

REPORTER

02|20|09 reportermag.com

GET FIT from couch potato to health nut
THREE STARS hockey, track and basketball
SLEEPING AROUND (not like that)



REPORTER

EDITOR IN CHIEF Laura Mandanas

| etic@reportermag.com

MANAGING EDITOR Ilsa Shaw

| managing@reportermag.com

COPY EDITOR David Spiecker

| copy@reportermag.com

NEWS EDITOR Andy Rees

| news@reportermag.com

LEISURE EDITOR John Howard

| leisure@reportermag.com

FEATURES EDITOR Madeleine Villavicencio

| features@reportermag.com

SPORTS/VIEWS EDITOR Jack Reickel

| sports@reportermag.com

ONLINE EDITOR Adimabua Ofunne

| online@reportermag.com

WRITERS Jim Cottage, Alecia Crawford, Leanne

Cushing, Neil DeMoney, Danielle Gotschall,

Maximiliano Herrera, Kayla Kimball, Emily

Mohlmann, Chukwuuma Morah, Adim Ofunne, Alex

Rogala, Caitlin Shapiro, Madeleine Villavicencio

ART

ART DIRECTOR Susie Sobota

| art.director@reportermag.com

STAFF DESIGNERS Evan Anthony, Ryan Moore,

Kelvin Patterson

AD DESIGNER Lisa Barnes

PHOTO EDITOR Eric Drummond

| photo@reportermag.com

STAFF PHOTOGRAPHERS Robert Carr, Oscar

Durand, Matt Kelley, Brandon Kornprobst, Ben

Liddle, Thomas Liggett, Seth Personett, Eddie

Rodriguez, Christopher Valites

STAFF ILLUSTRATORS Katie Anderson, Jamie

Douglas, Joanna Eberts, Robert Modzelewski,

Alex Neuscheler

CARTOONIST Cartoon Band

BUSINESS

PUBLICITY MANAGER Lindsay Block

AD MANAGER Kyle O'Neill

| reporterads@mail.rit.edu

BUSINESS MANAGER Danielle Gotschall

| business.manager@reportermag.com

PRODUCTION MANAGER Kelvin Patterson

| production.manager@reportermag.com

ONLINE PRODUCTION MANAGER Chris Zubak-Skees

| webmaster@reportermag.com

ADVISOR Rudy Pugliese

PRINTING Printing Applications Lab

CONTACT 1.800.970.5406

reportermag
.com

EDITOR'S NOTE

TAKE CARE

It's that time of year again. As we near the end of February and the start of final's week, this is the place that New Year's resolutions go to die. If you haven't already reneged on your formerly fervent promises of weight loss in 2009, my guess is that you're at least considering putting them on hold. Possibly indefinitely.

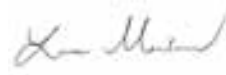
I'm sorry to say that this week's issue doesn't come with a money back guarantee that you will lose five pounds this week. Truth is, there probably isn't a bit of information in our feature ("From Couch Potato to Health Nut," page 16) or subfeature ("A College Student's Guide to Eating Healthy," page 20) that will enlighten you any more than you currently are on the topic of personal health.

Certainly, you don't need *Reporter* to tell you that filling your stomach with salad is a healthier choice than loading up on gravy-drenched garbage plates. Unless you have some sort of medical condition, the equation really isn't a difficult one: Eat less junk, exercise more, and you will lose weight and improve your health. If you're learning this for the first time, I'm very, very worried for you. (Also, for the RIT Office of Admissions. Um... what are you doing here?)

Despite this knowledge, when was the last time you woke up bleary-eyed on a Saturday morning and willingly trudged to the nearest salad bar to ride out your hangover? Yeah, that's what I thought. We may not have ever bumped into eachother at the gym, but you and I have probably crossed paths at Nick Tahoe's at some point. Or fallen asleep on adjacent couches in Java Wally's (see "Sleeping Around," page 28) or the third floor of the library. If not yet, it's just a matter of time.

The difference between what we *should* be doing and what we *actually* do, healthwise, can be staggering. Your parents aren't here to remind you that those enormous Rice Krispies bars at the Corner Store will probably make you sick if you eat them all by yourself. They aren't packing your lunch every morning, and they certainly aren't checking your dinner plate every evening to make sure you eat your broccoli. You're in college now. It's up to you to take care of yourself.

So please. Do.



Laura Mandanas

EDITOR IN CHIEF

TABLE OF CONTENTS

02 20 09 | VOLUME 58 | ISSUE 21



letters pg. 04

news pg. 06

RACE TO THE DEADLINE

Will FSAE finish by March 1?

SG UPDATE

No bus shelters at Park Point.

FORECAST

Finals are coming up.

leisure pg. 10

OPTICAL ILLUSIONS

RIT & POST APOCALYPTIC CHARLIE BROWN

Don't mess with Weapon Brown.

REVIEWS

Beardless Abraham Lincoln and supernatural little girls.

AT YOUR LEISURE

Reporter Recommends: Having a brain.

features pg. 16

FROM COUCH POTATO TO HEALTH NUT

Work it out.

A COLLEGE STUDENT'S GUIDE TO EATING HEALTHY

Wash your vegetables.

sports pg. 22

THREE STARS

Keltie Jones, Michael Hardbarger and Mark Carson.

views pg. 26

ARTIFACT

Bored students fold paper.

WORD ON THE STREET

What do you think of RIT?

SLEEPING AROUND

Should the drowsy get Donkey punched?

RIT RINGS

Magic boobs.

Above photograph by Jeffrey Porter.

A scene from Thomas Lightfoot's contemporary drawing class last week.

Cover photograph by Ben Liddle.

CORRECTIONS

In the February 13 issue of *Reporter*

// *Valentines* were illustrated by Katie

Anderson, Jamie Douglas, Joanna Eberts,

Robin Miszkiewicz, Robert Modzelewski

and Sara Wick.

Reporter Magazine is published weekly during the academic year by a staff comprised of students at Rochester Institute of Technology. Business, Editorial, and Design facilities are located in Room A-426, in the lower level of the Student Alumni Union. Our phone number is 1.800.970.5406. The Advertising Department can be reached at 1.800.970.5406 ext. 0. The opinions expressed in Reporter do not necessarily reflect those of the Institute. Susie licks her cat. But not "that" much. So it's not weird, right? Letters to the Editor may also be sent to reporter@rit.edu. Reporter is not responsible for materials presented in advertising areas. No letters will be printed unless signed. All letters received become the property of Reporter. Reporter takes pride in its membership in the Associated Collegiate Press and American Civil Liberties Union. Copyright © 2009 Reporter Magazine. All rights reserved. No portion of this Magazine may be reproduced without prior written permission.

LETTERS TO THE EDITOR

Opinions expressed in Letters to the Editor are solely those of the author. Reporter reserves the right to edit submissions on the basis of content, length, grammar, spelling and style. Letters are not guaranteed publication. Submissions may be printed and reprinted in any medium. Reporter will not run responses to letters that are responding to a letter.

DEAR REPORTER,

I have one word for your February 13, 2009 editorial regarding extracurricular activities — AMEN!

It's what made RIT meaningful for me when I was a student, and continues for me today with the organization I help start in the fall of 1962. We were all business freshman at the time, and I'm happy to say the organization is still going strong. Indeed, to back up your point about student clubs and organizations, a recent survey of the current student members of my group was conducted. It revealed that the existence of our organization is the only reason why a majority of the members stay at RIT.

I hope and trust that school officials will take heed of your Editorial.

Gary Proud
Acct. '67

DEAR REPORTER,

Reading Evan Starks' article about school spirit in the last issue of Reporter ["Who Needs School Spirit," published February 6, 2009], I wanted to comment on the lack of "emotional support for the institution" he describes.

The article questions the purpose of supporting our athletic teams, saying it's "no good but to take up your time," which I find puzzling. Athletics are a part of any major university, and you should support your own school's athletic teams, especially when they are doing well, as some of our teams are. Men's hockey is just a point out of first place in their conference. Did you know that our women's hockey team is ranked second in the nation?

Men's basketball is 11-1 and in first place in their conference.

However, I think that school spirit is more than supporting our athletics. It is having an appreciation for RIT itself.

The perceived negativity of life at RIT needs to stop. We know the stereotypes about RIT being a geek school, guys who play WoW and never come out of their rooms, the lack of girls, all the buildings looking the same, etc, but to have this negativity ingrained is unhealthy. No one is going to mistake RIT for a party school, but you knew what kind of school you were going to when you selected to attend RIT, so it's up to you to make the most of what RIT has to offer. It's still college, the best years of your life, and you should spend your time enjoying it.

Instead of complaining about what we don't have, let's appreciate what we do have. We should appreciate the campus, and all it has to offer. The people here aren't all that bad. There are nice girls if you look hard enough. Yes, there are social events on Friday nights. We are one of the most wired campuses. We have great career services. Our facilities are top notch: the library, athletic facilities, fitness center, computer labs, ice skating rink, and dining halls. We're constantly expanding, as evidenced with Park Point, a few new academic buildings, and the SAU remodeling. The food here isn't as bad as people make it to be. Other schools' dining halls pale in comparison to the variety offered at Gracie's, and we have other dining choices as well. And of course, we have our athletic teams.

Changing the perception RIT students have for their own school may be an uphill challenge, but I think Reporter should do a

story to instill some school pride, to address the lack of emotional support for RIT. Perhaps a story such as "25 Things You Have To Do At RIT Before Graduation." Life at RIT can be a lot more interesting by trying different things on campus once in a while. Make our students appreciate RIT — the campus, the athletics, the life here. Make our student body proud to attend RIT. Make us proud to be RIT Tigers.

Louis Lu
IT major, Class of 2007

DEAR REPORTER,

My name is Courtenay and I'm a Canadian and was reading your article on Toronto ["Toronto: Explore the Metropolis," published in the crowdsourcing issue, January 30, 2009] and I just wanted to point something out to you. You mention that the LCBO is where you have to go to get beer, but most Canadians don't think of that as the spot to get beer. The LCBO is more geared towards liquor and wine, personally, I don't think I have ever bought beer there or even seen it sold there (although I'm sure they sell some). Where Canadians go to get beer is "The Beer Store," and yes, it is actually called that. And The Beer Store sells nothing but beer, so you won't find liquor or wine there. Just wanted to give you guys a heads up from a Canadian. :)

Thanks,
Courtenay

TO SEND LETTERS

Email reporter@rit.edu.

Reporter will not print anonymous letters.

Got Problems? ...we're here to help

RIT policies?

grievances?
housing?

interpersonal relationships?

conduct matters?
fair treatment?

roommate conflicts?

harassment and discrimination?
grade disputes?

accommodations or access?

Lee Twyman
RIT Ombudsperson
585.475.2876 / 585.475.7200
ombuds@rit.edu
www.rit.edu/~ombuds

RACE

TO THE DEADLINE

by Leanne Cushing | photograph by Oscar Durand



Like any race, the car isn't the only factor in winning; the driver has to be in tune with the car to drive it to the best of its abilities. "The benefit of having the drivers know the car for a good amount of time helps before race season," added Donohue. Materials, parts and placement of things can change the performance of the car by a significant amount. By having extra time to evaluate the car's performance and see what parts give out sooner than others, they can be prepared for competition in May.

The team designs and builds a car every year and, with each year, substantial changes are made. This year the changes are focused around the chassis and suspension. Specifically, Salvo noted, "The pedal box, floor and under trays are all carbon fiber ... as are the steering wheel, dash, skins and firewall." Additionally, he mentioned, "We've also got a newly upgraded and enhanced data acquisition system which we're looking forward to testing out."

So, how far along is this year's FSAE F-17 car? The frame is done, the engine is built and

Don Leclerc fits a carbon fiber headrest on the FSAE team's F-17 car. The team is currently working toward meeting their March 1 deadline.

the car is wired. Salvo's estimate is that 90 percent of the manufacturing is done. The team's main concern is that they won't meet their deadline due to suspension issues. Some of the outsourced parts have also held up production. Although these parts are finally

being worked on, after they come back they need to go through even more processes before they can be mounted onto the car.

This year, the team aims to compete in Detroit, Los Angeles and Germany. They are proud of their high-placing scores of past years and hope to do even better this year. "We compete with schools from all over," Salvo boasted. "We compete with teams from across the world, even a lot of the top German engineering schools." Many team members can be seen in the Kate Gleason machine shop in the Engineering Building at all hours, designing and machining. With a bit of luck and some hard work, the team will be able to meet their looming deadline. •

For the RIT Formula Society of Automotive Engineers (FSAE), the race is on to get this year's car finished. Their university-wide unveiling isn't until the weekend of Imagine RIT, but they have a couple of reasons to make their March 1 deadline. The first, and most important, is that if they don't finish in time, their sponsorship with Goodyear Tire & Rubber Company will be put in jeopardy. "If we don't finish our car within a week of our goal, that'd be really bad... We'll lose thousands of dollars," said Anthony Salvo, team project manager and fifth year Mechanical Engineering major.

But that isn't the only reason the team, which is made up of roughly 25 people, is struggling to meet their deadline. The car was built to compete in a number of different events, such as an endurance test and a fuel economy test. The team needs to finish early so there can be testing and timing on the car. "In past years, the car has finished the day of unveiling," said David Donohue, the team's braking system engineer and fourth year Mechanical Engineering major, while working on a part of the car.

SG UPDATE

by Alecia Crawford

POWER OUTAGE NOTIFICATION PROCEDURE QUESTIONED

A representative from one of the governing groups came to Student Government (SG) on behalf of a professor who was never informed about the power outage on February 11. An email was sent out via the Message Center that told students and faculty that Rochester Gas and Electric was responsible for the outage. According to the Message Center, the message was categorized as an "important institute announcement." Many of the senators considered the incident to be an emergency, and were surprised that no text message notifications were sent out. Questions were raised about the emergency notification system on campus and when exactly the RIT community should be notified about incidents such as the power outage. The senate voted to send an email to find out exactly when the emergency notification is used to inform students about incidents on campus.

INTELLECTUAL PROPERTY MANAGEMENT PRESENTATION

Bill Bond, director of the Intellectual Property Management Office (IPMO), presented possible revisions to the intellectual property policy. Ed Wolf, SG president, and Fabiana Kotority, graduate senator, are both on the writing team for the V12.9 revisions. IPMO is "responsible for managing RIT's intellectual property portfolio and bring that intellectual property to the marketplace through licenses and formation of start-up companies," according to the IPMO website. The proposed revisions further clarified issues like ownership of class projects, the definition of a graduate student, and how one's work will be protected at RIT. The discussion that followed the presentation clarified any confusion on how the student's work is protected.

COMMUNITY WATCH UPDATE

Jahanavi Gauthaman, representative of the Campus Improvement and Development Committee, presented an update of the community watch. The community watch would be "for the students by the students" and a community service for the RIT community that would further institute involvement. The volunteers would report any suspicious activity on campus, open doors for locked out residents, give rides to students and "lend assistance where needed when contacted by Public Safety." The point of the program is to help out students without incriminating them.

Volunteers would help run this program and a student operations manager would be paid minimum wage to oversee the volunteers. The volunteers would have to be in good standing at RIT, mature and with a clean criminal record. Interested students would apply online and qualifying students would be interviewed and tested with an applicable skills exam.

The community watch program would work closely with Public Safety and Chris Denninger, director of Public Safety. Denninger was also present to clear up any confusion on the role of Public Safety in the program. The main office for the program would be at the SG office and applications would be available on the SG website as well.

Since this program will be in conjunction with SG, the senate will further discuss the program at the next meeting.

NO BUS SHELTERS AT PARK POINT

Gerry Brunelle reported that Parking and Transportations Services (PATS) heard back from Park Point about the bus shelters. Since PATS is not able to put up shelters in Park Point, the apartment complex has chosen not to accommodate the students. •

RIT FORECAST

compiled by Alecia Crawford

21 SATURDAY

TUBA RECITALS AND AFRICAN PERCUSSION ENSEMBLE AND WORLD BEAT

SAU A120. 1 - 2:30 p.m. Tubas and African drums? Sure, why not. Cost: Free.

22 SUNDAY

DAY BEFORE FINALS

RIT (on and off campus). All day. Use today to study if you haven't started already. Then you can enjoy spring break after that last final. Cost: Sanity, social life, and a good night's rest.

23 MONDAY

THE LITTLE THEATRE SPOTLIGHT ON BLACK HISTORY MONTH

Little Theatre, 240 East Ave. Doors open 6 p.m. Come watch films and talk about them afterwards in the spirit of Black History Month. Cost: \$5 with student ID.

24 TUESDAY

KARAOKE NIGHT

South Wedge Colony Bar and Grille, 503 South Ave. 9 p.m. - 1 a.m. Whether you're done with finals or still have a few more left, release some steam by singing your heart out. Cost: Free.

25 WEDNESDAY

COMEDY UNDERGROUND

The Mez (a.k.a. House of Hamez), 398 Gregory St. 8 - 11 p.m. Get those endorphins flowing and watch some subterranean wit. Cost: Free.

26 THURSDAY

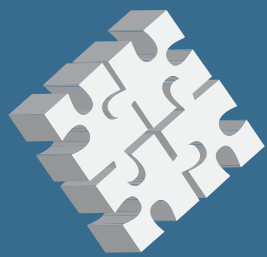
LOL THURSDAYS WITH ETCH-A-SKETCH COMEDY

Venu, 151 St. Paul St. 8 p.m. As they always say, laughing can cure almost any illness. Even the finals blues. 18+ only. Cost: \$5.

27 FRIDAY

SPRING PORN: PIRATES II

Hoyt Hall Auditorium at University of Rochester, Wilson Blvd. 9:15 p.m. Buckle 'er down and enjoy the high quality smut sequel to the popular pornographic original. Cost: \$3.



{ Connect+ology }

Leadership Advancement Conference

One Weekend of Leadership - A Lifetime of Skills

Pre-Conference Networking Reception

Friday, April 3rd 6 pm

Student Alumni Union

RIT LEADERSHIP CONFERENCE

Saturday, April 4th 8 am - 5 pm

RIT Webb Auditorium

RIT Leadership Institute & Community Service Center

www.rit.edu/leadership

Online Registration

FEATURING:

Dion Jordan

Back by Popular Demand
Award Winning Motivational Speaker

&

Dave Kelly

Goal Attainment & Club Motivation Expert

Conference Workshops On

Personal Success Skills
Leading Others
Club Leadership
Service and Leadership in the Community
Real World Readiness for Upperclassmen
And More!

Sponsored by:

RIT Leadership Institute & Community Service Center
Cooperative Education & Career Services, Information & Technology Services,
RIT Orientation, The Center for Residence Life and The Women's Center



NATIONAL SECURITY AGENCY

Virtual Career Fair

It's Online, it's Interactive, and it's Free to Attend!

The National Security Agency (NSA) is hosting a special Virtual Career Fair for students at the National Centers of Academic Excellence. We have many exciting opportunities available in Information Assurance, Engineering, and Computer Science.

From the comfort of your computer you can:

- Explore opportunities with NSA
- Chat with NSA recruiters
- Apply to open positions

Register today at www.meetNSA.com.

Event Date: Thursday, March 5

Time: 3 p.m. - 8 p.m. EST



For more information about NSA, visit www.NSA.gov/Careers.

WHERE INTELLIGENCE GOES TO WORK®

U.S. citizenship is required. NSA is an Equal Opportunity Employer.

CLINICAL STUDY

WANTED: Healthy Young Men!

Researchers at the University of Rochester Medical Center are looking for healthy men to participate in a research study. They want to find out if your mother's experience during pregnancy (such as the foods she ate) and your own lifestyle affect your physical and reproductive health.

Participants will receive \$75.

You must be healthy, born after December 31, 1987, and able to make one office visit taking about one hour. You will also be asked to contact your mother and ask her to complete a short questionnaire. We'll send her a small gift of appreciation!

To learn more, call the study team at (585) 275-4149. Then, spread the word and invite your friends to call, too.



MEDICINE of THE HIGHEST ORDER

AIR FORCE ROTC

DETACHMENT 538

At Rochester Institute of Technology



BEFORE THE AIR FORCE SHATTERED THE SOUND BARRIER, THESE AIRMEN SHATTERED THE RACE



TUSKEGEE AIRMEN

We want to take the opportunity to recognize the significant contributions of African Americans to this nation and the United States Air Force.

Those interested in continuing this great legacy, as officers, are invited to contact :

585-475-5197 or visit: <http://www.rit.edu/cast/afrotc/>

BILLY CURRINGTON
LIVE IN CONCERT

WITH GUEST
JUSTIN MOORE

STUDENT PRICE \$15 WITH VALID ID

GORDON FIELD HOUSE
SATURDAY MARCH 21ST

Student ticket price available at the Gordon Field House Box Office only

OPTICAL ILLUSIONS

by Alex Rogala | illustration Jamie Douglas



Fifteen years ago, my family packed our bags and moved from the crowded streets of Philadelphia to Doylestown, a quieter suburban area of Pennsylvania. Exhausted from the new move and first major change of my life, I laid in my new room staring at the ceiling, letting the sounds of late June surround me. Our furniture and the moving van still hadn't arrived, so the room was completely empty, a blank white box.

After a few minutes something happened. As a 4-year-old, everything seems large, but as I laid there, the whiteness of the ceiling overtook my field of vision in a way I'd never experienced before, as though it were the end-all and be-all of existence. Panicking and looking away, I tentatively peered back seconds later to see the ceiling had, in fact, not swallowed me. I had merely experienced a phenomenon known as the Ganzfeld effect, an effect first described by Arctic explorers where the presence of a large, uniform wall of color in one's vision results in the eye filtering out this signal, resulting in a form of temporary blindness.

This could perhaps be described as my first foray into the world of optical illusions, the so-called "tricks" the mind plays when presented to certain stimuli. Dating back to the Tromp L'oeil paintings of the ancient Greeks, illusions have always played an interesting and unique role in the artistic world and society in general.

TURN ON, TUNE IN, DROP OUT

Perhaps what people most commonly associate with the concept of optical illusions are physiological illusions. The most common of these illusions play off of the limitations of human senses, overloading the mind in a way that the image almost appears to be "moving" or changing somehow.

A textbook example of a

physiological illusion is the "Hermann Grid Illusion," a grid of white lines against a black background (or the inverse). When staring at any of the points where the lines intersect, these points lead to a dot that seems to change color.

The most common contemporary instance of these illusions is Op Art from the 1960s, commonly monochromatic art that utilized simple lines and patterns to create powerful and complex illusions.

NOT ALL SMOKE AND MIRRORS

Not all optical illusions share the flashy bravado of physiological illusions. Cognitive illusions tend to be subtler, relying on the mind rather than the eye to deliver their trickery. Often, such illusions may seem normal until observed more closely. Common examples of this include impossible objects, such as Penrose stairs, which appear to ascend or descend infinitely, or the impossible cube, which seemingly joins multiple ways, which aren't theoretically possible.

Cognitive illusions have an immense past, and date back to ancient Greece and the aforementioned art of Tromp L'oeil, a type of painting which blurs the line between art and life; it is artwork that almost seems to escape its frame. Although it fell out of style in the Dark Ages, Tromp L'oeil enjoyed resurgence during the Renaissance, and is still seen even occasionally today.

Another lesser-seen type of cognitive illusion is anamorphosis, a technique developed heavily during the Renaissance. In anamorphic paintings, viewing a painting from another angle might unearth features that cannot be seen head-on. Hans Holbein the Younger's "The Ambassadors" demonstrates this with a normal painting containing a hidden skull when viewed from a sharp angle to the side.

In older times, techniques such as these were important, not only because they showed merely an artistic development, but also a means for hiding messages. Through techniques such as anamorphosis, dangerous political messages could be hidden, allowing an artist to maintain expression with less threat of prosecution.

In the realm of contemporary art, M.C. Escher has been one of the more notable artists to toy with the idea of cognitive illusions. Considering himself more a mathematician than an artist, he has penned dozens of works that have entered the public consciousness and left a lasting impression. His notable works include "Ascending and Descending," a lithograph of monks climbing a set of impossible stairs, and "Drawing Hands," which contains two hands drawing each other, from paper to real life.

GESTALT PSYCHOLOGY

Yet, optical illusions are not merely an isolated phenomena — they're part of a larger picture. Specifically, they are an extension of something known as Gestalt psychology, a theory that deals with the brain's grouping habits.

In short, Gestalt psychology states that humans tend to emphasize the sum of parts (or whole), over the individual parts. What this means is that if someone were to design a drawing made of tiny lines, people would tend to notice the whole (the drawing) rather than the parts (each individual line).

And Gestalt psychology plays into optical illusions in a very large way, especially physical illusions. Rather than seeing each of the lines, patterns, or shapes that make up the certain illusions, the sum of the image (however bizarre its effect) is seen.

BEHIND THE SCIENCE

Despite their prevalence in daily life, there still remains a sort

of a mystique around optical illusions. Contrary to what many think, optical illusions are thought to form not in the eye, but rather in the visual pathway. The commonly accepted idea is that when a certain stimulus is evoked too strongly, it leads to an imbalance in the neural pathways, leading to some of the effects associated with optical illusions.

Additionally, a recent study by Rensselaer Polytechnic Institute researcher Mark Changizi has led to another possible explanation. Changizi's research claims that optical illusions are the result of a 1/10 second neural lag natural in vision. As it takes 1/10 of a second for light to hit the retina, he proposes that the body tries to foretell what will happen 1/10 of a second into the future. Due to the way these illusions are structured, they could be the result of an incorrect guess.

However, one of the mysteries is that many otherwise normal people just don't see some of these illusions. This has been researched, and, although there have been believable speculations, it is for currently unknown reasons.

Optical illusions still play a role everywhere, even here at RIT. Right in the infinity quad is Construction #105, a sculpture of a Möbius strip, which is rotated slowly by a motor, giving the illusion that it is standing still, yet never in the same place. Even though they no longer serve as much of a role for hidden messages or seem as strange as they may have been to the ancient Greeks, they're still a significant part of art that won't be forgotten. People may debate whether there is more to this world than can be seen in a glance, even though what we can see is perhaps bizarre enough on its own. •

RIT & Post-Apocalyptic Charlie Brown

by Jim Cottage | photograph by Seth Personett

This past weekend was the annual New York Comic-Con, held in New York City, an experience easily worth the \$50 ticket and most definitely worth all the homework neglected along the way. During a highlight of the convention, the representative of famous comic artist Alex Ross spoke to the audience about the key to his own success, which entailed making great coffee for his superiors.

What the representative revealed was an accent that indicated he was from the Bronx, as well as his general disdain for college professors. "They get paid because they understand theory," the Bronx representative explained, "But they don't know from real life experience." So I couldn't help but notice how at odds it was with the notion that a professor from RIT was indeed sitting behind a booth at the Comic Con.

This professor was Jason Yungbluth, a familiar face in a strange land, who was selling a creation of his called *Weapon Brown*, a satirical comic dealing with Sunday morning cartoon strip characters (specifically Charles Schultz's *Peanuts*) in a post-apocalyptic setting. Yungbluth teaches Cartooning and Sequential Art at RIT among the Fine and Applied Arts and Crafts courses. Most current is the Advanced Cartooning he is teaching next quarter (spring) on Tuesdays from 6 - 9:50 p.m.

In his career, Yungbluth has worked for the likes of *MAD Magazine* and created his own series of indie comics. None of his fall quarter cartooning class quite suspected just what he'd been up to in his own professional career, until one day he brought in a page from the comic

he was currently working on. Seeing the panels of a post-apocalyptic Charlie Brown plowing through a plethora of other cartoon characters, no one could help but give in to laughter and admit that the guy knew his stuff when it came to the art of comics.

Indeed, in my experience, all who have read *Weapon Brown* have laughed. Some only had to glance at the cover. For a quick humor litmus test, you can check out some of his artwork for yourself at his website, <http://whatisdeepfried.com>.

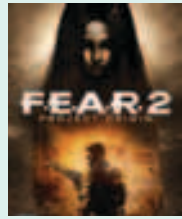
In the past, students have grumbled about the intense workload in Yungbluth's two credit courses. But, if you have even the slightest inclination of wanting to learn how to cartoon, the "demanding" nature of the class shouldn't be something to complain about, regardless of how many credits are involved.

In Yungbluth's courses, you'll get to create your own cartoon character and change it throughout the quarter, applying the lessons you've learned. During class time, you'll not be bored — as is the nature of cartooning, the class is inherently full of funny.

If his sales at the New York Comic Con are any indicator, Yungbluth's career as a cartoonist is on the warpath, so to speak. The Advanced Cartooning class remains open for students in the spring quarter. If not filled, the course will be cancelled and it will be a true shame to see such a resource go to waste at RIT. •



REVIEWS



F.E.A.R. 2: PROJECT ORIGIN (360, PS3, PC) by Chukwuma Morah

RATING:
RENT IT

Developer/Publisher: Monolith Production/
Warner Bros.
Price: \$60

If *Call of Duty* and *The Ring* had babies, *F.E.A.R. 2* would be the younger, creepier sibling to the original first-person shooter, *F.E.A.R.*

You play as a recon assault team member plagued by hallucinations from an eerie, supernatural little girl bearing a resemblance to the one who crawled out of a well

in the aforementioned film. The game takes it as a personal mission to freak you out, which it surprisingly does on several occasions (although I do scare easily). Thankfully, after playing, I can assure you that you won't die after seven days. Or at least I don't think so; it's too early to tell.

One of the game's highlights is the incredible enemy AI, the franchise's best asset, who provides an unexpected and noteworthy challenge. For example, one enemy thought he was pretty badass by flipping over a nearby table to shield him from incoming fire. Bad idea — it soon dawned upon him that my bullets could easily pierce through wood. As a bullet clipped his arm he looked at the table as if to say, "Oh crap," sighted a sturdier concrete wall to his left and scrambled for it. Okay, okay, this might not seem like a big deal to you novices, but gamers know this is like watching a cat solve your calculus homework. You sure as

hell don't see it everyday, but wouldn't it be great if you did?

Despite the developmental advantages, the game environments can become extremely repetitive. The locales vary, but, at the same time, come off as cliché to shooters, with derelict streets, subways and blood-splattered hospitals. The online multiplayer is very "blah" as well and won't offer that *Halo* hook. The overbearing problem is simply that the game doesn't bring anything new to the genre; you've either seen everything in the first game or somewhere else.

Don't get me wrong, it's a great shooter game. It just doesn't warrant a sixty dollar purchase for the average college student. We've got better things to worry about, like eating food. Fans of the prequel should pick it up but, for everyone else, it's got "5-day Blockbuster rental" written all over it. Oh, and play it at night. •



LINCOLN IN ROCHESTER: MEMORIAL ART GALLERY by Emily Mohlmann

RATING:
DIG IT

If you have ever wanted to see Abraham Lincoln without a beard, here's your chance - and for only six dollars.

In celebration of Lincoln's 200th birthday (February 12), the Memorial Art Gallery of the University of Rochester is holding an exhibit, curated by Grant Holcomb, of Lincoln-related art. The items come from the Memorial Art Gallery's own collection as well as those from the collections of Strong National Museum of Play, George Eastman House International Museum of Photography and Film, Rochester Museum and Science Center and other public and private collections.

As you enter a small room in the back of the gallery, a wall-sized photograph of Lincoln taken in Rochester's Washington Square Park is there to greet you. Moving about this room, you'll get a chance to view lithographs, drawings, etchings and even a puzzle of the former president's face. Three-dimensional works include portrait busts made of marble and terracotta, a bronze statue, a bank in the shape of Lincoln's log cabin and a bronze life mask and hands.* Contrary to common thought, the works are taken from various points in Lincoln's life other than his presidency; for instance, the life mask of his hands were taken after his nomination, his face before.

With every Lincoln-related artifact from Rochester packed into a small room, is this exhibit worth seeing? The answer is yes, and you don't have to be a history buff to enjoy it. Each artifact is outfitted with a plaque that holds the standard artist, medium and year information. In addition, they contain a short story of how the piece came to be and why it is important. In a worst-case scenario, you'll learn something while you're there.

If the admission price is a factor in your decision, the six dollars covers a lot more than just the exhibit. It gives you full access to the two floors of the gallery to see 20th century sculpture, American art, Asian art, ancient Egyptian art (including a sarcophagus) and more. Lincoln will only turn 200 once, so this exhibit only lasts for a limited time, from now until April 19. •

\$6 with college ID, \$10 without an ID
Memorial Art Gallery
500 University Ave.
On-site parking is free
Hours:
Wednesday - Sunday 11 a.m. - 5 p.m.,
Thursday 11 a.m. - 9 p.m.

*A life mask is a mask cast from the face of a living person or, in this case, the face and hands of President Lincoln.

02.20.09

AT YOUR LEISURE

by John Howard

STREAM OF FACTS

Though the awards officially started in 1929, the element of surprise was not introduced until the following year, when the Academy held the results from publications until 11 p.m. on awards night. This tradition proceeded until the year 1940 when the winners were revealed in the *Los Angeles Times* evening edition. This event inspired the policy of a sealed envelope with the results, which is still used in today's **CEREMONY**.

On the night of the **CEREMONY**, standing 13.5 inches high and weighing in at 8.5 pounds, 24 gold-plated britannium trophies will be given out to the lucky winners in their categories. These trophies, depicting a knight with a crusader's sword on top of a film reel, are worth approximately \$500 dollars each and will add to the other 2,701 **STATUETTES** previously given out.

The famous Oscar **STATUETTES** are the result of the work of designer Cedric Gibbons, the chief art director of MGM in his day (1928). The knight stands on a film reel with five spokes, representing the five members of the original academy - actors, directors, producers, technicians and writers. The statuette, sculpted by George Stanley, takes three to four weeks to produce a quantity of 50 **AWARDS**.

Though the official name of the **AWARDS** given is The Academy Awards of Merit, the origin of the nickname, Oscar, that the Academy adopted in 1939 is unclear. One of the more popular stories of derivation dates back to the '30s with Academy librarian (and later executive director) Margaret Herrick. When Herrick first laid eyes on it, she commented that it looked like her uncle, **OSCAR**.

Emil Jannings was the first ever to receive an **OSCAR**, for his performances in *The Last Command* and *The Way of All Flesh* in the year 1929. Jannings was one of the many actors that suffered from the introduction of sound in film due to his strong German accent. Afterwards he became a firm supporter of Nazi ideology and, following his Oscar, made **FILMS** preaching such beliefs.

Of all the recognized **FILMS**, *Ben-Hur* set the bar high in 1959 with 11 Oscar wins. The record established this mammoth 3.5-hour film as having the most wins for a single film to date, only to be matched recently by *Titanic* (1997) and *Lord of the Rings: Return of the King* (2003).

REPORTER RECOMMENDS

Having a brain. We're assuming you all are in possession of one, as you're reading these words — we're off to a good start. The Oscars depict how much we are influenced by what others think is "good." Soon movie shelves

will be lined all over again with phrases like "Nominated for 5 Academy Awards" or "Best Picture of 2008," all determining which DVD we pick up. *Reporter* would like to take this time to remind you that one person's trash really can

be another one's treasure. Take the time to embrace everything and decide on your own. After all, *Atonement* was up for best picture last year and that movie was dull as hell.

OVERSEEN AND OVERHEARD AT RIT

"All this music is putting a monkey wrench in my plans."
Guy outside Webb Auditorium

"Hey, I've got an idea, we could try getting laid for free."
Male students on the verge of adulthood

"Elephants are perfect for the snow. They even make the right sound: Brrrrrrrr."
Student at University Commons

QUOTE
"WITH MY SUNGLASSES ON, I'M JACK NICHOLSON. WITHOUT THEM, I'M FAT AND 70."
Jack Nicholson

CARTOON

by Cartoon Band



to see more comics, check out reportermag.com

WORD SCRAMBLE

Reporter's prediction for best picture:
Unscramble the highlighted letters to solve the puzzle.

NRIOEGF _____
BDRTAOCSA _____
UDGJE _____
MECNUOADYT _____
MEOANTIN _____
TLBALO _____

Answer: _____

FROM COUCH POTATO TO HEALTH NUT

by Maximiliano Herrera | photographs by Jeffrey Porter

There's always some excuse. You want to go to the gym... but the latest episode of *Scrubs* is starting in five minutes, and that last piece of cheesecake sitting in the fridge isn't going to eat itself. You know there are many benefits to exercising regularly, but it isn't an easy task. Exercise is hard work — and finding the motivation to get yourself to the gym is sometimes even harder.

As you're undoubtedly well aware, exercise will improve your cardiovascular system, strengthen your bones and muscles and enable you to better manage your weight. And keeping fit will not only impact you physically, but mentally. As the Mayo Clinic reports, "Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out ... It even reduces feelings of depression and anxiety." Exercising releases endorphins, a naturally produced painkiller. This is the "exercise high" you sometimes hear about. This biological remedy

will come in handy later.

Beyond the feeling of euphoria and relief, the Mayo Clinic also asserts, "You'll look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem." Our culture is often criticized for its idolization of beauty by constantly featuring movie stars and pop divas on magazine covers, thereby giving people an unrealistic impression of the "ideal" body image. Reporter likes you the way you are, but if you want to feel better about how you look, exercise will definitely help.

HOW TO START WORKING OUT (AND NOT SCREW EVERYTHING UP)

You want to work out, but how? To make exercising a regular habit, assess how fit you are and work at that level. Pushing yourself too far will only hurt you. There are several medical metrics to determine how much stress you're putting on your body, such as heart rate tests and the "Borg Scale of Perceived Exertion" but unless you have medical equipment handy, these measurements won't help you much.

You don't need to know exactly how much weight to lift or

how fast you can run before it is harmful; you can probably tell when you've hit your breaking point. If you start to feel pain, stop. If you plan on exercising intelligently, the old adage "no pain, no gain" does not apply.

Pain is how your body tells you that it can't handle the situation, so if you start feeling shortness of breath, dizziness or nausea, then it is very possible that you are pushing yourself too far. Take a break and have some water if you need to. If you're not feeling well, don't fret about taking the day off; forcing yourself will cause more harm than good.

Churchill Elangwe, a third year Electrical Engineering major, exercises everyday at the Student Life Center. "A good workout is like feeding your soul," says Elangwe, "It brings the good in you out."

Before starting any exercise program you should consult a physician, especially if you have any preexisting medical conditions.

Feeling sore is common when you do something new, but soreness is not the same thing as pain. Don't try and bench 200 pounds the first time you're at the gym just because your buddies are doing it, and don't try to run four miles when you haven't run since high school — you'll burn out quick and you'll be hitting the Doritos before you hit the treadmill again. You'll also likely be in a lot of pain. Instead, begin by walking a mile or two, then gradually increase your pace and distance. A good workout plan builds gradually and sensibly. Your muscles may be a bit sore the next day, but they shouldn't be sore enough to prevent you from going back to the gym.

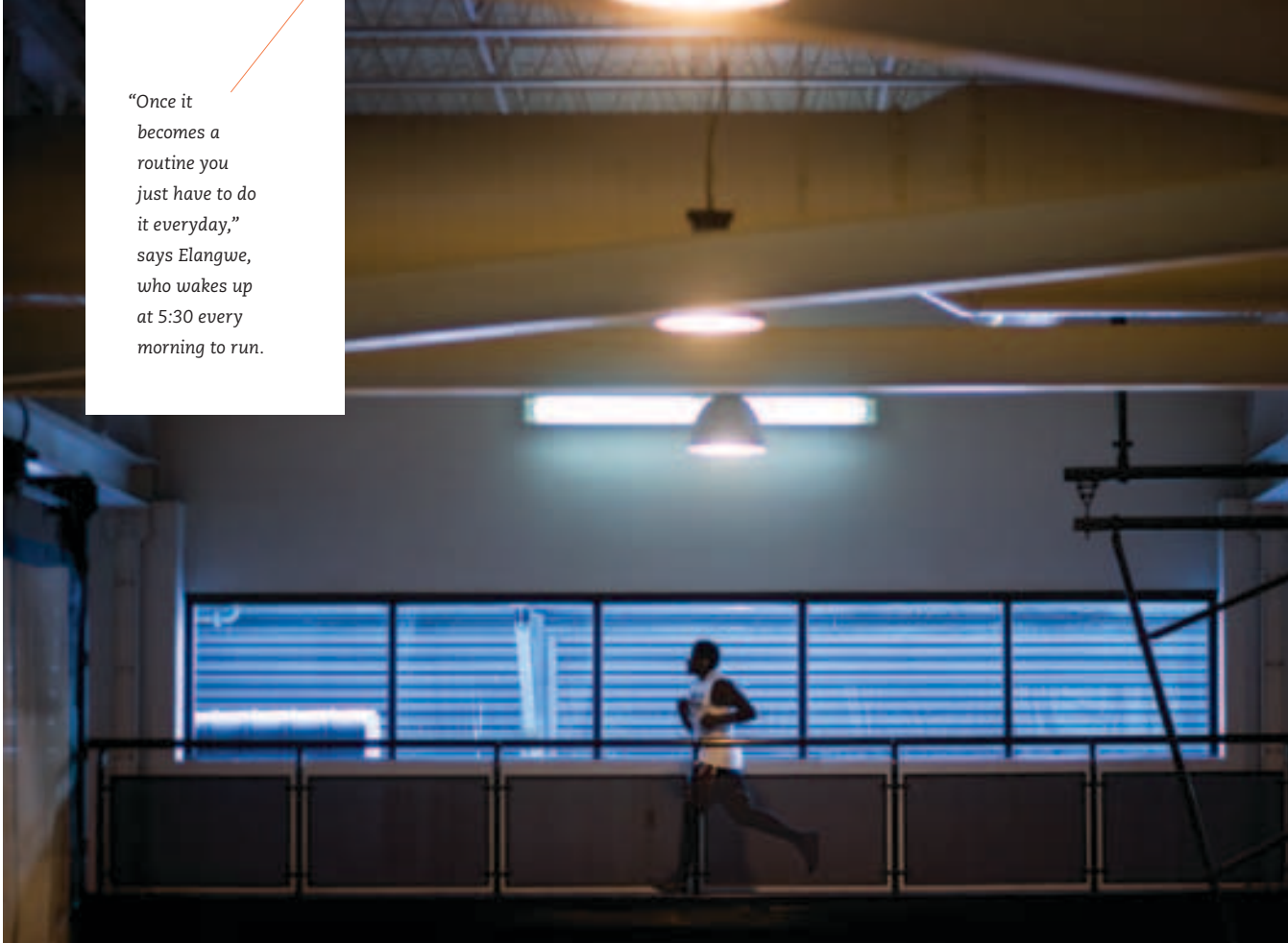
Once you find a good starting point, keep working at it until it feels too easy. That's a sign that it's time to increase the intensity of your workout. Keep specific goals in mind when enhancing your program — this will help you to plan realistically and to continue making progress. The combination of exercises that is right for you will be very different depending on what your goals are. If you're trying to lose weight, you'll want a more full body workout. On the other hand, marathon training requires a strong focus on cardio.

Everyone at the gym has seen the person who uses the elliptical machine for three hours every day. Working out with such intensity is unnecessary; following a routine is one thing, but overly repetitive workouts are harmful. Doing the same exercises day after day overworks the muscles and often leads to injuries. For example, doing bicep curls everyday can eventually pull a number of muscles between the bicep and the shoulder. Running every day can lead to shin splints or blown out knees.

While it may feel very intense to pick one particular exercise and do it everyday, better results can be achieved with a balanced workout. Muscles and bones need time to recover between workouts. A balanced workout program includes aerobic exercise, strength training and stretching. Cardio exercises keep you from gaining too much bulk, while stretching keeps you flexible and improves your balance. The right mix of the three will keep you from becoming overly bulky or losing all your muscle mass. However, if your goal is to develop enough muscle to compete with Arnold Schwarzenegger, you will require a very specific diet and workout.

Bodybuilding uses few cardio exercises. Your body uses your muscle mass for energy; therefore, more cardio exercise demands more calories. As Dr. Irv Rubenstein, exercise physiologist and founder of STEPS personal fitness training in Tennes-

"Once it becomes a routine you just have to do it everyday," says Elangwe, who wakes up at 5:30 every morning to run.



WORKOUT CHECKLIST

You do not need to spend a lot to start a workout, but it is important you do have some basic equipment.

ATHLETIC SHOES

Cost: Starts around \$30.
Expensive shoes are not necessary. You do not need the latest Nike shoes with the iPod compatibility and flashing lights. A good pair of athletic shoes can be bought for \$30, but make sure you buy shoes for the activities you are trying to do. Don't buy tennis shoes to go running and vice versa.

SHIRTS

Cost: Varies.
Any old shirt that is comfortable is fine for the gym, but don't wear things with holes. You don't want other people's sweat on you if you use machines at the gym. If you don't happen to have any old t-shirts you're willing to use, buy a couple of undershirts and use those.

GYM SHORTS

Cost: \$5 to \$20.
Save your money here. All you need in gym shorts is something that will give you the freedom to do whatever exercises you want to do. Ladies, avoid shorts that say things on your ass. Men, the same goes for you.

GYM SOCKS

Cost: \$10 a pack.
The proper socks will allow your foot to breathe while you workout, preventing athlete's foot. They should be comfortable and shouldn't rise above ankle length.

POSITIVE OUTLOOK

Cost: FREE.
Keep your head up. You'll eventually get the results you want.

see, explained to *Men's Health*, "When the body is faced with a calorie deficit, the muscles are one of the first places it goes, along with fat stores, to supply energy to your other systems." Routine strength training will only help your body use fat to build muscle tissue and improve your strength, muscle tone and overall health. Rubenstein explains, "Three sessions [of cardio exercise] per week is enough to satisfy the requirement for cardiovascular health, and it shouldn't cost you any muscle mass." While all this may seem like a lot to keep track of, you can simplify the process by choosing exercises that are more than just one type, like walking and jogging.

HOW TO KEEP THE FIRE BURNING

The most important thing to avoid is allowing your exercise to get boring and stale. When your fitness program starts to stagnate, you will feel less inclined to work out. Regardless of how much zeal you start off with, this is usually how fitness programs end. To avoid this, try and combine your fitness program with different activities, like dancing or swimming. This will keep your exercise fresh and fun.

Even when you have been working out for years, it is still difficult to drag yourself out of bed and into the gym. There are several things to keep your morale up. Friends are important for moral support, so ask one to be a workout buddy. Together you can encourage each other to keep working out and not give up. This goes for all your friends. You need them to be supportive. You are undergoing a difficult task, so avoid negativity from people. Surround yourself with those who will encourage you to pursue your goals.

Remain positive and don't beat yourself up if you can't meet your goals. Just try harder and keep track of your progress. Perseverance will pay off, but if you're impatient, a personal trainer can really help out. Conveniently, RIT has personal trainers available for \$50 a session at the SLC, which is a bargain. For an even better deal, RIT offers a wellness course for credit with a personal trainer. Registering for this class cuts the price down to \$25 a session, but those slots fill up quickly. Sessions can be scheduled as often as you have the time (and money) for.

Finally, don't forget that the little things help, too. Creating a special music playlist for when you workout can help you get energized. You can also buy a new pair of athletic shoes to show commitment. Pick something practical and designed for the activity you have in mind. Moreover, writing down your workouts every time will assist in monitoring your progress. Keep clear goals in mind and commit them to paper. A written plan can encourage you to stay on track. Try anything that you feel will help you keep at it.

BREAK A LEG!

It isn't going to be easy. You will wake up sore and you may want to quit. But if you stay determined, you can enjoy all the benefits of exercise. Starting a new workout is a huge commitment, but it doesn't have to be overwhelming. Plan carefully and pace yourself. If you stay persistent, you will have a healthy habit that will last a lifetime. Good luck! •

WORK IT OUT

1. Take your time and modify the routine to fit your abilities and needs.
2. Begin every workout with five to 10 minutes of light cardio like walking.
3. Start with light or no weights until you feel comfortable with the exercises.
4. Work out on non-consecutive days, at least three times a week.
5. Perform each exercise between 10 and 20 repetitions.
6. Pick three of the following exercises for each workout. Avoid repeating the same exercise too many times.

CHAIR SQUAT

Targets: Hip, butt and thighs

Stand with your feet slightly wider than shoulder width in front of a chair. Keeping your back straight, slowly bend your knees until your butt almost touches the chair. Hold for a few seconds, and stand back up.

WALL PUSH-UP

Target: Arms, back and chest

Stand a few feet away from a wall and place your hands on it, keeping them a little more than shoulder width apart. While keeping your back straight, pull your abs in and lower your body by bending your elbows. Stop when your arms form a 90-degree angle. When this feels comfortable, you can start using the floor.

BICEP CURL

Target: Arms and shoulder

Hold light dumbbells in front of your thighs with your palms facing away from you. Bend your elbows and bring the dumbbells towards your shoulders, then lower the arms back down. Do not swing them.

BACK EXTENSIONS

Target: Back and abdomen

Lie face down and place your hands on the floor or behind your head. Contract your abs and keep them tightened. Lift your chest off the ground a few inches, and then slowly lower it back to the starting position.

LYING TRICEP EXTENSION

Target: Arms and shoulder

Lie on the floor with light weights and extend your arms straight up over your chest. With your palms facing inward, bend your elbows to form a 90-degree angle, and then straighten your arm again. Remember to only move your forearm.

A College Student's Guide to

Eating Healthy



by Caitlin Shapiro | illustrations by Robert Modzelewski

That late night Salvatore's pizza, those good Buffalo Wild Wings assortments and all those liters of Coke seem to have taken over the average student's diet at RIT. We all understand, because — let's be honest — those foods are convenient, quick and satisfying. At this time of year, it beats buying those expensive organic fruits and vegetables; and not too long ago, strawberries were up to \$5 a box. It seems that the problem with eating healthy is that it's too expensive. Tim Keady, associate director of the Student Health Center, has decided to bust some myths about healthy eating and has given advice that will put good food back in our diets, plus more money back in our wallets.

VISIT A NUTRITIONIST!

In the so-called "real world," nutritionists are expensive. Some charge about \$100 a session. However, what most students don't realize is that seeing a nutritionist at RIT costs no more than the \$68 health fee that it is already figured into their tuition. If you've already paid for something, you should take advantage of it. "Seeing a nutritionist is for anyone who has a question related to eating right," explained Keady. "Sometimes when they [students] have a question, they realize that there are more resources available on campus than they thought."

Many turn to websites (which are usually

trying to sell them something) or friends (who aren't always accurate) for health advice. If you visit a nutritionist, he or she will evaluate your current lifestyle. The nutritionist will want to know about your sleep habits, if you drink enough water, how often you exercise and how stressful your daily routine is. However, if you have a simple question about your diet, short answers are available, too.

PLAN WHAT YOU EAT

Most places on-campus put their menus online. Keady suggests that, at the beginning of each week, you check the menus of all the places you normally eat while on campus. Plan your meals by picking out the proteins, carbohydrates, fruits and veggies that you want. By planning out what you will have before walking into a dining hall, you are less likely to indulge in food that will make you feel bad about yourself later. Planning helps cut down the amount of time and energy you spend thinking about what to eat when you have more pressing matters to think about in the middle of a stressful week.

YOU DON'T NEED ORGANIC

Keady explained, "There are people who want to grow their own things, and not use chemicals, which is great, but cleaning fruits and vegetables correctly is what it comes down to." To save money he suggests buying

non-organic produce and using a little bit of dish soap to wash it. Using water alone pushes the chemicals around, whereas soap keeps the chemicals off. "99 percent of the toxins are removed by simple washing," informed Keady.

When it comes down to it, the best thing to do is buy local produce. It is fresher, less traveled and picked when riper. Through connections, Keady knows that Wegmans purchases lot of their products locally. Produce is cheaper at Wegmans because you aren't paying the shipping cost from a place like California to Rochester.

FROZEN IS JUST AS GOOD AS FRESH

Of course, buying fresh beats out the alternatives, but by how much? With today's technology, buying frozen is cheaper and has nearly the same amount of nutrients. "The nutritional value might be 0.001 less than if it was fresh," advised Keady. He explained that almost all frozen produce is flash-frozen so the quality of the food is contained. Make sure to check that no sugar was added as this reduces nutritional value. Buying canned fruits and vegetables is also an affordable alternative.

EGGS AREN'T TOO BAD FOR YOU

"Thirty years ago they said to only eat one or two eggs a week," Keady explained, annoyed with the lack of research. The truth is, your body

needs some cholesterol, and eggs do just the trick. Obviously if you have high cholesterol, talk with your doctor about alternatives. Egg Beaters are egg substitutes that come out of a carton and contains no cholesterol. Unfortunately, they are expensive and you should probably think about what you want to eat before you buy them. But if your cholesterol is fine, then you can have one or two a day if you like them. Still, keep in mind that there is a difference between having an egg and having a sausage and cheese omelet. A typical omelet uses three or four eggs, butter, salt and whatever else you want to throw in there.

LOSE THE CAFFEINE TRIP

Then there's the caffeinated beverage problem that sweeps across all college campuses. Some people show up at Keady's office and say that, if they don't consume coffee every few hours, they get a terrible headache. He suggests that you start replacing a cup of coffee with water, and gradually try to get down to one eight - 10 ounce cup of coffee and more water throughout the day. Caffeinated soda is also addictive but, by replacing all that soda with water, it will help you lose weight (if that's your intention) and make you feel better when you are exercising.

CHEAT FROM TIME TO TIME

Soda or diet soda? "If you are having a can of soda a day or every couple days, you should go with the one you want ... choose based on taste," said Keady. Many people say that diet soda helps them with their cravings, but the problem is that they also figure its "diet" so they end up having more. If you like candy bars, then have a goal of eating a mini candy bar. If you like ice cream, eat it but go for a scoop instead of four scoops. "I've met people that cut out cakes, coffee and sugar but then binge on a whole pie in a month or two," remembered Keady. Going "cold turkey" is not the way. Allowing small cheats every so often is important.

SNACKING IS GOOD

Don't wait to get hungry to figure out what to eat. Having healthy snacks every three hours like celery and peanut butter, fruits, cheese and crackers are good for curbing your hunger. Half of eating healthy is how much and how frequently you eat. If you are eating everything in moderation, as well as throughout the day, you're in a good place.

MODIFY YOUR MEALS

The other half of healthy eating is how your food is prepared. If you aren't living in the dorms, investing in a small countertop grill is a good way to indulge in healthy hamburgers that are

prepared in a way that drains the fat. If you miss pizza, don't fret! Have a slice, but have a salad with vegetables and a light dressing with it. If you can't afford the POM brand juices, regular grape juice is just as good a source of antioxidants.

If your parents sent you to school with a ton of Ramen noodles, Keady knows how to make Ramen healthier and more filling: Use 1/2 of the seasoning packet and add corn, potatoes and other vegetables to it. Remember to eat what you like, since any meal can be modified. With the economy the way it is, and the cost of school not sloping downwards with it, grabbing a pizza seems like a good alternative, but with the right advice you can eat what you like in a cheaper, healthier way. •



99% of the toxins are removed by simple washing.



Sudden death. Overtime. RIT's women's hockey team was up against SUNY Plattsburgh, the number one ranked team in Division III. With RIT at the number six spot, a win would be huge for the Tigers. Under no circumstances would the Tigers give up. All they needed was one member of the team to net the puck. Who better to slap the puck past Plattsburgh's goalie than Keltie Jones, who played her first two years of college hockey at Plattsburgh? Three minutes and 16 seconds into overtime, Jones took a shot from the point that crossed the crease into the net and landed RIT the big win. From that point on, the Tigers had an unbeaten streak of 12 games.

It became one of Jones' most memorable moments of the season. Jones, a fourth year Psychology major, began playing hockey at the age of six, when her two older brothers started playing. She says she does not have a lot of "natural skill" for the game of hockey, saying that working hard makes her successful. Her hard work has paid off. After playing for the Burlington Jr. Barracudas in her hometown, she played at Plattsburgh for two years. She even played a substantial part for Plattsburgh by making the 2007 NCAA Division III National Championships.

Now, at RIT, Jones is one of the Tigers's

point leaders, with 29 during her "best year for points." She is the team's playmaker, with a team high of 21 assists this season. Jones is one of two players to have played more than one hundred career games. She has racked up 75 points between her time at Plattsburgh and RIT, with 23 goals and 52 assists.

"I look up to my parents," Jones noted, "They are good people and I go to them for advice and feed off that." She mentions that her parents have contributed a lot to her success, along with RIT hockey coach Scott McDonald. She explained, "Coach has helped me because he has a lot of confidence in me and believes that I am good. My game has improved because of him." McDonald has not only helped Jones with her confidence and skill, but has also made the RIT women's hockey program prosper during his three years as head coach.

Ranked number three at the time this article was written, the Tigers's regular season play is almost over. As one of the team captains, her teammates rely on Jones to keep them focused before games. Jones would like to see the team "keep winning and hopefully make the Championship. We have grown a lot and have consistency."

RIT plays Buffalo State this Saturday (February 21) at 5 p.m. with two match-ups for their last regular season games. The match-up opens tonight (February 20) at the Frank Ritter Ice Rink, where they face off at 7 p.m.

With team chemistry and encouragement from team leaders like Jones, the women should persevere with tremendous force into the ECAC (Eastern College Athletic Conference) West tournament. Individually, Jones claims that she will keep working hard as she can, because each game might be her last game competitively. •

by Kayla Kimball
photograph by Brandon Kornprobst



Four minutes and 10.7 seconds. That's probably the time it took for the average student in high school to run half a mile. But for RIT's Michael Hardbarger, a fourth year Mechanical Engineering major, that's time enough to finish the whole thing.

His spectacular time was recorded February 7 at the Syracuse Invitational. His time of 4:10:70 beat the previous record at RIT by more than three seconds. Times are not Hardbarger's biggest concern, though, and that race didn't leave him completely satisfied. "It's not always a time goal, but you always want to beat everyone on the line against you," he explained, suggesting that, even though he blasted his way into national championship qualifying and set the school record, he still did not manage to snag the first place ribbon.

When I asked about his goal for the National Championship meet, his response was in the same vein: He wants to win. He has no time goal for the meet aside from whatever it would take for him to be the very first to cross that finish line. It's an achievable goal this year, as Hardbarger speculates that the top runners in the country are running at about a 4:09 or 4:10 pace. As his most recent run lands him in that category, Hardbarger has made his statement of intent very clear.

It isn't a new experience for Hardbarger to do well and break records. The mile-record that he broke, 4:13:88, was his own, from last year. In fact, last year he went to the national meet in both outdoor and indoor track. In indoor, he was there running the mile-leg of a distance relay, and for outdoors he was competing alone in the 1,500 meter run. His time in the 1,500 garnered him the fifth spot in the nation, earned him the All-American label and would equate to a 4:07 mile time. Interestingly, that's the time Hardbarger predicts would be able to

win the National meet for indoor this year.

Even so, Hardbarger's worth to his team is not just a pair of legs and a low number on the clock. Being such a successful runner in his final year, it's natural for less experienced runners to try and follow his example. He's aware of the scrutiny he receives from his younger teammates. "Everything from racing to doing your stretches and warm-ups before runs... You've just got to bring a positive attitude to it and hope that it spreads to everyone else."

The team is following his success. They finished second in the Empire 8 championship meet in a heartbreaking one-point loss to Ithaca. They are looking to win at the State Championship and pay back Ithaca. Another

strong contender at that meet will be St. Lawrence, according to Harbarger.

This season has been a great final indoor season thus far for Michael Hardbarger. But with his competitiveness, so much of his personal satisfaction with it will hinge upon his performance at the NCAA (National Collegiate Athletic Association) Championships in mid-March. Hopefully he'll be reaping the benefits of his great season — and career — here at RIT. •

by Jack Reickel
photograph by Matt Kelley
and Eddie Rodriguez



You never remember that first day you start walking or talking. These are life's milestones, but that's what video cameras are for. For Mark Carson, a fourth year Packaging Science major, there's one major event in his life that he can't pinpoint on a calendar: The day he started playing basketball. "I don't really remember [when I started]. I'd say it was ever since I could hold a ball."

Carson started playing competitively in a community youth league while in elementary school. Children were grouped by age and parents usually coached. "It was just a way for young kids to develop their game ... I played with my dad coaching and I just kept moving up from there," explained the Voorheesville (a city near Albany) native. Carson went on to play varsity in high school for three years.

By the time graduation rolled by, Carson was being recruited by five colleges: Ithaca, Rensselaer Polytechnic Institute, Utica, SUNY Geneseo and, of course, RIT. The deciding factor in Carson's choice was the Tigers' strong sense of community. "At other schools, they would practice together, they would play and then they would go do their own things. With RIT, the team made a point of hanging out together in and out of practice. I really liked that aspect of it."

In fall 2005, Carson joined the RIT Tiger roster as #45, but he had yet to face his greatest challenge. He found that when he hit the court, he couldn't shoot — especially when it came to free throws. "I would go into games and be afraid to shoot because I was worried I was going to miss it and get taken out," he described. Because of this, Carson didn't get much playtime in his freshman or sophomore years. When he reached his junior year, he decided enough was enough. "If I miss a shot, I'm not going to get punished for one mistake," he convinced himself. With the help of Head Coach Bob McVean, he improved his foul shots 66 percent, up from seven percent.

Sophomore year was a rough time for Carson. Over the summer, he tore his meniscus and had to undergo surgery. This rendered him unable to play for the rest of the summer. When he returned to RIT, he re-injured it during pre-season. It took him six months to get back on track. "I had gained a lot of weight and slowed down because I wasn't able to rehab it... Eventually, I was able to get into the rhythm again and started getting much better." Today, he is the co-captain of the team.

Carson has one academic quarter and two co-op quarters left. Although he will

be graduating by the end of winter quarter next year, he isn't too sure what his plans are for the future. "I hope to travel a little over the summer because it'll be the last time for me to 'not do anything.' Maybe I'll drive across the country with a few friends or visit Europe ... But I think I'm going to have to find a packaging job first," he said.

Carson has been sent a few letters of interest from scouts and recruiters but he isn't sure if basketball is something he would like to pursue. "You're not really going to know how much you miss the game until it's gone. So I have to take some time, after I finish this year, to see how much I really want to keep going."

by Madeleine Villavicencio
photograph by Thomas Liggett

THREE STARS **Mark Carson**



PASSPORT DRIVE

THURSDAY, MARCH 26 | 11AM-2PM | BLDG. 1 EASTMAN LOBBY
IF YOU NEED AN INTERPRETER PLEASE REQUEST ONE THROUGH ACCESS SERVICES

GRAB THESE THINGS WHILE HOME ON BREAK!!!

- BIRTH CERTIFICATE (MUST HAVE A RAISED SEAL) OR EXPIRED PASSPORT
- PHOTO ID
- TWO 2"x2" RECENT PHOTOS ON A LIGHT BACKGROUND OR \$7 TO HAVE THEM TAKEN THERE

*IF UNDER 18 YEARS OF AGE, YOU WILL NEED TO BRING A PARENT

WHAT IT WILL COST:

- \$75 TO THE U.S. GOVT.
- \$25 TO MONROE COUNTY
- \$7 FOR PASSPORT PHOTOS
- TOTAL: \$107

IN COOPERATION WITH THE MONROE COUNTY CLERK, CHERYL DINOLFO

VISIT OUR WEBSITE FOR MORE DETAILS!
STUDYABROAD.RIT.EDU | GOABROAD@RIT.EDU | BLDG. 13 RM. 1314



witr.rit.edu

ARTIFACTS

FIND SOMETHING COOL? Slide it under the door of the Reporter office, along with a note about where you found it. We're located in the basement of the SAU, room A-426.



Found in the Reporter office. Submitted by "Bored Microeconomics Students." Photograph by Christopher Valites.

WORD ON THE STREET

"They have great free parking!"

Dana Hilfinger
Engineering
Third Year



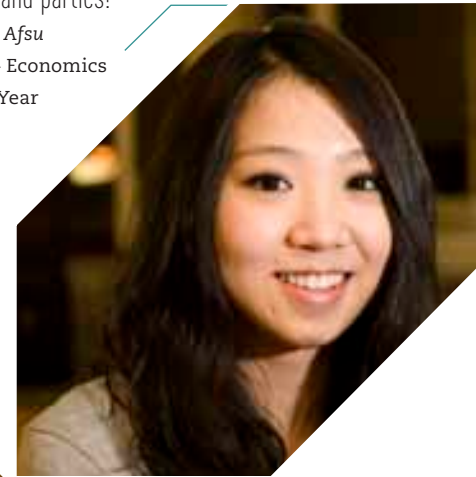
"RIT, where there's three guys to every girl!"

Cam Latchford
Voice major (Eastman)
First Year



"Guys and parties!"

Isabel Afsu
BCS + Economics
First Year



"Gracies food is heaven!"

Elizer Slyvestri
Microbiology
Fourth Year



"Where the men are men and the women are too!"

Eric Holtz
Economics
Third Year



"Really creepy people, not gonna lie..."

Joes Uvalles
Film and Media
Second Year



"People on this campus think that RIT is nerdy."

Guy Mongelli
Chemical Engineering
Third Year

"Students tend to be pissed off because far more people have heard of RIT outside of Rochester."

Sam Lehman
Religion and
Political Science
Post Grad

WHAT DO YOU THINK OF RIT?

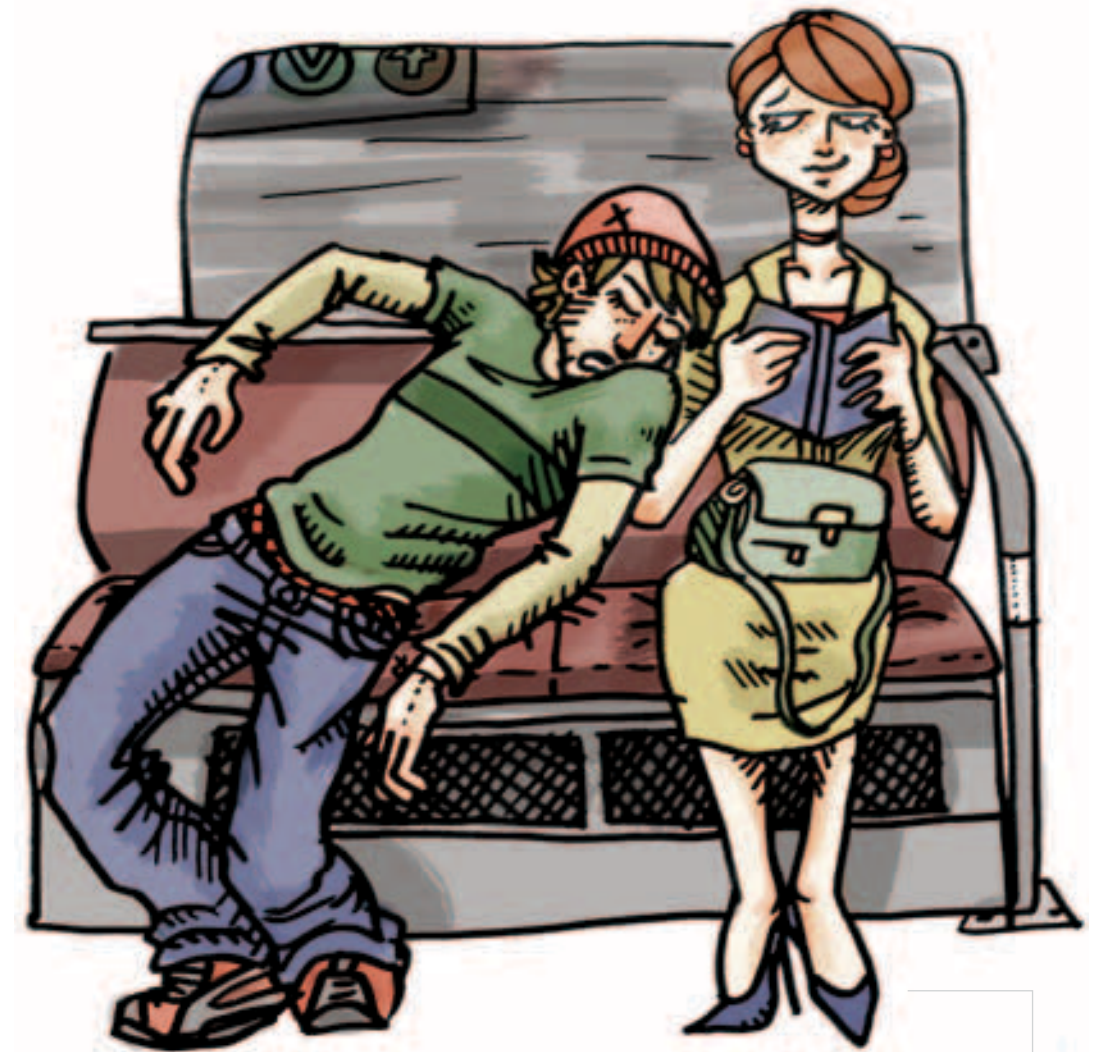
photographs taken by Robert Carr at University of Rochester's Campus

SLEEPING AROUND

I AM FED UP — FED UP WITH PEOPLE WHO SLEEP IN JAVA'S OR ANY OTHER PUBLIC PLACE ON THIS CAMPUS.



by Adim Ofunne and Danielle Gotschall
illustration by Joanna Eberts



Taking a break between classes, Airin O'Connor walks into the Java Wally's. It is 10 a.m. and the traffic in Java's is nearing its peak. A ridiculous line to the counter can be seen from the sitting area, the baristas are full to the teeth with orders and breathe a maximum of five seconds before they delve into taking the next order for one of Java's mind-boggling concoctions.

O'Connor makes her way into the sitting area after winding through a weave of impatient costumers. She looks for an open spot but the sitting area is packed. She looks over to a table for four but the three people there are deep in conversation and she does not feel comfortable joining them. She looks over at the table for two, but she doesn't think it is a good idea to share the table with that guy she blew off at the party last weekend. Suddenly, from across the room, she spots a couch.

Moving swiftly as an eagle that has just spotted its prey, she keeps her eye on the

couch as she makes sharp turns and little jumps to avoid tripping over people's legs as she moves across the room. She finally makes it over to the couch, throws her bag off her shoulder and is stunned to see a boy cuddled up on the couch almost in complete fetal position.

"I just wanted to Donkey punch him," she said. This is one out of several similar scenarios Airin has encountered and I am sure this tale is hitting home for many of you. I am fed up — fed up with people who sleep in Java's or any other public place on this campus. I understand they have had little sleep the night before and a ton of classes plus work the next day, but don't we all? You never see these people on a Sunday afternoon or at 6 p.m. any day. They choose to appear and take up a three-seater sofa when it is most capable to serve its purpose of creation.

My second problem is the way these sleepers behave. They seem to be super-comfortable with the way they sleep. Drooling over a pillow

at one end and putting their putrid feet on another at the other end — this is just plain disgusting. Moments later, someone else is bound to support their head with the pillow on which they rested their feet and hug the pillow they drooled on. This is a public place, for [divine heavenly savior's] sake.

Now, you ask me: But these people are tired, what should they do? You know what? You're at Java's — buy a coffee, do jumping jacks, go outside and make a snow angel for all I care. When we are in public places we should respect the fact that we have to compromise and take into account the needs of other people. I sleep in public places all the time, but I am the guy at that table sitting down with my head in front of me and four other chairs to spare. To all those guilty of sleeping at Java's, the Idea factory or any other place you can get away with, let this be a warning to you, because the next time you're sleeping in a public place, you might just get Donkey punched by Airin.

-Adim

RESPONSE:

Donkey punched, eh? I'd like to see her damned well try. You ever hear the expression "He (or she) is a bear in the morning?" If I get Donkey-punched for sleeping in Java's or anywhere else on campus, I will go ape-[feces] all over her [rear]. Week 10 just finished, for crying out loud. I have projects coming out of my ears, finals this week and I don't have a tropical spring break locale pending to take my mind off things — so if I want to sleep, it'll take more than the threat of violence to stop me.

You are angered that singular me is taking up all three available seats on the couch while I slumber? Take an antacid and calm down. All that excess steam you're blowing must be exhausting. I wouldn't want you to give a damn about something that actually matters, like, oh, I don't know, our tanking economy?

If caring about something relevant is just too much for you, here's something to dignify your undignified reaction: A 2002 Harvard study

found that participants' intellectual threshold and cognitive ability increased after a brief midday nap. Well, now, it turns out napping is actually a good thing. Maybe that anger you're feeling is really just pent-up aggression for your own intellectual failings. How wonderful life would be if we all just had increased brain power, but, alas, we do not, and those of you whose anger erupts in Donkey punching the next person sleeping in Java's are only serving to prove me right.

Yet it seems the problem isn't so much that I am napping, only that I am napping where you would like to sit. Answer me this: If I were sitting instead of sleeping on the couch, would you feel any more comfortable in sharing it with me than you would sharing that two-person table with another person? A couch can be rather intimate and I'm guessing you do not possess the necessary social skills to transcend the ensuing awkwardness sharing a couch with an unconscious complete stranger would bring. It seems to me that you're really

YOU ARE ANGERED THAT SINGULAR ME IS TAKING UP ALL THREE AVAILABLE SEATS ON THE COUCH WHILE I SLUMBER? TAKE AN ANTACID AND CALM DOWN.

just in a tiff because I got there first and somebody never learned that oh-so-crucial elementary school lesson: Finder's keepers, loser's weepers.

Maybe you fellow on-campus nappers don't share my sentiments. Maybe there's going to be a hit out for me the moment this issue hits the stands. Maybe I don't care, because this article should serve as a warning to you all: Never wake up a procrastinator on a deadline. You never know if that bear will bite.

-Danielle

RIT RINGS

585.672.4840

compiled by Neil DeMoney

All calls subject to editing and truncation. Not all calls will be run. Reporter reserves the right to publish all calls in any format.

SATURDAY, 8:39 P.M.

Hey Rings, you know the *Reporter* OCD article? You should have interviewed my roommate. The dumb [truck] is such a neat freak. He cleans all day. Oh, well, he's back, better go. Bye!

SATURDAY, 8:53 P.M.

I just found out that Henry Rollins from Black Flag, William Shatner the famous, and Adrian Belew all worked on a track together produced by the one and only Ben Folds called, "I Can't Get Behind That." All I can say is that must be one "Star Trek." Oh, I need to go home.

SUNDAY, 7:47 P.M.

Our next-door neighbors are blaring their bass again, so we've decided to turn on really really bad porn extremely loud and see how the [mother lovers] like that.

WEDNESDAY, 12:40 P.M.

An RIT student just published a book. You should probably write an article about him.

FRIDAY, 10:56 P.M.

MY BOOBS HAVE MAGIC POWERS.

SUNDAY, 12:00 A.M.

I'm just calling to be an [improper donkey] for a little while. I think it's ridiculous that people who live in Colony Manor can't park on campus, but on the weekends we can't even park at our own complex. So [harsh expletive], those [ignoramus female dogs].

SUNDAY, 12:07 A.M.

All right, RIT Rings, I am back at my apartment. I was at TC Riley's, having a great time. It was my friend's 21st and I bought him a shot and he friggin' puked all over me. So I'm back home changing and then I'm heading back to the bar.

FRIDAY, 6:11 P.M.

Sometimes I see purple rhinoceroses that run around in pink pantaloons prodding prostitutes in the ... I don't know, figure something out.

FRIDAY, 3:30 P.M.

I'm watching men snowboard down a hill and some of them fell on their stomachs and I found that to be pretty funny. I want David Bowie's babies.

RIT
SG
student government

SCHOLARSHIPS



3 Scholarships available:

1 FRESHMAN

2 MIDDLE CLASS

3 SENIOR/GRAD

\$1,000

each

Applications:
available at www.sg.rit.edu February 1st
due March 20th

Applicants need to provide:

- Resume
- 2 letters of recommendation
- Essay response
- Minimum of 3.0 GPA
- Good academic and judicial standing

Revive Your Employment Prospects.



Fast Track One-Year MBA

fasttrackmba.rit.edu
(585) 475-7939

Summer start
Scholarships available

OPEN TO ALL MAJORS • APPLY NOW