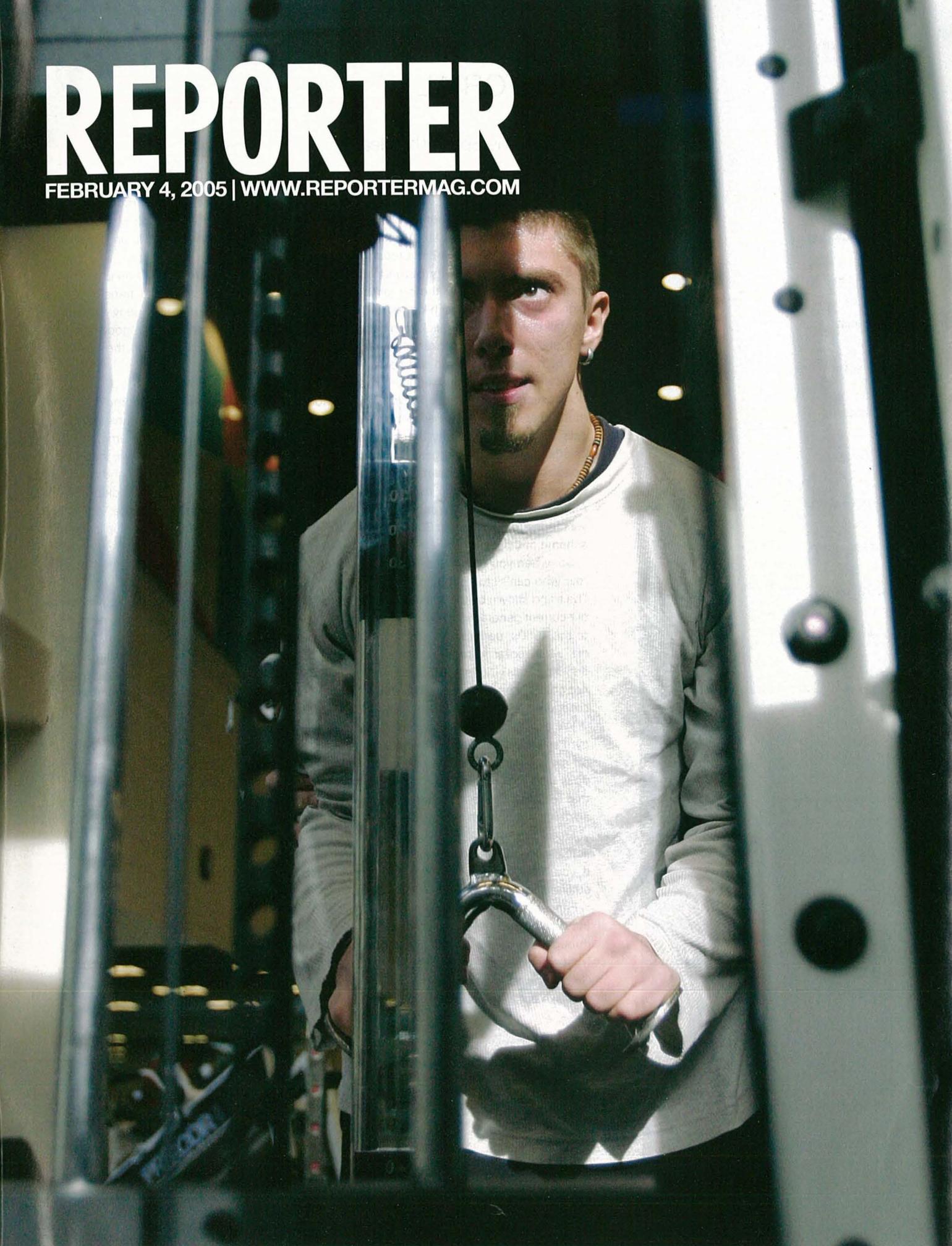


REPORTER

FEBRUARY 4, 2005 | WWW.REPORTERMAG.COM



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EDITORIAL

My Name is Spaz “The Healthy”

Mmmm...cookies. My mom makes amazing cookies—too much butter, too much sugar, too much of a good thing. I eat them ravenously at home. And I eat them far more rapidly when they are complemented by a large comfortable couch and an all-too-consuming television. Such was my lifestyle at the end of last summer. This was due, in part, to the fact that I broke my collarbone mountain biking.

Stricken to little activity beyond walking to the couch and lifting my left hand to my mouth, I vegged away the remaining days of summer and managed to transform a significant portion of my hiking-and-biking-sculpted physique into a soft, pudgy exterior for fall classes. I was quick to discover that being a couch potato is not a good thing. But still being rather broken through autumn, I remained predominantly on the couch. My hard flesh blurred into soft flesh.

I really should have just fidgeted more.

A research team at the Mayo Clinic in Rochester, Minnesota recently completed a study that shows how inadvertent exercise, something lead researcher James Levine calls non-exercise activity thermogenesis (NEAT), can burn off a surprising amount of calories. The results suggest that simply standing up rather than sitting down, shifting position rather than remaining immobile, talking instead of remaining silent, and doing some good ol' fidgeting may be the secret to staying fit in our obesity-riddled age. Although the mean difference in calories burned per day by being slightly more “active” was found to be a meager 350, this is still a substantial amount in the grand, multiplicative scheme of things.

So, when you are in class, don't be afraid to fidget a little. That kid at the end of the row who can't stop bobbing his legs up and down is laughing all the way to buffet line. The trend shown by the Minnesotan research team can be used to analyze the activity of our current generation. If only humans would return to the level of physical activity normal to the 1950s, perhaps we might have a shot at lowering this obesity thing. Some well-off, white-collar folks have taken to installing treadmills in their offices to combat non-fidgeting, desk-ridden tendencies by completing work while walking. This is obviously not going to be something available to the not-able-to-afford-large-workout-equipment college populace, but it inspires alternatives.

We at least have a gym on campus. It has a lot of treadmills. I have been going to the gym since the beginning of winter quarter. Every day, I try to make a little time to work off my mother's cookies. But if you want to impact your physical health, all you need to do is take your reading for class up to the second floor of the Student Life Center, strap that textbook to the holders on the treadmills, and walk—just walk. There certainly isn't anything wrong with the couches in Java Wally's, but you might do something better for yourself by getting off your ass. This is not about being lazy or obese, it's about...well actually, it is about being lazy. People need a change in mindset, some inner motivation. If you are looking for some help with motivation, check out the Wellness Challenge outlined on page 16.

Fitness isn't all about looking svelte either; it is about having energy throughout the day—energy you can use for keeping a good pace walking to class, keeping alert throughout class, and then keeping strong during a pleasant romp in the hay after class. Trust me, you will probably feel much better if you just fidget a little more during the day. Grab some coffee or tea from Java's in the morning, take it to class, and allow the caffeine to shake out a few calories.



Erhardt Graeff
Editor in Chief

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Homecoming 2005

FACULTY VS. STUDENTS

Feb 5th, 2005

Game Starts: 11 AM on turf field

"OUR BLOOD RUNS ORANGE"

sponsored by: STUDENT GOVERNMENT

Homecoming 2005

SUPERBOWL EXTRAVGANZA

FREE FOOD
and COUCHES

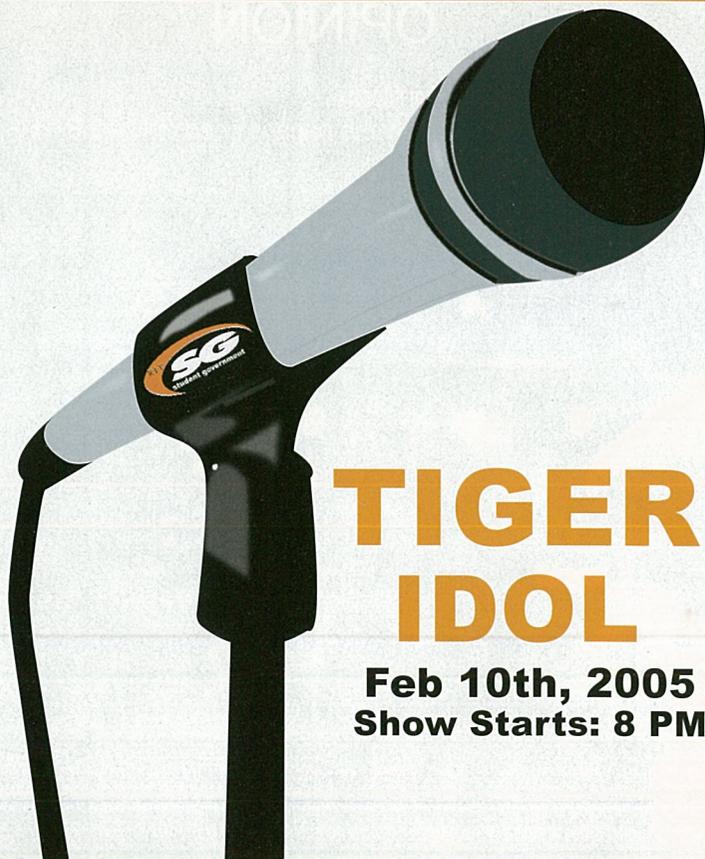
Feb 6th, 2005

Party Begins 6 PM in Clark Gym

"OUR BLOOD RUNS ORANGE"

sponsored by: STUDENT GOVERNMENT

Homecoming 2005



TIGER IDOL

Feb 10th, 2005
Show Starts: 8 PM

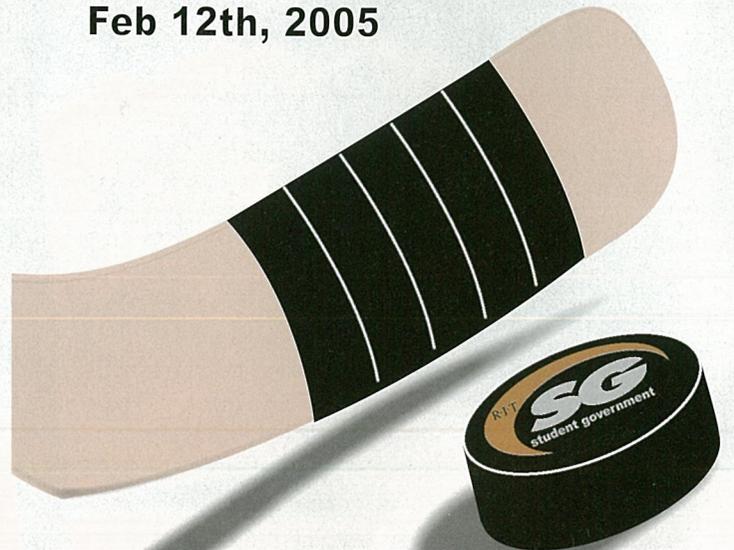
"OUR BLOOD RUNS ORANGE"

sponsored by: STUDENT GOVERNMENT

Homecoming 2005

HOCKEY

ELMIRA vs RIT
Feb 12th, 2005



Game Starts: 7:00 PM

"OUR BLOOD RUNS ORANGE"

sponsored by: STUDENT GOVERNMENT

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Mixing and Matching

Over the past few years RIT has been working to open academic possibilities for students, first with minors and recently with a commitment to offer more electives across degree programs. Personally, I believe giving students an opportunity to sample disciplines other than their majors makes them more rounded.

It's true a student's minor and/or electives can be taken within their major department, but I encourage you all to take a look "outside" when the time comes. RIT's wide range of degrees and programs provides you some unprecedented opportunities to cross boundaries.

For example, next quarter I'll be teaching Interactive Multimedia Project, 4004-743. Doesn't sound too interdisciplinary from the title or the generic course description listed in the catalogue. However, what we'll actually be doing in the class will (I hope) demonstrate the potential of combining the skill sets here at RIT.

The class project is to take the first design steps in creating a traveling exhibition and companion web site for the George Eastman House. The topic is 150 years of Motion Capture Technology. Motion capture today is used to...

- Control Computer Games (like the PS2 "Eye Toy" does)
- Create Computer Animated Films (like the recent "Polar Express")
- Drive Homeland Security Efforts (a new field called "Gait Recognition")
- And much more.

The finished exhibition (2-3 years from now) will allow attendees to *experience* the history of the technology. They'll use duplicates of 150 year old "Photographic Shotguns" (with web cams and Bluetooth inside) and play with hacked game consoles to see how "the magic" of motion capture really works. Creating exhibitions like this requires not only computer science and engineering skill sets, but those of industrial design, graphic design, cabinet-making, technical writers, and more.

And this is just one example. All over campus there are, or will be changes for emerging artists, scientists, engineers, writers, and others to stretch their wings and see how the other half lives. What's more, out in the "real world" the artist who understands technology (or can keep their own books) and the technologist who can communicate with artists or actually write, are the ones more likely to get and keep the more interesting jobs.

So, while you're here, take a chance and walk on the wild side, whatever the wild side might happen to be for you.

Stephen Jacobs
Assistant Professor, IT
sj@mail.rit.edu

Will someone please remind me of the definition of "merit"?

Recently, I received an email from the Office of Financial Aid titled "Good News from the Office of Financial Aid". Being a typical college student without a lot of money to throw around, I was eager to read the good news that RIT was extending to me. Upon reading the message sent to all students with merit based scholarships, my emotions quickly turned from delighted to infuriated. The message was informing students that it is now easier to renew their merit scholarship each year. Specifically, students with a merit based scholarship now only need to earn a 2.8 GPA instead of the previously required 3.0.

After reading this message from the Financial Aid office I immediately asked myself, "Why does a 2.8 GPA deserve a reward? Shouldn't a "merit" scholarship reward someone for a job well done?" It's like the institute decided that earning mostly B's and a C is praiseworthy. What about the students that bust their humps to get A's and B's? I didn't get a notice from the Financial Aid office saying that students with a 3.7 or more would get an increase in their aid for a job well done. Why should our school choose to reward mediocrity instead of excellence? Shouldn't they instead reward those who perform? Wouldn't this give the students that are on that 3.0 GPA borderline a reason to excel? I thought so.

Matt Mitrik

EDITOR: For further response to this issue see Casey Dehlinger's Opinion on page 30.

Art Shows at the Dyer Arts Center: Two Artists Bring Their Visions of Nature to the Residential Side

by Andrew Brooks

The RIT/NTID Dyer Arts Center, located on the first floor of the Lyndon B Johnson Building, has a great selection of public art shows to choose from, two of which are currently thriving on display from 9 a.m. to 4 p.m. Monday through Thursday, 9 a.m. to 7:30 p.m. Friday, and 1 to 3:30 p.m. Saturday. Currently, the works of Tom Barker and Patricia Russotti are on display.



An Engineer and the Other Side of His Creativity

"Earth Images and the Other Side of Tom's Photography" is a 93 piece collection of some of Tom Barker's photography. Barker has been teaching full time at RIT for over 20 years and is a professor in the Quality and Applied Statistics department of the College of Engineering. His work covers many different aspects of life and nature; from using a ground bean bag tripod to get close ups of mushrooms to "making photographs" of kayaking the Adirondack Mountains. Nature in many forms is displayed within his art. His earth images really show him "getting in touch with the environment."

Barker has been close to nature all of his life, and for most of his time he has had a camera with him. His uncle worked for Eastman Kodak and gave him a camera when he was six years old. Tom enjoyed art and the camera extensively, leading him to earn a degree in photographic science and engineering at RIT. Today, he enjoys the woods surrounding his house—inspiration for photography. He likes a mixture of science and artistic creativity in life. "Discipline does not mean creativity is squelched," Barker said. He continued, "It is the balance between the right and left halves of the brain that makes a good engineer." It is his knowledge of science and logic that helps him make some of the best art he can. He does this both through understanding of how his art can be made, knowledge of the equipment used, and insight into how he can display it. Tom made a scale model of the gallery into which his art would be placed. His pictures were scaled down accordingly. This allowed him to configure the arrangement of his gallery, which

is very similar to the way in which he would teach laboratory organization to his students. He arranged pictures of nature into a mushroom shape, a clear example of engineering meeting artistry.

By being an engineer he also has an understanding of computing, which allows for many of the effects shown in "The Other Side of Tom's Photography." These include turning blurred or low quality shots on two megapixel cameras into pictures that look like a dotted style of painting. Other effects include the meshing of a panoramic shot by taking close pictures of neighboring fields of vision and copying objects or removing objects in Photoshop. His work is being shown in the NTID Dyer Arts Center though February 25 next to Patti Russotti's showcase.

Exuberant Nature at RIT

Patricia, "Patti" Russotti, an established professor in the School of Print Media at RIT's College of Imaging Arts and Sciences, can now join part of the art history at RIT by having her "Exuberant Nature" exhibit of "Scan-o-Grams" on display at the NTID Dyer Arts Center. It is here that you will see a small slice of the hundreds of works done by Russotti. She described the process of "Scan-O-Gramming" by mentioning that, "the artifacts, or 'stuff,' are placed on the flatbed of the scanner and I make a scan. I do my tone and color correction in the pre-scan utilizing a grayscale step wedge. The images are opened in Photoshop and I make a layer mask around each element because the scanner glass is always full of schmootz! Then the usual digital darkroom stuff."

Patti began creating visual art when her father built a darkroom for her. She first started with a camera and now essentially makes her own photographs. Much work goes into each project, in that everything has to be positioned and scanned properly, but the majority of time is put into the masking of the objects. They consist of many different types of flowers, plants, and leaves. Patti chose nature as a theme because, as she stated, "my dad and I spent a lot of time outside when I was a kid and that is where I learned to appreciate nature. The work in the exhibit is about the little tiny things we often miss in nature - the space and moment between. I have always been fascinated with the changes that occur in the world, nature. It's all about change. Nothing stays the same, yet each change can be more magnificent than its predecessor or successor—life is just like nature in my mind." The artifacts used are very intricate with many tiny details from nature. When asked about the realistic look and detail of her work she responded, "I like the insides of things that are normally not noticed—all the little textures and tendrils and details that are so gorgeous and most often missed by a simple 'walk by.'"

Russotti also does some work on fiber arts. By using fabric, she turned one painting into a stained glass-like tapestry. In this way, sunlight that strikes the art mimics sunlight hitting an actual plant. Patricia does not get to work with fibers as much as she would want to, but she is happy with Scan-o-Grams. "Time is such a rare commodity, but scan-o-grams can be made anytime. I don't have to wait for the right light, or just the right moment. I found this method to match my lifestyle." Her showcase can be seen until February 22 in the LBJ Building. For more information on her work, visit www.pattirussotti.com. •

During the opening of a new exhibition at the NTID Dyer Arts Center on January 20th, Ali Secrest (left) and John Aasp (right) touch a milkweed seed exhibit that reacts to static electricity. The artwork is part of an exhibition titled "Exuberant Nature," that features scan-o-grams by Patti Russotti, an associate professor in the School of Print Media. Thomas Starkweather/REPORTER Magazine

North Star Center: Leading the Way through RIT's 175th Celebration

by Brenna Cammeron

This February, RIT's 175 Anniversary celebrations are in full swing. RIT's North Star Center, whose purpose is to "enhance the student experience of African, Latin and Native American students", is leading the way in February's celebrations of the anniversary with a full roster of campus-wide events. The North Star Center is particularly excited because February is also Black History Month, giving the celebrations sponsored by the center a dual purpose.

The month's festivities will start off with a weekend of Gospel singing by both the RIT Gospel Ensemble and the renowned Fisk Jubilee Singers of Fisk University. RIT's Gospel Ensemble will kick off the weekend with a performance in Ingle Auditorium at 7:00 p.m. on February 4. Founded in 1981, RIT's Gospel Ensemble is a co-ed group that engages in many activities throughout the school year. This event will be their third Gospel Fest, and will be hosted by Reslife Community Enrichment Coordinator Joyelle Proctor.

The Fisk Jubilee singers will continue the weekend of gospel on February 5, 2005 with an 8:00 p.m. performance in the Ingle Auditorium. Established in 1871, the Fisk singers are renowned among historically African-American Southern colleges. The Fisk Jubilee singers will also enjoy a joint luncheon with RIT's Gospel Ensemble and a brief tour of the campus.

North Star Center's next celebratory event, the Annual Unity Fashion Show, will doubtlessly be one of the highlights of February's event schedule. This annual show, put together by the Black Awareness Coordinating Committee, will focus on the "five seasons of fashion," winter, spring, summer, autumn, and love. Although the show will undoubtedly be a great event in and of itself, fashion is not necessarily the only aim of the evening. According to Wanda Dansler-Hill, program coordinator at the North Star Center, the fashion show has been a wonderful opportunity to reach out to our community at large and to "positively influence the lives of others." Models in the show will be from local elementary and high schools that have been paired up with college students at RIT. These connections form a rare mentoring opportunity. According to Dansler-Hill, "High schoolers that had not had the intention of attending college eventually go...because of the show." Models from the University of Rochester, Monroe Community College, and NTID

will also be featured in the show, further showing the wonderful connections that have occurred in our community as a result of the networking done by the BACC. The show will also feature the designs of Nathaniel Johnson, owner of Nathaniel's Originals here in Rochester, and Serena Fields, an up-and-coming designer in the area. The show promises to be sold out. Last year 215 people were turned away because capacity had been met in the cafeteria. This year's event will (once again) be held in the SAU Cafeteria on February 12, 2005 at 6:00 p.m.

The next event being sponsored by the North Star Society is a 175th Anniversary Gala Event to celebrate RIT's history. Known as "An Evening of Elegance and Grace," this free event will be held on February 18, at 6:00p.m. The Gala, which is a black tie event, will honor RIT's progress in the past 175 years in general, but will especially focus on the strides that the Institute has made in making the campus diverse. Dr. Cynthia McGill, who was the only African American female Assistant Provost, and now is the co-pastor of the New Life Fellowship Church, will be the keynote speaker for the evening. She will focus her speech on diversity, along with the changes she has seen at RIT and her hopes for the future of the Institute. Special presentations will follow Dr. McGill's speech, including a trio playing classical music throughout the night and a performance by RIT's very own dance troupe. Food will be provided by RIT catering, but the highlight of culinary delight for any chocoholic will doubtless be the chocolate fountain provided by Mario's Via Abruzzi, a favorite local restaurant for discriminating lovers of Italian delicacies and fine dining. Although this event is open to the entire campus, special invitations have been sent, and the reserved seating is already filling up quickly.

The month's festivities will close around finals time with a week of carnival games from February 20 through 25 in the SAU Fireside Lounge from 12:00 p.m. to 2:00 p.m. This event is an opportunity for students to "de-stress" and will feature prizes, games, and lots of carnival-style food.

All in all, February's events look certain to be an enjoyable time for the entire campus. As Dansler-Hill says, "these are great events for the entire campus to enjoy...we're building connections in the Rochester community and hopefully bringing the student body even closer together." •

BrickBeat

by Andrew Bigelow with Casey Dehlinger

New Comprehensive Masters Scholarship for NTID

A new offering will soon be available for deaf or hard-of-hearing graduate students here at RIT. This great opportunity will present itself in the form of the Professional Fellowship Program, a brand new fellowship that serves as an all encompassing scholarship that includes a full tuition waiver, free housing in a single room dorm in the residence halls, and a hefty \$15,000 stipend to offset the potential distraction from education by the alleged need for a part time job. This generous offer is for all second and third year students in master's degree programs at RIT that are concerned with professional or technical fields. Applications are now being accepted from those NTID students wishing to receive the scholarship beginning in the Fall 2006 quarter. The deadline for the scholarship is February 15, 2005. For more information, contact the NTID Office of Outreach and Transition Services.

RIT Professor on Outsourcing

Assistant professor Ronil Hira testified before the US China Economic Security Review Commission in Seattle on January 13, 2005. Ronil Hira is a current member of the public policy department here at RIT and also serves as the Institute of Electrical and Electronics Engineers Career Activities Vice President. In addition, Hira is the author of an upcoming book that will hit store shelves in May. The book is entitled *Outsourcing America: What's Behind Our National Crisis and How We Can Reclaim American Jobs*. The US China Economic Security Review Commission was enacted by Congress in the year 2000 in order to monitor the consequences of our ongoing trade with China while speculating the outcome of various policies with respect to national security. Hira's concerns lie with the outsourcing of skilled jobs. This outsourcing, according to Hira, may threaten many skilled occupations, including those in the aviation, aerospace, and information technology fields here in the United States.

RIT to Ensure Its Organizational Accountability

Recent and memorable financial accounting rip-offs by major corporations have caused citizens to worry and regulators to be concerned; concerned to the point where in short time the spotlight of scrutiny may soon be shifted to non-profit organizations and universities instead of private companies and corporations. To stay ahead of the game, RIT has made a commitment of financial accountability by devising a means by which to assess our financial situation. This recently compiled plan, which will be entitled "Internal Controls", will soon be put into motion, allowing RIT to reach its goal of organization in the near future.

The internal controls process here at RIT will eventually allow public access to information which proves that the finances at RIT are being handled ethically. The first step in the plan will involve the training of personnel on campus, which will be facilitated through several training sessions that are scheduled throughout the year for officers, managers, and anyone else who may find the training useful.

CrimeWatch

compiled by Andrew Bigelow

January 21

Auto Stripping – Racquet Club

A resident reported that his car's rear tires were slashed while he was parked in the Racquet Club parking lot at around 5:00 p.m. The investigation is continuing.

Suspicious Conditions – NRH

A student reported detecting a marijuana smell in a room in NRH. A resident and another student present in the room admitted to smoking marijuana and a bong was confiscated. The case was referred to the Office of Student Conduct.

January 22

Petit Larceny – Gibson Hall

A student reportedly kept his Playstation 2 in his floor's lounge so that others could use it. He reported placing it there on January 10, and then noticed its absence on January 22. The investigation is continuing.

January 24

Auto Stripping – Sol Heumann Circle

A student parked overnight in the Sol Heumann parking lot noticed a flat tire on her car, which had apparently been slashed. A photo of the tire was taken and then AAA replaced the tire.

Harassment – University Commons

A female student, having broken up with her boyfriend several months ago, received several threatening messages on her answering machine. She was offered services and requested special attention for her residence.

January 25

Auto Stripping – RIT Inn

Two cars parked in the RIT Inn parking lot were forcibly entered overnight with their aftermarket stereos removed. Crime postings were distributed and the case is closed pending new information.

January 26

Reckless Driving – Reynolds Drive

A student on foot reported observing seeing a facilities maintenance plow truck driving at a high rate of speed—approximately 45 MPH. The truck then reportedly ran through a stop sign. A statement is currently being requested from the plow driver. The investigation continues.

Cops, Coroners, Corpses

by Sean Hannan

Dun dun! We all know that weird gavel sound. Anyone who has seen a TV in the last fifteen years knows that sound belongs to *Law & Order* (as well as its spin-off, *Law & Order: Special Trial by Criminal Intent Victims Unit*). Many people are downright fanatical about this show. Such fans often point out that before his twelve-year turn as wisecracking detective Lenny Briscoe, the late Jerry Orbach played a lawyer in season two. I'm not one of those fans. I'm more of a casual viewer of the show. As such, I approached the George Eastman House's new *Law & Order: Crime Scenes* exhibit with a casual eye.

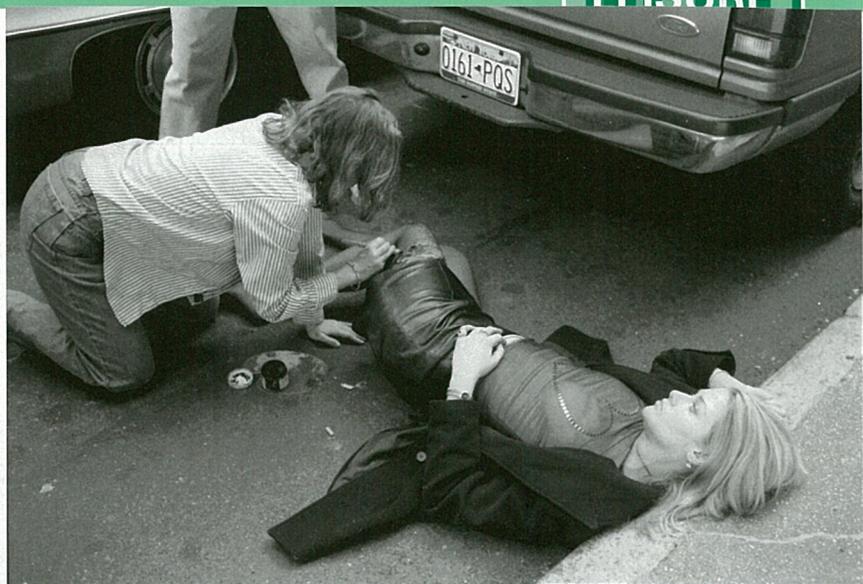
Before you even enter the exhibit proper, you are confronted by an array of television screens playing a synchronized *L&O* montage to great effect. The sounds of investigative chaos in the video also act as a wonderful soundtrack to the grisly photos that line the walls of the room.

Every one of the photos was taken by the on-set photographer for the past eleven years, Jessica Burstein. She documented these set-ups of actors and corn syrup as if they were actual crime scenes. The effect is quite chilling. Thankfully, much like the show, nothing is ever taken too seriously. Accompanying each bloodied victim are ancillary photographs and a caption that explains the behind-the-scenes work needed to get the particular shot.

Accompanying the photos are three display cases featuring various props and production materials from the shows. They've got production schedules, scripts, coroner ID cards, badges, mug shots, a crack pipe, severed legs, severed hands, severed heads, fresh blood, dark blood, reel blood (thinned), blood brushes, and blood sprayers. The severed heads, in particular, look astoundingly fake. I can't say that I've seen a severed head in real life, though, so who am I to judge? The severed legs, on the other hand, had an incredibly freaky amount of detail to them. You could see that blood from the "wounds" had trickled down into the tiny tributaries created by the wrinkles in the feet. Creepy.

After walking around the exhibit for a good amount of time, I was completely sucked into the world of *L&O* fandom. Having seen the meticulousness with which they create the show, one can't help but to have an appreciation for what they do. My only wish was that there was more on display. For a show with a fifteen-year legacy, I found that the exhibit ran a bit light. Oh well, I guess that's what the DVDs are for. •

Law & Order: Crime Scenes is on display through April 10. The George Eastman House is located at 900 East Ave. Museum hours and more information can be found at eastmanhouse.org.





Transforming the Mundane: Flying Words

by **Monica Donovan**
photographs by **Kim Weiselberg**

It's quite simple to explain, really. There are two ordinary-looking guys onstage, one signing a poem and the other speaking it for the hearing members of the audience. To actually attend a performance by Peter Cook and Kenny Lerner is an entirely different matter. These performers have collaborated for the last twenty years; the range of emotions that Lerner's spoken words and sound effects, and Cook's body language, facial expressions, and signs invoked in the audience last Saturday night at Robert Panera Theater proved that this is no run-of-the-mill poetry recitation. Breaking the boundaries of linear perception, Lerner and Cook transform the mundane into a multi-sensual arena of delight for anyone to enjoy.

They began with a four-armed performance piece without a title. It involved Lerner putting on a black head mask, standing behind Cook, and placing his own arms under Cook's. The piece, which involved no voice, was a warm-up for the audience, exciting those who had already seen *Flying Words* and giving newcomers a taste of what was to come. Lerner is rarely involved in the actual signing of the ASL poem, making this a special treat for the viewers.

The first poem, entitled "Ode to Words," was a dramatic illustration of the power and craftiness of the written word, enticing vivid images of temples, hurricanes, and crumbling destruction.

Another piece, called "The Déjà Vu Salesman," appealed to the more humorous side of audience. Cook and Lerner began with the daily, automated routine of the salesman, from the moment his alarm clock throws water on him to the moment he is thrown neatly into his socks and his hat is placed on his head for him. They incited a roar from the audience after the poem ended; Cook said with the finest of poker faces, "The next poem is called 'The Déjà vu Salesman.'" Between poems, the two kept the audience by telling stories, providing backgrounds for certain poems, and joking with each other. The two performers have an astonishing array of private jokes that they frequently indulge in offstage. "We have a joke about almost every poem and every time we get together [to practice] there is a theme for it," said Lerner. "It helps us remember what



BELOW: (right) Kara Matchett is lifted off to space during the performance of "Black Hole" while Peter and Kenny direct. The piece was performed during "Flying Words" held at the Robert F. Panara Theatre on Jan. 29th. Kim Weiselberg/REPORTER Magazine.



The show ended solemnly with "Wise Old Corn," a piece that the two explained they were performing one last time before they put it to rest. Dedicated to Archbishop Romero of El Salvador, Carolyn Forché, and Martin Luther King, who Lerner explained "are all people who plant seeds," the poem weaved between the stunning imagery of thrown bits of corn kernels exploding into stars in the sky and violent depictions of the marches and protests for Civil Rights decades ago.

Cook and Lerner have been working together since they met as RIT students some twenty-odd years ago. Cook did not learn ASL until he began attending college, taking classes in the subject and interacting with other deaf people. "There was so much more I could do with it...body language and facial expression could be used to express even more," said Cook. Today, Cook resides in Chicago. He divides his time between teaching ASL at Purdue University, homeschooling his son, traveling and performing with Lerner, and doing solo acts as an ASL storyteller. Lerner is a professor at RIT and lives in the country south of here with his wife and two children. When asked how his work has changed him as a person, Lerner replied, "I became obsessed with ideas, and I have a need to make things up. I always say that I get paid for doing what I used to get in trouble for at school."

At the time Cook and Lerner began working together—and even now—ASL poetry was a relatively new concept, pioneered by ASL poet Clayton Valli in preceding years. It is slowly gaining recognition, with some people taking it in new directions. Eddie Swayze, who is hard-of-hearing and resides in Rochester, enjoys ASL poetry and has also performed it in conjunction with electronic music that he composes himself. "I don't know where we're at [in ASL poetry]," said Swayze. "I'm a very experimental person and I tend to take risks. I don't care what people think."

A written review does these two no justice, and a video barely cuts it. To experience the magic of Flying Words, one must attend a show to see why these two are the best at what they do. Next up for Lerner and Cook is a performance at Ohio State University. They have produced videos of their work, some of which are available in Wallace Library. •

we were doing that weekend. If I'm looking for a video, it's the Not Yet Arrived session or..." "Or the Damn Deaf Door session," chipped in Cook.

The highlight of the show was a poem conducted by Cook and Lerner but carried out by the audience. Called "Black Hole," it began with one audience member in the middle of the theater, standing with his arms over his head and his hands together pointed upward. This particular man was the rocket, and as he stood up and "blasted off" into space, the rest of the audience moved their hands together in such a way as to illustrate smoke, gradually standing up and then sitting back down as the dust "settled." There were a variety of other audience interactions, ending in the sucking of one particular audience member into a black hole. Lerner and Cook recorded the final take of the poem on their own camcorder.



“Remember Me Forever!” Dane Cook visits RIT

by Dieter Laskowski

Comedian Dane Cook performs before a sold-out audience in the Gordon Field House on Saturday, January 29.
Eric Sucar/REPORTER Magazine

I have to preface this article saying that the benefit a comedian receives through performing for a college is that they get to use more “liberal” language. Through editing, a lot of this article will be changed, and you may not receive the full experience of Dane Cook; then again, no one can by only reading this article.

Dane Cook was opened for by Jay Davis, a comedian who is in the upcoming movie *8 Men* with Dane Cook. After the show began a half hour late, any comedian would have been welcome. Jay Davis was not just an opener, though, but a good comedian. He came out with energy and made some good cracks, mainly one about the naming of hurricanes, pertaining to how they were all names of little old ladies, rather than mean and scary names, like “Jay’s Ex-Girlfriend.”

After less than half an hour, Dane Cook came out and tested his popularity to the sold out crowd of 4,500 students, faculty, and public with the phrase “pickles,” which was met with a roar of cheers and applause.

The beginning theme of his bit was that everyone in attendance had such great potential, and that anyone could make a difference in someone’s life as long as they had the right scope. Cook gave an example of how he changed a kid’s life the other day while he was walking down the street—saw the kid, walked up to him, smashed his ice cream cone in his face and yelled at him, “REMEMBER ME FOREVER!”

Cook also reused a lot of old material. In one example, Dane explained how we’re all inherently violent and like to watch violent things like NASCAR races for the off chance that there will be a crash. The old material Dane Cook used was how he was watching this one crash, and “this tire came flying up and hit this lady right in the face.” Cook went on to describe the awkwardness of explaining the incident at the funeral for the old lady, “Oh, you didn’t see that clip on TV?”

Non-abstract jokes were the crowd’s favorite that night, as Dane Cook spared no one and nothing around him. Twice, he walked over to a bunched-up curtain that went all the way to the top of the field house and said “Man, I really want to see what happens if I pull this.” The best joke of the night was almost undeniably Cook’s interaction with the interpreter. As a offshoot of his earlier amusement with the closed captioning (“Dude, look! Write ‘I like hot dogs.’ Take a picture of that shit!”), Cook digressed by saying, “You have to sign everything I say right?” As Cook walked over and put his arm around the interpreter, he said in a very calm, straight voice, “I like to masturbate.” With cheers and laughter egging him on, and the interpreter continuing to both laugh and sign, Cook continued to talk about spreading mayonnaise all over his chest (as the interpreter made a spreading motion across his chest) and ended with “I like to lay in the corner like a little kitten, and lick my paws like a little kitten.” Cook seemed to have done his research on the fact that RIT is a technical school, and students laughed at him calling his apartment the Death Star because “it wasn’t complete, it wasn’t fully operational. Ha, only the geeks got it.” At least 45 minutes of Cook’s maximum 90 minute show was talking about a recent one-night stand of his, which had its own weird twists and turns, such as Cook’s signature move of flicking his partner in the eye while making out, “‘What the?’ ‘Ssh, don’t talk.’” This continued into other taboo topics, including the peculiarities of making the first move, and how each of the sexes has its own code as to how to service themselves.

The crowd at RIT—at least I—got a headache from laughing so hard. Dane Cook is a comedian worth seeing, and I would go see him every Saturday night if he performed at RIT that often, but once in a while is definitely worth it. He finished off by talking about getting hungry during sex, going downstairs for food, and finding out that cashews are perfect for catapulting into your mouth, via a penis catapult. “Don’t use peanuts, they just go rogue.” •

Who says skirts aren't manly?

Dropkick Murphys bring down the house

by Brian Garrison

Clark Gym shook off some of its snow Friday, January 28, when it welcomed Three Days Grace and Dropkick Murphys. Some diehard fans even made the trek through Rochester's January weather in kilts (or skirts as the case may have been), but once the show began, the crowd didn't seem to have any problem keeping warm.

Mike McColgan of the Dropkick Murphys approaches the audience during a performance in the Clark Gym on January 28. Thomas Starkweather/REPORTER Magazine.

In place of some punks from California (Lit) who decided to cancel, Toronto's Three Days Grace kicked off the sold-out show. They came on stage asking, "Are you ready for a fucking rock show tonight?" which begat a response of much cheering and rejoicing.

The initial excitement died down quickly, but the crowd gradually showed that they were, in fact, ready. By the time song number three rolled around, there was some good motion in front of the stage. Along with that, there were countless fans with their hands in the air, raising between one and three fingers. Many of the crowd even sang along with the band, ironically proclaiming, "You're wrong if you think that I'll be just like you."

The fans weren't the only ones enjoying themselves. After a few songs, lead singer Adam Gontier announced, "I just put my guitar down so I can jump up and down with you fuckers." Even with his guitar, Barry Stock was constantly doing a little spin move that was flashy enough to leave me amazed that he never fell over.

As their last song, Three Days Grace played their well-known "(I Hate) Everything About You" with lighting possibly inspired in part by www.seizurerobots.com. Currently, the band is writing and recording for their next album. They even played a new song at the concert, "Never too Late", which sounds about like the rest of their music.

While the crew set up for Dropkick Murphys, a few passed the time with a hacky sack, but most packed in closer to the stage with anticipation. Building up the excitement is something that Dropkick Murphys have down to an art, and a rowdy crowd is not uncommon for them. One man that seemed to know this had come prepared by sporting a chain mail shirt.

The murmur of the crowd died down as four bagpipers, followed by five drummers (one bass, two snare, and two others), followed by five more bagpipers, marched out onto the stage in kilts and the works. After four songs, they marched off and the lights went out. Soon the darkness became a glimmering of tiny flames and cell phones while "The Foggy Dew" by the Chieftains with vocalist Sinéad O'Connor lulled the anxious listeners.

When the band made its entrance, the crowd was set into motion. Whether moshing, jumping, crowd surfing, pumping fists, clapping, or swaying, the crowd kept going until all was said and done. The band kept the intensity high by involving the crowd with simple tactics such as high-fives and letting individuals scream into the mic. Things got particularly exciting when they challenged somebody from the audience to sing their long-lasting hit "Barroom Hero". Chosen from the many eager fans was Jason, who impressed the band enough to let him hang out backstage.

Later, the crowd as a whole was allowed a chance to show off their singing ability as the bagpipers started in on "Amazing Grace." A few lighters and cell phones came out again, but quickly went away as it turned rough. I'm sure the original writer never saw that one coming. To sing their final song, the third one of the band's encore, the two main vocalists came out to the bleachers. Fortunately, the crowd managed to not smother them. With ringing ears, everybody scurried back home through the bitter cold outside.

This June will see the release of Dropkick Murphys' fifth album. In the meantime, they'll soon be on their way to the UK, but will be back in time to play five shows in four days in their hometown of Boston for St. Patrick's Day. •

Quote “If the truth doesn’t save us, what does that say about us?”
—Lois McMaster Bujold

Some Facts

A Stream of Facts: February 4

On February 4th, 1801 John Marshall was sworn in as Chief Justice of the United States. He established the principle of judicial review in the historic case of **Marbury vs Madison**.

James **Madison** was president during the War of 1812, whose largest battle, the Battle of **New Orleans**, occurred 15 days after the treaty ending the war was signed.

New Orleans is known partly for the persistence of **voodoo** in its culture.

Voodoo, a local variant of hoodoo, the American form of the more traditional Haitian Vodou, is an indiscriminating religion that does regard sex or **sexual orientation** as a matter of any ritualistic significance.

Sexual orientation is generally defined by what **gender** you are romantically and/or sexually attracted to.

The word **gender** is derived from the old French word “genre,” which means “kind of thing,” and obviously goes back to the **Latin** “genus,” meaning “kind” or “species.”

Latin remains the official language of the **Vatican City**, which is one of the few places Latin is taught as a spoken language today.

The army of the **Vatican City** is comprised of no more than 100 soldiers, and currently contains 23 Non-Combat officers, 70 halberdiers, 2 drummers, and a chaplain.

Studying for exams. This age old trick of actually learning test material is by far the best method for excelling on exams. It may seem a little bit like cheating to actually use your memory and “learn things;” however; this is actually what you are supposed to do in school.

> Reporter Recommends

A Haiku

by Brian Garrison

Snow plus wind equals
A frigid punch to the face
Like Jack Frost times ten

If you are looking for a nostalgic treat in the coming weeks, think about returning to your childhood and making ice cream cone cupcakes. Simply buy a box of cake mix (Betty Crocker SuperMoist party rainbow chip cake mix is a good choice) and a box of flat-bottomed ice-cream cones (like Joy Cake Cup Cones) Follow the directions on the cake mix box and fill your cones about 2/3rds full of the batter. Place the cones on a baking tray and back according to the cake mix directions. The cupcakes puff up and after a little decorating you have a perfect cupcake cone for any party occasion.

Random REVIEW

Songs about cheating, you cheating cheaters:

Hank Williams—You’re Cheating Heart
Jane’s Addiction—Been Caught Stealing
The Clash—Cheat
Slayer—Raining Blood
Bright Eyes—Halign, Halign, a Lie, Halign
Franz Ferdinand—Cheating on You
Taking Back Sunday—The Ballad of Sal Vallanueva
Alan Jackson—Who’s Cheatin’ Who

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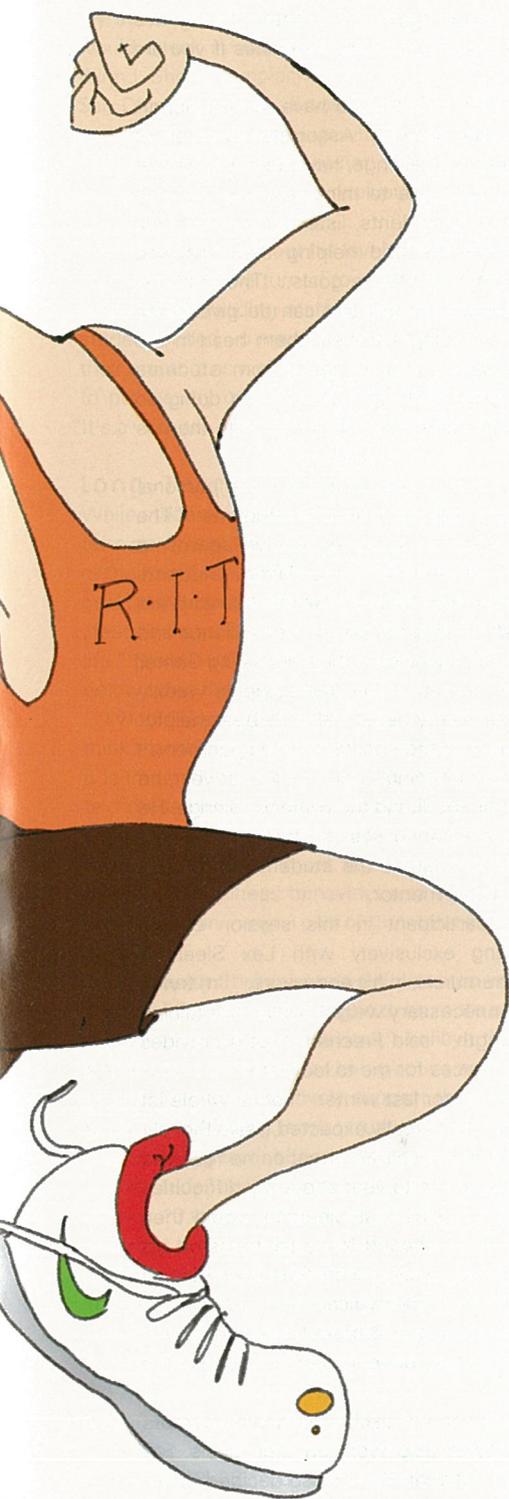
*Students compete,
but everyone wins*

by Frances Cabrera | Illustration by Bill Robinson

With the "Freshman 15" breathing down first years' backs, threatening to turn rookie college physiques into plump, fatty bodies, physical fitness is a major college concern. Eating large amounts of cafeteria food, pulling all-nighters, and living off of caffeine can worsen the negative effects of an already sedentary lifestyle. At a time when students are entering adulthood and establishing habits that can last a lifetime, these unhealthy habits can stand in the way of future wellness. At RIT, students and faculty have developed a plan to help students living in residence halls get the support and knowledge to make and achieve goals in the three areas of health: fitness, nutrition, and wellness. This plan is called the Health Challenge.

"The student leaders in the Residence Hall Association felt [health] was an important topic for first year students who make up the majority of the residence hall population," said Jeffrey Sulik, Assistant Director of ResLife, and one of the original coordinators of the Health Challenge. "Often students in their first year of college do not maintain a healthy lifestyle in regard to eating, exercise, and overall wellness. The Health Challenge is an opportunity for students to refocus on these aspects of their life with the support of full-time staff members."





History

Dave Blonski, Vice President of Student Government, was the student leader of RHA when he came up with the idea of the Health Challenge. Last year, while he was president of RHA, Blonski began noticing the lack of physical and healthy activity in his peers' lives and the excuses they had for being that way. "I realized I wanted to start a program to get students involved and stay motivated," said Blonski. "What people wanted was to be able to sit and talk with people who knew what they are doing. We'd call these people mentors. The mentors wouldn't prescribe anything; they would just share the experience with the student."

With this premise in hand, he approached Michelle Blinnd, Wellness Program Specialist. Together, they and several leaders in the Student Affairs departments launched the first Health Challenge in the winter of 2004. For 10 weeks, 50 students met with their Health Mentors to help achieve specific goals with their health. To further help the students in their objectives, three seminars were held covering the topics of "Eating Healthy on a College Campus," "The Basics of Weight Training," and "Vitamins and Supplements." The students all received t-shirts and gift certificates to Galyan's for having accomplished their goals. The formula worked, and Blinnd launched the Challenge two more times, including the current winter session.

"The Challenge is not too different from the first time, other than the fact that more students are registered, we have more Health Mentors, and the website (www.rithealthchallenge.com) is improved," said Blinnd. In addition, the three seminars were replaced by an all-day seminar held by Charles Staley on January 21 in the Gordon Field House [see the January 28 issue of Reporter for more formation on Staley's seminar]. The number of registered students has steadily increased from the original 50, to 60 students in the spring of 2004, to now 75 students currently participating in the Challenge. The number of Health Mentors has increased from having about 15 participating to the present 25, keeping the student to mentor ratio 3:1. This close mentor-student relationship and the positive feedback from both mentors and students have been the source of success of the Challenge.

Student and Mentor Relations

According to the Student Information Packet for this session of the Health Challenge, each Health Challenge Mentor's "role will be brainstorming, strategizing, and encouraging students to set and reach realistic goals." The responsibility of meeting with the mentor, exercising, and following the plan set by the mentor is on the student. "Students are timid to start because some of them don't know where to start with setting goals," said Blinnd. "I think that a lot of students think that they have to accomplish something huge in 10 weeks, but they really only need to take small steps in changing behaviors that will make them healthier as a college student."

Therefore, goals can be as simple as eating more vegetables, cutting down on caffeine, or hitting the gym. "If you go from doing nothing to working out three times a week, then that's great," said Blonski. Students are encouraged to make goals in all three areas and work to reach all three goals.

Meg Allas, a participant in this Challenge, has simple goals that span a large range of health issues. "I want to eat less Gracie's food, or at least the bad stuff that they have there, and eat more of the good stuff like fruits and turkey on wheat. I also want to get more sleep and go to the gym at least once a week," said Allas. Helping her reach these goals is her mentor Lisa Fraser, Chair of the Learning Support Services and Language. "Lisa has been working out and going to gyms for a long time, so she knows how to best utilize everything," said Allas.

Thinking OUTSIDE the Pyramid:

FDA Issues New Dietary Guidelines

by Brenna Cammeron

The Food and Drug Administration's advice on living well has always been exasperatingly simple: eat less, exercise more. When the new federal dietary guidelines were issued on January 12, this mantra remained consistent, yet a few key elements of the government's recommendations for a healthy lifestyle changed. The new regulations include suggestions for both diet and exercise, in contrast to the government's historical tendency to focus on diet in the guidelines.

The recommendations for exercise may be startling to some college students that think 30 minutes of working out daily is adequate to attain weight loss. According to the government, people should exercise for 30 minutes to reduce the risk of weight-related disease. To prevent weight gain, the government recommends 60 minutes of exercise. To actually lose weight, the government now suggests 60-90 minutes of exercise daily.

The FDA is also working to change the infamous "food pyramid." New guidelines suggest that half of the grains that people eat should come from whole grains such as brown rice, oatmeal, and whole wheat bread. In addition, people are being encouraged to drink three cups of fat-free or one percent milk, and eat 4½ cups of fruits and vegetables per day. The government is also phasing out the old "serving size" description of recommended portions in favor of more familiar household measurements such as cups and ounces.

Although the food pyramid has not yet been completely abolished, the government will issue yet another set of food recommendations in March. It is expected that the food pyramid will be replaced at this time, ending twelve years of triangle-shaped misery.

"Lisa has taught me new ways to utilize the gym's resources. It's also less scary to try new machines if you are with someone."

The other participants in the Challenge have similar rapport with their mentors. Dugan Davies, Associate Director of Wellness, is a mentor for this Challenge, having been a worker on the previous challenges. "I like to think that I am serving as a sounding board to these students, listening to what their fitness and wellness goals are and helping them develop plans or strategies to accomplish these goals... The students themselves decide on what they will and can do given their hectic schedules and use my input to help them head in the right direction," said Davies. "I have heard from students that I worked with last year. Hearing that they are doing so well and that working with them was very valuable to them is quite rewarding."

The value of these student/mentor teams is in the personal attention Health Challenge Mentors give to students. "The individualized attention that the students receive seems to really make a difference in terms of motivation. Students appreciate the time and energy that the Health Mentors are providing," said Davies. Bill Yust, a mentor in this Challenge and the previous ones, and also counselor in the Counseling Center, agreed. According to Yust, meeting with the students weekly simply to discuss progress is very beneficial. "It's been helpful. It has kept their spirits up with the constant encouragement. I think that's the most important thing," said Yust. Last year, he was mentoring just one student during the winter challenge. He ended up extending the mentoring session through the rest of the year because of the progress the student felt he was accomplishing with Yust as his mentor.

Nathan Frechen is a participant in this session of the Challenge. He is working exclusively with Lex Sleeman, Assistant Directors for Intramurals, in his endeavors. "I'm trying to reduce my amount of unnecessary weight, while maintaining my current levels of strength," said Frechen. "[Lex] provides online and on-campus resources for me to look into."

Sleeman was Blonski's mentor last winter. "I got a whole lot more out of [the Challenge] than I really expected," said Blonski. He too benefited from the individualized attention he received from his mentor. "He allowed me to vent about my difficulties in training," said Blonski. He said that Sleeman would then give him the simple advice he needed to better focus on his workouts. By the end of his session with Sleeman, Blonski had transformed his goals from the typical wellness goals of the Challenge to training to run the Buffalo Marathon, which he did. "I don't think I would have done it if I hadn't been in the Challenge," said Blonski.

Along with helping the students reach their goals, mentors usually get the opportunity to also work on their goals. For example, while mentoring last year, Blinn also decided to set her sights on a marathon. "Part of the Health Challenge for me last year was that I trained for a marathon the entire time that

my students were setting and reaching their goals, so we all would check in with each other...it was a team effort," said Blinnd. She accomplished her goal in June of last summer in a San Diego marathon. Fraser also used this chance of working with students to keep up with her workout habits. "I like to consider myself a somewhat active health nut. I thought it would be a fun way to get involved with students who are not in my program," said Fraser.

When Yust found out his level of bad cholesterol was slightly above average, he turned to one of his students and asked for some of her reading material on the subject. In this case, the student ended up mentoring her mentor. Students can inspire their mentors as well. "These students motivate me to continue to pursue my own fitness and wellness goals," said Davies. "It's a win-win situation for all."

Long-Term Effects

While students and mentors are working to achieve these short term goals, and they certainly enjoy seeing results, the purpose of the Health Challenge is further reaching. "The overwhelming goal [of the Health Challenge] is to help students start a healthy lifestyle," said Blonski. "It's making good habits a part of your life." Blonski said that he believed most RIT students' health is below what they want it to be.

"I would like to see the 'average' RIT student be more active. I think that this age of technology can be a challenge in itself, so it is important for students to get away from their computers, text messaging machines, and cell phones and become more active," Davies said. "With the incredible facilities that we now have at RIT, I wish more students were thinking about their health and wellness behaviors and start to make these a top priority and an integral part of their total educational experience at RIT."

The Health Challenge is a definite step in that direction says Davies. "Once students begin to be more proactive about their health and wellness behaviors, I believe that they will see the tremendous benefits that being active and maintaining balance in their lives can positively support their academic and career goals as well. Long term, I trust that this Challenge will have a positive, long term effect on all those involved."

The student participants are sensing the long-term benefits of their 10 weeks of hard work. Melissa Zaczek, a participant working to eat healthy more consistently and stay fit, was looking towards the long term while setting her goals. "I chose these goals because they are obtainable and will help me in my transition to a healthier lifestyle," said Zaczek.

Frechen saw this challenge as giving him the knowledge he needed in nutrition to continue following a diet of healthy eating habits even if he is always "on the run" with little time.

"I think it's challenging to work on fitness while you are between 18-22. You have so many other things going on, and you are too young to see the effects of having a bad lifestyle now," said Yust.

Fraser noticed how the hectic schedules of her students occasionally interfered with meeting and gym times. To her, this observation just emphasized the importance of the program. "I do feel that it's a very important program for individuals to see that RIT cares about their health and is trying to do something about it," said Fraser.

The Future of the Challenge

With almost three sessions of the Health Challenge successfully completed, the future of the program seems bright. "I think that we will continue to do this every winter and spring because the numbers keep growing," said Blinnd. "And now with more athletic opportunities like intramurals, the Triathlon, and of course our new workout facility, we will continue to get more students interested in taking charge of their health." Blinnd has plans of running the Challenge in the spring as well. New students who are interested can join with a mentor or students already participating can stay with their mentors for another 10 weeks. Faculty members have already approached Blinnd wanting to mentor for the spring.

"Now it's more of looking to take [the Challenge] to the next level," said Blonski. He said that the Challenge should be introduced to freshmen during orientation week and get widespread support from Student Affairs. The ultimate goal, according to Blonski, is to have all students take the Challenge with a mentor and receive wellness credit for their efforts.

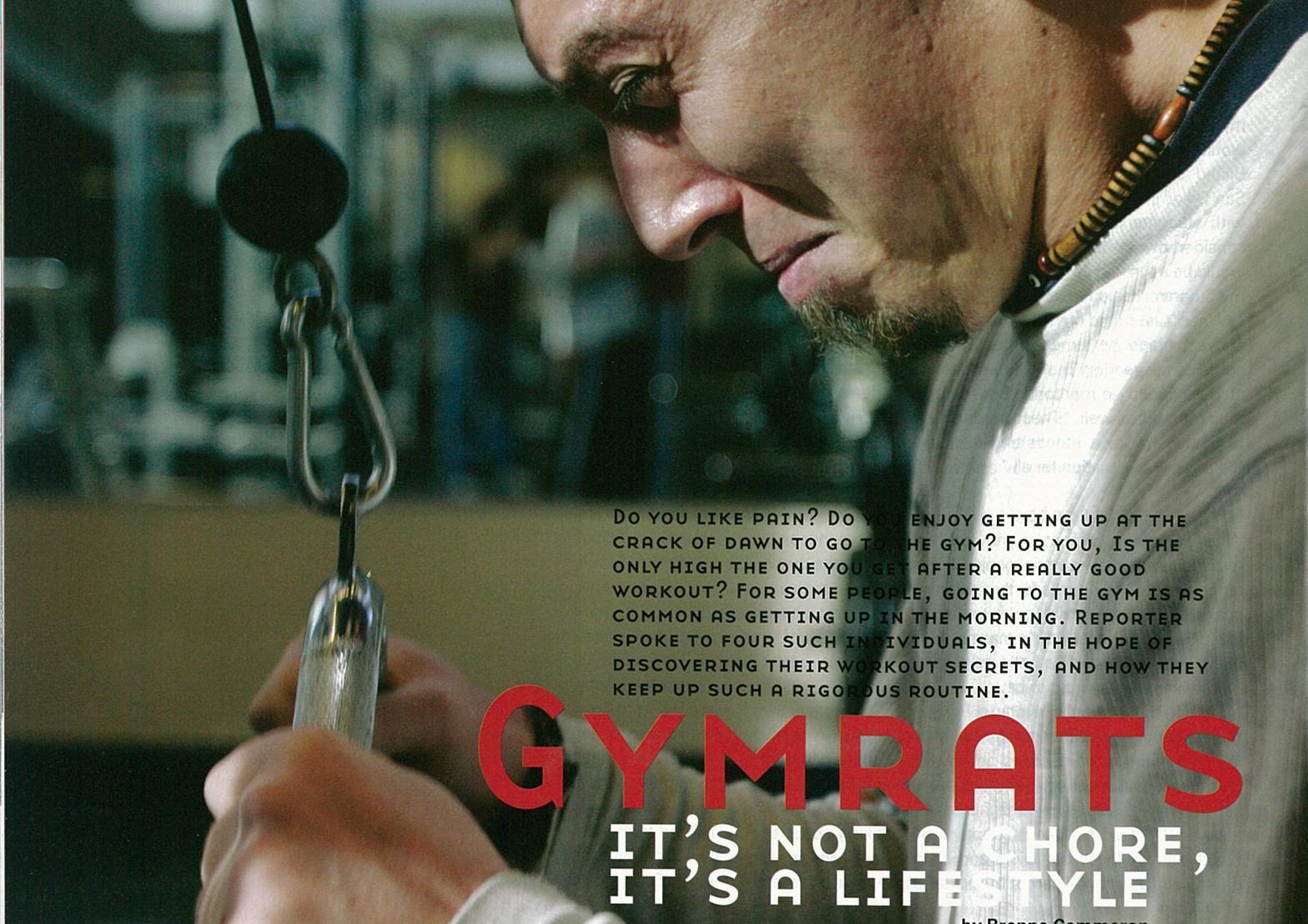
Yust said that maybe making the program less formal with mentors always on hand for whenever students needed them could be an improvement. Suggestions from the participants ranged from wanting to meet with the mentor more than once a week to wanting to meet with the other students participating in the Challenge to exchange ideas and support.

Nevertheless, Blonski said, "As long as students are participating and seeing results, we should keep doing [the Challenge]." With the amount of positive feedback Blinnd has received and the positive feedback from the interviewed participants and mentors, it seems the Challenge's longevity is not an issue.

"I would recommend [the Challenge to other students] for sure. My experience thus far has been wonderful, and I'm learning about RIT's resources that I didn't even know existed," said Frechen.

Allas agreed, with a warning though. "I would definitely recommend [the Challenge]," said Allas. "But it is important to keep in mind that you get what you put into it."

The more you put into it, the smaller the "Freshman 15" gets. With such extensive collaboration of students and faculty, the "Freshman 15" may turn into the "Freshman Negatives." •



DO YOU LIKE PAIN? DO YOU ENJOY GETTING UP AT THE CRACK OF DAWN TO GO TO THE GYM? FOR YOU, IS THE ONLY HIGH THE ONE YOU GET AFTER A REALLY GOOD WORKOUT? FOR SOME PEOPLE, GOING TO THE GYM IS AS COMMON AS GETTING UP IN THE MORNING. REPORTER SPOKE TO FOUR SUCH INDIVIDUALS, IN THE HOPE OF DISCOVERING THEIR WORKOUT SECRETS, AND HOW THEY KEEP UP SUCH A RIGOROUS ROUTINE.

GYMRATS

IT'S NOT A CHORE,
IT'S A LIFESTYLE

by Brenna Cammeron

NAME: CHRIS FINK

YEAR: THIRD

MAJOR: INDUSTRIAL AND SYSTEMS ENGINEERING AND BUSINESS ADMINISTRATION

Reporter: When did you first start going to the gym?

Fink: I started going in seventh grade to get in shape for football. I got hooked early and continued to go to the gym religiously through high school and college.

Reporter: Tell us about your gym routine.

Fink: I go four to five times a week, usually four times during the week and one weekend day, for about two hours. I do a mix of weightlifting, cardiovascular work, and running. On the weekends I try to catch up on whatever work I've missed during the week.

Reporter: What was your most bizarre gym experience?

Fink: When I was in my first year here I watched as a kid slid off the end of a treadmill and hit his head on the belt. It looked painful...(but) it was really funny.

Reporter: What keeps you going to the gym so regularly?

Fink: It's simple: I enjoy doing it. Plus, I play Rugby so I need to go to stay in shape. Also, it's a social experience... a lot of my friends go there too.

Reporter: What advice would you give someone trying to get into a gym routine?

Fink: A lot of people go into weightlifting but don't have any guidance...75% of people who are using the weight room are doing the moves wrong. Make sure to get instruction from someone who knows what they are doing. You need to do research before going to the gym...online is a good place to start...and stick to a routine.

NAME : KRISTY STASIK

YEAR: FOURTH

MAJOR: INTERNATIONAL BUSINESS AND MARKETING

Reporter: When did you first start going to the gym?

Stasik: I started going in my freshman year, before we had the SLC.

Reporter: Has having the new facility made you go to the gym more often?

Stasik: Not really. The new gym is great, though. Before you would have to wait for the machines and it was tough to maneuver through people that were trying to use the machinery. I do sort of miss having the weight room on the same level as

the cardio room, though...it was more fun to people-watch in the old weight room.

Reporter: Describe your gym routine for us.

Stasik: I go a few times a week—whatever I can fit in—for about 45 minutes each time. I do about 30 minutes of cardio, which usually consists of running and using the elliptical machines. I like to go alone...I feel like I focus better that way. I listen to obnoxious 80s music the whole time. Then, at the end, I do crunches.

Reporter: What keeps you going to the gym?

Stasik: More than anything, I really just want to stay in shape. I'm pretty happy with the way I am now...[I] just want to sustain that.

NAME: AMANDA FORBES

YEAR: FIRST

MAJOR: UNDECIDED

Reporter: When did you first start going to the gym?

Forbes: At the beginning of the school year. I started going with some friends pretty regularly and I've kept it up. The new facilities definitely keep me going: I love being able to watch TV or read a magazine when I'm alone.

Reporter: Tell us about your gym routine

Forbes: Well, I go to the gym whenever I can fit it into my schedule, usually 2-3 times a week for an hour or more. My favorite thing to do at the gym is the elliptical. Sometimes I venture downstairs to the weight room, but not often.

Reporter: What keeps you going to the gym?

Forbes: Honestly, my friends. Going to the gym with them is a great way to catch up that I wouldn't have otherwise. We always have good conversations during our workouts, but the best times are when we unwind in the sauna afterwards. I love the sauna; it's the best when it's so cold outside and I'm sore from a good workout.

NAME: DEMETRIUS SAMPSON

YEAR: FOURTH

MAJOR: INFORMATION TECHNOLOGY

Reporter: When did you first start going to the gym?

Sampson: Some[time] around my freshman year. I got hooked on going to the gym early on and haven't stopped.

Reporter: Describe your gym routine for us.

Sampson: I go four to five times a week, and spend most of my time in the weight room. I concentrate each day on different body parts, and have a pretty strict regime that I follow to keep myself in shape.

Reporter: What keeps you going to the gym with such regularity?

Sampson: One of my goals is to become a personal trainer at the gym. I plan on getting certified soon. One of the things about being a personal trainer is that I have to practice what I preach...people are going to look at me as an example of fitness, and I need to be able to back that up. •



OPPOSITE PAGE: Mustafa Vardarsuyu grimaces as he tries to do his final repetition while working out at the gym on Saturday.

ABOVE: Cara Horbacewicz (right) spots Fabian Fernander while lifting weights at the gym on Saturday morning.

Jacob Hannah/REPORTER Magazine



Q: What is the best thing you have done for yourself lately?

1 "Start a diet, and [start a] workout regime, because we're throwing an underwear party!"

Chris Robinson

Fourth Year
Information Technology

2 "I joined the best frat on campus... Triangle!"

Elliot Benitez

Second Year
Marketing

3 "Going to Nick Tahou's three times in one week!"

Galen Sallomi

First Year
Software Engineering

4 "I bought an espresso bar, now I drink lattes 24/7, at all hours of the day."

John Roberts

Second Year
Film

5 "I just shaved my beard, which was quite the change."

Justin Bassignani

Fourth Year
Information Technology

"I didn't shave my beard, so I am still warm."

Ralph Bean

Third Year
Computer Science

6 "Making myself a really nice dinner."

Marybeth Alhart

Fourth Year
Metals

7 "I started reading and going to the gym more."

Rose Keough

Second Year
New Media Publishing

8 "I have been spoiling myself, I am going to make brownies for myself tonight!"

Sam Mullen

Second Year
Communications

"Yesterday I took the day off and slept all day!"

Jennifer Klimes

Fourth Year
New Media Design

"Getting a full night's sleep and hanging out with Emily Silvers."

Christine Marino

Fourth Year
Graphic Design

"I am getting a new space to live."

Alex Cole

Third Year
Psychology

"I baked cookies for stress relief!"

Babriela Jaramillo

Third Year
Mechanical Engineering

"I actually wrote down my New Year's Resolutions, and posted them up in my room, so now I have been committed to following them."

Jen Ost

Third Year
Professional and Technical Communication

"Getting away from school, or anything school-related this weekend."

Beth Meyer

Fourth Year
Applied Statistics

"I sent a mean e-mail and had someone repay me a \$90 debt."

Leila Madresehe

Fourth Year
Multidisciplinary Studies

"I was trying to go to the gym more, but winter isn't helping!"

Maesa Man

Fourth Year
Information Technology

"We are trying to spend more time together!"

Ashlee Woodruff and Doug Mcloughlin

Second and Fourth Year
Photojournalism and Electrical Engineering

"I decided to go back home and shoot at an archery tournament, after not shooting in over a year."

Diane Spencer

First Year
New Media Information Technology



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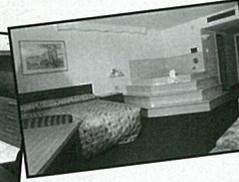
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Sports **DESK**

RIT's Matt McGill swims to a second place finish in the 100-Yard Butterfly against Brockport on Wednesday, January 26. Jacob Hannah/REPORTER Magazine.

by José Plaza

Men's Basketball

January 22: The men's team won their second straight game, this time against Elmira College by a score of 80-51. The day also marked a milestone as RIT Tiger Jesse Foote became the new RIT all-time leading blocker, with 215 career blocks.

Final Score: W 80-51

Rebounds: RIT (45), Elmira (33)

FG%: RIT (48.1%), Elmira (26.3%)

3-Pt FG%: RIT (43.8%), Elmira (31.3%)

January 25: The men's basketball team continued their winning ways on Tuesday night against Nazareth College. With their 74-60 win over the Golden Flyers, their winning streak was extended to three straight conference victories.

Final Score: W 74-60

Rebounds: RIT (45), Nazareth (39)

FG%: RIT (44.3%), Nazareth (33.8%)

3-PT FG%: RIT (35.7%), Nazareth (28.6%)

Record through 1/25/05: 10-6

Women's Basketball

January 22: The Lady Tigers got back on the winning track when they played at home against Elmira. The 20 point victory was led by senior Karli Couchman, who scored 20 points.

Final Score: W 73-53

Rebounds: RIT (41), Elmira (30)

FG%: RIT (50%), Elmira (33.3%)

3-Pt FG%: RIT (62.5%), Elmira (33.3%)

January 25: The ending of the game could not have been any more exciting, as a buzzer-beating shot by Ramata Diallo, with 3 seconds on the clock, gave RIT the victory. The basket broke a 57-57 tie and lifted the Lady Tigers to a 59-57 win over Nazareth College.

Final Score: W 59-57

Rebounds: RIT (36), Nazareth (32)

FG%: RIT (42.9%), Nazareth (42.9%)

3-PT FG%: RIT (16.7%), Nazareth (33.3%)

Record through 1/28/05: 6-9

Men's Track and Field

January 22: RIT hosted the 2005 Indoor RIT Tiger Invitational, and the men's track and field team took first place in three events. The 4x200m team not only won their event, but also set a new school record.

Event Winners:

1000m: Jesse Williamson (2:33.64)

4x200m Relay: A Team (1:33.53)

Long Jump: Emmanuel Okon (6.74m)

Women's Track and Field

January 22: The Lady Tigers hosted and participated in the 2005 Indoor RIT Tiger Invitational at the Gordon Fieldhouse. They had impressive performances across the board, and ended up capturing 4 events and setting a total of 3 school records.

Event Winners:

200m: Danielle Simmons (27.17)

4x200m Relay: A team (1:51.88)

Shot Put: Allison Griggs (12.27m)

Weight Throw: Allison Griggs (15.97m)

Wrestling

January 22: The latest event on the wrestling team's schedule was the NYS Championships. RIT placed ninth overall in the competition, with the best finish for the school coming from Trevor Hiffa, who placed third in the 285-lb division

Women's Swimming and Diving

January 26: The Lady Tigers narrowly pulled out a win against SUNY Brockport. The final score of the meet was 118-112. The race that decided the winner was a 200-yd freestyle relay, and the RIT team, led by Teresa Burr, Stefanie Owzarczak, Jamie Garver, and Gretchen Anderson pulled through at the end. This brings their overall season record to 4-5.

Event Winners:

1000-Yard Freestyle: Jamie Garver (12:14.07)

200-Yard Freestyle: Teresa Burr (2:07.04)

50-Yard Freestyle: Stefanie Owzarczak (26.82)

200-Yard IM: Sarah Keesler (2:22.54)

100-Yard Backstroke: Teresa Burr (1:07.06)

500-Yard Freestyle: Jamie Garver (5:53.67)

200-Yard Freestyle Relay: A Team (1:47.72)

Men's Swimming and Diving

January 26: The men's swimming and diving team faced off against SUNY Brockport in their latest dual meet. The final score was 147 to 84, with notable victories from freshman Quinn Donahue (who also set two new diving records), Erik Zelbacher, and Pete Kaemmerlen, each with two individual wins. This latest dual meet win brings RIT to an overall 4-1 record for the season.

Event Winners:

200-Yard Medley Relay: A Team (1:41.58)

1000-Yard Freestyle: Eric Stevens (10:54.56)

50-Yard Freestyle: Erik Zelbacher (21.85)

200-Yard IM: Pete Kaemmerlen (2:02.50)

One-Meter Diving: Quinn Donahoe (294.10pts)

100-Yard Freestyle: Erik Zelbacher (47.87)

100-Yard Backstroke: Tyler Morrison (57.96)

500-Yard Freestyle: Pete Kaemmerlen 5:05.77

Three-Meter Diving: Quinn Donahoe (293.75pts)

Women's Hockey

January 22: The Lady Tigers returned to Ritter with payback on their minds, as they faced off against Manhattanville for the second night in a row. This time around, Julie Roman's goal in the third period broke the 1-1 tie, and helped RIT win the game by a score of 2-1.

Final Score: W 2-1

Shots: RIT (25), Manhattanville (38)

Power Plays: RIT (0-5), Manhattanville (0-5)

RIT Goals: Julie Romans (1), Lindsay Latour (1)

January 26: After their impressive win against Manhattanville, RIT did not fare as well in their game against another ranked team, Elmira College. The Soaring Eagles from Elmira shut out RIT at the Ritter Arena, with a final score of 4-0.

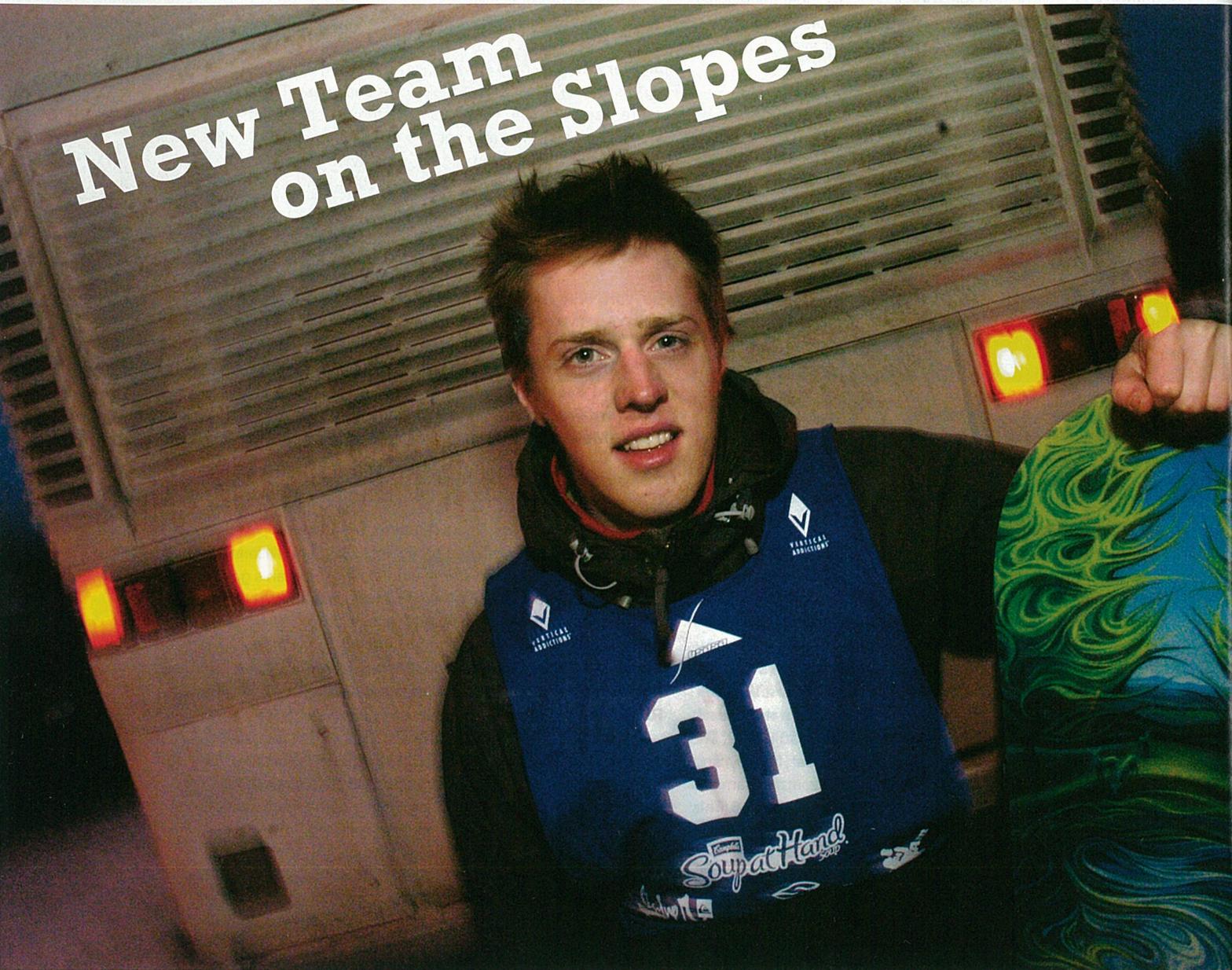
Final Score: L 0-4

Shots: RIT (25), Elmira (31)

Power Plays: RIT (0-3), Elmira (0-5)

Record through 1/26/05: 8-5-1

New Team on the slopes



RIT Snowboarding Team Organizer Aaron Brown. Eric Sucar/REPORTER Magazine

by José Plaza

All the snowfall from the past few weeks has made commuters unhappy, in addition to the people whose cars have been engulfed by snowdrifts as they sit idle in the parking lots. There are, however, a select few who are praying for more winter wonderland. The RIT snowboarding team, which as of late has begun to make a name for themselves on the slopes, can't get enough of the snow.

The RIT snowboarding team, founded by Aaron Brown (third year Mechanical Engineering Tech Major) with the help of the RIT Alpine ski team, has put in a lot of effort into making something like this finally happen. Collaboration with the alpine ski team and motivation from eager snowboarders have impelled the creation of the brand new snowboarding team—which at this point has a lot to look forward to. After years of failed attempts to receive funding, the team was finally able to receive official recognition in January of this year. The members have been extremely anxious for the team to move forward into a winter season complete with local competitions and possibly even some national events. Fortunately enough, things have been going quite well for them. First off, the team was happy to announce that they would be officially competing in two events sponsored by the United States of America Snowboard Association (USASA). The team was able to sign up in the Western New York Division of the USASA. Though there will only be two major events this season, this marks a major milestone in the life of the young team. And these snowboarding competitions mark the first official RIT snowboarding events ever. With that in mind, the members of the snowboarding team entered into the competitions with a great deal of excitement.

The first of the events was the Labrador Mountain Boardercross on Saturday, January 15. Due to the fact that this was the first event ever for the team, many didn't know what to expect other than a group of snowboarding fanatics doing what they do best: snowboarding with raw passion and emotion. For their first competition ever, the team fared extremely well against the opposition. In men's competition, third year Tarquinio Bruno and senior Bill Woodland placed second and third, respectively. In the women's division, Christina Karas placed third overall. It is worthy to point out that Karas' victory was of great significance, since she is the only female member of the team. The impressive performances by both the men and women put the RIT snowboarding team on the map.

The second event of the season was the Boardercross Race at Holliday Valley, held on Sunday, January 23rd. The RIT team came into the event pumped up from their impressive debut at the Labrador Race, and actually pulled out a first place victory. Much credit for this extraordinary feat goes to snowboard team member Jack Danziger. With two impressive outings under their belts, the club has earned bragging rights and has been given the motivation to pursue future competitions. Once word spreads about the snowboard team and their remarkable accomplishments in their first year of existence, it will likely attract more snowboard lovers.

The rookies, believe it or not, were pretty nervous about going into competition mode. As unbelievable as it sounds, none of the competing members had ever competed in an official race prior to the Boardercross competitions. On top of that, Aaron Brown said the members had been using X-Games pros as comparisons for their own performances, so "People didn't expect to do so well." Another more subtle issue, which was a bit overwhelming for the newly formed team, was the appropriate usage of funds and the use of official competition gear. As evidenced by the team's performance, those issues were not the big problems they had first seemed.

The snowboarding team is brand new to RIT, and as a result, the young guns running the team have their work cut out for them to make sure that the team continues to thrive. The team, which is currently only comprised of 15 members, is looking to participate in the upcoming NY X-Games which is similar to the highly recognized Winter X-Games featured on ESPN. Aaron, along with the help of a few other people, is trying to start a rail competition here on campus. He believes that with more contributions from people like Zach Cracknell, captain of the Alpine Ski Team, plus current members and interested snowboarders at RIT, the team can achieve great things. In the minds of its members, there is everything to gain, and nothing to lose by joining the team. According to Aaron, the team "is a real great way to alleviate stress from class at RIT," and we can all agree that everyone needs a break and a little bit of excitement every once in a while. Since the team is pretty new to the scene, it has not arranged any formal schedule of meetings, and it has yet to design a website. There is, however, an informational mailing list, so if Snow + Snowboarding is an equation you would like to be a part of, contact Aaron Brown at atb6901@rit.edu.



3 STARS

by Mike Eppolito



Ramata Diallo

Women's Basketball

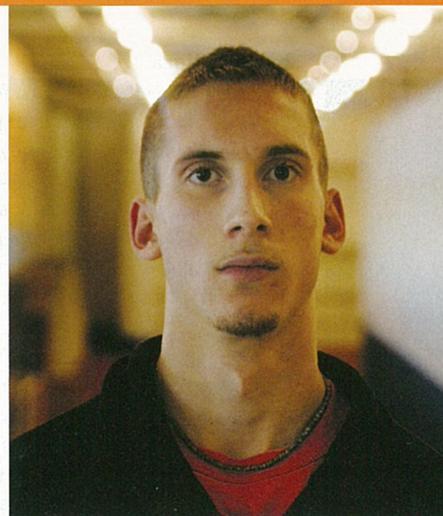
Although she is only a sophomore, Ramata Diallo has already established herself as the cornerstone of the women's basketball team. "Bubba," as she is known by her teammates, is an engineering technology major from Fairfax, VA. She leads the team in both scoring and rebounds, with 173 points and 112 rebounds (as of January 27). Not only has she put up the most points and collected the most rebounds, but she is also the only player on the team with a field goal percentage above .500. Coach Deborah Buff said that, "she contributes both on and off the court and has developed into an outstanding leader." Her drive to succeed and passion for the game has turned Ramata into what Coach Buff would call "a true team player [who] hates to lose." One of her most memorable moments so far this season was when Ramata sunk a game-winning layup with three seconds left on the clock, proving that she has what it takes to perform under pressure. Coach Buff has a positive outlook on Ramata's future, saying that she is "one of the nicest and most competitive people I have ever coached and she is only going to get better and better."



Teresa Burr

Women's Swimming/Diving

Having won over 15 events so far this season, Teresa Burr is putting the brand new swimming facilities at the Gordon Fieldhouse to good use for both practice and competition. Teresa is a second year illustration major from Delhi, NY and is part of RIT's record holding 800 Freestyle Relay and 400 Medley Relay teams. Coach Mike Cahill described her as being a "very dedicated person" who is "still improving every meet." Cahill attributes a great deal of Teresa's improvement to the training she put in during the off season. Those improvements have made it possible for her to perform at a high level in various events, leading to multiple wins in single meets. According to Coach Cahill "she swims just about anything [he asks] her to swim." Some of her most recent times include a 26.46 in the 50 Freestyle, 56.99 in the 100 Freestyle, and 5:08.83 in the 400 Individual Medley. Cahill said that "she's been a very important person on [the] lineup" and "has had some great swims against numerous teams." In addition to Teresa's athletic contributions to the team, Cahill also said that she "gets along with everyone," has a "nice warm personality," and is "a real nice person to have around."



Matt Bango

Men's Track and Field

Coach David Warth put it best when he said "He's been kind of a surprise." The surprise Coach Warth is talking about is freshman sensation Matt Bango, who joined the track and field team this year and has already become the number one triple jumper and long jumper on the team. Believe it or not, Warth also believes that "He is going to be a big contributor on [the] relays." Matt started off his RIT career earlier this season with a triple event win in long jump, triple jump, and the 4x400 relay at his first meet. Coach Warth will be the first to say that Matt's success has not come without a great deal of hard work and determination. "He is just a hardworking kid. He is the model athlete that you want [on your team]. He comes in and works hard everyday." Recently Matt has been a little under the weather, yet Warth said that he still makes it to practice every day in order to get his workout done. Even though Matt is only a freshman, Warth still said that "He is a leader to other kids on the team by example, in terms of how he approaches practice everyday, and what he does outside of practice."

photographs by Kim Weiselberg, Jacob Hannah, Eric Sucar

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Limbo

by Casey Dehlinger

Limbo is a pretty funny term when you come to think of it. Religiously, the term was coined by the Roman Catholics as a place where not-so-bad people go when they happen to die without being baptized. This led to the concept of limbo being represented as a fictional place where things that are forgotten disappear off to. Before long, people would even go so far as to say that lost items (which clearly must be remembered in order to be sought after) could turn up in this world called limbo. However, good old Webster's dictionary insists that limbo also refers to a state of neglect or oblivion (trust me, I'm going somewhere with this). So now comes the time to ask, as students, are we in limbo?

Last week I received an e-mail from the Office of Financial Aid. Getting an e-mail from an office of any type can usually be stressful, especially when money is involved, but the subject was "Good News from the Office of Financial Aid." Good news from the weatherman usually means sunny skies, so good news from the Office of Financial Aid must mean money, right? Nope. The gleeful message was sent to inform me that I no longer needed to keep a running GPA of 3.0 to retain my Presidential Scholarship. Henceforth, I need to keep my GPA at or above a 2.8. In other words, the Office of Financial Aid was congratulating me because they had given me the ability to slack off a little more.

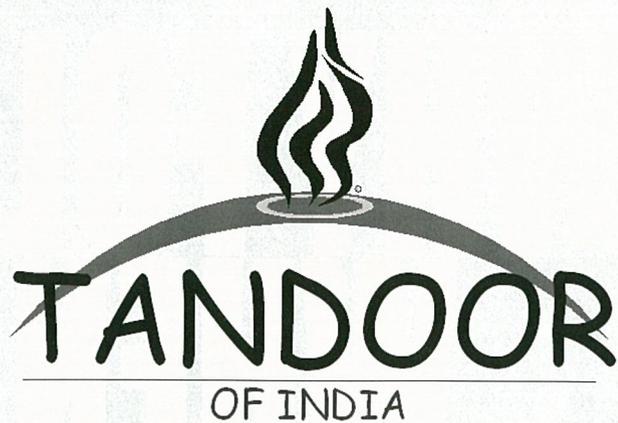
Reassessment of the word limbo: Wait, there seems to be this Western Indian dance where two people hold a pole and lower it bit by bit as people walk under it. Lowering a pole, lowering a bar, lowering standards...I think I'm starting to see a connection here. As the bar is lowered in the limbo, the dance becomes more difficult for the dancers. Although not immediately recognized, lowering standards makes things more difficult for students, as motivation is sapped when standards are lowered. Also, it makes life more difficult in the long run when students actually are held to higher standards.

The Office of Financial Aid pointed out that RIT's scholarship renewal standards are much higher than institutes such as RPI or Clarkson. This, however, is because RPI and Clarkson don't have standards to renew scholarships. Why did the Office of Financial Aid need to compare RIT to other institutes? More importantly, why did they want to compare RIT to institutes with dissimilar policies? The Office also explained three points of reasoning: 1) Lower standards will encourage students to take more difficult classes without the fear of losing financial aid. 2) They will also help families plan for educational expenses without disruption due to changes in the scholarship amount. 3) Opportunities to get involved with community service and clubs can be better explored when the student is less concerned with academic matters. The intentions seem well enough, but the logic seems a little fuzzy. The root argument of the

Financial Aid Office appears to be that lowering standards will encourage students to perform better in academics while encouraging them to partake in more extracurricular events.

Let's analyze the responsibilities of RIT from a student's perspective, shall we? As an institution, it is clear to me that above all else RIT holds a responsibility to allow me to pursue my academic career so that I can attain the knowledge necessary to succeed in the field I have chosen to work in once I graduate. No, I don't want President Simone knocking on my door every time I hit the snooze button and start running late for my 8 a.m. class, but if a grade of mine starts sinking because I haven't been handling my priorities correctly, I would like there to be a pretty harsh consequence so that I get my act together. As for extracurricular events, I'd be less likely to join a club if my grades were mediocre than if they were high, regardless of the threat of losing a scholarship. At the new standard of 2.8, a student must have at least one C before they are in danger. When dangling so close to the edge, perhaps clubs, sports, and community service aren't top priorities. 3.0 isn't a very high bar to begin with, and giving up ground makes little sense, as it sets a trend for lowering standards. Psychology shows that high standards act as an impetus for better achievement. Need to learn by example? Ask someone how high they can jump. After seeing how high they jump, say "nice job!" They'll probably say "thanks!" and run off. Now take someone else and ask them to do the same. No matter how high they jump, say "wow, that's pretty good, but my roommate can jump about six inches higher, and they're a little shorter than you." The person will jump again and again until they jump six inches higher. Academically, I believe that it is in a university's best interest not to congratulate a student for hard work, but to push them to jump a little higher.

A final assessment of limbo: Perhaps we are in limbo, land of oblivion, lost in fields of house keys and phone numbers written on cocktail napkins. Until the people holding the limbo pole realize that our priorities lie in our education and future, we truly are forgotten. Like the inhabitants of the limbo of the Roman Catholics, we are not bad people, only people wishing to reach our full potential. However, if our interests have been forgotten in the mystical limbo of oblivion, it is our fault that our needs have gone unnoticed. This is why, when the bar is lowered on my next pass, instead of bending over backwards to squeeze under it, I will jump as high as I can and hurdle over it; this way the pole holders will have no choice but to start raising it. I invite you to join me.



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