

REPORTER

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EDITORIAL

Is RIT Going to Eat Up My Summer?

We now have Anti-Terrorism education at RIT, but that will never eclipse the administration's favorite "anti-" initiative: Anti-Attrition. You have probably noticed the various physical and programmatic "improvements" implemented in recent years to try and keep students on board as RIT sails toward "a category of one." Last week at Academic Senate, Provost Stan McKenzie presented a draft proposal for next year's academic calendar packing a new, potentially attrition-killing, weapon.

What would you say to a two-week break between Fall and Winter quarters, and maybe even an extra week between Winter and Spring quarters? Well, that's what is actually on the table right now. Not sure what you think? Well, neither was I when I first heard about the proposal from Student Government (SG) president James Macchiano at the SG senate meeting last Friday.

Macchiano was taking an informal poll of the Senate to get a *very general* idea of student response in regard to this change. With little information presented and hardly any discussion, I raised my hand against it. My gut reaction felt that RIT was gearing up to eat my summer. I thought, for sure, I would be completely ineligible for most summer research, co-op, and study abroad opportunities. Or not. When I gave it some real thought and did some actual research, I wish I had just abstained.

In the 2007-2008 calendar, it appears that the stars and moon will align such that both Labor Day and Thanksgiving will each be relatively early: meaning RIT's Fall and Winter academic calendars would barely change—despite the beefy break in between.

The experimental puzzle piece—the idea of an elongated Winter-Spring break—would, arguably put RIT on the edge, though. And by edge, I mean June 2008. The extra week would force Spring quarter finals into the very last week of May with commencement on May 31.

So now I must ask, "beyond the dates, what else might these extra weeks represent?"

Pros: 1) long repose between quarters, 2) better chance for students (specifically freshmen) to reconnect with folks from home after Fall, and 3) an opportunity to actually travel a bit during breaks.

Cons: 1) students unable to go home (international?) have to stay an extra 1-2 weeks in Rochester, 2) many semester schools in the area (SUNY, where your friends are, etc.) get out earlier and RIT students may have trouble meeting up with them or getting summer jobs, and 3) students studying in Spring and Summer will have no break because classes would begin the Monday immediately after commencement.

Some of the positives are, of course, debatable and contextual—maybe the moon and stars won't be aligned every year; and attrition rates can't even be quantified until after implementation. On the other end, international students and those New York natives looking to see their friends and family in late May might remember that RIT, on average, provides two extra weeks of classes each year for the same tuition as many schools. Only now are our breaks catching up with this fact.

As for my initial concern about losing out on co-op positions and research opportunities, I checked the program dates for all the research programs I previously have applied to: and I could still attend them. However, I might have to start the week immediately following finals. But, if I'm motivated enough then I should be able to handle that—same as the roughly 6000 students who want to take Summer classes.

So...in the end, I think the longer Fall-Winter break could actually improve the attrition rate. However, I am a bit apprehensive about the "experimental" Winter-Spring setup—then again, I'm not a jet-off to Cancun with my posse kind of guy. Your opinion may differ; and in light of that, I would recommend that you take advantage of the Academic Senate's charter, stating that the meetings are open to students. The Senate will vote on this calendar proposal in the SAU 1829 Room at 12:05, Thursday, December 1. If you can't make it, tell SG president James Macchiano what you think—it's his job to represent you anyway.



Erhardt Graeff
Editor in Chief



A group of students having lunch at Crossroads on Saturday, November 5, 2005. Young Jang/REPORTER Magazine

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Cover photograph by Young Jang

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Housing Operations' Fall Break Guide Mailings

Editor,

Recently, Housing Operations mailed its Fall Break Guide to the residents of the RIT apartments. Before opening my copy of the guide, I noticed something I had overlooked in quarters past: the cost to mail each of the Guides via the USPS was \$0.60. According to the RIT website, there are 3034 residents living in the on-campus apartments. Assuming my apartment was not the only one to have a separate Fall Break Guide mailed to each resident, the total cost to mail the guides was \$1820.40. Keep in mind that these guides weren't free to design or print and that they are sent out every quarter.

Why can't Housing Operations be like every other department on campus and use the wonderful invention of email? It's fast, free (well, nearly free) and every student on campus has access to it. Even if they *really* think that the paper mail is necessary, send out one per apartment at a third of the cost (there are 1006 apartments on campus), or pay students \$6 per hour to deliver them to each apartment. It can't take more than 300 man-hours to complete that task, can it? Heck, I'd do it myself for a mere \$200...

Matt Mitrik

Computer Engineering
Fifth Year

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Food Services Strikes Oil: Mazola ZT

by Renee Keiser

When it comes to eating healthfully, fried foods are immediately labeled as a no-no. Health experts do persistently suggest that certain foods should not be labeled as "good" or "bad" for you. But, with a high fat and calorie content, and low nutritional value, let's face it: the only thing about fried foods that will ever be "good for you" is the taste.

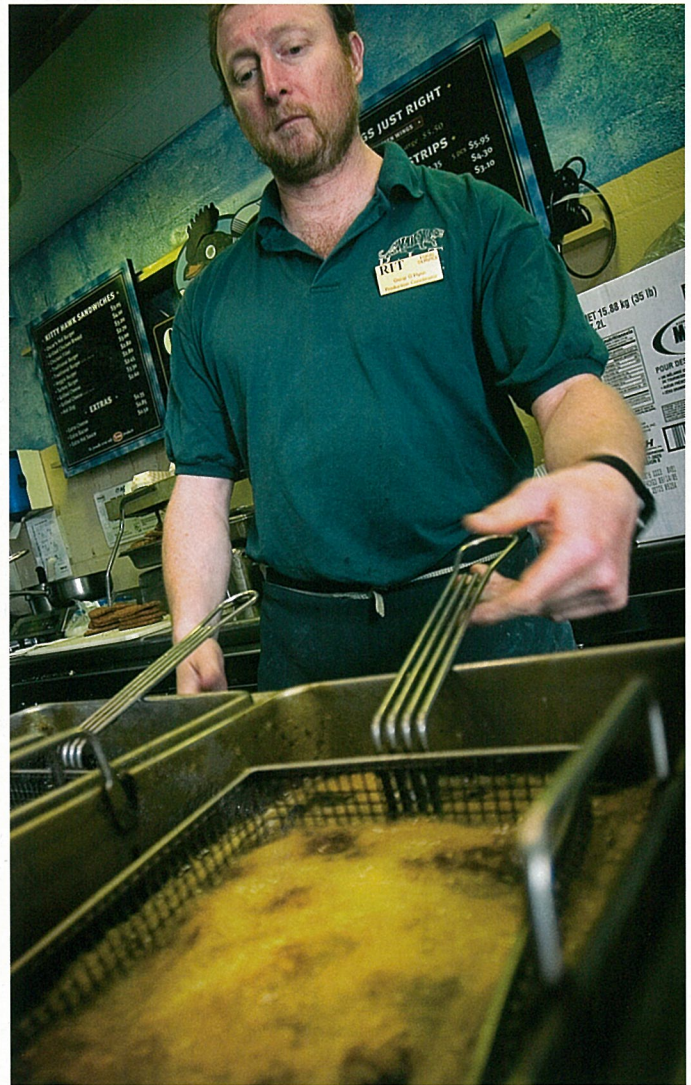
However, fans of the fried foods served up at RIT now have another positive thing to say about their french fries. Thanks to a new deep-frying oil being used in RIT's fryers, those that desire to eat fried foods once in a while (or once at every meal) can still maintain a healthy lifestyle, and have their french fries too.

All of the fried foods that are consumed by students, faculty, and staff at RIT are now being fried in Mazola ZT, a new oil containing no trans fats. Gary Gasper, the director of Food Service at the SAU, says that Food Services wanted to use oil that was "a healthier alternative" to what was being used at the time. "...When we became aware of an oil with no trans fats per serving, we felt that we should investigate it," says Gasper, "Many of our customers like to eat fried foods and with trans fats being a contemporary health issue, we thought the time was right."

The ZT in Mazola ZT stands for "Zero Trans Fats." According to the Mayo Clinic website, trans fats, or "trans-fatty acids" are the result of adding hydrogen to vegetable oil through a process called Hydrogenation. The hydrogen makes the fat more solid, and solid fat contributes to higher cholesterol, which causes blockage in the arteries. Blockage in the arteries could increase the risk of heart disease and other cardiac problems later in life.

So: how is Mazola ZT going to save healthy lifestyles? The Mayo Clinic website says that the best oils to use as part of a healthy lifestyle are those that are high in monounsaturated or polyunsaturated fats. Both of these fats do not solidify, and they lower cholesterol in the body. Mazola ZT is a blend of corn and sunflower oils: both of which are high in polyunsaturated fats. Think of these oils as anti-freeze for the arteries.

As far as the actual taste of the oil, most students have found that the new oil does not make fried foods taste or feel any different than before. Geoff Schmidt, a third-year Civil Engineering Technology student, claims that he "can taste no change, really." Agreeing with Schmidt, Evan Arris Jr., another Civil Engineering Technology major, adds "if [the frying oil] is healthier, that's a good thing."



Production Coordinator Oscar O'Fynn at the RITz Sports Zone cooks french fries with the new cooking oil Mazola ZT on November 3, 2005.

Young Jang/REPORTER Magazine

While using the healthier oil is a step in the right direction by RIT, it does not mean that students should go "fried-wild" when eating on campus. Timothy Keady, Associate Director for the RIT Student Health Center, stresses that the key to a healthy lifestyle is moderation. He says, "All foods should be eaten in moderation with an eye on total calories, a variety of fruits and vegetables, and appropriate exercise and fluid intake." So even though the oil being used is healthier, students should still take account of fried foods as a part of a balanced diet. Keady adds, "no matter how healthy the oil, an all fried food diet is not healthy."

So while french fries will never quite have the nutritional value of carrot sticks, RIT's new cooking oil is adding more nutritional benefit to historically "bad-for-you" food served on campus. However, as Mark Twain once said, "The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." Twain couldn't be reached to expound on this. •



Compassionate Consumers Combat Cruelty

by Krister Rollins

Under the cover of night, Adam Durand (RIT film and animation alumnus), Megan Cosgrove, and Melanie Ippolito slipped into the Wegmans Egg Farm through a vent into the manure pits. Inside, they discovered hens stuck in the wire mesh of the cages, hens who had escaped and were running around in the manure pits and even dead hens in the cages with the live birds. There were birds swollen with fluid, covered in feces, and in various states of filth.

Durand, Cosgrove, and Ippolito are all members of Compassionate Consumers. Considered both a consumer and animal advocacy group, they seek to inform the public about some of the horrors of animal rearing. They encourage vegan or vegetarian diets and humane choices for those of us who likes our meat. Their documentary, *Wegmans Cruelty* was screened in the Golisano Building on October 27, with 135 people in attendance.

The documentary is intended as an expository shocker. Eggs are staples of the breakfast table, essential at Easter, and a cherished tool of the rebelling youth. To see the cramped and dirty conditions where the chickens lay eggs is an eye-opener, to say the least. *Wegmans Cruelty* is the loaded gun being handed to the consumer. It's a call to arms. What's the solution? "Go cage-free," offers Ryan Merkley, Campaign Coordinator for *Wegmans Cruelty*. What does that mean? Removing the battery cages, for one. A tiered barn where the chickens have room to move around is a possible solution. The space, however, that would be needed for all 700,000 chickens currently housed at the egg farm to become free range, by my calculations, is 280 square miles. That's a third of Monroe County.

When I called Wegmans and spoke with a pleasant lady at Consumer Affairs, she simply directed me to the Wegmans website (www.wegmans.com), where you can find the company's official response to the charges of cruelty put forth by Compassionate Consumers. Wegmans has "serious doubts as to whether all the images come from our farm." The mortality rate of the chickens at the farm is less than 8% (in a free-range environment, you can expect 20 to 40% of

the chickens to die). An independent veterinarian states that the farm, located in Wayne County, is among the best in the country.

The United Egg Producers (UEP) is a trade association with a program that regulates egg and poultry production. According to Mitch Head, spokesman for the UEP, membership is voluntary and participants must submit monthly reports as well as be inspected by an independent person, usually a worker of the United States Department of Agriculture. Wegmans standards meet and exceed those set by the UEP, even though compliance is not mandatory until 2007. UEP recently mandated that every hen have a minimum of 67 inches, as opposed to the current 48 inches. Police came in and investigated the farm after Compassionate Consumers explored the conditions, but no charges were brought against Wegmans.

Why was Wegmans selected as a target? In a recent article in *Forbes* magazine, Wegmans was voted the number one company to work for. They employ 32,000 people in 69 locations ranging from New York to northern Virginia. Last year, they donated 14 million pounds of food to food banks and pantries. "We thought Wegmans was a forward-thinking company with the power to change and do the right thing," says Durand. "Guess we were wrong."

Wegmans is pursuing legal action against the three trespassers. Cosgrove, Durand, and Ippolito face trespassing and felony burglary charges and a potential of seven years in jail. Durand, the president of Compassionate Consumers, is dedicated to his cause and according to his sister, Megan (he is not allowed to talk to the press), will serve the time should push come to shove.

Want to do something? Visit www.wegmanscruelty.com, www.compassionateconsumers.org or contact Wegmans. You can call 1-800-WEGMANS, visit them at www.wegmans.com, or fill out a customer comment card next time you go in. •

WEGMANS EGGS: FOOD YOU FEEL GOOD ABOUT?

In July 2005, Rochester-based Compassionate Consumers released a film documenting the conditions inside Wegmans Egg Farm. Here are some of the industry-standard practices at the farm, condoned by Wegmans:



INTENSIVE CONFINEMENT

Hens are crammed into wire cages, each confined to an area smaller than the bottom of a shoebox. Without enough room to even stretch their wings, the hens chafe against the wire, suffering severe abrasions and feather loss. Others get tangled in the wire and die of thirst.



PROFOUND NEGLECT

Many hens are covered in feces and open sores. Living birds are packed into cages with badly decomposed corpses. Hens who manage to escape are left to die in the liquid manure pits beneath the cages.



MUTILATIONS

Hens are normally docile creatures, but intensive confinement can drive them to relentlessly peck each other. Wegmans solves this problem by burning off part of the hens' nerve-rich beaks without anaesthesia, causing life-long pain.

DECIDE FOR YOURSELF.

See the film for free, or order a DVD at:

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**Compassionate
Consumers**

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CrimeWatch

compiled by Govind Ramabadran

October 27

Harassment

A student received a message that his mother had gotten a message from a person stating that her son was not feeling well. The call was not true, according to her son. The investigation continues.

Grace Watson Hall – Harassment

A custodian assigned to Grace Watson Hall reports that while cleaning the men's restroom in the lobby, unknown male students entered even after she had placed a sign on the door indicating she was cleaning. The investigation continues.

October 29

Harassment

A student stated on October 27 he went to an off-campus location to celebrate his birthday. While there, the student stated that he drank enough alcohol to cause him to become unconscious. The student stated that when he awoke, he found himself in his apartment in University Commons, with his hair either removed or modified. The student was offered medical assistance from RIT Ambulance and was transported to Strong Memorial Hospital for further medical treatment. The investigation continues.

October 30

Gordon Field House and Activities Center – Assault

While playing an intramural soccer game, two opposing players became aggressive and began to shove one another. Both players fell backwards to the ground, and one player landed on top of the other player, causing him to lose consciousness. Then another student came to the aid of his teammate and grabbed the student that was unconscious on the ground, picked him up by the shirt, then slammed him back on the ground where he struck his head on the ground again. RIT Ambulance arrived and transported the injured student to Strong Memorial Hospital for further treatment. The investigation continues.

October 31

K Lot – Unlawful Possession of Marijuana

Campus Safety Officers discovered a student laying on the ground in K Lot. Officers were advised that the student had smoked marijuana and ate mushrooms. The RIT Ambulance, Rural Metro ALS, and Monroe County Sheriff's Department responded to assist the student. The student was arrested and transported to Rochester General Hospital. The sheriff's deputies discovered that the student's vehicle contained a marijuana pipe and a plastic bag which contained what appeared to be marijuana and one which contained what appeared to be mushrooms. The illegal items were confiscated by the Monroe County Sheriff's Department. Case referred to Student Conduct.

November 1

Colony Manor – Residence Life Violation

While Residence Life was conducting a safety inspection at Colony Manor, drug paraphernalia, a paintball gun, a gravity knife, and what appeared to be marijuana were discovered in plain view in the upstairs bedroom of an apartment. The illegal items were removed and turned over to the Monroe County Sheriff's Department. A search was conducted at which time fireworks and knives were found. The investigation continues.

RITForecast

compiled by Casey Dehlinger

Friday
11
NOV

Open House III:

8 a.m.–4 p.m. SAU. Please don't scare away the prospective students.

Voice and Piano Students' Recital:

1 p.m.–2 p.m. SAU Music Room (A120) From the studios of Grady Bailey and Julie Ruhling.

Poker Tournament:

7 p.m.–11:30 p.m. SAU Clark A, B, C. Sponsored by the Organization of African Students for the RIT community. \$5.

Open Mic Night:

10 p.m.–1 a.m. Ritz Sports Zone. Sign up at the CAB Office to be one of fifteen judged acts.

Midnight Breakfast:

10 p.m.–11:45 p.m. Gracie's. This will apparently get you ready for finals. \$1.

Saturday
12
NOV

Dodgeball Tournament:

1:15 p.m.–4:30 p.m. Student Life Center. Proceeds go towards the Phi Beta Sigma Scholarship Fund. \$2.

Home Away From Home Dinner:

7 p.m.–10 p.m. SAU 1829 Room and Clark B. Thanksgiving Dinner for those not going home for Thanksgiving. Open to all students with college ID. Sponsored by Delta Sigma Theta.

Sunday
13
NOV

Strawberry Iced Cappuccino Smoothie:

Brew three ounces of cappuccino (or strong coffee will do), dump it in a blender with three cups of milk, six strawberries, and as much or as little sugar as you want. Fill the rest of the blender with ice, hold the lid down, hit the button, and serve.

Monday
14
NOV

Macaroni and Cheese Plus:

Boil the macaroni with a half lemon in the pot. Chop up broccoli crowns and sprinkle them into a measuring cup where you stir together the milk, butter, and cheese mix. Continue as normal, serving with the lemon half at the bottom of the bowl.

Tuesday
15
NOV

Bearable Spaghettios:

Cook some rice (or microwave minute rice) while heating the Spaghettios. Dump your favorite hot sauce into the Spaghettios (I prefer Vietnamese chili sauce). Mix the rice in.

Wednesday
16
NOV


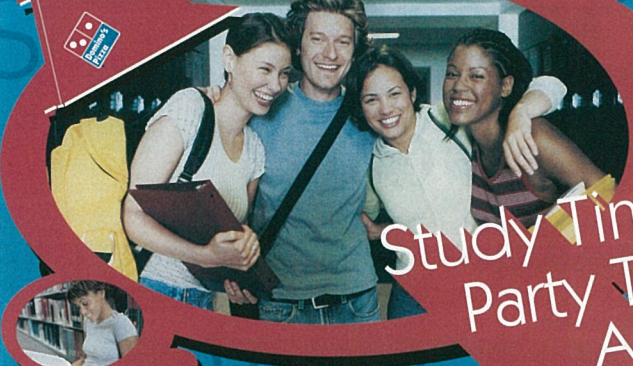
The Fortress:

Whip up some mashed potatoes and use some chunky tomato soup as a gravy. Mix in diced jalapenos. Before dumping the soup onto the potatoes, use some asparagus to make a fence in a hopeless attempt to contain it. You might want to serve this one in a bowl.

Thursday
17
NOV

Faux Gourmet:

Break up some spaghetti into small bits (about three to four inches) and get them boiling. Marinate chicken cube steaks in whatever (I use lemon pepper). Break the chicken into small bite size bits and cook. Serve the chicken over the spaghetti, and dump on some salsa and grated cheese. It goes well with a Caesar salad and grapefruit for dessert.

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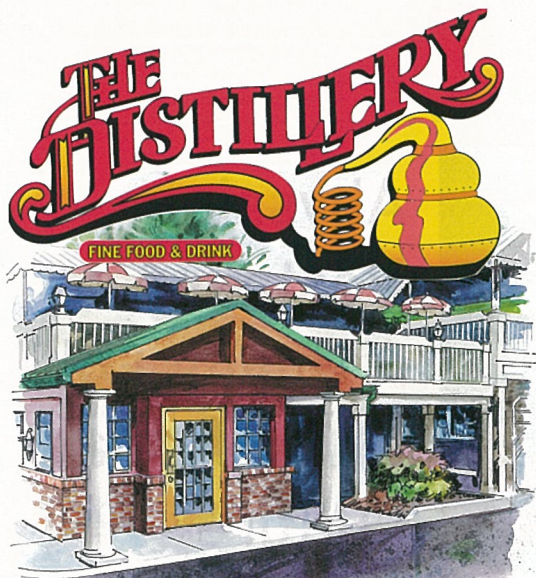
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Abyssinia Restaurant A Quaint Collision of Cuisine and Culture

◀ Combination platter II, consisting of fitfit, fasolia, cabbage, and doro w'et—one of many traditional Ethiopian options at the Abyssinia restaurant located at 80 University Avenue in downtown Rochester.
Ralph Smith/REPORTER Magazine

by Ben Foster with Erhardt Graeff

Ethiopia is a land of intrigue and mystery—Zion itself, to some. The terrain is crisscrossed with mountains, plateaus, and rugged steppes. One could never hope to absorb the complexity of its history and the variation of its contours in a single visit. The dining experience at Abyssinia Restaurant—a Rochester based Ethiopian restaurant located at 80 University Avenue—reflects the character of its homeland in many ways, some of which cannot possibly be intentional.

"*Impenetrable* mystery" is a phrase that leaps to mind when I think of Abyssinia. From the moment we walked in, late one Thursday night, something seemed somehow out of place. Maybe, it was the uncomfortably long absence of a host to reassuringly take us in and lead us to a table. Or maybe, it was the company: one other table housed college students—normal enough, another supported a family—again not all that odd, and then there was a table of about twenty German women whose conversation filled the place with an extra unexpected foreign flavor.

After a Rochester assemblyman and frequent of the restaurant hailed our host, we were led to a small round table and presented with a pair of menus. These I expected to be cryptic, considering it was my first time in an Ethiopian restaurant. Instead, the menu was strangely simple. The volume of entries was not overwhelming and the English descriptions were clear and concise. In time, our host returned: now as our waiter. We ordered one of the three combination platters with multiple entrees for multiple patrons. The host-waiter vanished.

Time passed slowly and we waited patiently, absorbed in the brightly colored native decor and our multi-purpose steward's antics. He played host, bartender, and waiter: three jobs as fragmented as the diverse tribes comprising the Ethiopians themselves. As this racial diversity causes tension within the state, so too did our poor waiter's diversity cause tension within the restaurant.

Eventually our food arrived. The board spread was a landscape in itself. As expected, we were given a large round plate piled with mounds of the various entrees ordered, and a basket of injera—the plate itself was even inlaid with the same native bread.

It would be a gross oversight not to explain injera and its peculiarities. The bread comes in rolls which resemble those tightly-wrapped hot towels often provided on planes after a red-eye. However, the bread is instead wheat brown and porous—almost like a sponge. The touch I must confess is a little unsettling, as it stretches with a rubbery nuance not unlike the skin of, say, a manatee. The taste is subtle—reminiscent of sour dough, but slightly less tart.

As we began to eat, the true uniqueness of Ethiopian cuisine set in. Not in what it tastes like, but in how you must eat it. My companions and I had to tear the injera into utensils and reach across the table to partake. The experience was full of motion and relative dynamism. What I chose to eat each time I reached out, affected what others ate—we seemed to be linked through a shuffling food-based microcosm. Throughout, the service continued to be lacking out of seeming deference to the Germans, as water glasses dried up and were rarely refilled. The food, on the other hand, was plentiful and pleasant—a mixture of spices, both familiar and unexpected, blended with butter, oil, onions, and vegetables or meat. Despite our tremendous effort we could not quite finish our platter.

Finally leaving Abyssinia was like stepping back into the real world. The food lingered in my mouth and settled in my stomach, but I felt like the experience had been removed from time. It cost our party of three two hours and 35 dollars from entrance to exit; and we hardly could have been faster, or spent a different sum of money. It felt like the whole 2000-year history of Ethiopia had been cooked into our meal and now sat firmly in our stomachs. •

Rating: ★★★★★



Getting to Know Mr. Coffee:

How to get the most out of your coffee machine

by Tom Cookson | illustration by Brittney Lee

Are you tired of spending half of your disposable income on slimy hamburgers and lukewarm cheese sandwiches? Are you sick of experiencing strange new digestive phenomena shortly after eating at Gracie's? Hate that feeling of helplessness when you want a good meal at two in the morning?

There's hope. Although a lot of things aren't allowed in the dorms, coffee machines are (you just can't legally use them there—see the safety sidebar). And coffee machines are good for more than just making coffee. Read on to find out how getting to know Mr. Coffee can make your life a little happier.

Getting Started

There are a few simple guidelines you are going to want to follow when cooking with your coffee maker to avoid a culinary catastrophe. Before doing anything with your coffee maker, make sure there is no coffee left in the basket, and make sure the machine is nice and clean. Although the heating element of your coffee machine can keep things hot, you will find that it has a hard time warming things up. Practical cooking with a coffee machine really requires at least some water to run through the machine. For example, making a full can of Campbell's soup can take more than 20 minutes if warmed from room temperature, but won't take more than five if you run the water portion through the machine.

An Example

Ramen noodles are universally accepted as the world's most versatile, economic food for college students. You can find them for only 14 cents a package—compare that price to what we have to pay to eat around here (see the feature). These cook pretty perfectly in a coffee machine.

Making them is simple:

1. Before opening the bag, snap the noodles into four smaller squares.
2. Stack the four squares on top of each other in the coffee pot. If you can't, just place them in however they fit.
3. With the noodles in the coffee pot, pour about two cups of water in the intake and let the machine run until all of the water is through. Stir and wait until the noodles are soft. (about 2 minutes)
4. Drain, serve and quickly rinse any left over noodles out of your coffee pot. You will regret it if you don't get them out before they dry.
5. Either eat with the disgusting flavor included or add your own sauce.

Think Before you Drink

No, I'm not talking about alcohol—I'm talking coffee. And this isn't about not drinking coffee (check out the accompanying leisure article on caffeine if you're looking for that)—this is about enjoying coffee to its fullest.

Owning a few simple items can make your coffee drinking experience much more interesting. I recommend picking up some cinnamon, pure vanilla extract, brown sugar, coco powder (or chocolate syrup if you're on a budget), confectioners sugar and an ice cube tray if you have a freezer compartment in your fridge. Try to experiment as much as possible and in a short time you will have a booming coffee-life. Check out www.ineedcoffee.com for some great recipes and methods to get you started.

Buying Happiness

It's up to you to decide the value of your coffee maker—but that won't change the going price. \$20 bucks will get you a basic machine and spending another \$10 or \$15 on ingredients and accessories will make it a happy one.

So, four meals at Gracie's theoretically add up to about what it costs to get your own coffee-making/food-cooking station up and running. So what will it be? Happiness? Or four meals at Gracie's? The choice is yours. •

What the Housing Contract Dictates:

Hot air popcorn poppers, coffee pots, and hot pots, with automatic shutoff are allowed in kitchens and lounges. Appliances that create excessive heat or are open-flame/open-element are prohibited in any area of residence halls and the RIT Inn. Refrigerators are allowed in student rooms but cannot exceed 5 cubic feet. In other words, make sure your coffee machine has an automatic shutoff feature and only use it in the lounge.

Ups and Downs:

The Diary of a Caffeine Addict

by Jen Loomis | illustration by Dan Bolinski

12:00 a.m.

Finals week has me backed into a corner. I am hunted and without some quick thinking, I'm toast. My evasive action: to sit at my desk and attack the gigantic stack of work that I've been putting off for nine weeks. My quick thinking: I bring along a stack of caffeine-laden beverages. I work well into the night, fueled by coffee and Red Bull.

8:30 a.m.

My head aches, my body hurts from fatigue, and my eyelids are unbelievably heavy. The caffeine buzz that got me through the night is just a hazy memory. Caffeine before bed equals bad choice; my body feels like it didn't rest at all. Stupid stimulant. More precisely, stupid Xanthine; I am annoyed by its hard-to-pronounce name and for its contributions to my steadily-rising blood pressure. Sigh. Wearily, I prepare myself for a day full of classes. The walk down the Quarter Mile is especially brutal today, as my tired limbs seem ill prepared for walking.

10:07 a.m.

I take my seat in class late. As I walked past the library I couldn't resist ducking in for a cup. Sometimes, that sadistic seductress called caffeine can be a real bitch. The coffee has lifted my spirits to the point of elation and I'm now ready to face my day. I know, it seems quick, but caffeine works faster than lightning. Twenty minutes later and it's got my energy levels peaked. My pen flies across the paper as I furiously take notes. My brain is clear, calm, and ready to learn. I'm flying high and free on wings lent to me by caffeine.

12:46 a.m.

The pain of being in class is more than I can bear. It seems that the effervescence I possessed earlier was only fleeting. My head aches once more as the withdrawal symptoms kick in. I try to pay attention to my professor, but I'm unable to focus. I'm just too irritable to function. My sudden lack of caffeine has created some sort of general hatred towards anything that isn't a 20-ounce bottle of Mountain Dew. Life sucks.

→ How much did I have?

4—16oz cups of coffee	100mg each
4—8.2oz Red bulls	80mg each
1—20oz Mountain Dew	90mg
1—8 oz espresso ground coffee	135mg
2—Starbucks mocha frappuccinos	70 mg each
Total	1.09grams



1:56 p.m.

I stumble out of class towards the nearest vending machine. I deposit my money and grab my caffeine-laced prize: the Mountain Dew that I've been craving for over an hour is finally mine. I gulp the soda down in frenzy. Within minutes, I feel like a new woman, ready to face the remainder of my classes. This high comes with a price: Xanthines, like the coffee I drank earlier and the Dew I'm drinking now, compound their problems by literally sucking the water out of me. But, for this sweet elixir, it's a price I shall gladly pay.

4:00 p.m.

After sitting through two more grueling hours of lecture, I arrive home. My desire is to sleep, my prerogative is to study. I open my refrigerator to discover a grim lack of caffeine in my apartment. My computer desk is littered with three coffee cups, four energy drink cans, and two Starbucks mocha frappuccinos, all (sadly) drained of their contents. Damn. I throw on my coat and drive to Wegman's, seeking the caffeine that my body has grown to need.

5:10 p.m.

I return home with a special treat. Instead of buying regular coffee, I purchased espresso beans. The resulting drink smells twice as strong as my usual poison and tastes three times as bitter. I sit myself down at my desk and begin working. My hand starts shaking.

5:40 p.m.

My hand is still shaking. Have I overdosed? Possibly. Am I worried? Nah. Caffeine only becomes really dangerous above 10 grams. The headaches, tremors, and such usually kick in somewhere around one gram. The espresso-coffee may be coursing through my bloodstream like an eel but it's not gonna kill me. These jitters make it hard to work. My heartbeat is becoming awkward and my breathing is strained, but I cannot stop working. There is no rest for the college student. Finals week is approaching. My addiction rages on. •

STREAM OF FACTS

NOVEMBER 11

November 11, 1918, Germany signs an armistice agreement with the Allies ending **World War I**.

An estimated 15.1 million people died in **World War I**. 3.7 million of those killed were **Russians**.

A White **Russian** is three parts vodka, two parts coffee Liqueur, and then milk or cream to taste. This drink isn't actually traditionally Russian in any way. Its name comes from its use of **vodka**.

Vodka may be distilled from any starch/ sugar-rich plant matter. Most vodka today is produced from grains such as rye or wheat but it can also be made from potatoes, **molasses**, and byproducts of oil refining or wood pulp processing.

Unsulphured **molasses** is the finest quality. It is made from the juice of sun-ripened **sugar cane** and the juice is then clarified and concentrated.

The fresh Juice of **sugar cane** is called garapa, it's a semi-sweet liquid that when mixed with ice and lemon or **lime** is a very popular drink in sugar producing areas.

Lime is actually an ambiguous term referring to a number of different citruses. The limes most commonly available commercially are the smaller, yellower Key lime and the larger, greener **Persian** lime.

In 539 BC, Cyrus the Great of Persia, conquered much of the middle east. Under **Persian** rule, the Jews were permitted to return to Judea (in Palestine) where they rebuilt the walls of **Jerusalem** and codified Mosaic law, the Torah, which became the code of social life and religious observance.

November 11, 1831, in **Jerusalem**, Virginia, Nat Turner was hung after inciting a violent slave uprising.

QUOTE

"You piss me off you Salmon...
You're too expensive in restaurants."
- Eddie Izzard

Limerick

by Brian Garrison
When looking for tasty good food,
It's something that must match your mood.
Perhaps a gazelle
Would taste rather swell,
But not if you're craving tofu.

JUMBLE

Edible

vonsein
gisagh
caolotch
taopot
rpsagaasu
otburir
uasesga
tfliferus
msaritap
oalnggozr

venison, sausage, hagis, chocolate, potato, asparagus, burrito, truffies, pastrami, gorgonzola

RANDOM REVIEW

Trident Cinnamon Gum with Xylitol. Nothing is better than a nice piece of chewing gum on those oral fixation kind of days. But, the consequences can be dire. Bathing your mouth in sugar will slowly rot your teeth away. Worse yet many artificial sweeteners contain bleached sugars that have been linked to cancer in laboratory animals. Not only is Xylitol a sweet treat, but it also actually contributes to dental health. So go ahead bathe yourself in flavor and not in tooth decay. Chew Xylitol based gums like Tridents excellent Cinnamon.

REPORTER RECOMMENDS

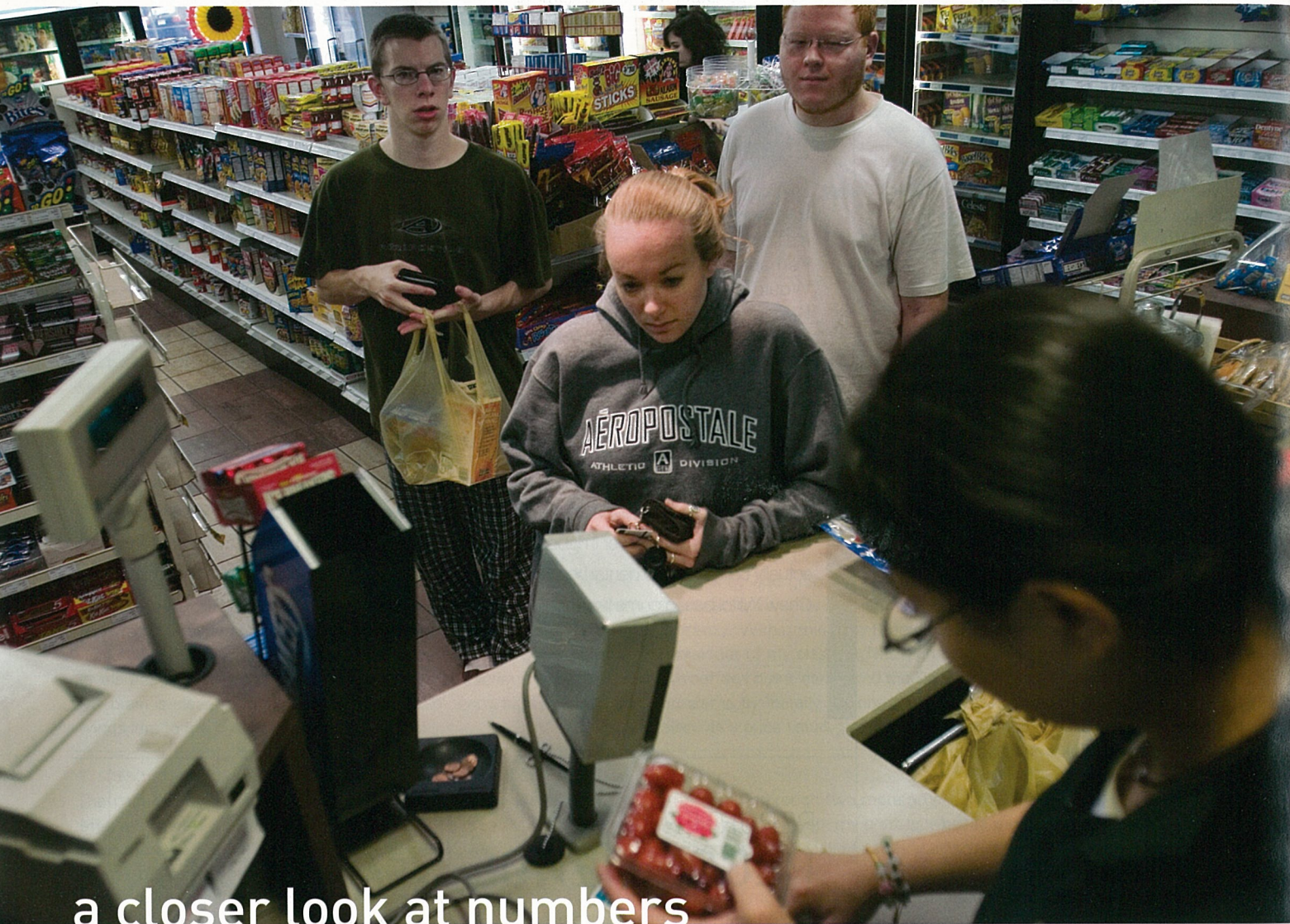
Rolling with academic punches. It's totally the end of week ten. We are all crazy as a whole raft of loons (yeah I guess flocks of loons are called rafts) and some of the work you're producing probably isn't up to the highest academic standards. From time to time your professors will notice, and they tend to respond with harsh criticism in the form of poor grades. Don't dwell on it. Exams are coming up and living in yesterday just isn't a luxury you can afford right now.

PLAYLIST EAT EAT EAT

The Last Supper After Party - Give up the Ghost
I Love Rocky Road - Weird Al Yankovic
I Want Candy - Bow Wow Wow*
I'm the Food - DJ Food
Cheeseburger in Paradise - Jimmy Buffet
Every Shade of Blue - Bananarama
Hoe Cakes - MF Doom
Sweetness - Jimmy Eat World
Eat to the Beat - Blondie



Discourse in the Origin of Inequality in Meal Plans among Freshmen



a closer look at numbers

First year student Shuk-King Cheng works behind the Corner Store counter while students line up to buy food on Saturday, November 5.

by Adam Botzenhart | photography by Jacob Hannah

Let's make a deal. How does this sound: You give me \$1,200 and, in return, I'll give you \$1,000? Not interested? Alright, how about this: You give me \$1,200 and, in exchange for that money, you get the \$1,000 and as a bonus, you can only spend it at my local business; let's call it...*Gracie's*? Still not interested? A scenario such as this may seem absurd, but it's happening right here on the RIT campus, affecting every student who has a Gracie's meal plan. It costs these students tens of thousands of dollars every quarter in money they never see, but no one seems to notice. *Reporter* takes an investigative look into the Gracie's Meal Plan.

A disclaimer: this article will not directly apply to you if you are not:

- a) A freshman
- b) An upperclassman on a Gracie's meal plan
- c) Someone generally concerned with such lofty ideas as *fairness* and *justice*

(If you did not meet any of the above criteria, I suggest turning the page and hoping you have better luck with the next article. All else, read on).

“Is there a direct proportional equation to the amount of debit we provide with each meal plan? No. It really has evolved with what we think the student demand is.”

Part One: Discovering the Problem

I was doing some math the other day when I stumbled on the RIT Food Service website. It didn’t add up. Here’s the issue: when freshman decide to enroll at RIT, Gracie comes out of the kitchen and gives them four options: ten, twelve, fourteen, or twenty. The costs for each of these options, or meal plans, are generally the same—\$1,195 for the first three, respectively, and \$1,231 for the last. The benefits, however, are not so much the same.

The Basics: A Brief Overview of the Meal Plan

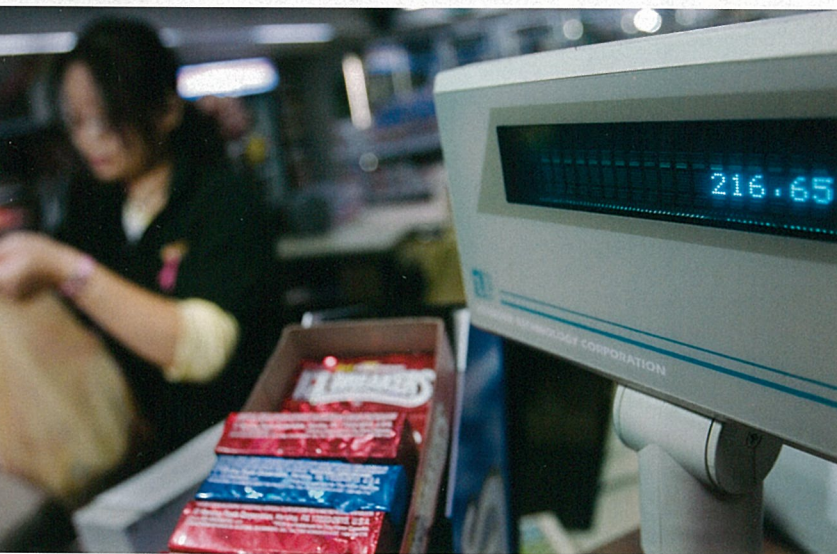
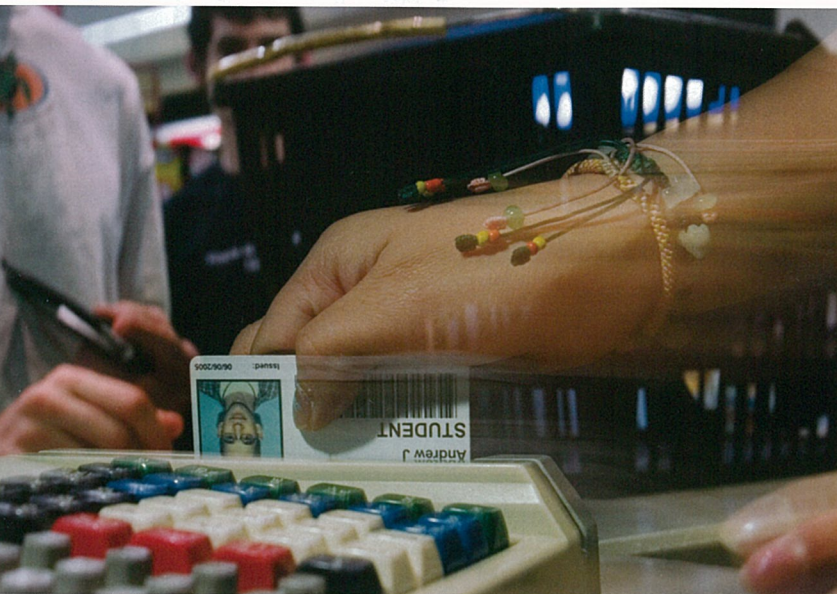
A meal plan is required for all students living in the residence halls at RIT. As outlined, freshmen at RIT are given four choices. Pay attention, these numbers matter:

20-Meal Plan	Any 12 Plus
Cost:	Cost:
\$1,231/quarter	\$1,196/quarter
Benefits:	Benefits:
20 meals/week	12 meals/week
220 meals/quarter	132 meals/quarter
\$0 debit/quarter	\$120 debit/quarter
Any 14 Plus	Any 10 Plus
Cost:	Cost:
\$1,196/quarter	\$1,196/quarter
Benefits:	Benefits:
14 meals/week	10 meals/week
154 meals/quarter	110 meals/quarter
\$80 debit/quarter	\$160 debit/quarter

All meals, with the exception of five weekly, must be eaten at Gracie’s. Those five, dubbed “meal options,” can be used at any other eatery on campus for a \$5.75 credit. Gracie’s charges the following rates in debit and Tiger Bucks for those not using a meal plan:

Breakfast: \$5.55
Lunch and Brunch: \$7.05
Dinner: \$7.95

Fairly straightforward, right? Food Service requires all freshmen to have a Gracie’s meal plan to ensure that they won’t have any problems eating their first year and won’t have to worry about budgeting their money. Students can come back from class, walk to one convenient location, swipe a card, and gain access to a virtually limitless supply of fruit, vegetables, French fries, and mint yogurt chicken (eaten separately? Yes. Mixed together? That too). In addition, Food Service requires these meals to be used solely at Gracie’s in an effort to keep costs down by preparing and serving food in bulk under one roof with one staff. These things make sense. It is understandable that Gracie’s cares that the freshman are well-fed. It is understandable that Gracie’s wants to keep costs down. This is what I don’t understand: In moving from, for example, the “Any 12 Plus” to the “Any 10 Plus,” a student foregoes 22 meals a quarter, yet that student only moves in debit from \$120 to \$160, a net \$40, or \$1.80 (\$40/22 meals) in debit for each meal they gave up. Give up 22 meals, get \$40. This presents a problem.



(top) Shuk-King Cheng swipes a student's card who is using debit to buy food at the Corner Store.

(bottom) A student's debit balance after buying food at the Corner Store.

Give up 22 meals, get \$40. This presents a problem.

The Problem

The problem is easily understood: Food Service is not giving students a proportional amount of debit in the Gracie's meal plan. Dinner at Gracie's costs \$7.95, but if a student decides to switch meal plans and change from 14 meals a week to 12, that student doesn't receive \$7.95 in compensation for each of those 22 lost meals, that student doesn't even receive \$5.75 for each of those meals, that student will receive only \$1.80 for each of those meals. \$1.80 will almost help you buy part of a plain hamburger at Hettie's Grill in the Commons. Maybe some basic arithmetic will help illustrate the issue.

If you take the amount a student pays for his or her meal plan, subtract the debit deposited to their account, and divide by the number of meals that student gets per quarter, the result is the amount of money that student is, in effect, paying for each meal at Gracie's. Observe:

20 Meal Plan

$$(\$1,231 - \$0 \text{ debit}) / 220 \text{ meals per quarter} \\ = \$5.60 \text{ per meal}$$

Any 14 Plus

$$(\$1,196 - \$80 \text{ debit}) / 154 \text{ meals per quarter} \\ = \$7.25 \text{ per meal}$$

Any 12 Plus

$$(\$1,196 - \$120 \text{ debit}) / 132 \text{ meals per quarter} \\ = \$8.15 \text{ per meal}$$

Any 10 Plus

$$(\$1,196 - \$180 \text{ debit}) / 110 \text{ meals per quarter} \\ = \$9.42 \text{ per meal}$$

Most business students would call this "lucrative." Most people would call it "wrong." Some would look at these numbers and say they make sense. The more meals you buy, the less they should cost—and that's good incentive. But the problem comes when the published price of a dinner at Gracie's is only \$7.95. If Gracie's charges \$7.95 for anyone who walks in through the door with Tiger Bucks, so why are freshmen and upperclassmen paying \$8.15 and \$9.42 with an Any 12 or Any 10 meal plan, respectively, for the same admission into Gracie's-all-you-can-eat food emporium? One might think that as these students are buying these meals in bulk, over 100 a quarter, Food Service might even give them a discount relative to the person walking through the door with Tiger Bucks. Not the case. Instead, it seems that if a student doesn't want to sign up for at least 14 meals a week at Gracie's they're subject to a "not hungry" tax of \$1.47 a meal.

One additional point: If you recall, students on the meal plan can also use up to five meals a week for a \$5.75 credit at other locations on campus. \$5.75 is not equal to \$7.25, or \$8.15, or \$9.42. Feel like Crossroads for dinner tonight? Depending on your meal plan, it will cost you \$1.50, \$2.40, or \$3.67 just to say the words "meal option."

Putting the Numbers in Perspective

Given the above allotments, the Food Service meal plans are not mathematically equitable. All students in the residence halls pay about \$1,200 per quarter attached to their tuition bill but, depending on your plan, you might be paying more than it actually costs someone with a few extra Tiger Bucks for the same meal. In fact, you might be paying almost 20% more than the person with a few extra Tiger Bucks *and* you have to pay that every meal *and* use 10 meals a week that you already committed to and paid for at the beginning of the quarter.

If food debit was proportionately granted in exchange for meals, as in giving students more than \$40 for giving up 22 meals a quarter (more than a \$1.80 meal-plan-to-debit exchange rate), the inequality would, in effect, be nonexistent. Assuming the monetary “worst”—that a student eats seven dinners at Gracie’s a week (at \$7.95), followed by as many lunches as his or her plan will allow (at \$7.05), a balanced meal plan debit apportionment would be as follows:

Any 12 Plus—\$195.10 debit (\$76.10 more debit than the current meal plan)

$$\begin{aligned} & \$1,196 - ((\$7.95 \times 7 \times 11) + (\$7.05 \times 5 \times 11)) \\ & = \$195.10 \text{ debit} \end{aligned}$$

Any 10 Plus—\$351.20 debit (\$191.20 in more debit than the current meal plan)

$$\begin{aligned} & \$1,196 - ((\$7.95 \times 7 \times 11) + (\$7.05 \times 3 \times 11)) \\ & = \$351.20 \text{ debit} \end{aligned}$$

In short, those on the Any 12 Plus would have to be given an additional \$76.10 in debit per quarter; and those on the Any 10 Plus would be entitled to \$191.20 more than they currently receive.

Part Two: Looking for an Explanation

I brought up the issue with Jim Bingham, Director of Food Service at RIT, in hope of uncovering the origin of this apparent inequality. A few days later, I was sitting in his office, along with Craig Neil, Director of Residential Food Service, for an interview.

Bingham explained that, mathematically, the inequality was legitimate, but argued there was an important piece missing from the puzzle—context. It became apparent over the course of the interview that Food Service and the meal plans did not arrive in this position as a result of a calculated, long-term plan for deception. “In the past, there only used to be two meal plans, 15 or 20,” Bingham explained. Over time, as students asked for more flexibility and options, different meal plans arose. “Our first meal plan with debit was a 14 meal plan with \$20 in debit.”

In short, the cost and benefits associated with each of the meal plans has not been the result of a progressive mathematical evolution, but instead, something much more organic and designed to meet student demand. “Is there a direct proportional equation to the amount of debit we provide with each meal plan? No. It really has evolved with what we think the student demand is.” Food Service doesn’t really view the different meal plans as a rationalized economic decision on the part of a student, but really a basic decision on how much they plan to eat—20, 14, 12, or 10 meals. In looking to provide a variety of options for a variety of appetites—something to be applauded—the resulting inequality didn’t occur to those distributing the debit.

Food service also recognized an error that they plan on correcting next quarter. “In 1994, we [Food Service] began to offer a cash price at Grace Watson, a debit price, which was an 8% discount off the cash price, a 10% discount for faculty and staff, and a 25% discount for students paying with a meal plan.” Somehow, with the creation of Flex accounts and the transition from Flex to Tiger Bucks in recent history, Food Service began treating Tiger Bucks and debit as the same with respect to discount. One of the problems identified above with the current status quo is that any student on campus with Tiger Bucks can eat at Gracie’s for a lower price than a student with an “Any 10” or “Any 12” meal plan. Come winter quarter, this will no longer be the case, as, according to Food Service, Tiger Bucks will no longer (and should have never) received that 25% discount in the first place.

To Conclude

Can students really expect a mathematically equitable debit in the meal plans? “Obviously, this is something Food Service is now thinking about. I think we can take a hard look at it,” Bingham offered. Neil had this to say: “If students demand it, we will do it. It takes students organizing [and] saying ‘we want this’ or ‘we want that.’ It takes students going to the administration asking ‘why can’t this be?’ To revamp the meal plans or something along those lines, it’s got to be driven by the students.” If the inequality was really that much of an issue, the assumptions of economics dictate that students simply would not select the “Any 12” or “Any 10” meal plan, but clearly this is not the case. And in the end, RIT still has to balance its budget. If more debit is to be given to students to square the meal plans, it has to come from somewhere—in this case, economics dictates that the result from RIT must be either increased efficiency or increased prices. After examination, without even taking inflation into account, the answer is most easily guessed: increased prices. •

She's a BRICKHOUSE

A New Source of Nourishment for the Average RIT Student



Sam Abgor-Tabi (left) and Abraham Fansey (right) pose for a portrait in front of BrickHouse Pizza in the Commons Friday, November 4, 2005. David Wright/REPORTER Magazine

“We definitely are going to expand and become the biggest pizza place around”

by Adam Bosen

Complaining about the quality of food at RIT is a bit of a cliché. You do it, I do it, and everyone we know does it. Ask anyone on campus about the food and chances are you'll get a response ranging anywhere from "It's not bad" to a string of harsh profanities, possibly directed at someone's mother. Most people have accepted less-than-amazing food as a regular part of life and have resolved to get along with it by just whining every now and again, but two visionary students saw things from a slightly different perspective. Instead of just grumbling at the thought of having to choke down another square of ramen or venture into Gracie's, they raised an interesting question: If you don't like the way things are done, why not do them yourself?

Not only is their competition literally right next to them, but their product is actually baked and served by the same Commons employees.

Modest Beginnings

Like the vast majority of RIT students, Abraham Fansey and Sam Agbor-Tabi enjoyed Gracie's cuisine as a primary staple of their diets during their freshman year, and like every third year Management and International Business major, they began to develop ideas about what they were going to do with their education

after graduation. What sets these two apart from the rest of the student body is their unique vision. They took a business plan they had worked on for two years and resolved to set it in motion after they graduated. The result is BrickHouse NY Pizza, a tiny pizza place in the Commons with a focus on the community that got it off the ground. "Everything about this project had something to do with RIT," said Fansey. "RIT students started it, we worked in RIT food labs to come up with the recipes, we used RIT students for taste tests and focus groups, and we put it in RIT."

BrickHouse is located in the Commons right next to Stone Oven pizza, the pizza vendor owned and operated by RIT Food Service. This creates a rather unique situation for the brand-new business because not only is their competition literally right next to them, but their product is actually baked and served by the same Commons employees. Fansey and Agbor-Tabi are still confident, though. "For us to still be able to get people to choose BrickHouse over the other one or for people to get to know BrickHouse, to identify with it, I think we're getting somewhere," said Fansey.

What's Next

BrickHouse has only been in operation for two months so far, but Fansey and Agbor-Tabi have no intention of letting their business stay still. "We definitely want to take this elsewhere. This is just a stepping stone for us," said Fansey. Their next plan of action is to expand their business to include deliveries anywhere on campus, starting first with the residential side and then expanding their coverage to the academic side as well. "As we get delivery out there, we're going to expose it to more people and it's just going to do better," said Agbor-Tabi enthusiastically. They are also hoping to strike a deal with the College of Engineering to replace Papa John's as the primary supplier for club pizza sale fundraisers at some point in the future. Nothing has been promised, but they remain optimistic.

Further down the line, the two hope to take over all pizza sales at the Commons and then expand their business outside RIT and turn BrickHouse Pizza into a franchise in western New York State. They intend to step back from managing the day-to-day operations of the business and focus primarily on developing new ideas and recipes. "RIT will eventually run BrickHouse, just like any other franchise," said Agbor-Tabi. "We definitely are going to expand and become the biggest pizza place around," added Fansey.

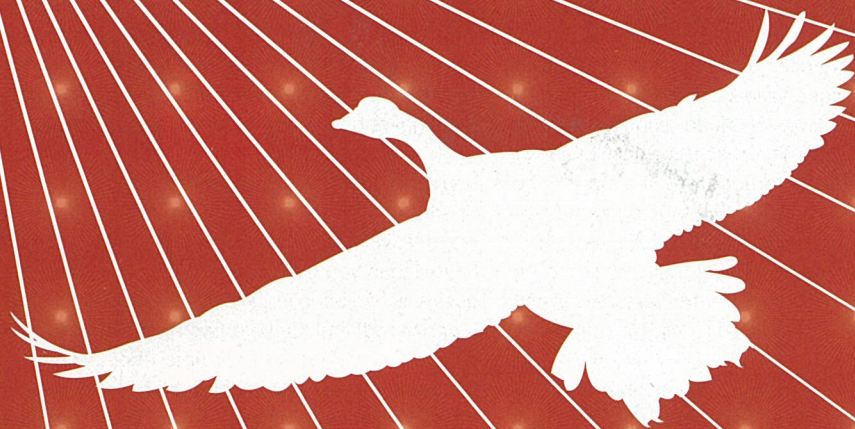
Some Advice

Speaking from an experienced position, both owners had a lot of advice to give to potential future entrepreneurs. "It's harder than you think," was Agbor-Tabi's first statement. The business had been in development for over two years before it first opened, and the past two months have required that they devote the majority of their time to developing and managing the store, often working about 80 hours a week. "You have to be really adaptive and very flexible. Every curve ball that can be thrown your way will be thrown your way," stated Fansey.

Despite their popular backing both within the College of Business and the RIT community as a whole, they have encountered numerous obstacles along the way, from developing their own unique recipes to handling insurance policies. "No one will ever do things the way you thought they should be done before you get into the business," added Agbor-Tabi. "There's always going to be a difference in the way people do it. It's normal, and you shouldn't stress yourself and give yourself ulcers because people aren't doing it the way you saw it being done in your mind."

One of the largest snags they ran into is that the coal-heated ovens used by classic New York-style pizzerias are actually illegal for new businesses to use, so they improvised by asking a senior design project group in the College of Engineering to build them an oven that could approach the temperatures of the classic ovens. The resulting oven reaches temperatures comparable to those found in the older pizzerias and has the added benefit of being another marketable product for BrickHouse. Flexibility and ingenuity are integral parts to being successful in the business world. Finally, they had a piece of advice for everyone at RIT: "Try our pizza!" •

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WORD on the Street

compiled and photographed by Ralph Smith

Q: What's the staple of your diet?



"Yeast."

Fernando Segovia

Biotechnology
Third / Fifth Year



"Coffee and Goldfish Crackers."

Katie Grimshaw

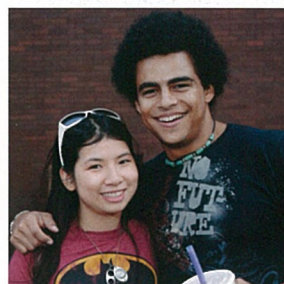
Biology
First Year



"Pasta."

Laura Nemcek

Psychology
Graduate Student



"Mojitos made by Domingo."

**Hamy Pham with
Domingo Cheek**

Advertising Photography
Graduated '05



"Sweet, Sweet Candy."

John McCartney

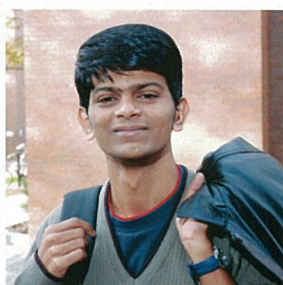
Photographic Technology
Fourth Year



"Beer, Saranac Black Forest."

Shawn Meegan

Civil Engineering Technology
Third Year



"Rice."

Ram Krishnamurthy

Electrical Engineering
Graduate Student



"Country Sweet Chicken and
Keystone Light."

David Scott Myers III

Fine Art Photography
Third Year



"Beer and Beef."

Ryan Ramplan

Mechanical Engineering
Technology
Third Year



"Bagels, cream cheese, and
Java's Coffee."

Susan Lanier

Between Majors
Second Year



"We don't eat because we
have to eat at Gracie's."

**Megan Steria and
Danny Maffia**

Both ASL English Interpreting
First Year



"Fruit, grains and dairy. I drink
a lot of juice."

Rae Covington

Biology
Second Year



RIT Goalie Chris Rouland stopped three straight penalty shots to break a 1-1 tie after two overtime sessions against St. John Fisher College. With the win, RIT advanced to the Empire Eight championship game. Jacob Hannah/REPORTER Magazine

SPORTSdesk

by José Plaza



Men's Hockey

October 28: During a night of upsets and records, RIT Hockey had the last laugh. RIT Goalie Jocelyn Guimond was the highlight of the night, tying an NCAA Division I record with 66 saves by a winning goalie in regulation. The Tigers upset St. Lawrence University, ranked eighteenth in the nation, by a score of 3-2. The RIT goals were credited to Simon Lambert, Darren Doherty, and Darren Olson.

October 29: The Tigers tried to repeat their great performance from the previous night once again against St. Lawrence, but fell short. RIT put up three goals from Marc Hyman, Darrel Draper, and Brennan Sarazin, but they were not enough. St. Lawrence put up a 6-3 win.

Record through 11/3/05: 3-3-0

Men's Soccer

November 1: RIT and St. John Fisher took a 1-1 tied game into extreme OT. The game, which came down to a penalty kick duel, was won by the Tigers in a sudden death shootout. With the odds against him, RIT goalie Chris Rouland stopped the last three penalty shots kicked at his goalpost in order to seal the victory. RIT penalty shots from Jorge Ciurlizza, Dan Beca, D.J. Rowse, Andrew Ong, and the regulation goal by Dennis Smyth, gave the Tigers the win. The Tigers now advance to the Empire 8 Title Match against Nazareth College.

Record through 11/4/05: 8-6-3 Overall, 5-1-0 Empire 8

Women's Soccer

October 29: The Lady Tigers ended their 2005-06 regular season play in a scoreless tie versus SUNY Fredonia. Ashley Conti posted her third shutout of the season in the game. The Lady Tigers will prepare for the New York State Women's Collegiate Athletic Association (NYSWCAA) tournament on November 5.

Record through 11/4/05: 5-9-2 Overall, 3-3-1 Empire 8

Men's Swimming and Diving

October 29: The 2005-06 season debut for the Men's Swimming and Diving Team went great with a strong 146-73 win over SUNY Fredonia.

Event Winners:

200-Yard Medley Relay: A Team (1:48.87)
200-Yard Freestyle: Phil Baudoin (1:52.84)
50-Yard Freestyle: Erik Zebacher (21.72)
200-Yard Individual Medley: Matthew Jenkins (2:08.60)
200-Yard Butterfly: Adam Luptak (2:03.48)
100-Yard Freestyle: Erik Zebacher (47.98)
200-Yard Backstroke: Tyler Morrison (2:11.65)
1-Meter Diving: Quinn Donahoe (223 points)
3-Meter Diving: Quinn Donahoe (246.23 points)

November 2: In the second competition of the season, the Tigersharks fell to the SUNY Oswego swimming and diving team, 143-100.

Event Winners:

50-Yard Freestyle: Erik Zebacher (21.91)
200-Yard Butterfly: Adam Luptak (2:01.95)
100-Yard Freestyle: Erik Zebacher (47.91)
400 Yard Freestyle Relay: A Team (3:21.21)
1-Meter Diving: Quinn Donahoe (299.25 points)

Record through 11/4/05: 1-1

Women's Swimming and Diving

October 29: Despite opening up their season with a 93-148 loss to Fredonia State, the Lady Tigersharks' Sarah Keesler, managed to break a 22 year old record in the 200-Yard Individual Medley.

Event Winners:

200-Yard Freestyle: Kristen Curtze (2:03.06)
200-Yard Individual Medley: Sarah Keesler (2:19.04)
200-Yard Butterfly: Sarah Keesler (2:26.13)
100-Yard Freestyle: Kristen Curtze (55.59)

November 2: RIT went into their second dual meet of the season against SUNY Oswego and lost 119-91.

Event Winners:

200-Yard Individual Medley: Sarah Keesler (2:18.86)
500-Yard Freestyle: Kristin Curtze (5:35.15)
200-Yard Breaststroke: Sarah Keesler (2:37.36)
400-Yard Freestyle Relay: A Team (4:15.29)
1-Meter Diving: Gretchen Anderson (208.10 points)
3-Meter Diving: Gretchen Anderson (181.10 points)

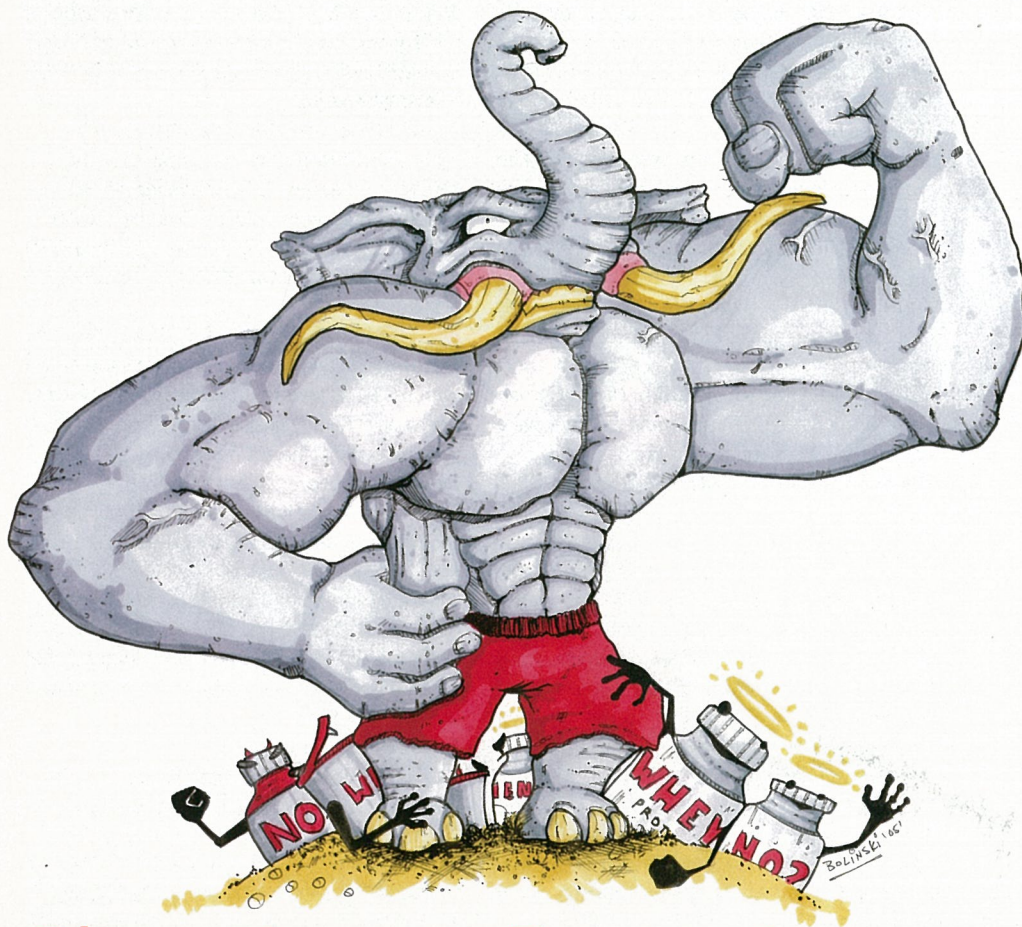
Record through 11/2/05: 0-2

Volleyball

October 29: The New York State Women's Collegiate Athletic Association (NYSWCAA) tournament kicked off with RIT and number six SUNY New Paltz in opening round action. The third seeded Lady Tigers were unable to spark the magic they have had all season, and were unfortunately swept in three straight games. The loss put them into the seventh place consolation match versus the University of Rochester.

October 30: RIT got back into the groove of their game, and took seventh place recognition in the NYWCAA tournament by defeating U of R in their match 3-0. Katie Werner was, well, Katie Werner, posting 47 assists and 12 digs, while Jessica Schaffer led the kill department with 11 kills along with 9 digs. Christina Anabel posted 16 digs, while Shea Haney put up 10 kills with four blocks, and Bonnie Harriman added 6 blocks of her own. The Lady Tigers are now focusing on the upcoming Empire 8 Tournament, in which they hold the second seed ranking.

Record through 11/3/05: 31-7 Overall, 6-1 Empire 8



Choosing to Pump Iron or Pop Pills

The Good and Bad of Nutritional Supplements

by Richard Hain and Chelsea Palmer | illustration by Dan Bolinski

Supplement use is usually equated to gym junkies with ripped muscles, flat washboard abs, and legs as thick as tree stumps. However, supplement use doesn't have to be a part of such a warped view of fitness. Correct use of certain supplements can be healthily integrated into a workout system. Nevertheless, users must be cautious about which supplements enter their bodies. Some can be dangerous or even illegal, and for some intercollegiate athletes they can be against the NCAA regulations they have promised to abide.

Students Whey In

The RIT campus is full of tigerish and enthusiastic gym goers. In order to better understand what students are doing to improve their bodies, a trip to the Fieldhouse was in order to get the information firsthand. Hein Aye, Civil Engineering Technology student, said "I only use protein...I use whey protein." However, one of the students that chose to remain unnamed said, "I use Trac, a creatine supplement." Several other anonymous lifters also repeatedly mentioned creatine and whey protein along with soy protein and multivitamins. A few mentioned Glutamine and Ethyl Ester.

Many respondents on the other hand were not taking any supplements. One anonymous lifter commented about the hassle of supplements saying that, "It's like taking birth control for guys." The reasons behind people not taking supplements included a lack of information, worries about whether it would comply with sport teams, a lack of consistent financial backing, and the horror stories of what improper use can do. Despite that, most of the people said that if they knew what was safe and legal, that they would take the time to look into purchasing supplements.

Supplements for Students

Many of the supplements RIT students are using are quite effective and good, if used by consistent weight lifters and if the directions for use are followed. One popular supplement is creatine. Creatine, is all about energy since it works by creating ATP (adenosine triphosphate), which is used to energize the muscles. "A number of studies on creatine and athletic performance have clearly shown that its benefits are limited to anaerobic sports such as weight lifting, sprinting and jumping," states the website supplementwatch.com (an affiliate of *WebMD*). The dangers of this supplement include a potential for over activity in

the liver and kidneys. Studies have shown that dangers associated with creatine are mostly due to overuse, and that a user that follows the directions for use should be fine.

Whey is also a popular supplement. Whey, a protein coming from milk used to repair and build muscle after lifting, is the most effective protein supplement available. This is very widely used and very widely appreciated. Glutamine is gradually reaching the ranks of whey protein's effectiveness. Supplementwatch.com states, "In recent years, at least a half-dozen studies have been conducted on glutamine supplementation in athletes, and a strong basis exists for the efficacy of glutamine supplements in athletic populations." Glutamine is an essential amino acid that helps produce protein. It is a good supplement because during weight training, glutamine levels are reduced; taking a glutamine supplement can quickly help recover strength and stamina. Another simple yet helpful supplement is the standard multivitamin. Specifically good vitamins for weight training and exercise are Vitamin C, Vitamin B, and Vitamin E.

Supplement Guidance

This small sample of the supplements available can go a long way in aiding one's supplement search. However, this is just only one step. Before starting to use any supplement, one should talk to a nutritionist or a doctor about the options available. The services and facilities available at RIT—like the student health center, personal trainers, nutritional counseling, and fitness classes—can help you make up your mind regarding this matter. All supplements have side effects and need to be combined with a strong work ethic and a commitment to exercising and weight training.

On-campus specialists such as Michelle Schrouder, Assistant Director/Wellness, have information on whatever nutritional goal you might have. "Students need to recognize their goal—some are trying to put on weight and others are trying to lose—and then look into supplements," Schrouder advised. Supplements are not for everybody, but a good supplement can increase productivity of a weight-training program and can help a student reach goals more efficiently than otherwise possible.

Hard work, good diet, and effective supplement use could quickly produce the fittest techies RIT has ever seen.

The Dark Side of Supplements

But the possibility of "too fit" a techie does exist, especially when he/she is an intercollegiate athlete. Without proper knowledge and guidance, athletes can find themselves in trouble with the NCAA.

"In most cases athletes who test positive for supplement use didn't know any better," said Christine Worsley, an athletic trainer for RIT. In order to understand the plethora of regulations set forth by the NCAA, make a quick visit to NCAA.org. Once there, click on the health and safety link and you will be amazed at just how many banned supplements are listed. From stimulants, street drugs and anabolic steroids, to urine manipulators, diuretics, peptide hormones and analogues, the list includes in-depth examples of each banned substance.

Nutritional supplements are becoming an increasing issue at RIT especially for the men's ice hockey team going Division I. Unlike Division III athletes who only get random drug tests when they reach playoffs, Division I is susceptible to being tested by the NCAA at any given point before, during, or after the season. "Obviously there are

those athletes who don't reveal certain things that they're taking, and in those cases there's not a lot we can do about that other than when we see that a team is getting close to playoffs, we usually have educational forums regarding that," said Worsley.

Awareness is Key

Being aware of what substances are going into your body is the main point stressed with trainers and health care personnel. Whether they are products from the local GNC, or products from the health center, athletes are responsible for questioning whether or not there are banned chemicals in the supplements they are buying. What gym-goers don't know about supplements, that Worsley is especially keen on informing people about, is that "supplements are not regulated by the food and drug administration." He went on point out that "the people making these supplements can put in pretty much whatever they want, and they make grandiose claims about how they're going to make you bigger and faster." What's even scarier is that "a lot of these products do contain anabolic steroids," warned Worsley.

Sudip Mishra, a third year information technology student working at the SLC, takes these cautions seriously. He said, "I trust anything which is good, but if it's like 'juice' then definitely it's a big NO for me. 'Juice' usually refers to steroids, and steroids have their side effects. Yeah, it might give you muscles, but it gives you muscles by increasing your metabolism. With increased metabolism, your body cells age faster, and obviously everyone wants to stay young. Moreover, steroids have their own psychological effects too."

The best bet for students is, again, to confront a health care professional like an athletic trainer or even a doctor at the Student Health Center, and make sure that the supplement they're using, or planning on using does not contain any substances banned by the NCAA or of harm to your body. Supplements could put that rock hard body on a fitness enthusiast's skeletal frame, but it is no panacea for health. Supplements should be taken with care and should not replace a balanced diet and regular exercise. RIT provides several outlets of information so that one doesn't have to choose brawn over brain. •

For further information regarding what you have seen in this article, feel free to visit www.supplementwatch.com or www.consumerlab.com. If you feel a little more comfortable getting your information from a physical being, then the Student Health Center would probably be a better place to start.

[writers]

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RIT Rings

compiled by Casey Dehlinger

All calls subject to truncation. Not all calls will be run. We don't run calls from crustaceans.

Thursday 8:52 p.m.

Dude, your magazine gives me the craps.

Thursday 9:01 p.m.

[male voice] Hi, I'm looking for Drew. She sounds really nice. Let her know I called. Thanks.

Thursday 9:24 p.m.

Yo, what's up, *Reporter*? My name is Phil, and I'm calling to tell you all about some pirate treasure hunt me and my buddies went on. Me and this kid Jimmy and this kid Justin went up to Canada to get some blaze, man. And we get a whole bunch of it. So we're walking along the shores of Lake Ontario and everything's all beautiful and serene and stuff and we're like 'yo, we can't bring this all back across the border.' So we made a pirate treasure map, like, 'walk eight paces north of the tree' and then buried it and a few weeks later we came back and it was still there.

Friday 2:36 a.m.

Hi, I really like that picture on page 19 [October 28, 2005]. It shows awesome artistic expression and I love pictures of the paranormal. You guys should print more of these pictures.

Friday 2:36 a.m.

I have a really serious problem with your picture on page 19 [October 28, 2005]. First of all, I hate pictures [of] the paranormal. I think it's really pointless and bland and you should never put pictures like that in your magazine again.

Friday 2:39 a.m.

Sorry, I should have learned the first time not to eat chicken on the phone. Ghosts don't run, they float; so this photo is obviously fake and I think it's disrespectful to all the people in the cemetery because their grave is being photographed without their permission.

Friday 2:43 a.m.

It's like not listed on this page what the ghost's name is. I was kinda curious. Could you use the Ouiji board to figure it out and print a correction?

Friday 2:53 a.m.

I started reading that article about that paranormal investigator guy. I was reading it and I was enjoying it, but then I got to page 19 [October 28, 2005] and the picture was so bad I had to throw the entire magazine away. So could you give me a summary of the end of the article? Because the magazine's in the trash now and I don't want to pull it out.

Friday 9:45 p.m.

Hi, it's Friday night at the pool and there's only four people here and I'm working and the only four people here in the hot tub are making out. It's horrible. I want to go home and get drunk.

Friday 9:59 p.m.

I'm here in the bathroom with two other girls and there are numerous RIT boys in our living room, but we're here to say 'where do pirates go to college?' Arrrrrrrrrrr- I-T!

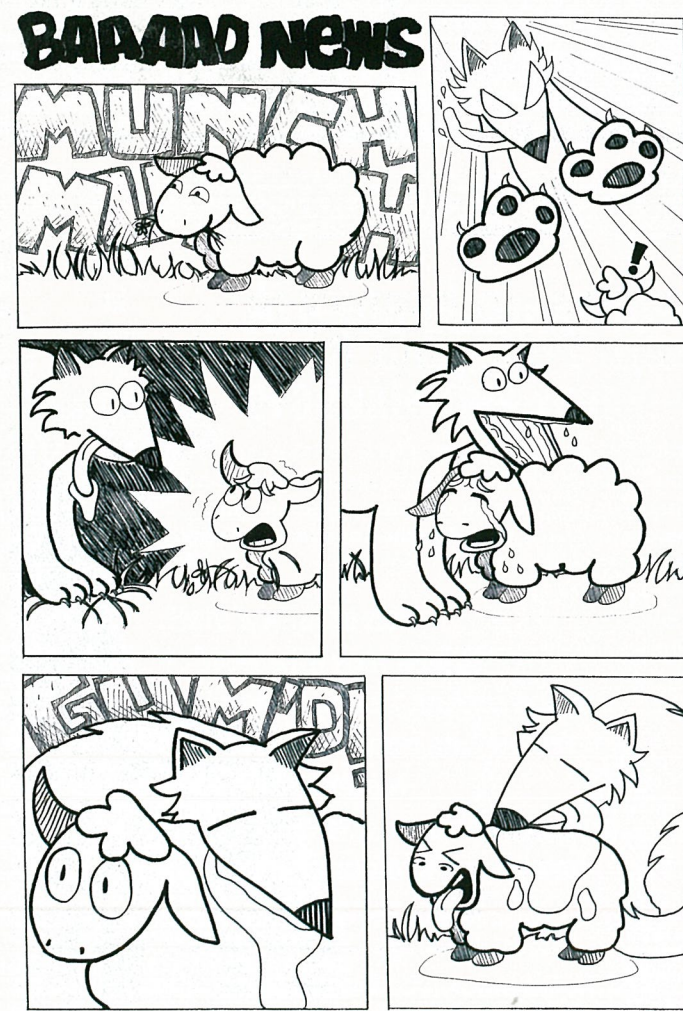
Friday 10:03 p.m.

Hi, it's me again. There's two people in the hot tub right now and they're having sex. Like one on top of the other saddle up ride 'em cowboy. Like, they're totally going at it in the hot tub. I don't know if I should throw them out or turn the lights off. I don't know, but I'm trying to just hang out in the corner while they do their thing and I do mine. But afterwards, I think we'll get out the vacuum and chlorinate so we can open the pool in the morning. •

Been in the pool recently? Send sanitation concerns to 585.475.5633

Cartoons by RIT Illustration Students

illustration by Carly Schonberg





Goldilocks

by Casey Dehlinger | illustration by Brittney Lee

It's been a long time since Goldilocks last visited the three bears and was nearly ripped to shreds. Not having learned her lesson, she went back. The bears were gone again, leaving behind their porridge dinners. At the closest end of the wooden dining room table was papa bear's bathtub-sized bowl. As a matter of fact, that's precisely what it was: a cleaned-up bathtub full of porridge.

About a third of Americans have taken papa bear's bowl: the nation's obese. (Let's entirely disregard those who are *merely* "overweight"). Obesity, by definition, is when an individual's bodyweight is 30%

suffer from anorexia and bulimia, but in smaller numbers. There are an estimated one million males with eating disorders; one-tenth that of females. Although more and more males are developing these disorders, they typically aren't invited to websites like www.anorexics.net and www.bluedragonfly.com; sites that serve as social hubs for girls with eating disorders.

On the Bluedragonfly site, part of the mission statement reads, "It's a support group in the best sense of the phrase: You're not okay, and that's okay. You can come here and try to find a bit of comfort in

"No human condition—not race, religion, gender, ethnicity or disease state—compares to obesity in prevalence and prejudice, mortality and morbidity, sickness and stigma."

greater than it should be. In perspective, a person who stands at five and a half feet would need to weigh 186 pounds before being admitted into the 'obese' club. They call themselves the American Obesity Association (AOA) and membership costs \$15. According to their website, www.obesity.org, "Obesity is not a simple condition of eating too much. It is now recognized that obesity is a serious, chronic disease. No human condition—not race, religion, gender, ethnicity or disease state—compares to obesity in prevalence and prejudice, mortality and morbidity, sickness and stigma." The fat agenda? AOA lobbyists are fighting for tax breaks.

Goldilocks didn't want any of that, though. After a short glance at that gluttonous tub she passed by it and found mama's bowl; little more than a thimble so small she almost missed it. On closer inspection, the thimble was only half full of watered-down porridge. The TV happened to be broadcasting a lingerie commercial of the most revealing nature, and Goldilocks took a good long look at that thimble of mama's.

As many as ten million females in the country—the anorexics and bulimics—take the thimble. (Which, of course, doesn't account for the *merely* "underweight"). Though often disregarded, males, too,

knowing that you're not alone, won't be judged and no one is going to tell you to fix yourself." In the message boards, girls ask each other about low-calorie meals they can order to avoid suspicion. They ask for tips to suppress their cravings for food. They applaud and accept their disorders in an almost heart-warming fashion.

Goldilocks doesn't even make it to baby bear's bowl; a well-balanced third of his daily caloric intake, complete with apples, carrots, a peanut butter sandwich, and a glass of milk. She just stares at the thimble. Who can blame her, though? Sixty-five percent of Americans are overweight—Goldilocks might be in good company. Anorexics.net boasts that, on average, anorexics score higher on IQ tests than people of normal weight. Every year, fewer and fewer Americans make it to baby bear's bowl. To be healthy by weight standards is to be in the minority.

The bears aren't coming home anytime soon. People won't condone badgering the over- or underweight. But if you don't get on their case, they're only going to rally together and share purging techniques and lobby for tax breaks. Be an example. Be the baby bear. •

All statistics from www.obesity.org and www.nationaleatingdisorders.org

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