNESBURG, SOUTH AFRICA - While wandering in rural South Africa a man bit a snake, killing it. That's no typo-Lucas Sibanda, 57, was attacked by a python and retaliated to save his own life. As the constrictor tried to squeeze the man to death, Sibanda realized the only way out was to bite the snake behind the head. As it unfurled, Sibanda bashed the snake with a rock and killed it. He then took it home and skinned it.

NASSAU, BAHAMAS - Batelco, the government owned telephone company, recalled 175,000 2001 Telephone directories after discovering that a URL that makes up part of the cover links to a hard-core porno website. Customers waited hours in line, for workers to cross out the website and return the book

**SAN FRANCISCO, CALIFORNIA** – A killer shrimp is on the loose in Monterey Bay Aquarium. A single mantis shrimp, also known as a "thumb-splitter" has been slaughtering barnacles and snails by the dozens every day, all while evading capture by aquarium workers. The shrimp is thought to have invaded the tank by stowing away in a shipment of rocks.

**NEW DELHI, INDIA** – The state buildings of New Delhi have been increasingly overridden by monkeys. Monkeys, sacred Hindu animals, are not allowed to be killed or trapped in India. This prohibition has led to an increase in aggressive behavior including barging into offices, stealing food, and tearing up documents. Experts cite human encroachment of the monkeys' natural environment.

**HONG KONG, CHINA** – When a fire broke out on the roof of Fingertrix nail salon on Wednesday, January 3, people began to evacuate the building to avoid the smoke and flames. However, a group of customers refused to leave until their nails were polished completely. Luckily, no one was harmed and the fire was guickly contained. The nails were fabulous.

RIO DE JANEIRO, BRAZIL – Don't you hate it when you steal a car and then drink the HIV-infected blood you found within? Two Brazilian car thieves mistakenly consumed several of the tainted vials on Friday, January 10, thinking the blood was a yogurt drink. The thieves were apparently drunk at the time. After getting caught 50 miles outside of Rio, their horrible twist of fate was uncovered.

**LJUBLJANA, SLOVENIA** – As a Slovenian airliner soared through the air, the fire alert systems sounded, forcing an emergency landing. But there was no smoke, no heat, no fire. Confused pilots searched for the source of the false fire alarm. They found it in the luggage compartment—in the form of an mobile phone.

**LONDON –** The world's oldest light bulb has finally burnt out. The owners of the Martin and Newby electrical shop believe that a light bulb, dating back to the 1930's, might be the world's longest burning light bulb. The light bulb was located in the men's bathroom of the store.

**ALBANY, NEW YORK** – Snow saved a man's life on Sunday, January 5. Walking home from a bar in urban Albany, an intoxicated Marc Worman suffered a heart attack and fell in a snow bank. The extreme cold helped to slow his metabolism, therefore minimizing further damage to his heart. Albany police discovered him eight hours later. It was not until after he was admitted to the hospital for exposure when doctors discovered he had suffered a heart attack.

All stories taken from AP, CNN, Reuters, and my perverted midget mind.



NEWS ALERT

by jeff prystajko



#### STUDENTS' PRIVACY JEOPARDIZED

Two boxes containing confidential student records and office documents were recently discovered in the hallway of the Criminal Justice (CJ) department in the College of Liberal Arts on Thursday, January 11.

An anonymous email sent Thursday night to *Reporter* stated that two boxes filled with records were placed under a bench. It is unknown for how long the boxes were in the hallway.

A quick investigation revealed the following (incomplete) list of items, all pertaining to CJ majors and/or faculty and staff: student high school records, including social security numbers, SAT and GPA scores, addresses, and parent information; student transfer documents and RIT GPA records. Also found in the box was class registration information, including social security numbers of entrants; written final papers for a class under Lanny Lockhart, dated November 1999; midterm exams; academic suspension letters; and unopened envelopes addressed to CJ staff.

Reporter alerted Campus Safety to the discovery, and it was confiscated by officer Brad Leeson.

Michelle Clarke, CJ department secretary and apparent owner of the records, was out of the office on Friday and could not be reached for comment.

John Klofas, chair of the Criminal Justice program, said that he was unaware of the situation and could not comment on how or why it happened.•

## NEWS MORE BUILDING/REBUILDING @ RIT

by eric d. nelson



#### HOUSING PRESSURES SLATED TO BE ALLEVIATED

You can almost be assured that the 2001-2002 year will bring assurance for housing. From the looks of it, students may be living in luxury.

The Racquet Club townhouses are coming down. To replace those beds, six more University Commons buildings will soon go up. Crews have already begun construction on the buildings. The completion of that project will add 71 more beds.

"We would build more, but just outside that location is wetlands." Director of Business Services Bill Batcheller said.

Institute officials are hoping additions to apartment housing will lead to less overflow like we saw this year due to the Residence Halls renovations. (Read: fewer students displaced temporarily in the Radisson Inn.)

Also six freestanding Greek houses will soon be built in the field behind Riverknoll.

The project will break ground in February, weather permitting.

"The structures will be completed far in advance to the start of Fall Quarter next year," said Batcheller.

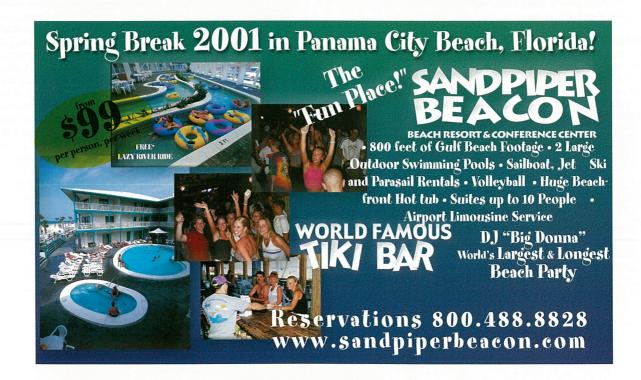
The fraternities and sororities being placed in the houses have already gone through a selection process, in accordance with special criteria.

Within a few years, Riverknoll will be torn down and special housing will be constructed. Additional academic facilities will also be constructed in the area.

Perkins Green and Colony Manor, two older housing complexes have undergone some "face-lifts," and are slotted for more pending the end of Residence Hall renovations.

Just last year the Perkins 1 section was refaced, renovated in the hallways, equipped with new bathroom and kitchen fixtures and wired for Ethernet. Perkins 2 will soon undergo similar renovations. Next summer Colony exteriors will be refurbished.

"We are hoping to keep down the occurrence of 'overflow' displacement in the coming years," Batchller said. "As long as admissions keeps admitting students, we will provide housing."•

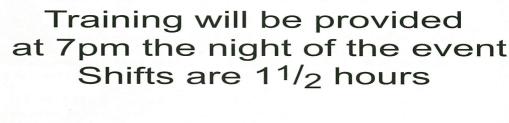


# Help Wanted

# Blackjack Dealers Craps Dealers Roulette Dealers Mocktail Bartenders Setup / Cleanup

Free T-Shirt & Admission for Volunteers!

Friday, February 9th, 8pm-12am SAU Cafeteria





Email rha@rit.edu
with contact info
and desired position



# LEISURE 2001 MOVIE PREVIEWS

by edgar blackmon

Every year, *Reporter* gets press kits from movie companies detailing the movies that they are working on. In the past these kits just hung around the office, and we leafed through them while we ate Hot Burgers. This year, we are going to let you, the reader, know what we know. *Reporter* will run every 2001 preview we receive. The first installment brings us movies from the studios of 20th Century Fox.











#### SQUELCH- MARCH 9, 2001

Directed by John Dahl, creator of films, *Red Rock West* and *The Last Seduction*, *Squelch* is filled with thrills and laughs. College freshman Lewis Thomas (Paul Walker) drives cross-country to pick up his dream girl, Venna (Leelee Sobieski). But the trip hits a speed bump when Lewis stops to get his older brother, Fuller (Steve Zahn). Fuller gets Lewis to play a practical joke on a lonely trucker over a CB radio. But the trucker, who goes by the handle Rusty Nail, is pissed, and seeks to exact revenge on the terrified trio.

#### SAY IT ISN'T SO- MARCH 16, 2001

Say It Isn't So is another voyage into comedy by the Farrelly Brothers, the same duo who brought you Me Myself and Irene and There's Something About Mary. This film is a basic love story: boy, played by Chris Klein, meets girl, played by Heather Graham, boy falls in love (and has sex) with girl, boy loses girl. Why does boy lose girl? Because boy and girl find out they are brother and sister! But later, it turns out that the two are actually not related, and now boy must find girl to get her back. This movie not only stars Chris Klein and Heather Graham, but includes veteran actor, Sally Field, and comedic upstart Orlando Jones.

#### ANIMAL HUSBANDRY- MARCH 30, 2001

This romantic comedy stars Ashley Judd as Jane Goodale, a producer on a popular daytime talk show. Jane happens to be dating executive producer Ray, played by Greg Kinnear. As the relationship goes south, Jane begins an in-depth study of "the male animal." This study includes her womanizing roommate Eddie, played by Hugh Jackman (*X-Men*'s Wolverine). Jane then puts her "studies" to use as a pseudonymous sex columnist, and becomes a sensation in the process. *Animal Husbandry* is based upon the novel by Laura Zigman, and also stars Marisa Tomei and Ellen Barkin.

#### MONKEYBONE- APRIL 11, 2001

This looks like one freaky, fun movie. *Monkeybone* is a combination of live action, stop motion and CGI animation from the director of *The Nightmare Before Christmas*, Henry Selick. The viewer travels into an incredible fantasy world known as Down Town, where cartoonist Stu Miley, portrayed by Brendan Fraser, lands after slipping into a coma after a freak accident. To return to reality, Stu must outwit the Lady Death, played by Whoopi Goldberg. But then Stu's own comic creation, Monkeybone, comes to life intent on ruining the cartoonist's plans. Also in the cast are Bridget Fonda, Chris Kattan, Giancarlo Esposito, and Rose McGowan.

#### FREDDY GOT FINGERED- APRIL 20 2001

It was only a matter of time before Tom Green got his own movie. Interestingly enough, *Freddy Got Fingered* is also directed and co-written by Green. This comedy has Green playing a man in his late twenties who infuriates his father by refusing to move out of the house and get a job (like his younger brother Freddy). This refusal begins an allout war between father and son. With Green having this much say in how the movie is going to run, expect to see some seriously crazy

antics. Rounding out the cast is Rip Torn, Marisa Coughlan, Eddie Kay Thomas, and Julie Hagerty.

#### MOULIN ROUGE- MAY 2001

Directed, co-written, and co-produced by Baz Luhrmann, the same man who brought you *William Shakespeare's Romeo + Juliet, Moulin Rouge* is a celebration of love and creative inspiration. Luhrmann brings together gorgeous period design and modern-era pop tunes to create a unique motion picture experience. Ewan McGregor plays a young poet who is plunged into the heady world of the Moulin Rouge, where he begins a passionate affair with the club's most notorious and beautiful star, played by Nicole Kidman. Also in *Moulin Rouge* is John Leguizamo, who worked with Luhrmann in *Romeo + Juliet*.

#### DOCTOR DOLITTLE 2- JUNE 22, 2001

The 1998 film *Doctor Dolittle* was based on the 1967 film of the same name, and both were based on children's books by author Hugh Lofting. In 1998, we saw the Doctor come to terms with his ability to speak to animals. This time around, Eddie Murphy returns as the good doctor, but this time he must play negotiator. The animals have had enough, and Dolittle finds himself in the midst of the animal kingdom's first labor strike. Kristen Wilson returns as Dolittle's wife, and Raven-Symone and Kyla Pratt come back as Dolittle's daughters. Also in the cast are Kevin Pollak, Jeffrey Jones, and rapper Lil' Zane. DD2 features the voices of Nom McDonald, Lisa Kudrow, Steve Zahn, and Michael Rapaport, to name a few.

#### KISS OF THE DRAGON- JULY 6, 2001

The studio has only this to say about this new Jet Li film: action superstar Jet Li and internationally aclaimed filmmaker Luc Besson (*The Fifth Element, The Professional*) join forces on the acquisition *Kiss of the Dragon*. This thriller revolves around a Chinese intelligence officer (Li) who goes to Paris on assignment, and becomes embroiled in a deadly conspiracy. What the studio fails to say is that in this thriller which also stars Bridget Fonda, well known action star Jet Li is going to kick many people in the face. He is also going to move faster than your eyes can follow, but it's going to look good...really good.

#### PLANET OF THE APES- JULY 27, 2001

Some say you should never anticipate any movie too much, because it could turn out bad, and then you'll be disappointed. This is going to be hard for some of you after reading this. *Planet of the Apes* reinvents one of the most acclaimed and beloved works of science fiction, Pierre Boulle's novel of the same name. Directed by Tim Burton (The only person to make a good Batman movie), this film begins with the original's premise: a pilot finds himself in a world turned upside down after landing on a strange planet. But this *Planet of the Apes* will have Burton's unique vision and style and will break new ground in story, design, makeup, and visual effects. *Planet of the Apes* stars Mark Wahlberg, Tim Roth, Helena Bonham Carger, Michael Clarke-Duncan, Kris Kristofferson.•

#### NOT SURE WHAT TO DO IN ROCHESTER DURING THE WINTER, HERE ARE SOME GOOD IDEAS.

#### HOCKEY

The Rochester Amerks play at the Blue Cross Arena until March. You can enjoy some exciting games and have some fun even when the weather isn't so great. To get a game schedule, visit www.amerks.com/schedule, tickets can be purchased at Ticketmaster or the Amerks box office. Also, check out the RIT men's and women's hockey teams as they battle it out this season.

#### SKIING

An excellent way to enjoy this dreary winter season is to get out and go skiing. There are a few resorts within decent driving distance of Rochester. In order to find a suitable resort visit www.usskiing.com/statemap.cfm/NY.htm.

#### INDOOR ROCK CLIMBING

If you want to stay indoors and you're looking for some fun, try rock climbing. It's exciting, challenging and great exercise. RockVentures is one local place that offers tons of variety in terrain and height and has one of the largest courses in North America. RockVentures is open Monday-Thursday, from 3-10 p.m., and it is located at 1044 University Ave, Rochester, 14607. For more information you can visit www.frontiernet.net/~rockvtr/pers.

#### MOVIES

someone.

Well, you can either rent a movie or go see one on the big screen. Either way you are guaranteed to stay warm and watch something you will enjoy. The Regal Henrietta and Tinseltown offer all the new movie releases and are in close driving distance. Movies 10 offers older movies at a much cheaper price. For more informa-

tion you can check out www.bigguide.com. This site can provide you with showtimes and theater locations. Also, renting a movie is an option.

There are a few places close to RIT where videos can be rented including Blockbuster. Renting is always cheaper than going to the movies and it can be more comfortable than sitting in a theater for two hours. So if you want to beat the cold, you can cuddle up in front of the TV and watch some of your favorite flicks with friends or that special

#### ICE SKATING

The RIT Frank Ritter Ice Arena offers free skating to the RIT community from 12:15-1:45 p.m. Monday-Friday and also on Sundays from 12:15-2:00 p.m. with an RIT I.D. Skate rentals cost \$2.50 and any public skate costs \$5. Ice skating is a fun way to exercise and keep

#### RESTAURANTS

There are so many great places to eat in Rochester. You can find almost any type of food you want in the price range you are looking for. There are tons of dining options located just on Jefferson Ave. including Uno's Pizzeria, Bugaboo Creek, Hooters, Macaroni Grill, and many more.

#### NIGHTTIME ACTIVITIES

Many local bars offer concerts to the public. Also, there are several dance clubs in the area. Dancing is definitely a good way to stay warm and have a great evening. Bowling is always an option as well. You can grab a group of friends and bowl for a few hours. It can be good exercise and something to do when you're bored and you don't have a lot of money. Parties are also a good way to beat the cold.

So if you want to keep warm and you're looking for something to do. any of these ideas may be helpful. Get out and do something this winter and don't let the weather get you down..

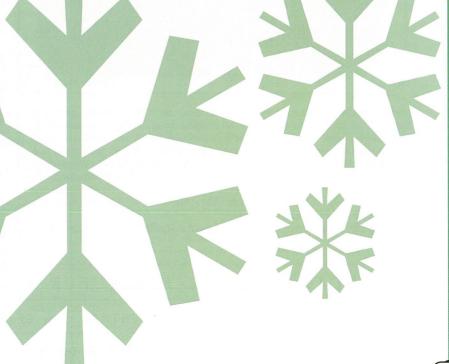


ILLUSTRATION: KEITH AVERY



**American McGee's Alice for PC** came out December 6. It's a two-disc game and the graphics are some of the most advanced available today, running on a heavily modified Quake III engine. With an incredible ambient doom-industrial soundtrack by ex-Nine Inch Nails drummer Chris Vrenna, the whole game has a dark, gothic tone to it.

The game: as Alice returns to the real world after her adventures in Wonderland, the Queen of Hearts rises again and begins to really screw with Wonderland. The White Rabbit and the Cheshire Cat (your guide through the game) make a desperate cry to Alice for help, which she does after falling into a coma in the aftermath of a house fire that kills her parents.

Warning: this article contains minor spoilers about the game. Proceed at your own risk.

10 p.m. I install the game and begin playing. Man, this runs like crap. Alice requires more RAM than I have.

**Noon the next day:** After buying more RAM, Alice runs great. The graphics are gorgeous, and the rendered cinematic sequences are fantastic. I start playing. First is a little tutorial about how to do this and that. I pick up my Vorpal Blade and start through on the default medium difficulty setting.

I start out in the Vale of Tears realm. The first Card Guard I stumble over kills me immediately. Actually no, I'm not killed, I'm driven insane—this game measures your damage in sanity points instead of life points. Whatever. The point is I'm now lying on the floor with a Guard's spear in my head, and I find out Alice screams in a proper British accent. Ok, let's try this again.

Whoa. Depending on where I cut these guys, they either just fall down dead or I can chop them in half and get basted with jelly-thick blood or I can cut off their head and get doused with even more blood. Man, this is cool. I pick up a new weapon: a deck of cards. I throw them and they home in on my targets. Excellent.

When an enemy dies I can eat his life force. Good thing too, because those bastards are hard to kill and I need to recharge often.

I hate the Red Card Guards because they shoot flaming playing cards at me. The only things I can do are to dodge and throw my Vorpal Blade at them, but I have to wait for it to regenerate before I can throw it again.

1 p.m. I've entered The Fortress of Doors. Holy crap! There's a quad-damage thing, just like in Quake! The only thing is that when Alice uses it, she turns bright red and grows horns and gigantic claws. These Guards are meat.

I encounter the first puzzle in the game. No problem. The bigger problems are these damned Boojums that keep flying down out of the ceiling and screaming at me. They're hard to kill and their voices do a lot of damage, like a banshee.

Pick up a new weapon: a glowing electrical Croquet Mallet. Depending on which attack I use, it either pounds whatever is in front of me or fires out a glowing croquet ball. Sweet.

**2 p.m.** I'm progressing through the level with some difficulty. I learn the quicksave and quickload buttons very soon. If the Guards get anywhere near you, you're done. I have to stay back and try to pick them off from a distance.

This stupid Croquet Mallet is the worst weapon ever invented. It's an extremely short-range weapon, which means I have to get inside the Card Guards' spears to hit them. Forget it. The croquet balls are pretty useless too. They ricochet around the room and hit everything they can, including me. I'm working my way through the Library. Second puzzle solved easily.

**3 p.m.** Haven't blinked eyes in three hours: they feel like golf balls dipped in sand and wrapped in Brill-O pads. I start blinking in regularly scheduled intervals. These cinematic sequences are great looking and provide a lot of back story, but they interrupt my killing.

## AMERICAN MCGEE'S ALICE FOR PC

GRAPHICS 3.9 OF 4

PLAY CONTROL 3.6 OF 4

4 TO P.E GNUOZ

OVERALL 3-8 OF 4

Ok, I've drunk the "Drink Me" potion after collecting all the ingredients. I shrink down to an inch tall. Onward to the Pool of Tears. The graphics here are amazing. Plants and rocks tower above me. There's a character here who has the head of a bull and the body of a diapered tortoise, and the voice of Woody Allen, apparently. Annoying thing. I wish I could kill him but I need his help, it seems.

4 p.m.: There are Army Ants after me. If they catch me, they pick me up and throw me for lots of damage. Argh! What the hell? I was in the water for a few seconds and a giant fish ate me, all at once. That sucked. Note to self: stay out of water.

Beetles that sound like helicopters drop acorn bombs on me. I shoot them out of the sky by throwing the Vorpal Blade. When they crash and splatter on the ground I eat their lifeforce. Suckers. The worst part is if I jump against something that I can't quite get on top of, Alice will try to climb up over the edge. The problem is that sometimes she just hangs there as an Ant is cutting off her legs. Bad.

5 p.m.: I've made it to the end of the level, which is apparently the Duchess' territory. I break into her palace with the help of a talking chameleon that has a hammer in his pocket. I pick up a new weapon, called the Jackbomb. I throw it out, and it plays "Pop Goes the Weasel." When it gets to "pop," it explodes. As soon as I pick up the bombs, the room expands (really cool) and the Duchess, wielding a pepper cannon and spice grenades, leaps out of the fireplace and attempts to eat me. Every time I let her get too close she picks me up and gnaws on my head. It takes me several tries to kill her.

I laugh too hard and lose my concentration when I toss a napalm bomb on her and she catches fire. She screams like a pig but doesn't die. Finally, I kill the Duchess. In a brief cinematic sequence, she douses herself with pepper and sneezes until the top of her head blows off and soaks the room with blood.

6 p.m. I've entered the Mushroom Forest. This is by far the weirdest level yet. There are man-eating toadstools that try to drag me under their canopy and close on me like an umbrella. Man-eating toadstools suck. I've discovered that the Army Ant comes in two varieties: the first kind is bright red and shoots an antique musket at me. The other variety, much more difficult to kill, is bright green and tries to stab me with a sword, then proceeds to chuck grenades at me. This level seems to be centered on a large tree, which extends up far past the limit of my vision. The base of the tree is completely exposed, with the roots extending out from the trunk and anchoring it in the mountains around me. Very cool.

Starting to get lost in the rocks. I can loop around here for a long time, because all these damn rocks look the same. I've entered the Caterpillar Garden (sic) where I see the White Rabbit get stomped into a big bloody smear by a juggernaut scarecrow. I fight off Army Ants and Helicopter Beetles until I jump down an abandoned ant hole to catch a break from the action.

7 p.m. Ok, I quit. I've been playing for way more than I was supposed to. I can't move my hands or close my eyes. It's been seven hours, and I've only finished one realm out of five. Forget it. I'm tired and hungry, and I'm pretty sure I had to go to the bathroom a while ago, and I don't even know what happened to that.

Overall, this game rocks. It's very addictive and it's easy to burn a lot of time playing it. The graphics are some of the best I have ever seen, along the lines of Half Life, Sacrifice, or QIII. The music is awesome, too.



For more Alice info, head to www.alice.ea.com/main.html

#### \$20 DATE

by bryan hammer

#### DATE DORM BUDGET ON



ILLUSTRATION: DARRYL BRATHWAIT

Ok boys, so you've got that special someone but you've already taken her on so many expensive dates that you don't have any cash left. Well here's a way you can fix a dorm-made meal, and spend some quality time with your sweetheart while only spending \$20.

I should say that this isn't the best way to make a first impression, so for the first couple of dates take her out somewhere nice. Anyway, here is how to make some dorm style lemon pepper chicken with pasta

Ok, you're going to need two cans of canned white chicken (\$5.18), a lemon (\$0.39), two packages of Ramen Noodles (\$0.58), pepper (take some from Gracie's), and butter (take about 10 pieces from Gracie's); these are prices from the corner store I'm sure you can get these things even cheaper elsewhere.

First, take the butter and put it in the microwave for about a minute, and make sure it's covered. While this is happening, take the chicken and drain the water from it. After the butter is melted, mix the chicken, lemon juice and pepper together.

Stick this in the microwave for another 30 seconds, making sure this is covered or you'll have quite a mess. The noodles can be made one of two ways; if you're lucky enough to have a hot pot then boil it in there, or put it in the microwave.

Once you have those two things cooked mix them together, and your meal is done. You might have to add some lemon or pepper, depending on how you like it.

Remember, be creative. Think of other inexpensive things to add. Once you get in the swing of things you'll be surprised at the ideas you can come up with.

All right let's check up on our budget; so far we've spent \$6.15, plenty left over for entertainment.

Now for the presentation, take a set of desk drawers from your room, and a spare bed sheet. Set the drawers up in the room, fold the sheet into quarters, place it over the drawers, and BANG! You got yourself a table. Now you ask, what are you going to do for entertainment?

Well, for \$4.00 you should be able to rent a movie, or you can grab the RIT shuttle (FREE) and go to Movies 10 where the tickets are \$2.00 a piece; ether way your gonna spend about \$4.00. I know the bus ride is long and it's a pain, bit think of it as quality time where you can talk and get to know your girl, and what girl doesn't like that?

Now you have spent \$10.15, so with the extra cash you can get some ice cream at the corner store and some coffee, then go back to your room and conclude the date (this part is totally up to you).

Well there you go, for \$20 you can make a meal for two, watch a movie, and spend quality time with your special someone. I'm sure you can think of ways to expand on this, because let's face it, chicks dig creative guys. Oh and ladies, there's no reason you can't take part in this one. Surprise your man, he might like it.

## LEISURE REQUIEM EXHIBITION

## REQUIEM EXHIBITION TO HAVE LAST STOP AT EASTMAN HOUSE

Would you be willing to die for a job? Aside from the typical hazardous jobs-firefighter, police officer, soldier, etc. There exists a lesser-known profession in which one often risks their life in pursuit of the image. Combat photographers make the images that we remember. In an attempt to document war, many have lost their

Two photojournalists, Horst Faas and Tim Page, have compiled the work of 135 photographers who lost their lives between 1950 and 1975 in the conflicts of Vietnam and Indochina. A selection of the 350 exhibited images have been published in a critically acclaimed book appropriately entitled Requiem: By the Photographers Who Died in Vietnam and Indochina.

The Requiem exhibit, a traveling exhibition of Faas and Page's compilation, will be at the George Eastman House from January 20th through June 3. The exhibit contains a collection of work unparalleled in impact and importance. The Eastman House is the final stop for this traveling show.

In conjunction with the exhibit, Nick Ut's series of images chronologically surrounding his famous picture (see below) depicting Kim Phuc, center, and fellow villagers fleeing their recently Napalmed village, will also be displayed. The image won the Pulitzer Prize in 1972 and is ingrained in our visual history.

Ut helped save the Kim Phuc's life and chronicled her journey to physical and mental recovery, starting with that terrorizing moment in 1972. Phuc will be speaking at the Eastman House Friday, January 19 at 6 p.m. in the Dryden Theater.

In attendance will be many of the people involved in the book, and several family members of the photographers in the Requiem exhibit. Tickets are \$8 general admission and \$6 for members and students. A reception for Requiem will follow Phuc's lecture.

Eastman house is located at 900 East Ave | for more info: phone 716.271.3361 | www.eastman.org





For the past few months, the RIT community has been buzzing with forums, meetings, and reports that address retention and ways to keep the students at RIT. Why then has a new office been established to send students away?

The Study Abroad Office is a new addition to RIT's existing programs. It offers students ways to enrich their college experience and academic profile through foreign study programs.

Professor Larry Belle, with the Center for Multidisciplinary Studies, who serves as the Study Abroad Advisor for the Provost, explains that under RIT's new contract with Syracuse University, six new options will be added to the already existing foreign study programs at RIT. A student can study and earn institutional credit in Hong Kong, Madrid, London, Strasbourg, Florence, and Zimbabwe.

Dr. Kit Mayberry, Associate Provost for Academic Programs, said, "We, as an institution, are committed to making it as easy as possible for the students."

When the office was searching for a partner to implement the study abroad option, it was apparent that Syracuse University, with its rich and long-standing foreign study history, was the best bet. If a student chooses to study in any one of the six countries then they can rest assured that cost nor time constraints will hinder them in any way.

The appealing aspects of the Syracuse program are as follows:

\*While studying abroad the student will be enrolled as a full-time RIT

student and will earn credit hours applied towards their program of study once verified to be acceptable by the student's program of study advisor and liberal arts advisor. Thus, no time is lost preventing a student from graduating on schedule.

\* A majority, if not all, of RIT financial aid is applied to the study abroad program cost, since the student is still enrolled full-time. "With all the students we've had so far they get every single penny that they are eligible to receive," said Mayberry.

\*The program gives the student an unparalleled international experience viable in today's competing technical society.

Belle said, "Having an international experience can be an important dimension of an undergraduate education. In a global economy an international experience on your resume gives you a nice edge when you're up against a lot of other people who are equally qualified."

Intel Corporation's Campus Recruiting Manager Kimberly Weier supports that view. "We are a global company with international sites. A student applying at Intel with international experience would be a great asset."

There are other foreign study programs at RIT besides the Syracuse contracted program. The College of Liberal Arts offers an art, culture, and history program in St. Petersburg, Russia. A



new exchange program with RIT's sister university in Croatia, offers three liberal arts courses and one science course. The College of Business has a program for students to study in Sheffield Germany, and the College of Science offers an annual trip to the Galapagos Islands.

Jaime Rodriguez, an Industrial Design student currently studying in Florence for a year, said this about any study abroad experience. "Time abroad is very rewarding. The fact that one is being a part of another culture makes you see a lot of things and eventually think differently. It makes you understand other points of view better. I've changed a lot since I've gotten here."

On January 24, from 4:00 p.m. to 6:00 p.m. in the Fireside Lounge, there will be a Study Abroad Open House. On hand will be representatives from each of the six different countries offered by Syracuse University as well as representatives from RIT's other study abroad programs to provide interested students with more information.

Apparently, the administrations answer to retention may not be to attract students and keep them here. Rather, it appears to be moving towards giving the students the whole world from which to choose. Either way, the Study Abroad Office, with its irresistible programs, should quickly become one of RIT's most attractive features.•

# CHLAMYDIA, GONORRHEA, **AND WARTS... OH MY!**

Forget razor scooters.

College kids love having sex! Surveys conclude that about 80% of students are sexually active nationwide.

And why not? It's fun, natural, and it feels great. With the added maturity level and freedom that college offers, even the shyest bookworm is bound to find a match.

Of course, the consideration of babies, genital warts, and sacrilege might give one

Take a look at some of the most popular STDs, and what they could mean if they decide to come to the pants nearest you.

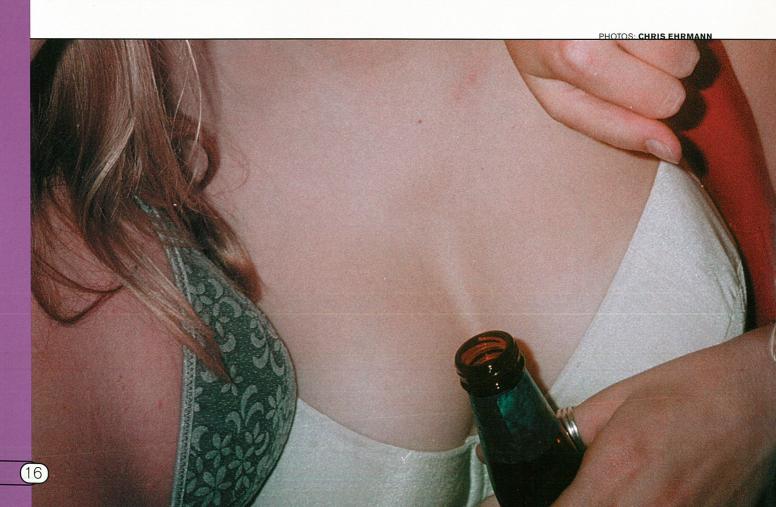
HUMAN PAPILLOMAVIRUS

Known on the street as genital warts, HPV infects as many as 500,000 new Americans every year. The cumulative total is 40 million, which is twenty million more people than the entire population of New York

The symptoms are just the warts themselves, which start popping up on, in, and around the genitals. Like all virus-based STDs, there is no true cure.

However, it is possible to destroy the individual warts though cryotherapy (freezing), laser, and chemical treatments. Although the risk of cervical cancer can be slightly increased upon HPV infection, the warts serve more as an embarassing inconvenience than anything.

Simply making skin contact with an infected region on a partner can result in the transmission of the virus. This explains why even condom-using, sexually-educated college kids are at risk.



#### GONORRHEA

It seems odd that a disease that can cause sterility-inducing infections has so many slang terms "Clap," "Dose" and "Drip," to name a few), but Gonorrhea is just full of surprises.

Transmittable through oral, anal, and vaginal contact, it basically turns its victims' privates into disaster areas.

Yellowish discharge, burning, redness, swelling, and general pain are some of the changes that your genitals will be introduced in a few days (for men), or up to a month (for women) after being infected.

About a quarter of men and most women never get any symptoms, which is very unlucky considering that it can go undetected and untreated for quite some time. Also, the disease can be transmitted unknowingly from one partner to the other.

"Hey man, got that drip taken care of yet? All it takes are some antibiotics."

"Nah, I'm too busy looking up slang terms for STDs on the Internet. Ever heard of 'The Clam?"

#### CHLAMYDIA

If Chlamydia were sold commercially, it would probably be marketed as "Gonorrhea Lite."

Its symptoms occur less frequently, meaning that even fewer people are aware that they have it.

Symptoms of this bacterial infection include painful, more frequent urination, and irritation of affected areas. Women will feel increased pelvic and abdominal pain during sex, non-menstrual bleeding, genital irritation, and other effects that nobody wants to hear about.

Men get testicular pain and swelling combined with burning and itching on the penis. chlamydia is especially common among younger people.

Like Gonorrhea, chlamydia can be treated quite easily with antibiotics if it is diagnosed early on. If neglected, however, "the clam" can lead to serious risk such as pelvic inflammatory disease in women and epididymitis in men, both of which can cause sterility.

#### SYPHILIS

If untreated, syphilis is probably the second-worst STD out there.

Fortunately, it's also one of the rarest, with only about 120,000 Americans affected by it each year.

Four distinct stages of infection exist.

The primary stage is marked by a chancre, which is a small, painless sore that pops up at the spot where the bacterium initially entered the body. This could be internal and difficult to notice on a woman.

The secondary stage involves a rash on the hands and feet, a fever, more sores, and other assorted problems. These symptoms vanish after a few weeks, and at this point the body enters the latent stage.

Although nothing appears to be wrong at the point, the bacteria begin slowly wreaking havoc on the internal organs and causing severe neurological damage that does not show up until the tertiary stage. At this point, a smorgasbord of horrible, life-threatening symptoms show up.

Dementia, tumors, intense vomiting, blindness and paralysis are just a sampling of the disease's effects. Syphilis is wholly treatable, but its symptoms are irreversible once their damage has been done.

#### HIV/AIDS

The worst. Direct bodily fluid transfer is necessary for the virus to be transmitted, but even oral sex can put someone at risk.

Additionally, if you have another STD, such as syphilis, it is muchs easier to contract HIV due to the addition of open sores.

About one million Americans currently have HIV, with minorities counting for a sharply disproportionate amount. Only about 45,000 new cases are reported per year, which can be attributed to high awareness and education of the disease.

A cure is still nonexistent, but there are ways to curb its effects.

#### PREGNANCY

Contrary to popular opinion, Pregnancy is not an STD, but it is related to sex.

Aside from abstinence, there really is no sure fire way for sexually active couples to prevent it.

According to Planned Parenthood, about fourteen percent of couples who use condoms will end up with a pregnancy within one year of typical use.

If the condom is used perfectly every time, there is still a two percent failure rate. Other forms of birth control are more effective, and less susceptible to improper usage, but none are absolutely guaranteed to stop babies from being made. Especially pulling out, which is about as effective as screaming "DON'T GET PREGNANT!" during your climax, and additionally sets up an STD free-for-all between partners.

#### CONCLUSION

The best advice for having a healthy sex life is to avoid getting laid by everyone who gives you permission. In other words, choose your partners carefully, and don't have sex with people whom you don't trust.

But remember, all it takes is ONE time with ONE partner for an accident to happen. Contracting any of these diseases does not make one a dirty whore.

Although it truly feels great to brag about having bagged more people in the past month than your floormates, your priorities will probably change when you discover that you now have an incurable virus that lives in your pants.

Consider this article a starting point for information on safer sex. If you are sexually active, please read up on the subject until you feel completely prepared to take a final exam (intercourse) and recieve an A+ (no STDs or babies).

If you are at all worried, consider the importance of getting help, even if you feel the hesitance that everybody else gets. Contact Planned Parenthood for more information.•



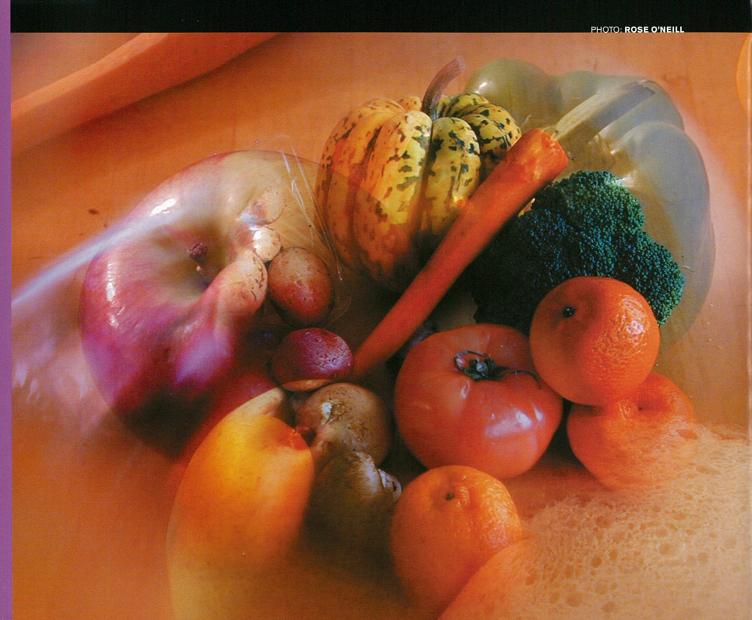


http://www.pprsr.org/ 1-800-230-PLAN

#### LOCAL CLINIC:

114 University Ave Rochester, NY 14605 (716) 546-2595





"I'll have a provolone on wheat, please."

"NO MEAT??" says the deli worker.

"No, thanks." I say.

"Are you sure this is all you want?"

Never before have you faced so many choices than you have in college. Unfortunately though, with these choices come consequences. That is where "The Freshman 15" (Or "Sophomore 15" or "Junior 15" for that matter.) comes into play.

Here it is, the New Year and perhaps you resolved to shed a few of those extraneous pounds. These days, bombarded by "quack diets" it is hard to assess your diet, and make the right choices for your health.

Vegetarianism. It is not just for tree-huggers anymore. A natural

diet could not only help you shed pounds, but also maintain your health for..gasp, the REST OF YOUR LIFE! People are becoming meat-free for a host of reasons these days.

Some veggies cite ethical issues as the catalyst to their meat-freedom.

Suzanne Gerber, a 1st year Biology student said, "I don't believe it is right to subject animals to horrible conditions just to be slaughtered."

Others cite ecological factors.

"People don't realize how much of the valuable rainforests are cleared each year to be replaced by grazing livestock fields." Special meat-free diets are also practiced in accordance with

Special meat-free diets are also practiced in accordance with various religious faiths. People of both the Hindu and Jewish faiths

Vegans abstain from anything with animal byproducts. This includes many kinds of processed foods and anything containing gelatin.

Octo-Lavo vegetarians eat both eggs and dairy products, but stay away from animal meat.

Others call themselves vegetarians but simply cut out certain groups of meat. For instance, a pesco-vegetarian would eat only fish, but no chicken, beef, or pork. These do not qualify as vegetarian diets.

There are numerous combinations of classifications and technicalities. Any way you slice it, dietary changes made in these people's diets are for good reason.

"What is important for people to know is, that with careful attention to the variety of foods they consume, they can stay healthy." RITveg vice president, Amanda Sager said, "From a young age, we were taught the "proper" food pyramid in school. In actuality, a human's needs are different than we think."

On average, Americans eat 300 percent more than their daily allotment of protein. They also consume a grotesque amount of fat This excess can lead to serious health problems not only later, but in the present too.

A high amount of protein prohibits the absorption of calcium, leading to eventual osteoporosis. Similarly, heart disease is an illness that begins forming as early as childhood. Along with any animal based food comes animal fat and cholesterol. Just as you do not want fat on your stomach, you certainly do not want it in your arteries.

The benefits are worth researching, to say the least. Vegetarian resources are countless. Through the Internet, especially sites such as the American Dietary Association's website, www.eatright.org or www.PCRM.org, you can acquire more information about the issues and guidelines for making the switch to meat-free. Vegsource., www.vegsource.com, is a voluminous resource with many active discussion boards. Two other sites that discuss vegetarian health, www.meatstinks.com and www.notmilk.com, also provide a breakdown of a healthy meatless diet.

Within the Rochester community, there are many groups for support.
RITyeg is a student group that was formed at the beginning of this year.

"The club holds weekly meetings, organizes support for vegetarian issues, and participates in bigger scale events," Sager said, "Earlier in the year we were able to talk to the Director of Food Services at RIT in an attempt to gain more vegan-friendly foods into the dining facilities."

While she said they were able to expose the issue to the administration, there is more work to be done. The Global Vegetarian, located in Grace Watson Dining Hall, serves vegetarian recipes everyday for lunch and dinner. Occasionally, other dining facilities serve vegetarian specials, also. Apparently, the new Crossroads dining facility maintains no specific meat-free menus.

Outside of campus though, many restaurants are now catering to a healthful clientele, often adding menu items of vegetarian fare.

Sager recommended Lori's Natural Food Market, and A Slice of Life Café for tasty meat-free dining. If truly interested in a dietary switch, the Student Life Center offers free nutrition counseling. Run by two nutrition majors, this service can help monitor your diet and formulate guidelines to avoid for deficiencies or overload.

As John Robbins, author of Diet for a New America wrote, "Of course there are many other factors influencing your health besides food choices you make. A positive attitude toward life may be the most important aspect of all."

When considering the new lifestyle, keep in account your goals. Is it the 15 lbs. or 15 years added onto your lifespan?•

#### VEGETARIAN RESOURCES

BOOKS

Diet for a New America, by John Robbins
The subhead on this classic text says it all—
How Your Food Choices Affect Your Health,
Happiness and the Future of Life on Earth.

Vegan: The New Ethics of Eating, by Erik Marcus- The author claims 70 percent of all Americans are dying from illnesses related to diet. Marcus links consumption of animal products to heart disease and other leading killers. Endorsed by a former cattle rancher Howard Lyman who has now gone vegan, this book is an engaging introduction to the vegan lifestyle.

Laurel's Kitchen, by Laurel Robertson and Brian Ruppenthal- Another classic, revised to reflect new USDA dietary standards. This is more valuable for its nutrition information, although the recipes are time-tested and delicious they are only vegetarian and not vegan.

How it All Vegan, by Sarah Kramer and Tanya Barnard- A fun and more importantly simple cookbook geared towards the younger vegan. The tattooed and pierced authors make vegan cooking easy without using lots of special ingredients.

#### WEBSITES

VegSource www.vegsource.com
The biggie, this one has it all. Discussion boards
offer advice from professional cooks and vegetarians who have heard every version of the
question, "So do you eat fish?" Best for moral
support and the helpful Chef Deb of the
Recipes board who will vegetize or veganize any
recipe, including Salisbury Steak. The vegan
board is especially active and is moderated by
cookbook author Joanne Stepaniak.

Veggies Unite www.vegweb.com
Similar to vegsource, but the real reason to visit
this comprehensive site is the extensive recipe
listing. Comprised of submissions organized by
category, anything and everything you want is
available here. Try the search engine to narrow
it down.

Famous Veggies **www.famousveggie.com** A fun website that lists all tons of famous vegetarians. From Albert Einstein to Claudia Schiffer it shows that the appeal of the a veggie diet is widespread.

Any major lifestyle change requires careful consideration and research. Consider these resources as starting points because there are many others out there. Constant learning is a part of the vegetarian choice, begin now.



American Dietary Association's website, **www.eatright.org** or **www.PCRM.org**, you can acquire more information about the issues and guidelines.

# WORD ON THE STREET

compiled by jason pacchiarotti photos by david laspina

What drug/chemical/substance do you use that is so addictive you think it should be illegal or considered a drug, and why?





ERIKA MORGAN
2ND YEAR PHOTOGRAPHY
"Coffee-[people] need to have it in the morning before they can do anything."



MIKE D'ARCANGELO
DIRECTOR OF CENTER
FOR CAMPUS LIFE
"Valium. People are taking it under the assumption that it's a safe drug."



GREG WEIMER
1ST YEAR MECHANICAL
ENGINEERING
"Nothing."



MICHEE HOLLAND

3RD YEAR COMP. SCIENCE

"Chat Rooms—I can't even focus on my homework, I'm sitting right there chatting while I should be typing up computer science homework!"

JASMYN PATTON

3RD YEAR ADMINISTRATIVE SUPPORT

"Aspirin, because it is commonly used to relieve headaches, cramps, and pain."

SUE FROH COORDINATOR OF OPERATIONS OF THE SAU

"Starbucks Frappuccino. I'm addicted to caffeine."

MATT BEAULIEU 4TH YEAR FINE ARTS NEW FORMS

"Music-there's enough of it."

PERI EILERS

3RD YEAR BIOLOGY
"Students here are spending too much time in front of their

much time in front of their computers. It seems like everyone's spending more time talking on AOL then doing other stuff."

PAUL PEFFLEY
3RD YEAR MECHANICAL ENGINEERING

"Possibly Nick Tahou's. I go there like every weekend now. It's a lot better than what we get on campus." LEWIS PETTY

1ST YEAR INFORMATION TECHNOLOGY

"Coffee. I have a cup or two every morning or I'm not going to make it through the day."

JOSEPH FOROK
PROFESSOR, MECHANICAL
ENGINEERING

"Cigarettes-they kill so many people."

KEITH AVERY

4TH YEAR ILLUSTRATION "Chocolate. Everybody who isn't allergic to chocolate will eat chocolate, and spend a lot of money on chocolate."

NIRAMON WONGSIRISUP 2ND YEAR GRADUATE COMPUTER GRAPHICS

"Acrobatics. It just gives me a high. I can do it all night for hour's and hours for days at a time."

DAVE KRIEGER
1ST YEAR MECHANICAL ENG.
"Alcohol and beer should be totally illegal."



MATT BEAULIEU 4TH YEAR FINE ARTS NEW FORMS

"Music-there's enough of it."



MONICA LEE
3RD YEAR APPLIED
COMPUTER TECHNOLOGY
"Advil and Aspirin. I don't
like it, because it gave me
high fever and I threw up
during the middle of the
night."

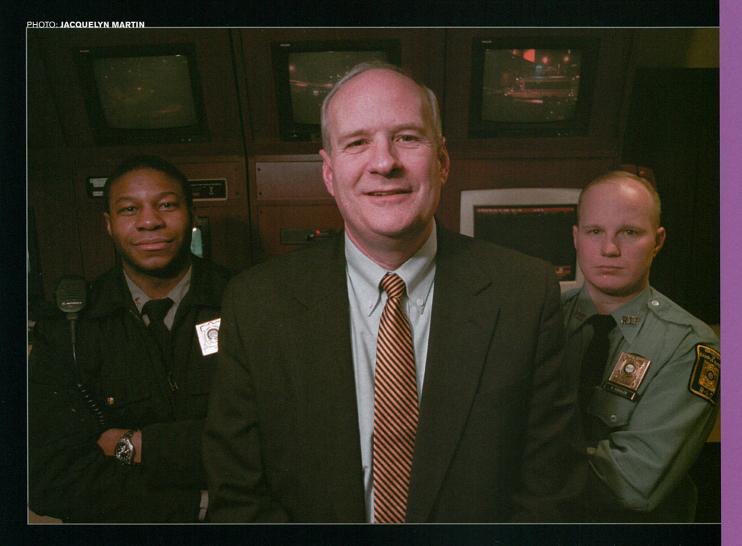


FELIPE GIRALDO
4TH YEAR MECHANICAL ENGINEERING TECHNOLOGY, SG
PRESIDENT
"Limit the use of Computers—

get out and do things!"



# FACES OF RIT BOB CRAIG by jess boden



Bob Craig's office paints an interesting portrait of the man before he even begins speaking.

Adorned with pictures of sea vessels, plaques, photos of students, and other various accourrements, it is clear that Craig, the Campus Safety Director, has led an interesting life.

A New Englander, Craig grew up as a "military brat," with his father as a military submariner. Key West Florida, Maryland, and Pennsylvania are among the places that he called home.

Apparently, Craig has a bit of the sea in his blood, because he has spent a great deal of time on the water himself as a commercial fisherman out of the Stonington Fleet near Mystic, Connecticut.

When he found his land legs, Craig spent four years in the Air Force as a medic before enrolling in the police science department at Monroe Community College (MCC) right here in Rochester.

Upon graduating from MCC, Craig joined the Rochester Police Department before going on to get his masters in criminal justice at RIT. For two years Craig had his hands full. Explained Craig, "I was working full time during the nights and going to school full time during the days."

While RIT marked the completion of one degree, it was not the end of Craig's academic career. He gestured proudly to the plaque he received from the FBI National Academy in Virginia.

When Craig retired from the police department in 1992, he decided to come back to RIT for his graduate studies.

When Craig says that his favorite part of Campus Safety is that "It's exciting to be in an academic environment because anything is possible," one gets the feeling that Craig will always be a student at heart.

It is also clear when speaking to Craig that he cares deeply for the well-being of all the students on campus. "You get to know people, you get to know families," Craig said.

He spoke emotionally of recent accidents on campus, but rather than simply bemoaning student losses, Craig was adamant that, "There's a lesson to be learned here."

Currently, he is involved in piloting a program that will educate new students who are not used to the area or the culture on how to handle certain situations, such as driving in Rochester's inclement weather, for example.

"I'm pleased to represent the department," Craig said, "but there's no 'I' in Campus Safety. We are committed to continuous improvement. If there's a better way to do something, we need to know about it."

With Craig's, easy-going personality, students should not be afraid to stop by his office to offer suggestions or to just talk about boats.•





PHOTO: DAVID LA SPINA

It's an endless cycle. You stay up late finishing a project, or talking with friends, and have to get up for 8 a.m. class. The rest of the day you are sleepy, not very productive, and everything gets pushed back. You might sleep all day, not go to bed at a normal hour, and then suddenly you are off schedule and behind on everything.

Sound familiar? It seems every college student is sleep deprived in some way, although the reasons, duration and consequences all vary. For some it's too much work to do. Others have a roommate or housemate keeping them up. Some students have sleep disorders, and many more just have a tough time allowing for work and play.

Whatever the reason, it's a known fact that sleep deprivation can cause many, many problems. The obvious outcomes are tiredness, physical discomfort, inattentiveness, and irritability. Sleep loss can also cause more serious problems, such as increased susceptibility to illness, depression, chronic sleeplessness, or motivational issues, which in turn can each cause problems in one's social, professional, or academic life.

Most adults need about eight hours of sleep daily, and teenagers around nine. Getting just "a half hour less thank you need can make you feel less alert the next day," says Consumer Reports on Health, a monthly health publication, "Sleeping an hour less can impair your mental and physical performance as much as two alcoholic drinks can."

It's also a known fact that teenagers function later in the day than older adults. "[They] have a natural tendency to go to sleep later and wake up later," says Bruce Bower in the September 25, 1999 issue of Science News, "[even though] in modern Western cultures, [this] backward shift in sleeping timing is considered a nuisance or sign of rebellion.

Caroline Hafsten, first year photojournalism student, knows she is not getting enough sleep at night. She gets about six hours a night, usually after 2 a.m. Her reasons? "It comes last in the chain of things," she said, "between balancing school and work."

In RIT's busy quarter schedule, students frequently have too many things to do. In theory, there ought to be enough time for all academic assignments, but throw in a job, boyfriend or girlfriend, Special Interest House or fraternity, a commute from off campus, second job, personal projects... it all adds up. Get behind in any one thing and it's very hard to get back on track.

Dave Huffman knows this very well. In his third year of Computer

Science, he ends up falling asleep in class every now and then and also gets sick much easier. Huffman is frequently seen red-eyed and barely awake. "I just don't seem to have enough hours to sleep, because I attempt to keep my schoolwork and social life going."

Marianne O'Loughlin, program coordinator for New Media Design and Imaging, agrees there isn't always enough time. "I think the workload we have does tire the students out, but you have to expect the workload to be heavy because there is so much to learn."

Which is why she does not accept sleep deprivation as a valid excuse for missing class. "Time management is important. Unless the teacher intentionally gave an assignment due in a week, you should be working on [your assignments] and not putting them off."

With all of the data proving students are usually on a separate schedule, it would be nice if high schools and universities adjusted their schedules. "I'm an early morning person but I know most students stay up all night working," said O'Loughlin. Taking that into consideration, "I try to add humor to my classes so people don't fall asleep. It would be better for me as well to start classes at 10. Lectures shouldn't be more than two hours long.

"Some of us as professors do forget we are not the only ones giving out assignments, and need to realize that. We should plan assignments accordingly.

So you've identified schoolwork is a huge factor, then what? Identify what is specifically causing the sleep deprivation. "If you are giving yourself the time to sleep," said Psychologist John Mitchell, "that is good, but if you still have trouble sleeping," it could be a sign of a serious health problem. RIT students can go to the Student Health Center or the Counseling Center (located upstairs), where Mitchell works. Both centers have services for sleep problems.

Although many students may suffer from insomnia, sleep apnea, depression or other health problems, in most cases they are not actually the problem. Simply adjusting a schedule, prioritizing, knowing when to work instead of partying or not taking on unnecessary responsibilities can fix it. Setting a regular sleep schedule, eating right and exercising can boost energy levels.

Sounds simple, but how many of us can actually do that? If you find yourself completely unable to organize, get help! There are services available, take advantage of them. Talk to a professor about it if you need the time away to meet with a counselor.

"If you are feeling overwhelmed," O'Loughlin says, "you should really talk to your professor, and get a good night's sleep."•

## FINDING YOUR BALANCE by rebecca alperstein

Winston Churchill once said, "If you're going through hell, keep going." While he probably didn't have a college student in particular in mind, the message seems to fit the college condition well.

Take leaving home, new relationships, roommates, professors who think you have no class but theirs, and throw in a few 8 a.m. classes, college students' "hell" can leave one feeling a little overwhelmed at times. Stress may well be an inevitable part of the college experience, but that doesn't mean you have to let it rule you, or for that matter recognize that it's always a bad thing.



There is such a thing as "good stress." Sometimes having a little tension or anxiety can push you to actually start that project you've been putting off.

As Bill Yust, a counselor at the Counseling Center, said, "If you're looking at this paper that's due in two weeks and you're sitting there and all of sudden you think, 'oh my gosh, it's just a little over a week and it's due,' and that propels you, that anxiety propels you to get to the library or get on the Internet and start getting some resources. That's an example of positive stress."

Finding that balance between just enough and too much can also be a very individual process, since what stresses one person might not even phase another.

"Typically the causes of stress are: conflict, pressure, frustration, and change," Yust said. "I would say, to me, stress is the experience of feeling overwhelmed, out-of-control, out-of balance, just not able to deal with things, being out of sorts. I use the example of flying in an airplane. Some people just get sweaty and nervous and anxious when they're going to take off in an airplane. And for most people, they're reading, and it just doesn't matter to them."

Of course stress is only good up to a certain point. At some point it can affect you negatively.

As Yust said, "The stress that's more harmful is the kind of thing where you have some sort of conflict, change, pressure, or frustration [you can't deal with], so you're feeling stressed and you have difficulty coping with that. In other words managing it becomes difficult, and maybe you manage it in what we call unhealthy ways. Like going out and binge drinking for example or getting aggressive with other people and losing control or blaming yourself for situations and turning in, you know, that can lead to depression."

Some other health related problems caused by constant stress are headaches, stomach problems, muscle aches, even heart disease. If you start feeling more and more alone and withdraw more, it might even lead to depression.

Although some of the symptoms of stress and depression overlap they are two separate problems.

Yust explained, "When someone comes in as a client to the counseling center and says, 'Gee I don't know what's wrong' and I ask them what's going on, and if they say, 'Well I don't have much energy, I'm not interested in things that I used to be. My motivation for school is really down, I'm spending a lot of time in my room, and sometimes I just start crying for no reason. Those are all signs of depression."

Depression then is usually defined as a low mood. It's one of the mood disorders. Bigger problems arise when you continue in this state for an extended period of time.

"The problem is that people who don't come out of that, who stay in that low mood can start feeling that things are hopeless, that they won't get better and then that turns into what we call suicidal ideation," Yust

This means thinking that your life would be better or easier if you committed suicide, which can then lead to actual planning or even real attempts.

However as Yust said, "Some things that are called suicide attempts might be more of a cry for help. You know, 'Look at me, I need something here,' rather than a real desire to die. Someone who is truly suicidal wants to die."

Of course there are plenty of things you can do if you find yourself stressed out all the time. Some combat it by simply working through it, like Sheri Manson, a 2nd year fine art photography student.

"I keep working, I work my ass off until it's done," she said.

Others find solace in the fact that winter quarter will be ending soon.

"I just hate winter, you know, the cold the snow, the wind, it's depressing," said Gina DaBiere, 4th Year Travel and Tourism.

Other ideas for coping are offered up by Yust. "One way to cope with stress is to take some action steps."

If for example, you have a student who is taking 22 credits, and finds themselves overwhelmed by the second week, an action they could take would be to withdraw from a class and lighten their load.

A second way of coping with stress is changing your way of looking at things. Sometimes you think, 'this is going wrong, and this is going wrong,' and inside your mind you build up a horrendous negative case for all these things. And if you're able to turn it around, it looks different and doesn't seem quite so bad."

These kinds of changes in attitude may be hard for some to do on their own. If you find yourself in need of assistance there are places you can go. There is the counseling center right on campus, as well as the health center, Learning Development Center which offers classes on stress management, campus ministries, and the Wellness Center.

If you don't feel comfortable with these options, even talking to a trusted friend or advisor can help the situation.

Even simply slowing down when you're starting to get stressed and just doing some breathing exercises to calm down can help. There is also a new meditation/relaxation room setup in the counseling center where any student can come in to simply sit and relax.•



# SPORTS RIT SKATES ALL OVER HOLY CROSS

by marci savage



RIT women's hockey team skated all over Holy Cross in the Frank Ritter Ice Arena. Along with their superb offense, the Lady Tigers relied on senior goalie Melissa Norris, who provided her efforts to lead to a shutout.

The Tigers scored three goals in the second period, and that would prove to be all that they needed in order to win the game.

After a well-fought first period by both teams, the score remained 0-0. The Tigers, with their superb offense and multiple scoring chances, proved that patience is a very important virtue in the game of hockey. They came out of the locker room determined to score.

The Lady Tigers first goal came at 5:31, scored by Tina Bassette, and assisted by Katie Fennessey and Charlotte Mis. The next goal came at 11:31 by Colleen Baude with Fennessey picking up her second assist of the game. The final goal in the second period was scored by Jennie Nicholas and assisted by Bassette at 15:47.

Throughout the game, the Lady Tigers had both a superb offense and defense. Holy Cross had many opportunities to score on the

power play, but RIT's stellar defense shut them down and kept them off the scoreboard. The Lady Tigers even killed off a 5-3 power play in the third period, thanks to superb goaltending by Melissa Norris and the phenomenal penalty killing by the rest of the squad.

The last goal of the game came in the third period off the stick; Margaret Dumiak with a time of 9:26. Katie Fennessey capped off an amazing game as she collected her third assist of the day on the goal. The final score of the contest was 4-0.

The Tigers have a very good balance of players who all contribute to the game in their own way. From offense to defense, they have it all covered and proved that in this game versus Holy Cross.

The next home game for the RIT women's hockey team is on January 24 when they play Hamilton. The team has only a handful of home games left, so make sure you get out and show your support for your Lady Tigers. Even if you aren't a hockey fan, consider it the way that Freshman Brandon Mikulis does: "It is the most women you will ever see at one time at RIT." •

#### RIT'S BANIS SISTERS ARE TEARING THINGS UP ON THE HARDWOOD





Sisters Amie and Heather Banis on the court

Siblings and sports go hand in hand. Oftentimes, an athlete will take up a sport because an older brother or sister plays that sport. For some siblings who are close in age, they might even get the chance to play on the same team, such as the men's hockey team's Bournazakis brothers and the women's soccer team's Blodgett sisters. Among these brother and sister combos exist a duo who is teaming up to lead the women's varsity basketball team to one of their best seasons in school history.

Hailing from Mechanicsburg, Pennsylvania, twins Amie and Heather Banis have been standout players since their arrival at RIT in 1997.

As seniors, they have been instrumental in the Lady Tigers' early season success. With a record of six wins and four losses, the team is off to its best start in school history.

Despite being sisters, however, the two have some

Amie, a forward, is the all-time leading scorer at RIT. As of January 12, she has collected 1156 points. She also holds four other records for women's basketball. She currently holds the career points per game average, the record for points per game average for a season, the career free throw record, and the most free throws in a

"Amie has a lot of intangibles that most coaches look for, a determined will and great court awareness," said head coach Laura Hungerford. "She's a natural leader and it's evident in the way she's scoring for us and playing hard."

Sister Heather is a guard. While she does not score as many points from her position as her sister does, she is still a force to be reckoned with on the hardwood. She currently leads RIT in three-pointers made and in threepointer percentage. She is also tied for second in blocks and is a team leader in steals and assists.

Despite the apparent differences between them, such as position and role on the court, they do possess many similarities.

Both have started every game for the Lady Tigers this year. They are also two of only three players on the squad who are averaging over 30 minutes of playing time per game this year. Both are in the top 15 for all-time points scored, a feat that would make any parent proud.

Still, these sisters have some unfinished business to take care of. With over two months left in the season, the Lady Tigers are looking to have their best season ever. If the twins and the rest of the team continue their fine efforts, then who knows; the Banis sisters might get to finish off their careers with a few playoff games..

# PRESS BOX BY MATT ALBRECHT

#### **WOMEN'S BASKETBALL**

The Tigers improved their record to 6-4 on the year as they went 2-2 from January 5 to the 11. Tiger victories came over Alfred University (87-75) and Keuka College (61-56). The victory over Keuka came in the Chase Tournament, where the sixth seeded Tigers, who had previously lost to St. John Fisher on Tuesday, rebounded with the win on Thursday. RIT is led on the year by Amie Banis (17.8 ppg, 6.9 rpg), Jen Miazga (12.8 ppg, 4.9 rpg) and Lauren Long (11.0 ppg, 8.9 rpg).

#### **MEN'S BASKETBALL**

The Men's Basketball team has gone 1-2 since the break to bring their record to 4-5 on the year. The lone victory came over Alfred University with a 79-76 decision. Losses came in the form of a 71-59 loss at St. John Fisher and an 85-59 loss against the University of Rochester in the Chase Tournament. RIT is led on the year by Brandon Redmond (13.3 ppg, 7.2 rpg), Michael Stanton (12.7 ppg, 5.4 rpg) and Drew Miller (10.1 ppg, 4.7 rpg).

#### **MEN'S HOCKEY**

The RIT Men's Hockey team has been unanimously voted the number one team in the nation this week by the U.S. College Hockey Online Division III men's ice hockey poll. They move up after defeating previously third-ranked Plattsburgh 8-2 in the title game of the Plattsburgh Pepsi Cardinal Classic on Saturday January 6. Tiger goalkeeper Tyler Euverman was named Tournament MVP after posting games of 20 and 39 saves and raising his overall record to 13-0. Previously top-ranked Middlebury dropped to second after suffering a loss and a tie in the past week.

#### **WOMEN'S HOCKEY**

The RIT Women's Hockey team has gone 3-0 since the mid-quarter break to raise their record to 6-2. Victories have come in the form of a 5-2 victory over Connecticut College, a 1-0 squeaker over Wesleyan and an 11-0 pummeling of the University of Connecticut.

#### **UPCOMING HOME ACTION**

Fri 1/19 Men's and Women's Swimming vs. SUNY Plattsburgh 7:00 p.m.

Fri 1/19 Women's Basketball vs. Utica 6:00 p.m.

Fri 1/19 Men's Basketball vs. Utica 8:00 p.m.

Sat 1/20 Men's Hockey vs. SUNY Oswego 7:00 p.m.

Sat 1/20 Women's Basketball vs. Hartwick 2:00 p.m.

Sat 1/20 Men's Basketball vs Hartwick 4:00 p.m.

Tue 1/23 Women's Basketball vs Nazareth 6:00 p.m. Tue 1/23 Men's Basketball vs Nazareth 8:00 p.m.

Wed 1/24 Men's and Women's Swimming vs SUNY

Brockport 6:00 p.m.

Wed 1/24 Women's Hockey vs Hamilton 7:00 p.m. Sat 1/27 Women's Hockey vs RPI 7:30 p.m.

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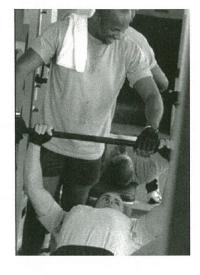
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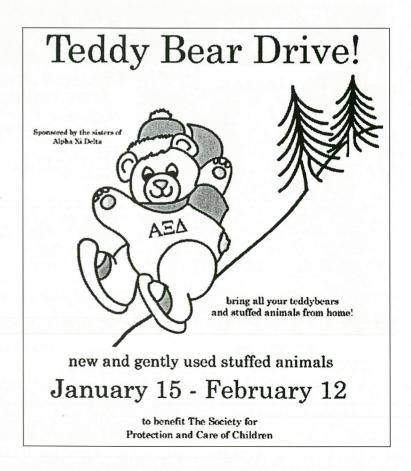
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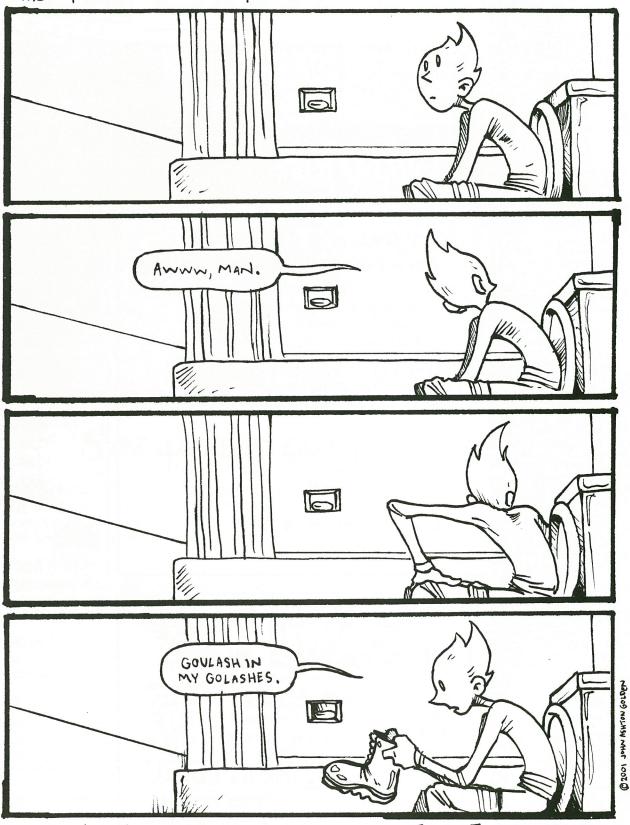
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## TAB ADS

RIT needs a skydiving club! What could be more exciting than jumping out of a perfectly good airplane? Email skydiveRIT@hotmail.com if you're interested.



# **WANTED:**

# handsome, strong, smart, good personality, nice teeth!

If this sounds like you, consider helping people that are unable to conceive a child by becoming a sperm donor.

The Strong Infertility and In Vitro Fertilization Center at Strong Memorial Hospital needs healthy men age 19–39 to donate sperm anonymously for infertile patients.

Donors must undergo testing and will be compensated \$60 for each passing specimen. Compensation will increase for repeat donors.

Call 275-0001 ext. 10

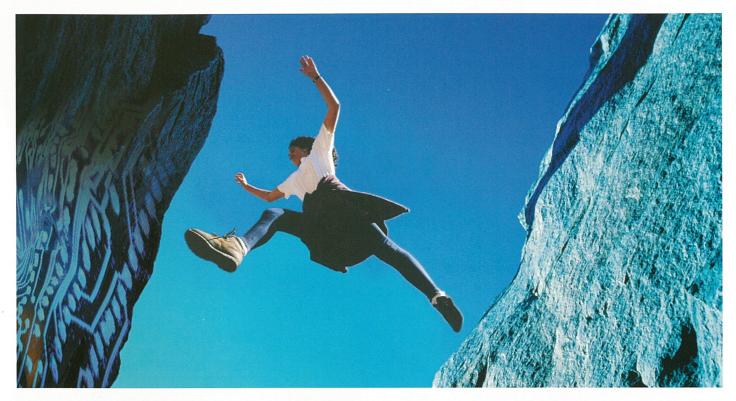
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#### **DON'T WAIT!**

Submit your resume to Career Services by Wednesday, January 17 to be considered for our on-campus interviews for full-time and internship career opportunities.

#### **Meet Micron!**

Micron will be on your campus Monday, January 29 and Tuesday, January 30.

#### Applicable Majors:

- Electrical Engineering
- Computer Engineering
- Computer Science
- Chemical Engineering
- Chemistry
- Physics

## Please contact Career Services to submit your resume.

Micron offers a generous benefits package including:

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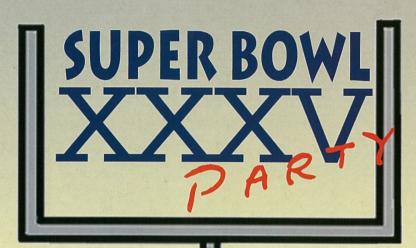
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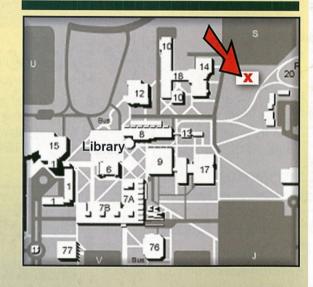
Sunday, January 28th, 2001



**Pre-Game: 5pm** Kick-Off: 6pm

Free Food (First Come) Mountain Bike Raffle Free Drinks!

# Where is Crossroads?







http://www.sg.rit.edu

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