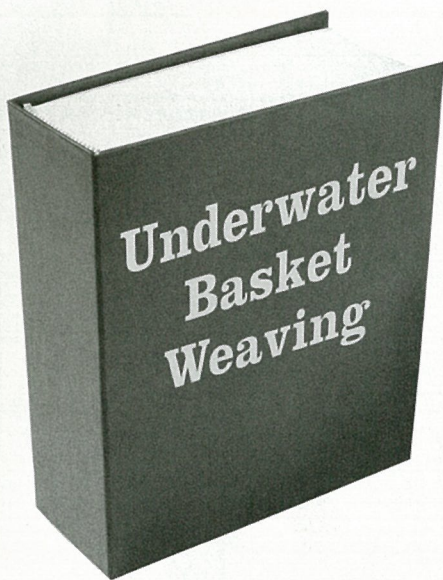


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06 Strategic Planning
16 Seasonal Affective Disorder
20 RIT in the Adriatic



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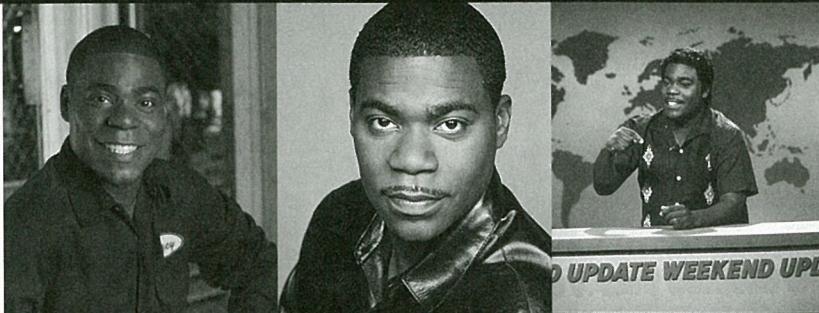
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EDITORIAL

Round Two

One more word on this strategic plan thing and I'm finished: I agree with having a plan. In RIT's case, although I don't believe in Universities having destinies, I agree with them having goals. Therefore, to reassess RIT's goals, the Strategic Planning Steering Committee is a necessity.

To most students on campus, Dr. Simone's initial e-mail regarding the SPSC on December 4 was the first direct communication ever personally received from the President's office. Because of this, the e-mail held a lot of weight and appeared highly important. However, upon reading the brief memo, the average student had no idea what Dr. Simone was talking about and didn't understand why it concerned them. A few days later (after my editorial criticizing Dr. Simone went to print) the campus received a second e-mail from Dr. Simone regarding the same subject. This second e-mail had much more to say than the first one and was worth reading since it supplied an adequate description of the tasks of the SPSC.

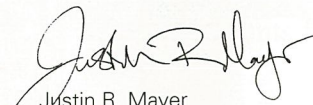
Here is where the problem lies: RIT is a predominantly cynical community that will more likely doubt the administration than support it, as is the case at many institutions of higher learning. By delivering such a strange letter after four months of silence, Dr. Simone opened the way for criticism. Had he skipped the first e-mail and waited a few days to deliver his second e-mail, which actually had something to say, I most likely would not have touched the issue, outside of giving it coverage in *Reporter*.

I don't recall ever receiving a memo from Dr. Simone, and I am graduating in May. In my eyes, this placed even more weight on the e-mail, because I figured that if the President had something to say to all of us it must have been big news. It %was% big news, but we didn't understand exactly what the news was.

My editorial was small potatoes compared to the bitter reactions I listened to on campus. I treaded lightly on the subject because I have confidence in the administration, but I felt the need to let Dr. Simone know that if he is going to speak to RIT's highly skeptical group of students directly, then he needs to spend more time editing out his buzzwords and speaking with a more sympathetic tone. "Sympathetic" meaning that he can't ignore the large portion of students who are unhappy, or the faculty and staff who regularly voice their opinions to the administration. As I have previously written, the message we got from Dr. Simone's initial letter was that he is going to start listening to us when he should have been listening to us all along.

I have one strong recommendation for the SPSC: host several open discussions where RIT students get the opportunity to speak directly to the committees in an open forum. This would be similar to the "talk back to the president" forum held by Student Government two years ago.

The best way to speak to the students is to listen before saying anything. And when Dr. Simone does speak to us he must do so clearly and honestly, otherwise he'll have an endless line of wise guys like me waiting to pick him apart. Students will not buy into this plan unless it is effectively sold to them.



Justin R. Mayer
Editor in Chief

Cover photograph by
Christine Reilly

CONTENTS

NEWS

06 RIT's Destiny

Find out about the Strategic Planning Steering Committee.

08 Brick Beat

08 HistorIT

09 Crime Watch

Short and to the point.

09 Events this week

LEISURE

11 A Critical Analysis of Complaining

Get a grip on griping.

12 Reviews

Pork4Kids.com. Marketing at its worst.

13 Consistently Candid

Local band continues to evolve with new album.

13 Cafe Culture

A night of coffee shop hopping.

FEATURES

16 Beyond the Blues

Living with Seasonal Affective Disorder.

20 A Croatian Adventure

RIT students study in the jewel of the Adriatic.

23 Word On the Street

What should RIT's New Year's Resolution be?

SPORTS

24 Sports Desk

26 Three Stars

27 Women's Basketball

Doing well for their age.

28 Pete Kaemmerlen: Player profile

He hates water, yet he's on the swim team.

Sophomore Fran Snyder attempts a layup over an Elmira player at last weekend's Empire 8 Conference event at RIT. The men's basketball team defeated Elmira and Ithaca to lead them to a 2-0 record in the Empire 8. Johanna Miller/REPORTER Magazine

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RIT President Al Simone

FROM GOOD TO GREAT: Strategic Plan to Create Road Map of RIT's Future

by Tim Johnson

photographs by Matthew Appgar

In the eyes of *The Princeton Review* and *U.S. News and World Report*, RIT is a good university. However, President Al Simone feels that RIT has the potential to be great by becoming an institution in a "category of one." According to Simone, "The best companies are those that are so good that only one name comes up in discussion, and we can get there, because we care about the students and their success."

"The strategic plan is a roadmap for the university over the next ten years," said Simone. The current plan is in its last year, and the Strategic Planning Steering Committee (SPSC), a group of eight administrative leaders, is working with 300 RIT community members to have the new plan in place by 2005. The timeline runs through July, when the draft of the plan will be submitted to the Board of Trustees. Over the next six months, the task forces that have been created to address the main issues of the plan will be working hard to gather as much information as possible.

The current plan, penned in 1994, consists of assumptions regarding population and financial status of the economy and of the university. "Based on those assumptions, we come up with vision and mission statements, as well as goals and objectives," said Simone. "Then, we prioritize those objectives and come up with action steps, and that's the standard formula for strategic planning."

A ten-year plan is broad enough to assume that changes will be made along the way, which is why Simone refers to it as a roadmap, and not a blueprint. "There will be mid-course corrections, but there's a goal, which is something you reach towards but never quite get there," said Simone. "Our goal is that we want to be great, but no matter how good you are, you can be better."

The time-frame for the amount of work to be done is considered aggressive, but the administration is confident that objectives will

be met. "I'm very comfortable with this time frame, but I know it's going to create some stress for some people because it's a lot faster than some like to work," said Simone.

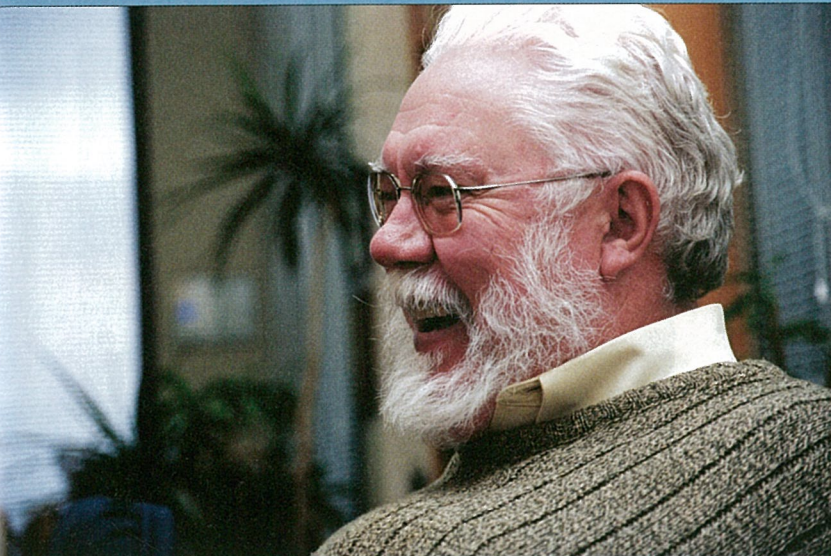
Dr. Stan McKenzie, the Academic Provost and Vice President for Academic Affairs, and Dr. Jim Miller, the Vice President for Enrollment Management and Career Services, are the co-chairs of the task forces. "We've been very careful to make sure that we have key personnel each task force to gather and organize data," said McKenzie. There are about 100 people who will make up the core task force teams, and 200 more people who will be the first layer of respondents. Among these are 30 students who will be making a considerable time commitment to the project.

Student Government President Steve Shapiro is the one student who is a member of the eight-person SPSC, and also sits as a core student on the Student Success task force. "I'm very excited to be part of this process," said Shapiro. It was his job to pick two students to be the core representatives on each task force, which have meetings every week. The other student participants don't go to the weekly meetings, but take on the role of consultants and are frequently asked for their input on the issues being researched by the task force.

Feedback will be the most important factor throughout the strategic planning process. This will be done through focus groups, workshops, town meetings and other methods. "We want to give everyone the chance to give input to help shape this strategic plan," said Simone. The presidential website will provide information to the RIT community throughout the planning process, and will allow for suggestions to be submitted.

The task forces were created to address concentrated areas of RIT's growth and development, but there is a central theme for the plan. "I want to be sure that this strategic plan is very clear on this point: RIT exists for the students," said Simone. "I say that, and I believe that, and my actions back that up. The strategic plan has to re-emphasize that RIT exists to serve its students. Student success is the most important goal that we have."

Simone said that he wants to see more research programs on campus, which will make classrooms more exciting and give more undergraduate and graduate students chances to work closely with faculty members on projects. "The danger is that there are research universities that are so wrapped up in research that they don't want to teach," said Simone. "We're going to do research, but we're going to involve our undergraduate students, and the



Provost Dr. Stan McKenzie

more faculty members involve undergraduates in their research projects, the greater their rewards as faculty members will be.”

A part of student success also lies in teaching methods. Research has shown that students learn better in groups and teams, and Simone feels that RIT’s professors may have to change their methods at times. “Faculty members have to recognize that different students learn in different ways, and instead of having students adapt to their teaching style, they have to adapt their teaching style to the student’s learning style,” said Simone.

Another main focus of the plan will be student success. Simone feels that a student is not successful simply by getting good grades, but if they are able to build their confidence and develop their leadership skills as well. “The quarter system and co-op program make it tougher to get involved on campus, but through the numerous clubs, sports and Greek organizations, we want to see students build a sense of spirit, pride, tradition, and loyalty that is part of student success,” added Simone.

In all of the task forces, the feedback that is received will determine where the most attention is given. “If the task force sees that topic A is much more important to the community than topic B, then they’ll put much more effort into that area,” said Shapiro. He added that it is important the task forces keep their objectives somewhat vague, so that they do not impose strict guidelines that do not allow them to adapt to the interests of the community.

As with the planning process, nothing put into the final strategic plan is set in stone, and changes will be applied to reflect an evolving society. McKenzie, who has been a part of two previous strategic plans, said that it may take less than ten years to accomplish the objectives that are set. “[The plan] gives you a sense of direction and institutional priority,” said McKenzie. “Big issues in the last plan included the enhancement of student life, more graduate programs, a faculty more thoroughly engaged in scholarship, and all of those have happened.”

Information on the development of the Strategic Plan will be available on the presidential website: <http://www.rit.edu/president>. The two papers that are the foundation of President Simone’s ideas for the plan can be found on the presidential website as well, under “Papers and Speeches.”

If you are interested in becoming involved in the process, send an e-mail to Andrew Quagliata at abqccl@rit.edu. •

Working Draft of Vision, Mission, Values Statements

Vision

RIT will lead higher education in preparing students for successful careers in a global society.

Mission

The RIT community engages and motivates students through stimulating and collaborative experiences. Our mission is to provide technology-based educational programs for personal and professional development. We rigorously pursue new and emerging career areas. We develop and deliver curricula and advance scholarship relevant to emerging technologies and social conditions. Our community is committed to diversity and student centeredness and is distinguished by our innovative and collaborative spirit.

Internal and external partnerships expand our students’ experiential learning. RIT is committed to mutually enriching relationships with alumni, government, business, and the world community. Teaching, learning, scholarship, and student success are our central enterprises.

Values

RIT reaches the highest levels of quality through collective and individual commitment to ethics, pluralism and respect for humanity. Together we value collaboration, openness, flexibility, pragmatism, experiential learning, globalization, innovation, and practical applications. Individually, we are responsible, hard-working, critical thinkers pursuing personal and professional growth with pride and spirit.

Task force charges

Career Focus– This task force will identify strategies toward the attainment of our mission to vigorously pursue new and emerging career areas and develop curricula in response to emerging technology and social conditions.

Community– This task force will address issues related to strengthening a sense of pride and community within RIT.

Global Dimensions– This task force will address issues related to RIT’s emerging global dimension with specific focus on strategies and activities supportive of vision and mission.

Scholarship– This task force will develop the appropriate strategies for full implementation of RIT’s new scholarship policy.

Student Success–This task force will address issues related to achieving the highest possible levels of student success, our central enterprise.

BrickBeat

by Kunal Sharma with Tim Johnson

The Fourth Annual Winter Gala at College of Business. The night of Saturday, January 17 brings the College of Business's annual Sprit Week Celebrations to a close with the Fourth-Annual Winter Gala. The event will take place in the College Of Science Atrium from 8 p.m. to midnight. Dress code is semi formal and the cost is \$10 per person or \$15 per couple. To purchase tickets, email dlsbbu@rit.edu or contact Donna at 475.2199. Spirit Week celebrations included a bake sale sponsored by the Class Gift committee, Faculty-Student Interactions day, and an Ice-Cream social sponsored by the Enrollment enhancement and Retention Committee, to name a few. On January 14, keynote speaker Dutch Summers, CEO of Jasco Tools and RIT trustee, spoke at the College of Science Auditorium and Atrium.

RIT's Tiger Idol Competition Returns

The auditions for the second year of the RIT's Tiger Idol contest took place from January 12 to 14 and the final event is scheduled for January 30. The competition is RIT's adaptation of the hit TV show American Idol and features plenty of talent and drama with less criticism. This event hopes to build on the success of last year's well-attended competition.

Promoted as a part of the homecoming celebrations, the event is sponsored by Student Government to give RIT students the opportunity to showcase their talents. The prizes for the top three performers are worth \$500, \$200 and \$100. For more information on Tiger Idol, as well as an up-to-date schedule of homecoming events, visit www.sg.rit.edu.

Israeli Cultural Awareness Events

In order to spread awareness and to open communication about Israeli Culture, RIT's Hillel, a nationally recognized Jewish Student Organization, is sponsoring a unique educational

opportunity focused on Israeli activism.

On January 22, from 7:30 to 10:30 p.m., the video *Relentless: The Struggle for Peace in Israel* will be shown in the Van Peursen auditorium in the Gosnell Building (College of Science, Building 8). The video addresses false preconceived notions and exposes the obstacles to achieving peace in the Middle East. The event is free and open to public, and will have a question answer session supported by Hasbara Fellowship.

Additionally, Hillel organizes discussion forums at 10 p.m. every Wednesday in the Hillel House in Colby Residence Hall. These discussions aim to accentuate, enforce, and clarify Hillel's position on Jewish issues, as well as to build friendship and awareness. Hillel's mission is to foster and to promote education, service, community and religion.

For more information on Hillel, visit www.ritillel.org or call 275-4782.

New Webcam Service Allows for ASL Phone Calls

The Wallace Library is using small digital video cameras to stream live video over the campus network, allowing deaf students to communicate using ASL. This is the first time that sign language is being used when making phone calls, and is possible because the RIT network allows for clear transmission of digital video. Current Internet relay service allows for deaf students to call hearing telephone users through a relay operator who translates text into voice and vice versa. Sprint's Video Relay Service will consist of the same intermediary operator, but the conversation will be in real time as the translator interprets the signs.

For more information about Video Relay Service, visit www.sprintvrs.com or www.sprintrelayonline.com.

HistoRIT

by Jeff Prystajko

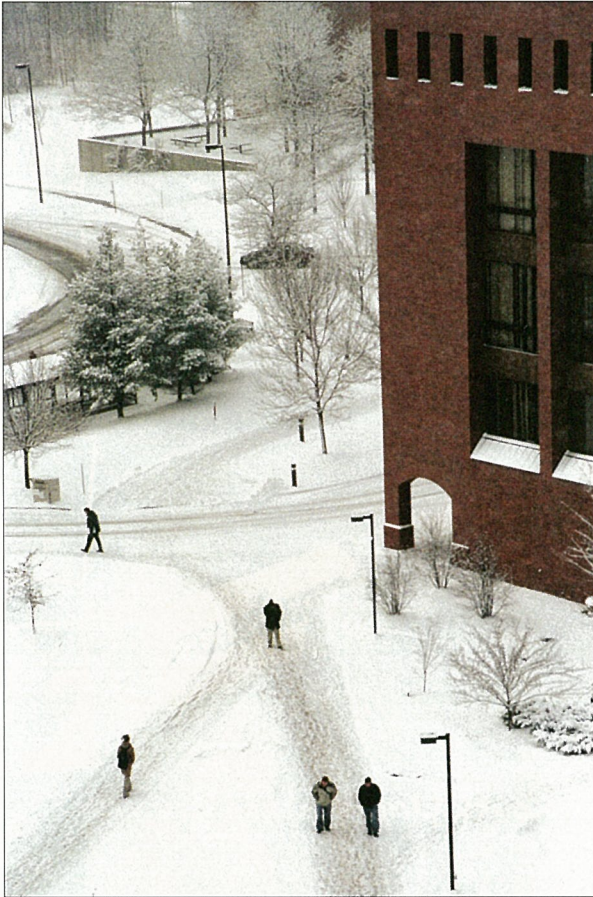
Exciting like a varsity football game, but with swords! In early January 1957, the men's and women's varsity Fencing teams emerged victorious during their opening weekend matches against Elmira and Syracuse University. That's right, fencing. 'Nuff said.

Vandal Accounting 101. A new vandalism policy implemented by the Residence Halls Association (RHA) in 1978 began producing noticeably better results by the following January, cutting damage costs to \$7,000 from an original \$30,000 estimate. Individual floors were to be held partially accountable for broken or stolen property, as floor funds would be diminished in the event incidents went unaccountable. Students generally became more concerned, as the costs (in 1979 dollars) of common occurrences included:

- Refilling a fire extinguisher - \$11
- Replacement of fire extinguisher glass - \$16.50
- Replacement of fire extinguisher - \$42.65
- Replacement of lighting fixtures - \$19.80
- Labor - \$10.95 / hr.

A Volatile Situation. In 1986 a new crisis had surfaced—a string of bomb threats. On January 5 of the following year, a first-year computer science major was investigated and later taken into custody where he confessed to calling in numerous threats. Several days later, another bomb threat was reported, necessitating the evacuation of Nathaniel Rochester and Helen Fish halls; the new caller indicated he/she wished to “continue to disrupt life at RIT.” Bomb threats, which at the time were not occurring anywhere else in Rochester or at other universities in the nation, typically remain unsolved—although those providing tips leading to arrest were eligible for a \$1,000 reward.

Thankfully! Less bowling and billiards. In early 1995, the Physical Education department was debating whether to change their existing policy of six quarters of PE activities to two, accompanied by a mandatory wellness course. Thank cost-cutting and downsizing for the reduction (surely a unique phenomenon of the past).



A combination of too much snowing and not enough plowing left students knee-deep in snow this week.
Matthew Apgar/REPORTER Magazine

CrimeWatch

compiled by Tim Johnson

December 19 – College of Science Larceny

An employee reported a laptop computer was taken from an unlocked lab sometime between 12-18 and 12-19.

December 22 – N Lot Auto Stripping

A contractor reported a stereo and amplifier, valued at \$400 total, were stolen from his parked vehicle. No evidence of force was found and additional patrols are being conducted in the area.

December 23 – Campus Connections Attempted Crime

Two unknown males and a female attempted to take a textbook from Campus Connections. The individuals left the area upon the Campus Safety Officer's arrival.

The Week

Submit your events to reporter@rit.edu

1/16 8 a.m. – 4 p.m.
Electronic Waste Recycling Day
SAU Lobby, Grace Watson, and Golisano Atrium. No limit on type or amount of equipment as long as it is electronic. Contact: Brian Hoffmire: bph4064@rit.edu.

1/17 9 p.m. – 10 p.m.
Stand-up Comedy Night
RITZ. Sponsored by the Comedy Troupe Club. Free. Contact: Tim Hettler: tph4196@rit.edu.

1/20 10:30 a.m. – 2:30 p.m.
"Cite it Right" at Wallace Library
RE:SEARCH Zone, first floor, RIT Library. Answers to all of your questions about APA and MLA citation. Contact: Margaret Bartlett: mabbwml@rit.edu, 475-2559.

5:30 p.m. – 6:30 p.m.
Pasta Night at CRL
Skalny Room. Free pasta meal sponsored by the Center for Religious Life. Contact: Ellen Spoto: efs0368@rit.edu, 475-2135

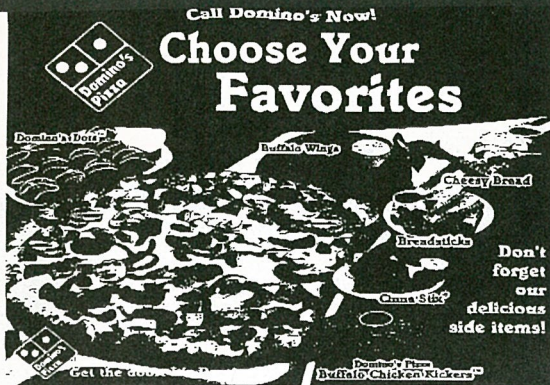
1/21 11 a.m. – 1 p.m.
Power Point Basics
Wallace Library. Second Floor VIA. Bring a PC disk, and old Power Point presentation, or a Word document to create a presentation of your own.

1/22 3 p.m. – 4 p.m.
"Influential Men and Women in RIT History"
Library Idea Factory. Presented by Mr. Al Davis in conjunction with the launch of the new RIT Library website "What's in a Name?" Contact: Laura DiPonzio Heise: Imdwml@rit.edu.

4 p.m. – 5 p.m.
Microsystems and Photonics Colloquium Series
Xerox Auditorium. Dr. Mark Ratner of Northwestern University will speak on "Electronics at the Nanoscale." Contact: Karen Streech: kespop@rit.edu, 475-2057.

7:30 p.m. – 9 p.m.
Gannett Lecture Series
Webb Auditorium. Panel discussion on "Labyrinth of Cocaine: Colombia and the United States in an Age of Drugs." Contact: Cassandra Shellman: cls3740@rit.edu, 475-2057.

7:30 p.m. – 9:30 p.m.
"Evening of One Acts" performance
1510 Lab Theater. Featuring the plays 12:21 by F.J. Hartland and Not My Fault by Christopher Durang. Both deal with themes of alcohol abuse and denial.



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With Marinara Sauce \$2.99 | CINNASIX
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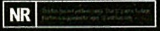
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An HonestReporting.com Film Executive Producers: Raphael Shore and Shalom Schwartz
 Associate Producer: Paul Seidman Writer By: Raphael Shore and Wayne Kopping Directed and Edited By: Wayne Kopping and Brian K. Spector

This one hour movie takes a powerful look at the current crisis the Jewish people face in Israel.



A *Critical Analysis* of the Fine Art of Complaining

by Erhardt Graeff
 illustration by Steve Bernard



Why is it that RIT students complain so much about their school? To discover something about the origins of complaining, I checked the Internet like any good student would do. *Google* kindly introduced me to Dr. Robin M. Kowalski, an eminent researcher in the field of complaining. A 1996 article by Dr. Kowalski in *Psychological Bulletin* revealed some interesting theories on complaining. You can decide how well they apply.

Dr. Kowalski first discusses the difference between a criticism and a complaint, which “lies in the degree to which the expression of a given statement subserves a personal goal, either intra-psychoic or interpersonal (180).” Essentially, a person is making a criticism when they do not stand to gain or lose anything by making a comment. However, if the person is associated with a subject so as they stand to lose something in a psychological or social sense, then the comment will be a complaint. Critical students, who most likely came to RIT of their own accord and currently stay at RIT of their own accord, are most certainly associated with the Institution, and therefore, yes they are definitely a bunch of whiners. However, this only establishes that their actions can be classified as “complaining.” It does not necessarily explain why a certain student is complaining.

To better understand the nature of complaining, it makes sense that one must also delve into the nature of dissatisfaction, and the way in which the threshold of dissatisfaction is surpassed to catalyze a complaint. Kowalski writes, “Even though an individual may not currently be experiencing dissatisfaction (i.e., events do not exceed the dissatisfaction threshold), his or her need to complain for other interpersonal reasons may prompt complaining behavior (180).” Dr. Kowalski clarifies this concept by referring to how when a person is completely satisfied with “a relationship (the dissatisfaction

threshold is high) but perceives that expressing dissatisfaction will nonetheless allow him or her to achieve some desired outcome (the complaining threshold is low), he or she will voice dissatisfaction (180).” This indicates that since the seemingly disgruntled RIT students, for any number of unknown reasons, continue to attend the institute, RIT’s dissatisfaction threshold must be low. Why, though, are they complaining? One answer could be that these students are trying to imitate their favorite political and social critics from newspapers and television. Then again, they may truly want to highlight the injustices occurring at RIT each day and have thus taken it upon themselves to stay here and philanthropically enlighten the masses. Or, have these handy students just been using the rich fodder that the act of complaining provides to flaunt their keen analytical skills and snappy vocabulary to their friends?

To further expose our subject matter, Dr. Kowalski extends her reflections on complaining into the context of self-presentation and how it may be used to “convey an air of superiority” (186). She explains this idea by suggesting that with complaints, “one expresses to others that one is dissatisfied (whether the dissatisfaction is real or not) and that one’s expectations for behavior or performance have not been met. In some cases, the intended message is that certain things do not measure up to one’s expectations, conveying to others that one has high standards (186).”

Now, surely the average RIT student is no exception to wanting to boost his or her self-esteem in any possible way. As an example, let’s create a fictional person named Jan. Jan is a second-year RIT student, trying to find a place in the world like most other college students. Jan is also a hermaphrodite. Unfortunately, s/he is ashamed to attend RIT because it is not an Ivy League-type of school. One day, Jan witnesses the erection of a new sculpture on campus; we’ll call it *The Remonstrance*. Jan recently decided that the key component to a piece of art is its ability to make the viewer happy. *The Remonstrance* does not make Jan happy. So, s/he complains about the sculpture. The next day, some friends of Jan comment on how they agree with his/her assertions. This makes Jan happy. Now, Jan resolves to complain about *The Remonstrance* as often as possible to boost his/her self-esteem that was previously cut down by his/her disorienting androgyny and high educational standards.

Personally, I have noticed that ever since I arrived at RIT, there have been plenty of students like Jan. I, too, understand the challenges of holding high standards for oneself. But is complaining a true panacea for the stress of college? Maybe not, but college can be a real pain in the ass.

Source:

Kowalski, Robin M. “Complaints and Complaining: Functions, Antecedents, and Consequences.” *Psychological Bulletin* 119.2 (1996): 179-196



Won't You Think of the Children? PORK 4 KIDS. com

by Sean Hannan

Have you noticed third-graders across the nation storming supermarkets in record numbers in order to obtain the other white meat? No? Me neither. Perhaps Pork4Kids.com, an informational activity center aimed toward children, will help fuel the upcoming "Great Pork Buyout of Twenty-Fourteen".

The site, a colorful portal brought to you by the marketing gurus behind the phrase "the other white meat," encourages youngin's to learn about the nutritional benefits of pig-based products. Activities include making a virtual sandwich, finding hidden piglets, and making a pig mask. Another section details the story of a morose pork chop desperately seeking its place in the food pyramid. Not only will kids learn proper dietary habits, but they will also learn that food groups, much like their peers, are cliquy and too averse to outsiders.

Along with nutritional information, the site also emphasizes that pork is lean and a healthy alternative to other meats. Never mind the fact that during World War II Americans were told to save their bacon drippings so that they could be recycled into explosives. Pork4Kids.com also fails to inform children about the dangers of contracting trichinosis from raw or undercooked pork. Nobody wants to be laid up with puffy eyes and a case of the runs.

Recently, Camel Cigarettes was forced to retire their mascot, Joe Camel, because family groups felt that his cartoonish persona was aimed at children. So my question is: Why aren't those same family groups crying foul on the pork industry? Isn't Pork4Kids.com just going to cause the youth of America to start a downward spiral into the seedy underworld of pork products? I smell a honey-baked, spiral-cut conspiracy. Possibly even hickory-smoked. Despite the single-faceted nature of the site, it still deserves praise for managing to successfully cause children to fawn over cute piglets and also become excited about eating their flesh.

- Design** ★★★★★ The layout is animated and friendly, but can be hard to navigate.
- Content** ★★★★★ While the sections are interactive and informative, there is little reason for a repeat visit.
- Safe For Work** ★★★★★ It's Pork4Kids.com, not Porn4Kids.com.
- Not A Fad** ★★★★★ Pork, it would seem, is here to stay, baby.

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(In Front of RIT)

Consistently Candid

Local Band Delivers *Honest Rock*

by Ren Meinhart

It normally only takes one energy-filled show for a first time listener of local rock band Candid to become an immediate fan. For me, it only took one song—a strikingly original rock ballad intertwined with an old acoustic favorite—to turn me, a skeptical concert-goer into a dedicated follower. With a sound that seemed to encompass me and lyrics that embodied emotions I'd been feeling for months, the impact was immediate. The best part? I'm not the only one. They're just that good.

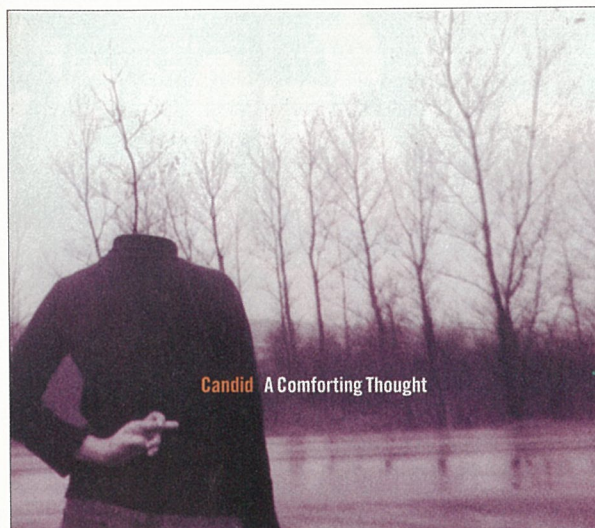
Candid has been captivating listeners across upstate New York and beyond with an infectious multi-layered rock vibe that brings to mind a junction of Radiohead, A Tribe Called Quest, and Ani DiFranco. With the release of their fourth independent effort, *A Comforting Thought*, these four Syracuse natives establish themselves as a dynamic band, worthy of a closer look. Whether covering the ebb and flow of personal relationships or the ridiculous nature of modern medicine, their message is consistently, relentlessly honest, as is the contagious mixture of rock, funk, and soul that drives it.

"We're all extremely happy with the way the disc came out production-wise," said lead singer and RIT graduate Corey Paige. For the production of *A Comforting Thought*, the band, composed of Paige, bassist Mike Spadaro, lead guitarist J.P. Midgley, and drummer Sean Benz, went no farther than their own backyard. They chose Pete Walker of Village Recorders in Liverpool, NY to lead the effort, which took place from March to April. "Personally speaking, Pete Walker and I really clicked, being that we both drink too much and enjoy bitching and whining. It was the best recording experience we've had by far."

Spadaro agreed. "I think the fact that we were close to home, working in a new studio, and all the help we were getting from Pete with the arrangements of our ideas, made us excited to work and write."

And write they did. Candid fans can expect to find the band's trademark passion-filled sound brought to a new level. *A Comforting Thought* seems to capture a more mature, innovative, and expressive band that has grown up a lot in the past year, and definitely since they came together in 1998. "I think we are on the same pace we've been on this whole time," said Spadaro. "We have put out an album each year for the last four years. So that means our first album came out during our freshman year of college. Each year sounds better than the last."

The songwriting on this album is notably more exposed,



emotive, and remarkably original. The band's flair for interpreting interpersonal relationships in fresh, non-clichéd ways is present on this album, giving every audience member something familiar to hold on to—most often in terms that hadn't been considered previously.

This album also covers some new lyrical territory for the band. Several of the tracks flirt with the arena of political and social commentary. Though Paige says that this shift wasn't necessarily intentional, it was, however, impressively delivered. "I'm certainly not what you would call an activist. I guess maybe there was some social intent there, but only in the sense that I'm commenting on human nature in general and not the war or politics. There are enough people voicing their opinions on all of that," he said, And he's right. Candid's lyrical jabs steer clear of the outright political cynicism that carries bands like Radiohead. "What interests me more are the underlying problems. I don't care if our government isn't working—I'm more interested in the fact that people expect it to work and that the concept of government has fundamental flaws to begin with. This approach helps me write songs that are easier to identify with. I'm not writing about the screw-ups of one person. I'm into group screw-ups."

Paige brings these lyrics to life with a mix of passionate cries, gritty in-your-face enthusiasm, and the fast phrasing of an original MC. Paige hints at a grungy Elvis Costello, while remaining characteristically unique. Midgley adds an exciting



Corey Paige, Candid's lead singer, performs an acoustic solo during the band's December 19 set at Milestones, located in Rochester, NY. Paige is a graduate of RIT's illustration program. Ren Meinhart/REPORTER Magazine

layer of enviable guitar runs that alternate between aggressively energetic and soothing with relative ease. Spadaro's warm bass sound fills the tracks with a layer of depth and soul, that, along with Benz's driving and supportive rhythms, seem to bring everything together into a full, almost tangible, sound.

And they're only getting better. Spadaro went on to explain that, as is to be expected, he is even more comfortable playing the new material, arguably the band's best to date, now than when it was recorded. "I'm not sure who said this but it makes a lot of sense to me—an album is just a photograph of a band at one particular point. The progress we have made in the last four years excites me for what the next four years could bring."

So what's next for these four musicians? More of what they do best: straight-up rock. "I would like us to keep playing as much as we can," said Spadaro, who is unsure as to how soon the band will be looking to pursue a recording contract. "I don't think we are quite ready as a band yet. One could argue that the material is ready, but, in this business, you have to stay on your toes at all times. Personally, I'm ready for the challenge."

And fans are, without a doubt, ready to listen.

Candid will be playing at Rochester's Milestones (located on East Ave.) at 11:30 on Saturday, January 24. For more information about Candid, or to listen to "Missing Pieces," a single off of *A Comforting Thought*, visit their website, candidmusic.com.

7

weird, off-beat,
and slightly
annoying things my
roommate does.

Quacks in his sleep and blames in on me.

Randomly drops his pants like it's the right thing to do.

She goes jogging really early in the morning, but she doesn't leave our living room.

Sleeps on the floor in a sleeping bag because it makes college feel like summer camp.

Creepily stalks people through the peep hole in the door.

He "brews his own water." Okay, whatever that means.

He uses my computer to download porn and then says that he didn't do anything when I blame him for it. It was him, I swear. That's how it got there. Really.

RIT



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v. Oswego

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Café Culture

by Sujata Gupta

A hard eastern wind propels me forward and I find myself inside Starry Night café. Located on the corner of University and Atlantic, it's overflowing with tiny little tables, poofy couches, and an eclectic assortment of magazines, newspapers, and flyers. The walls are littered with Van Gogh paintings and a collage of sketches drawn by the local artist of the month. There's music playing in the background, something jazzy. Artsy. Soft yellow light and deep mahogany wood floors—the place exudes a Zen-like calm; curled up with my feet beneath me on a couch, I feel as if I've been plunged from a rock concert into a vacuum.

The wind's blowing something fierce now; a cold rain has started to fall. It's just me and the owner. We talk a moment. This café's new I learn, around only six months. The owner tells me it used to be called Moonbeams and that when she renovated it, she halved the size. I look around. I suspect I could fit the whole of it inside my studio apartment. "Why here?" I ask. She ponders. "This area of the city needed a place like this." A place like this. Why, I wonder. Why would any area need a place like this?

I turn my back, seeking a moment to myself. It's anonymity I've come for tonight; anonymity and the pen. My fingers are twitching, there's a buzzing in my ears, the dreaded voice is singing its bohemian song—seek freedom—and I'm afraid, afraid that I will run, flee into some unknown abyss. I write:

The coffee shop's empty. It's raining outside. The wind's blowing hard. Mommy's looking for her little girl. A million hands stretch out to me. It's time to go; the clock ticks another minute. But, I'm waiting for you. Come, erase this apathy. You've gone, the dream's gone. Reality's come. I've got nothing to say. It's raining outside. It's washing away the dirt. The wind's blowing leaves across the street. I'm alone now even though a million hands stretch out to me. The coffee shop's empty now...

Filled like a helium balloon by my emptiness, I thank the owner, turn my collar up against the storm, and make my exit. A small peace, a brief reprise. I allow myself a moment to reminisce. We're in your café. It's late Friday night and you've got a guitar on your lap. Your fingers pick out a tune. A man's voice joins in, yearning as deep as the creases around your eyes. A woman dances, her heels clicking against the bare wood floor. Music spills onto the street, chased by a silvery twilight. Dusk comes and I float away. It never occurs to me that this is not forever until, one day, you are gone.

Some people seek it elsewhere, in a bar or under the hypnotic roving pupil of a strobe light, at a party perhaps or maybe even the theater. But, for me, it's something else, a couch, or rather a couch in a corner by a window, or better yet a couch in the corner by a window overlooking people walking along the street. I don't know when this longing began, when the café became something larger than the four walls surrounding it. Did it lie dormant for years or was it borne from my sudden entry into the life of the ex-pat? In my head, a café is different from a bar or restaurant. A café breaks

the rules. A phone call from a friend. "We're through," she says. It's a starless night and colder than the inside of my freezer. I meet her at the Spot, gargantuan sprawling Spot, the Chevy dealership facelift just down from East and Alexander. My friend's playing it tough. "I'm fine," she says. "I've had it worse." There's graffiti on the walls, controlled graffiti, and curtains covered in squiggles and squares and diagonal lines. It's vintage, like a pair of brown woolen socks hidden by high-heeled leather boots. "Spot's in Buffalo now," my friend says and I cringe. Corporate coffee tends to leave a bitter taste.

But I've been here before. Once, alone, I met Jean from Ghana, fluent in three languages, working Rochester professional. He writes his number on a piece of napkin. At home, I giggle a little, a silly girly giggle. And another time, while studying Spanish with a friend—Me llamo Sujata. Yo tengo 24 anos—Antonio introduces himself. He's Colombian and grinning from ear to ear. I have a feeling he's laughing at me.

Still, I tell myself, it's not like your place. It's too big, too modern, too American. But something in me stirs. It strikes a chord. Weren't we strangers once?

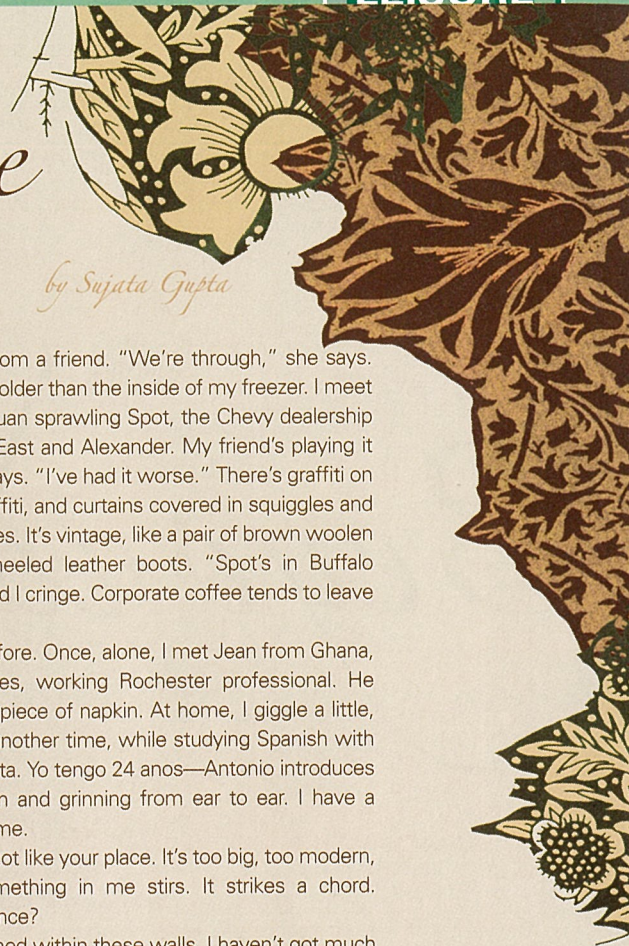
I up, I go. Here, confined within these walls, I haven't got much leg room. I try Java's on the corner of East and Gibbs. A Christmas tree, bending under the weight of its ornamental plumage, is occupying my favorite spot with the comfy cushions and window seat. I squeeze my way to a corner booth. Above the din, a girl yells—"This place is hopping tonight." I try to shut it out. Just me, the pen, the notebook. I write:

I imagine myself as another woman. She is dressed all in black, a thin cigarette dangling from her lips. Her charcoal eyes are impenetrable as lead. She is a woman who watches the world around her, a woman who does not speak. Set apart, she remains shrouded in a veil of mystery. She is my polar opposite. But, if we were to exist on opposite sides of the same coin, who would be able to determine which of us is real and which imagination?

I have to leave. I feel like I'm being consumed by shadows and noise, loud and hazy as static. You're watching me run from place to place. It was just you and me that night. Do you remember? You've got Gypsy Kings on the stereo. You're drinking a glass of red wine. Do we speak?

I'm in Cibon on Park. I've brought a date. Snowflakes drift to the ground. It's warm in here. Cozy. They've got magazines from every genre—covers smattered with shots of Brittany Spears and men built like lumberjacks, grizzly bears and kayaks, sports cars and mountain bikes—and e.e. cummings poetry scrawled along the walls. Candles on the table, dark wood furniture, muted lights. If I had a cabin it'd be like this. I'm holding his hand.

I think I'm getting better. I want to tell you. You studied philosophy. I think you'd understand. When we leave, the ground is covered in white. There's no wind now, no rain either, just silence. •



Beyond the Blues

Coping with Seasonal Affective Disorder

by Michael Denning and Becky Ruby
illustration by Steve Bernard

"Everything was fine until the middle of November when things started to get gray," Liz (name changed at the student's request), a fourth year photography major, said. "I don't know how to describe it, things just weren't normal; I guess it's like being in a state of 'gray.'"

Formerly a resident of Maryland, Liz's first winter in Rochester last year was especially trying. There is no question that winters here in Rochester can be rough—for some people more than others.

Researchers estimate that about five percent of residents in the local area suffer from serious seasonal-related depression this time of year, and even more who suffer from a milder form. The short days and lack of sunlight tend to change a person's psychological outlook. Some adjust well and the symptoms, if any, are minimal. For others, however, the transition can be harmful in levels varying from just "feeling down" to serious stages of depression. "Everybody experiences some sort of change in mood when seasons change," explained Dr. Kathleen Scott, Director for the Counseling Center. "It's when the change starts to incapacitate the person that we really have to start to look at it."

Seasonal affective disorder, commonly known as SAD, consists of depression existing generally in the winter months, due to the lack of sunlight. According to a report by the National Mental Health Association (NHMA), the most difficult months for SAD sufferers are January and February, when changes in sunlight patterns contribute to a shift in

people's circadian rhythm, or "biological internal clocks." The American Psychiatric Association recognizes SAD as a subtype of a major depressive episode. It affects women nearly three more times as men, and is more common in younger people. Studies have also shown that SAD sufferers are also more likely to have at least one family member who suffers from depression, suggesting that a genetic predisposition exists.

In addition, there is a noticeable trend that the farther north a person is, the more susceptible he or she is to becoming a victim of the short, cold, and dark days. During Alaska's dark months, cases of depression and the suicide rate increase, while SAD is almost non-existent in Florida.

In order to discover whether or not a person is truly experiencing SAD, Dr. Scott emphasized that the most important step is being evaluated by trained staff at a medical facility, such as the Counseling Center. "We take a diagnostic approach to look at major depression. We look at the symptoms to see if they occur over time, if they are cyclical, and if the symptoms are unrelated to health problems or a situation," Dr. Scott said. Situational depression, caused by major traumatic episodes or particularly emotionally-charged experiences, differs from major depression and SAD. When in the diagnostic process, signs of cyclical instances of depression correlating to the change of seasons would indicate SAD, as opposed to continuous major depression that may be caused by a chemical imbalance, mental anguish, or substance-related issues.

An additional case of depression, also sometimes confused with SAD, corresponds with the academic calendar. Portions of the quarter near midterms, finals, after the new year, and around



graduation time, cause people to seek attention in the Counseling Center, according to Dr. Scott. Falsely attributing depression problems to the climate and SAD will only cause more harm. There are symptoms unique to SAD, and the first step to curing any ailment is to determine the actual problem.

Depression, by far the primary symptom of SAD, causes sufferers to become lethargic, tired, and less motivated to perform everyday tasks. "I've definitely stayed inside more and don't feel like leaving the apartment—it's just so dark and gray out there," Liz continued. Individuals become irritable and tend to avoid opportunities to socialize. Sleeping patterns

"It's not so much the cold, but more because everything seems so dark and gloomy."

are disrupted due to over-sleeping, even though affected persons continue to wake up depressed rather than refreshed. They have a greater appetite to eat foods especially high in carbohydrates, which often results in weight gain.

"It's not so much the cold, but more because everything seems so dark and gloomy," Liz said. The brain responds to light by emitting a signal that suppresses the secretion of melatonin. Too much of this hormone negatively affects the body's biological clock, eventually causing a sleep-wake cycle that is not twenty-four hours. This off-balance sleep schedule may leave a person wide awake at 3 a.m. and unable to stay awake in the middle of class. The body produces melatonin during the hours of darkness, and acts as a sedative on the body. By not oversleeping and exposing the body to more light, natural or artificial, less melatonin will be produced. And, as a result, a person will tend to exhibit more energy and a less depressive state of mind.

For those afflicted with SAD, light therapy is a common remedy. This form of treatment consists of sitting in front of a high-intensity light box, or by putting on a light visor, for at least half an hour a day. People can conduct ordinary activities, such as reading a book or eating breakfast, while being exposed to

this light. Studies have shown that approximately seventy-five percent of those who receive light therapy show signs of improvement. Additionally, if a doctor feels it appropriate, he or she may prescribe anti-depressants. The side effects of prescription drugs, however, are much greater than those associated with light therapy, which at most can cause eyestrain or a headache. Though RIT does not have any of these special lights on campus, they are easily obtained by ordering online at sites such as Full Spectrum Solutions (www.fullspectrumofsolutions.com) or Alaska Northern Lights (alaskanorthernlights.com).

"I haven't really done anything too serious like that," Liz said. "My neighbor recommended St. John's Wort, and I'll probably try that soon when I get back to Rochester. All I can say is to get out and exercise—that definitely helps. Eat regularly, do things that are healthy... you need to force yourself if that's the only way. It helped that I was working and kept busy, because you don't have as much time to even notice the darkness around you." The holiday break does interrupt the process, and returning home or visiting a warmer climate can make a difference. "It helped a lot to be back in Maryland... The sunnier weather in Maryland definitely made things better."

Hypericum Perforatum, or St. John's Wort, is a short, yellow-flowering, wild-growing plant used as a healing herb in many folk, herbal, and ancient medicinal remedies. Available without a prescription, studies have shown Hypericum to be just as effective as prescribed anti-depressants like Prozac, but with fewer side effects. "St. John's Wort is an over-the-counter medication that some people use to treat their depression," Dr. Scott said. "However, it's my feeling that people shouldn't self-medicate or treat themselves without consulting someone. With the availability of these drugs on TV and online, I just feel it's not wise for people to take such advantage."

While it is important to realize the availability of the Counseling Center (whose hours and general information are posted at <http://www.rit.edu/~361www>) and the significance of professional attention, personally knowing the warning signs and when to seek help are essential. "I think that if students are concerned, that's when it's red-flag-time to pick up the phone and call someone like at the health center, or a psychotherapist. Or, [the person can] call even just a family physician," said Dugan Davies, the Associate Director of Wellness at the Student Life Center.

As with major depression, the symptoms of SAD are generally characterized by drastic changes physically, emotionally, motivationally, and skill-wise. "[A person] might be isolating

"Everybody experiences some sort of change in mood when seasons change. It's when the change starts to incapacitate the person that we really have to start to look at it."

—Dr. Kathleen Scott, Director for the Counseling Center.

themselves socially, not being motivated, or not enjoying what they used to enjoy," Dr. Scott explained. Other warning signs include difficulty sleeping or over-sleeping, loss of appetite or excessive eating patterns, a sense of emptiness or lack of feeling, loss of self-confidence, or difficulty concentrating, to name a few (consult a more comprehensive list in the sidebar "Warning Sign Reference.")

"I think students have a great opportunity to help each other... by seeing the person everyday, you're in a position to know if there's been a change,"

"I think students have a great opportunity to help each other... by seeing the person everyday, you're in a position to know if there's been a change," Dr. Scott said. Liz had observed that "in Rochester, my roommate and closest friends had noticed. When I got home, my family detected something—oh, and my boyfriend too, he noticed." Dr. Scott went on to say that peers can really have an impact on one another, as well as Resident Advisors (RAs) and other professional staff. Dr. Scott, along with her staff at the Counseling Center, have promoted that, "it is OK to come here and get help. [The recommendation] is just so much more powerful coming from a peer."

It is important to recognize if you are suffering from SAD—on any level—and to take action to help combat it. "Being active is critical. We've all been eating a lot of goodies and traveling, and we get back and everything starts to slow down. The best thing we can do is get up and get around," Davies said. "When we start to isolate ourselves, things can start to get worse. Finding ways to get active, even when the weather is bad, is important." While it may seem simple, the act of keeping the shades open and lights on can help a person cope with the cold gloominess that Rochester's winters bring on.

Davies also recommended looking for physically-engaging classes, on or off campus, to stay active. She also encouraged students to seek out workout buddies in a more informal setting, bundling up to take a walk outside, and "just looking to do things out of the dorm to get busy and get the blood flowing." Natural light, interpersonal contact, and self-awareness, along with a regimen of physical activity can add up to a great force against the brutal winds and gray skies. According to Davies, it is all about "embracing and empowering: embracing the weather the way it is, empowering ourselves to get creative. Anything rather than sitting around in your dorm room or in your office is really critical." •

Warning Sign Reference

Many symptoms overlap both seasonal affective disorder (SAD) and major depression. With the help of the RIT Counseling Center, *Reporter* has compiled a list of these early warning signs to look for in peers or yourself. If you feel these symptoms characterize yourself or someone you know, the Counseling Center urges action towards seeking professional attention.

Physical Symptoms

- Difficulty sleeping or sleeping excessively
- Awakening early and not being able to sleep again
- Fatigue
- Loss of appetite or eating much more than usual
- Weight loss or gain
- Low sex drive

Emotional Symptoms

- Feeling sad or empty
- Irritable
- Bored or apathetic
- Lacking feeling of all kinds
- Feeling that nothing is enjoyable

Attitudes and Motivation

- Low self-concept
- Lack of self-confidence
- Low motivation for school and work
- Less interest in socializing and being with friends
- Pessimistic or helpless
- Feeling like a failure
- Self-critical and/or self-blaming

Skills

- Difficulty concentrating
- Difficulty with short-term memory
- Difficulty organizing time

For more information, visit the Counseling Center's website at www.rit.edu/~361www, or call 475-2261 (v/tty). For after-hour emergencies, call Campus Safety at 475-3333 (v) or 475-6654 (tty).


Croatia

The jewel of the Adriatic

by Kayla Zerby photographs courtesy of Christine Reilly

“It all seems like a dream, looking back: engaging in conversation with the old man in front of his art gallery that you run into daily; or the restaurant owner who remembers your favorite order for lunch while teaching you a couple of words of the language per visit; or the young adults who stay up well into the morning when the sun is rising after a night swim in the ocean. This experience taught me the simple pleasures of living: breathing the air, enjoying the sea, remembering that the true enchantment of a new place are the people... Dubrovnik taught me how to live life differently.” **-Shaunté Hill**





In the summer of 2003, Shaunté Hill, now a fifth-year Engineering student, embarked on a journey that “nourished many passions that I had forgotten about during the past four years at RIT.” She was just one of the handful of RIT students who took advantage of the summer study abroad program to Dubrovnik, Croatia.

It is no wonder that the country of Croatia is often referred to as “the jewel of the Adriatic.” With nearly 1,100 miles of coastline on the Adriatic Sea, crystal-clear waters, sandy beaches, a Mediterranean climate, 1,185 lush islands, rolling mountains, ancient castles, fortresses, and medieval villages, Croatia is truly a traveler’s paradise.

Dubrovnik, one of Europe’s last medieval cities still totally in-tact, is the pride of Croatia. The city is literally a “living, breathing museum,” said Dr. David Crumb, who teaches both at RIT and RIT’s sister school in Croatia. “It’s as you would have found it 600 years ago... It’s operating just as it always has, with little narrow alleys and stone steps, secret walled gardens, vineyards, museums, art galleries...”

But this doesn’t mean that the city is living in the past. Dubrovnik may be surrounded in ancient history, but the young Croat population is anything but. As featured on Wild on E!’s “Wild on the Adriatic,” nightlife is definitely a big part of the Adriatic lifestyle. Twenty-something Croats enjoy everything that this Mediterranean city has to offer, from bars and clubs to great restaurants.

“It’s an area that most people don’t know about,” said Christine Reilly, a fourth-year Advertising Photography major who went on the study abroad program last summer. “A lot of people think that the country is still war-torn from the war in 1991. It’s not like that at all,” she said. “It’s a very peaceful country.”

When the country was attacked in the autumn of 1991 by the Yugoslav People’s Army, the city of Dubrovnik suffered much damage and loss. For months, the army brutally attacked the city and unarmed civilians, ravaging and looting throughout the entire city. Since then, the country has regained its footing and is now almost fully recovered from the attack. Today, tourism is one of its biggest economies and the city continues to flourish.

One of the most interesting nuances about the city is that, because most of it is made up of historical artifacts, the people continue to use those artifacts in everyday life. Reilly noticed this in the five weeks she stayed in Dubrovnik. “Historical sites are treated

differently in Croatia,” she said. “Here in America, everything is ‘hands-off’ for preservation reasons. But, in Croatia, you can walk right up to them. I mean, people are still drinking out of community drinking fountains that are thousands of years old. It’s incredible.”

While impressive, pictures of the city don’t do it justice. You have to see it, live it, and breathe it to truly get a feel for what it’s like. According to Professor Crumb, who has taught there numerous times since the program’s inception, “It’s like going back into old Europe.” He compared the “commercialized ‘rush rush’” type of lifestyle we have here in America to the “laid-back kind of lifestyle” in the city of Dubrovnik. “It’s very leisurely; there’s lots of time to do things. You can sit in a restaurant for three hours and no one will ask you to move or anything.”

With all of the academic and cultural opportunities that Dubrovnik offers, Professor William Daniels, the director of the Dubrovnik study abroad program, considers it to be an incredible overseas experience. It’s open to anyone in any field of study at RIT. Not only that, but because RIT has a direct tie to a recently developed college in Croatia called the American College of Management and Technology (ACMT), everything is handled by RIT.

Each summer for five weeks, ACMT offers a unique program for RIT students in Dubrovnik. One of the study abroad programs run through the study abroad office here on campus, this program is especially beneficial to RIT students. According to Daniels, earning eight credits in Croatia is “much cheaper than it would be to take eight credit hours at RIT during the summer quarter.” This brings us to the cost of the program. For roughly \$4,600 dollars, students can pay for tuition (eight RIT-recognized credit hours), room and board, and estimated airfare. Much of the expenses for field trips are also included.

Two classes are offered at ACMT: Challenges to Democracy, and Environmental Issues in the Adriatic. (There is also the option of the Independent Study in Photography, but this must be approved by the student’s department.) Classes taken during the summer program at ACMT are the epitome of “learning outside the classroom.” “We went on lots of field trips,” said Reilly. Among the many places she explored as a part of her academic experience were the island of Korula, Mljet, and the village of Cilipi.

What makes this program unique is that RIT students are intermixed with Croatian students in the classroom. This provides an “outstanding cross-cultural experience,” said Dr. Catherine Hutchison Winnie, Director of the Study Abroad Program at RIT.

For Reilly, photography was what lured her to the summer study abroad program. She opted for the Independent Study, which allowed her to add great portfolio pieces to her collection. After documenting her trip to Dubrovnik as well as the surrounding islands, she displayed 37 of her own breathtaking photographs in the main case outside the photography office in building 7 when she returned to campus.

“I hoped [my show] would promote the program to photography students that are unaware of opportunities like this at RIT,” she said. It included a variety of photographs such

as landscapes, portraits, self-portraits, and abstract interpretation. She also made sure to include snapshots of the program itself. (A few of Reilly's photographs are featured in the next few pages.)

As for the coursework, Reilly admitted that there was more of a relaxed atmosphere. "Teachers know you're not there just for the classes," she said. "They know you're there for the whole experience." She likened the more relaxed mentality of summer classes at RIT to classes at ACMT.

This year, the program is set for June 4 through July 11. Two informational meetings have already been held, but the last one is set for early next month. When asked what advice she would give a student wishing to study abroad, whether in Croatia or any other country, Dr. Winnie said, "Don't wait." She recommended setting up a meeting with her to discuss your options so that when the time comes, it's not too late to go abroad.

"The whole trip was an eye-opener," said Reilly. "Just to see the landscape when I stepped off the plane was amazing. I grew up at the beach (Cape May, NJ), but I had never seen a coastline like that. You just need to see it to believe it." •



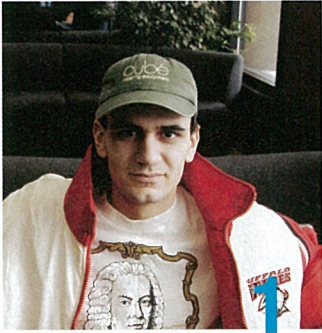
[Fast Facts about Croatia:]

Population (1991)	4,784,000
Exchange rate	1 Croatian Kuna = .18 US Dollar
Language	Officially Croatian, but there are many English speaking inhabitants
Number of islands	1,185
Location	Geographically situated on the crossroads between Central Europe and the Mediterranean
Political System	Parliamentary multiparty Republic
Food and Drink	The Adriatic coast excels in seafood and also has a big Italian influence
Climate	Northern Croatia has a continental climate. Central, semi-mountainous and mountainous regions, as well as the entire Adriatic coast, have a Mediterranean climate. Spring and autumn are mild along the coast, while winter can be cold and snowy in central and northern regions.
Time Difference	6 hours ahead of Rochester

word on the street

compiled and photographed by Kathryn Nix

Q: What should RIT's New Year's resolution be for 2004?



1 "They should pay attention to how students live. They should have more activity on campus."
Ben Britchard
First year
Chemistry



2 "Being an international student and being in the business school, there should be more scholarships in the College of Business."
Ami Christie
Second year
MBA



3 "Give more money to students; lower tuition."
Matt Merritt
Second year
Mechanical Engineering



4 "To create greater public awareness. Out of New York State, not too many people know about this school."
Artyom Shantsyan
MBA

5 "More energy-efficient campus."
Cody Washburn
Graduate
Micro Electronics

"I would like the college to take on a human feel. There's almost a lack of intimacy."
Anna Fiorucci
Department of Mathematics and Science

"To enclose the campus in a dome to get rid of the snow and cold. And, make us one of the best colleges in the country."
Joe Ross
Fifth year
Electronic Engineering

"Lower tuition."
Debi Parker
Fourth year
Photojournalism



"Change the colors of the buildings on campus."
Mufada Ayubali
Graduate
Chemistry

"Control the heat better."
Gary Fino
Fifth year
Micro Electronics

"More flexibility in the food plan. Maybe more separation between room and board."
Jack Vining
Second year
Computational Mathematics

"They should put in more parking spaces."
George Eliopoulos
Second year
Finance

"Be more generous with printers in computer labs."
David Hein
Fourth year
Mechanical Engineering

"They should put computers in the coffee shops."
Josie Chumachal
Visitors

"I think the Liberal Arts building and the Library need to kiss and make up. I get scared when I walk between them, because I think one building is going to eat the other one's face."
Jim Dowdle
Fourth year
Biotechnology

"To build more colossal statues."
Pete Mulroy
Fourth year
Environmental Science





Above: RIT's Adam George dives try to reach the puck and put it in the net, but was unsuccessful on this attempt which led to a fight, not a goal. RIT won the game 9-1. Christopher Zajac/REPORTER Magazine

SPORTS DESK

by Matthew Doak

Men's Basketball

The Tigers took the floor against fifth-ranked University of Rochester on January 5 and dropped the game by the score of 66-50. RIT stayed close in the first half, trailing by only four points at the break. In the second half, Rochester's shooting improved to 63.9 percent, while the Tigers shot just 29 percent. Kyle Goff paced RIT with 10 points, while Fran Snyder had nine and Jesse Foote had eight. Drew Martin led the Tigers with five boards.

This past weekend, the Tigers had back-to-back wins in an Empire 8 Conference event against Elmira on Friday and Ithaca on Saturday, winning 91-80 and 70-67 respectively. Fran Snyder led all scorers against Ithaca with 32 points on the night and Kyle Goff led against Elmira with 28 points. The men's team stands at 6-4 and takes the floor again this weekend in the J.P. Morgan Chase Tournament.

Left: RIT Forward Kyle Goff (30) goes for the rebound against Ithaca's Jim Bellis (31). RIT won the game, 70-67, on a basket scored by John Johnson with 22 seconds left to play. Ana Zangroniz for REPORTER Magazine

Women's Basketball

The women's basketball team was off to their best start ever, but has been struggling of late.

That trend continued on January 6 when the ladies took on second-ranked University of Rochester. Much like the men's game, the women stayed close in the first half, shooting 44.4 percent from the floor. The Yellowjackets opened the second half with a 10-1 run and never looked back. **Christina Ermie** led all scorers with 18 points while Noelle d'Estries had ten and **Karli Couchman** added eight points and seven rebounds.

The team is currently 3-4 and will take part in the Chase Tournament this weekend.

Men's Hockey

After a short break in their schedule, the men's hockey team skated into action in a pair of games at the Plattsburgh Tournament.

In the opening game, RIT fell behind early but came back to knock off St. Michaels by the score of 5-2. **Mike Tarantino**

(Sports Desk continued)

and **Michael Tucciarone** each scored a pair of goals for the Tigers, while **Darren Doherty** added another. **George Eliopoulos** made 23 saves in net for the Tigers.

In the finals of the tournament, tenth-ranked RIT ran into a hot

Babson College team and were dominated in a 5-1 loss. Babson had beaten third-ranked Plattsburgh State on the previous night and used strong defense and goaltending to knock off the Tigers. Tucciarone scored the only goal for RIT.

The men's hockey team finds themselves sitting at 5-4-2 as they prepare for action this weekend at Fredonia.

Women's Hockey

On January 6, the RIT women's hockey team got back into action after two weeks off.

The ladies took to the ice against Hamilton College and skated to a 3-3 tie with the Continentals. **Alysia Park** registered her 100th career point with her goal in the second period.

Nicole Wisniewski also scored two goals for RIT. The Tigers managed only two shots-on-net in the overtime period and allowed only one from the opposition. **Elaine Vonderembse** had 27 saves on the night for the Tigers.

The women are currently 8-2-1 and take on Southern Maine at home this weekend.

Wrestling

The RIT wrestling team traveled to Oswego on January 3 to take part in the New York/Pennsylvania Duals.

The Tigers picked up a 33-18 win over Scranton, but dropped a 28-19 match to King's College (PA) and another match to Lycoming College (30-15). **Chad Sutliff**, who won all three of his matches, turned out to be the highlight of the weekend. His victories included an 8-2 decision against an opponent from Scranton and two pins over opponents from King's and Lycoming.

The team takes part in the New York State Championships today and also has a match tomorrow against Ursinus. •



*** 3 STARS

by Matthew Doak

* Chad Sutliff – Wrestling

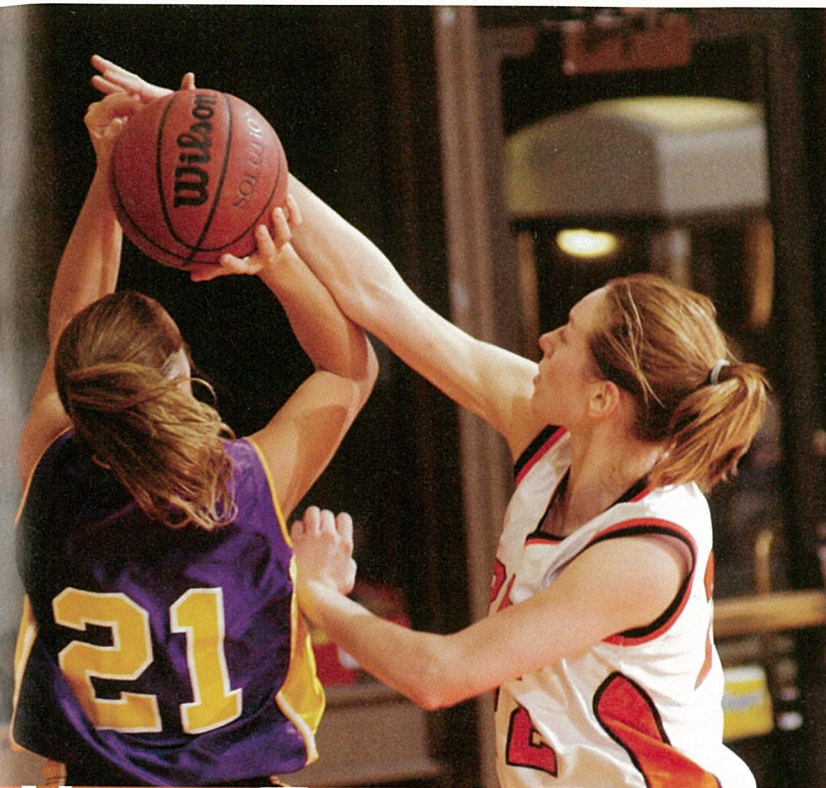
RIT's most consistent wrestler this season, freshman Chad Sutliff, recorded two pins and an 8-2 decision at the New York Pennsylvania Dual Meet hosted by SUNY Oswego. The 157 pound athlete from Linesville, Pennsylvania won a decision against Scranton's Tim Grover 8-2 during his first match of the weekend. He then went on to pin Shaun Canney from King's College in 1:28. In his final match, Sutliff pinned Ben Shull in 1:37.

* Fran Snyder - Men's Basketball

Sophomore Fran Snyder is currently the second leading scorer on the Tiger team, averaging 16 points per game. Snyder also is second on the team in field goal percentage (.488) and has knocked down more three-point field goals than any other player. He is shooting nearly 83 percent from the free throw line and is averaging 2.4 assists per contest. Snyder scored 23 points in a recent contest against D'Youville.

* Karli Couchman - Women's Basketball

Junior center Karli Couchman leads the Tigers in scoring, averaging 12.3 points per game. Her .444 field goal percentage places her at second on the team. She is also third on the team in rebounds, pulling down over five boards per contest. In a recent game against Cazenovia, Couchman scored 12 points and grabbed three rebounds, helping the team to a victory and their best start ever (3-1).



Young Team Looks to Bring the Heat on the Floor

by Julie Scuderi

Think you have to be tall to play basketball? Think again. The RIT women's basketball team, one of the smallest in the league, has had no problem bringing the heat on the court this season, proving that heart can be just as important as height.

To jumpstart things, the girls went 2-0 in their first match ups against Hilbert and Potsdam State. The final scores were impressive—76-43 and 72-58 respectively. The girls soon found themselves with a 3-1, their best start to date. Currently the team is 3-4, after suffering some tough losses that have only served to motivate them to keep playing hard.

"The school record is 10 wins for a season, and we can definitely beat that this year," said sophomore guard Jenna Lerch. "We are still learning to play together, but we are so young that will come."

With only one senior on the team, the underclassmen have handled the load with resounding success. Freshman forward Ramata Diallo has been lighting up the scoreboard, averaging 11 points per game, the second highest on the team. Her 64 rebounds puts her in a category all by herself. Diallo

Karli Couchman of RIT blocked a shot by Jennifer Parker in their January 9 loss to Elmira. The final score was 78-68 in the first of their Empire 8 Conference games. Matthew Apgar/REPORTER Magazine

also received an early holiday present when the Empire Eight donned her with Rookie of the Week honors.

Another freshman who is proving herself an offensive threat is forward Margot Sandy who has posted 48 points and 34 this season.

Sophomore guard Christina Ermie leads the team in scoring with 78 points on the season and wowed the crowd in the season opener against Hilbert, posting 20 points and seven steals.

Junior Center Karli Couchman is proving to be an excellent captain, leading the team with 12 points per game. She had a career high 28 points against Potsdam and is well on her way to leaving her mark in RIT's record book.

Noelle d'Estries, another sophomore guard is also up there in scoring, averaging nine points per game. In the Tigers' win versus Cazenovia, d'Estries was lethal from all angles. She scored 24 total points, 18 of those from the three-point line.

These young players are filling the shoes of the four seniors that the team lost, including Lauren Long, the top-scoring star of last year's roster.

Recently, the Tigers played the University of Rochester—the number one ranked team in the nation. Knowing they had nothing to lose and everything to gain, the girls poured their heart and souls into 40 minutes of high intensity action. When halftime came, RIT was only down by two points. A second half scoring run on the part of University of Rochester left the Tigers behind, despite the impressive efforts of the RIT team. Ermie had an amazing game, finishing with 18 points while d'Estries added 10 points.

"We showed everybody how much heart this team has," said head coach Deborah Buff. Later this month, RIT will face University of Rochester again in the annual Chase tournament, which the Tigers have never placed in before. This year, with the expertise Buff, who enters her second season coaching the Tigers, the girls are hoping to appear in the finals.

"She is just such a great coach," said Lerch. "She never stops motivating us." Buff also helps the girls out by keeping her eyes focused on the opponent. The girls are given scouting packets, information on each player on the opposing team, and watch countless footage of other games. This extra edge will hopefully result in a winning record this season—quite an accomplishment for a team with only one win two seasons ago.

With all of their upcoming games being Empire Eight matchups, you can bet that fans won't be disappointed with the action. A daunting schedule still awaits them, but, as this young team has shown, a little heart goes a long way. •



The Tiger Shark Who Hates Water

by Marci Savage

photograph by Johanna Miller

A swimmer who doesn't like the water? If you thought this was impossible, then meet sophomore RIT Tiger Shark Pete Kaemmerlen. A swimmer from the age of eight, Kaemmerlen admits that he was once so afraid of water that his mom made him join a pool club, a step that led him to join local swim teams. Ironically, plunging in head first has not changed his fears. "I am still afraid of the water in a way," he said. "The worst part of practice for me is actually convincing myself to get in for the first time."

However, his fear of the water hasn't stopped him from excelling in a sport that he has learned to love. Kaemmerlen is a versatile swimmer who participates in all events, but mostly competes in the IM events and distance. This season, his specialties include the 200 IM and the 500 Freestyle. At the Conference Championships he will compete in the 1660, which is 66 lengths of the pool.

Kaemmerlen has shown tremendous improvement and growth so far this season. "I have had a very good season so far, swimming personal bests at many races," Kaemmerlen said. New head coach Mike Cahill couldn't agree more; "Pete has gotten faster from last year because he has continued to work hard to succeed."

Kaemmerlen's competitive nature is apparent. "One of the reasons I like swimming is because there is always someone next to me for me to pass," he said. "Even in practice I am always striving to beat the person next to me." His competitive side has given him a large amount of self-motivation.

"Pete sets his own goals," said Cahill. "When we talked his goal was to make it to NCAAs and he has it down and knows what he has to do." Kaemmerlen is dedicated to the sport and attends morning and afternoon practices at least five times per week. Cahill has great confidence in Kaemmerlen's work ethic. "I don't worry about Pete because I know he isn't lazy and would never just blow off a practice because he is a very disciplined

swimmer." During winter break Kaemmerlen returned to his home town of Fairport to swim with his high school team every day, and even swam 12,000 yards on Christmas Eve.

Last season Kaemmerlen missed the cut for the NCAA Championship in the 400 IM by .04 seconds, so this season he is hungrier than ever to reach that goal. "No matter how much hard work and time it takes, I will make it to the NCAA Championship," Kaemmerlen said with a smile.

Swimming requires both dedication and form to be successful. Kaemmerlen doesn't seem to have a problem with either. "Pete is such a versatile swimmer. I can put him in any event in a meet and he will excel," said Cahill. His strongest event is the 400IM, meaning he must swim the butterfly, backstroke, breaststroke and freestyle in the same race. "In the 400IM you must use every muscle in the body and everything on Pete is strong," said Cahill.

Sometimes in a predominately individual sport it is hard for athletes to be team players, but this has never been a problem for Kaemmerlen. According to Cahill, "Pete will do anything to help the team win because he wants RIT to be a great team all around." One of Kaemmerlen's favorite parts of the RIT team is the variation in the competition. "I like the level that we compete at and the fact that there are many different levels of swimmers on the team from experienced to new," Kaemmerlen said. "We all have fun together, and I have never been part of a team with different levels of abilities."

Most recently, he helped his team achieve a 124-116 win over the University of Rochester. Kaemmerlen scored three victories, the 200IM, 500 Freestyle, and the 100 Breaststroke, and was able to achieve two lifetime bests in the process.

Cahill wrapped up Kaemmerlen's qualities, saying, "He is a highly motivated, hard working athlete who is a strong team player and an excellent swimmer." •

Do People Really Change?

by Bryan Hammer

It had been four years since I played with my high school hockey team. The room was filled with familiar faces, and conversation that I've heard before; the smell of the locker room rank, yet surprisingly comforting. I thought that going back to play this alumni game would be an interesting opportunity to see how people had grown and changed. I was waiting to see some of them finally mature. However, observing the locker room scene, I felt transported back to my high school years. It was a carbon copy of all my memories. The same kid that would take your jock and hide it while you were out thought it was still funny, the cheerleader of the group was still doing his ra-ra speech to a room full of people who just wanted him to shut up, and the same quiet trouble makers were throwing chunks of snow and tape from across the room while you weren't looking. I was suddenly asking myself "Do people change?" "Had I changed?"

After years of being on my own, I'd like to think that I have, but sometimes I think I've just become more aware of things that I do that I wish I could change. In the last four years I've changed majors, picked up new hobbies, put former passions on hold, began new relationships, ended some, and discovered that I never had it figured out.

"College is a time for getting knocked on your ass and starting from zero..."

College is a time for getting knocked on your ass and starting from zero; a time to learn from mistakes as well as new experiences. Does this really change a person? Sure we change goals, habits, and even our outlook on life in general, but inevitably we use the same set of values to assess and make choices. Our values and opinions define our character—they choose what we're going to say and how we're going to respond without us even thinking about it.

Considering this, how are we expected to change? I'm not saying we should all give up trying to improve ourselves and develop our character. I just think our efforts to change are sometimes misplaced. I'm sure almost

everyone has wished he or she could go back to high school, or even further back, so that they could be different or do things different. I realized during my reunion experience that I probably would have done everything the same, and I think that would go for most people.

Senior year of high school I decided I wanted to be an engineer. My teachers and counselors all said I was really good in math and science, and that I could make a successful career in that field. What they didn't ask me is whether or not I loved math and science. After a year and a half of engineering, I discovered that I hated almost everything about the field, and the more I learned about it, the more I felt overwhelmed. After much anxiety and exploration, I happily changed to Industrial Design. I liked, and continue to like, the possibility of connecting with, even inspiring, people through design. I realize now that while these are two different fields, I used the same process to come to a decision about perusing each one, just at different times.

I've always wanted the same basic things—to enjoy my life, to affect others, to have a reason to wake up every morning. In high school, I thought perusing a profitable and difficult career would fill these things. I thought if I was able to be good at something that not many people are cut out to be, that I would be happy. I discovered that I couldn't force myself to just do something that I wasn't in love with. I know people who do it everyday with little thought. But I learned that my personality won't allow me to be happy doing that.

I've wished many times that I could go back and make the right choice in the first place, but seeing that I used the same set of criteria to reach my decision, I guess I would have made the same decision. That's where everyone was steering me, and that made me feel important and confident in the decision. I'm okay with the mistake now, because I have a better understanding of what really makes me happy—a realization more important than the time I lost to my former major.

We all have our personalities, character, values, and opinions that have been engrained into us before we probably even knew we were forming them. I don't remember the day I discovered my personality, I just remember that I've always had a set of questions that I run through in order to make a decision. Though I'm making more meaningful decisions now, I still use the same questions.

Instead of wishing we were different people, or regretting past decisions, we should try to understand why we do the things we do. Now is the time to get over it and figure out how to live your life in a way that works for you. We all have things we need to let go of, discover, and accept, and everyday is a chance to do that. Do people change? Not really, but we all learn. •

RITchie's List



Jan. 17 - Jan. 23

January 17th

- Women's Hockey vs. Southern Maine, Ritter Arena, 7pm
- Men's Track & Field, U or R Quad Meet, at U of R, 2pm
- CAB presents: College Bowl, Clark Rooms & Fireside Lounge, begins at 9am
- USA Volleyball Tournament, 9am-9pm, Clark Gym

January 18th

- Women's Hockey vs. Southern Maine, Ritter Arena, 11:30am
- CAB presents: College Bowl, Clark Rooms & Fireside Lounge, all day

January 20th

- Men & Women's Swimming/Diving vs William Smith, 7pm
- "Cite it Right," Information presentation at Wallace Library, 10:30am-2:30pm,

January 22nd

- "Influential Men and Women in RIT History," Lecture/Speaker at Wallace Library, 3-4pm
- Gannett Lecture Series: *Labyrinth of Cocaine: Columbia & the United States in an Age of Drugs*, Webb Auditorium, 7:30pm

January 23rd

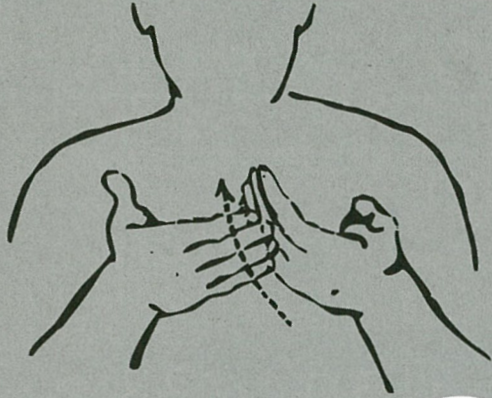
- Women's Basketball vs. Alfred, Clark Gym, 6pm
- Men's Hockey vs. Geneseo, Ritter Arena, 7pm, (Pic/Autograph Night)
- Men's Basketball vs. Alfred, Clark Gym, 8pm
- CAB presents: Rec/Travel, *Hedwig & the Angry Itch*, Syracuse Stage, 7pm

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