

# The College Initiative 2010: Suny New Paltz Edition

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# Campus Life

## Emerging Leaders The New Generation

**Elizabeth Petersen**  
**SUNY New Paltz**

Taken right from the pamphlet handed out to all first-year students during their orientation at SUNY New Paltz, "The Emerging Leaders Program is a one-year leadership development experience for first-year students at SUNY New Paltz. Overseen by the Office of Student Activities and Union Services, the Emerging Leaders Program offers students the opportunity to gain beneficial leadership skills through participation in informational workshops, retreats, social opportunities, and community service projects." Emerging Leaders is a program for its name, working with first-year students who intend to be leaders during their lives. It takes a certain interest for someone to take the steps towards becoming an Emerging Leader, you must have an interest in developing leadership skills, have an inkling to succeed in life, and love volunteering.

The goal of the Emerging Leaders Program is to help students develop leadership skills. In order to be an Emerging Leader, you first have to attend one of the many general interest meetings. If you attend, then you are considered to be committing to the one-year program, and sign a contract and hand it in. At this meeting, a calendar is given out with all the important dates in the near future. Throughout the course of your first semester at SUNY New Paltz, those students who commit will have to attend at least four workshops; each will cover one of the four elements towards becoming an Emerging Leader:

interpersonal skills, ethics and values, personal empowerment, and service learning. These workshops are informative, fun, and interesting; and once one from each of the four categories named is completed, you are no longer obligated to attend them. As well as attending the workshops, you are also obligated to complete at least ten hours of community service. The service completed the first semester has to be different than the service completed the second semester. Half of the service has to be done on your own, and the other half may be completed with a group, preferably Emerging Leaders. This community service usually proves fun, if you simply does the same thing a friend is doing then ta-da, you will not be bored. Finally, there are also retreats that have mandatory attendance policies that are held on campus, usually in the Student Union Building, and mainly consist of icebreakers, food, information, and fun. All in all, between workshops, volunteering, and retreats, one is deemed an Emerging Leader.

Those who choose to participate in the Emerging Leaders Program are usually those who want to succeed in life and choose to participate in leadership programs. According to the program: "Our Emerging Leaders Graduates go on to become Resident Assistants, Student Activities Managers, Admissions Ambassadors, Orientation Leaders, Hall Government and Student Government Leaders, Fraternity and Sorority Leaders, Club Executive Board Members, and so much more!" Indeed, the commitment is worth the effort, putting on a resume that you are an Emerging Leader gives you a head start on getting those very positions that you really want. Success is hard, please tell me when you've found the secret to it, but even so, taking steps towards achieving it is sometimes easier

than realized. Becoming an Emerging Leader is taking steps toward succeeding in life.

Volunteering, or community service, is always a rewarding and wonderful opportunity. Volunteering is one of those things that people either love or hate, sometimes even like. For me, volunteering is so much fun, and I try to volunteer every chance I get! The benefits of volunteering are acquiring a new outlook on life, helping one's community, having fun while helping others, meeting other people with similar interests, and so much more. They are very rewarding and this part of the Emerging Leaders Program is, by far, almost the most fun. There are so many amazing students who decide to become Emerging Leaders that you literally make lifetime friends just by participating. Volunteering is great to do with a friend, therefore its nice to acquire a group of Emerging Leaders and charge into the wonderful experience of volunteering!

During my first semester at SUNY New Paltz, I felt a bit lost and needed to find something that would help me feel more comfortable. I heard about Emerging Leaders, and about the leadership training, and right away I knew I wanted to join. I went to the first meeting, and I knew I had found my niche. Right away I felt comfortable with the people and myself, and it was also tons of fun. Through this program I made friends for life and have been able to get my fix of volunteering ten-fold. It's such a rewarding experience, and I made lifelong friends. The workshops are interesting, the retreats are tons of fun, and the volunteering is amazing! I do have a soft spot for volunteering; however, anyone can find something they love to do and incorporate it into volunteering, just go to the Career

Resource Center and make an appointment with the head of volunteering. I love the Emerging Leaders Program; it is a breath of fresh air!

## Free at Last

### Melissa Maria SUNY New Paltz

Congratulations! You're in college! Now what? Once arriving to college, it is easy to see that college life is very different from high school life. You no longer have eight hours of classes back to back five times a week. Most college students have two to three classes in a day with breaks in between. I have only one class on some days and none on Fridays. As an incoming freshman, there is a lot of excitement as to what to do with all of the free time we have. Of course, there is the obvious way to spend your free time: do your work! But aside from homework, papers and studying, there is a lot to do on a college campus. Both SUNY New Paltz and Marist offer students an array of exciting opportunities to engage in.

Why Not see a play? These plays are produced by both students and faculty, and are open to everybody; it is not necessary to be in the theatre department to work in a play. Not only are there opportunities in acting, but also screenwriting, producing, directing, and set, costume and technical design. It's a fun way to get involved in campus life and make new friends. If you don't want to work on the play, they are fun to watch and usually inexpensive. College campuses often produce plays and offer discounts for students; at times, as **cheap as \$5**. This year New Paltz produced four major plays including *Babes in Arms* and *Red Masquerade*

(among smaller productions), and the MCCTA at Marist produced plays such as *Invitation to Murder*. Not into the theatre scene? How about catching a concert? Both campuses show concerts in all types of music. Music is a great way to get energized and gain endorphins.

Speaking of endorphins, why not go to the gym? It's a great way to let out some endorphins! Not only is it a good way to put off those freshman fifteen, but it is also fun and necessary to leading a healthy life. The Athletic and Wellness Center at New Paltz not only has the equipment to help you get and stay in shape, as well as personal trainers to help you figure out a plan, but it also offers fun classes such as dance groove, cycling, yoga and zumba to help you stay fit in a fun way. Marist as well has a state of the art gym, with three basketball courts, two volleyball courts and various fitness and strength training rooms. Jog or walk around the track or on a treadmill, its not only healthy and fun, but it will get you energized for all of the other exciting opportunities your college has to offer.

Not a fan of running at the gym? Walk around town. There are towns within walking distance of both campuses, with beautiful scenic views in the fall, winter and spring. The town at New Paltz has a small town "homey" feel to it, similar to Stars Hollow in *Gilmore Girls*, equipped with a small movie theatre and shopping center. There are also great restaurants in New Paltz with a wider variety of food ranging from burgers and wings at the popular 'cuddies and P&Gs restaurants to the Japanese Hibachi restaurant. Marist as well has places to go and eat in town. It has a McDonalds and Applebee's right across the street. Around Marist, there is also Shadows, a restaurant on the

water and a fun and "groovy" 50's diner. Both campuses are also only a short drive away from all of the restaurants and malls in Poughkeepsie, where shopping is always fun. First years are not allowed to have cars on both campuses. No need to worry, there is free bus service to Poughkeepsie from New Paltz. Although, there are many other ways to have fun right on campus.

Join a club or team at your school. Both schools have highly accredited sports teams, which are always looking to bring new people into the athletic family. If a highly competitive sport is not for you, try intramurals, which are just as fun, but far less demanding. There are also non-sports related clubs such as Emerging Leaders, held at both campuses, where you can do community service, learn what it truly means to be a leader and make friends all at once. There are also clubs such as Circle K, CREW, the chess club, and Latinas Unidas.

If you get lonely and have free time, you can always invite a guest over. New Paltz and Marist both allow overnight guest. New Paltz allows up to two guests per student for up to two nights, providing the guest signs in and the student's roommate consents to having visitors. Marist is a little stricter, allowing guest to only stay on weekends, and has security guards at the entrances, monitoring who enters the building.

The point is, there is plenty to do in college. Yes, there is free time, but there is also a world of opportunities right by your school. Whether it's at Marist or New Paltz, get involved and have fun!

# Glee-ify Your Life

**Grace K. Seghini**  
**SUNY New Paltz**

“That’s What Glee Said,” is the not-so-subtle, totally random tagline of one of New Paltz’s newest clubs, Epic-Glee. Any musical theatre lover or performer in general has probably heard of the television show *Glee*, which airs on the Fox Network...actually, I’d be surprised to find someone who hasn’t heard of the show. Ever since its pilot episode aired in the spring of 2009, *Glee* has become a phenomenon and millions of people tune in each week to see what new songs the cast will be performing, and to watch the drama unfold- myself included. But while the country waited for the second season to air this past April (I counted down the days), a group of us SUNY New Paltz students continued our love of glee through Epic-Glee.

What is a glee club, you may ask? According to Merriam-Webster’s Online Dictionary, a glee club is “a chorus organized for singing usually short pieces.” These days, the term glee club has become synonymous with the term show choir; meaning a group of performers who sing and dance to mostly popular music, jazz standards, and Broadway musicals. Within each song, chordal (harmony) singing typically alternates with unison singing or two-part harmony, and there is often at least one solo in each song.

Now that the technical aspects of glee are out of the way, let us meet Epic-Glee. Epic-Glee was founded by four SUNY New Paltz students in the fall of 2009 and currently consists of 26 members. The group is led by

President Brett Rothstein (Class of ’12), a co-founder of the club. In an interview, Brett said, “I wanted a show choir on campus prior to seeing the show *Glee*, and that coming out gave enough momentum and hype for me to actually start the group. The idea came up the semester before we started the group and it all went from there.” The rest of the executive board consists of the Vice-President, Musical Director, Assistant Musical Director, Treasurer, Secretary, and Public Relations Chair. As stated in the club’s constitution, “The purpose of this organization is to provide an environment for people who wish to perform musically for their peers, and to have performances to entertain the student body on the campus of SUNY New Paltz.” Membership is granted based on an audition, where a person is taught a piece of a four part selection and then must sing in a quartet. Then, the person must sing a solo piece. Lastly, there is a “call back” sit-in on an Epic-Glee rehearsal, where auditioned persons will be judged on integration into the ensemble as well as their ability to pick up music. Auditions take place at the beginning of the fall semester. Additionally, auditions may take place during the spring semester depending on the size of the group. Once a person becomes a member, he or she is a member until he or she graduates.

Members commit seven hours a week to the glee club, with three hour rehearsals on Sundays and Mondays and a one hour sectional (for each vocal part) during the week. The group as a whole votes on songs to perform and then our Musical Director arranges the music- changing up notes and creating harmonies that can be sung instead of played on an instrument. Choreographers are chosen based on who is ready and willing to do so.

Then the hard (but fun) part comes; learning the music, the choreography, auditioning members for solos, discussing costumes, and fine tuning every aspect of the performance.

Since its formation, Epic-Glee has gone through its ups and downs- from losing members, to having difficulty learning new songs and choreography, to finally performing in its first public performance. This first performance took place on March 2<sup>nd</sup>, 2010, in Shepard Recital Hall and was a huge success. Four songs were performed, ranging from “Let it Be” by The Beatles to a medley of *Hair* songs, including “Aquarius” and “The Flesh Failures/Let the Sunshine In.” Our next performance took place April 7<sup>th</sup>, 2010 in Parker Theatre and included three new songs that were positively received. We also had the honor of being the opening act at Absolut A Cappella’s annual Invitational (Absolut A Cappella is one of three a cappella groups on campus, but that’s a whole other story!). Epic-Glee will continue to practice and perform this semester, with high hopes for the future.



Epic Glee in performance

Epic-Glee is a great opportunity to let your inner performer shine and to express your love of singing and music. I auditioned for Epic-Glee during my first semester of freshman year and I always look forward to rehearsal; I

can't wait to see what else we can accomplish in the next four years. Kristine Pilla (Class of '12), comments, "one of my favorite things is the wonderful friends I have made through this group. I feel like we have become a family. The sense of accomplishment we get as a group when we finish learning a song or a dance, or after our first performance, is such a wonderful feeling." Sarah Gaines (Class of '12) also sees the group as a confidence booster, "I'd gotten used to rejection after [previous] auditions...so I went into this thinking I wasn't going to get in. But they chose me and don't seem to regret it, so I must be doing something right." Kristine has some parting words for those interested in glee, "Even though we are a new group, Epic-Glee is, well, pretty epic. We sing all types of music, many popular songs that most people will know, and there really is something for everyone. Come out and support our group! Be sure to keep watch for flyers about our upcoming performances. They're free! And you will have a great time."

## Lost Opportunities

### Ekene-Maria Udeke SUNY New Paltz

I started writing this article with one goal in mind; I was in search of the perfect article in memory of the late Dr. Margaret Wade-Lewis, the Department Chair of the Black Studies Department who passed away over winter break. I wanted to write an article so touching that it would give the readers a vivid and endearing picture, which would put Dr. Wade Lewis in the hearts and minds of everyone of this magazine's readers. However, in my search of the perfect picture for Dr. Wade-Lewis, I

realized I was missing an even bigger picture. I did not just want to write about Dr Wade-Lewis, I wanted to write about the lesson I learned from her.



Margret Wade-Lewis

The members of the SUNY New Paltz faculty and staff are one of the best groups of people a person could ever hope to meet. They are always willing to answer any student's questions with a friendly face, and if it is a question that they are unable to answer, they are quick to point out who can. Dr. Margaret Wade-Lewis was no different from her co-workers; some could even say she was better. Dr. Margaret Wade-Lewis was the department chair and an associate professor of Linguistics and Literature in the Department of Black Studies at SUNY New Paltz, and she was also the director of the Scholar Mentorship Program. Early on in her professional life here at New Paltz she was also the administrating officer of the affirmative action program.

I only had the opportunity to meet Dr. Wade-Lewis a few times before she passed away, but I remember each meeting like it was just yesterday. Our first meeting occurred when I walked into the Black Studies office building in search of my faculty mentor, looking

for information as to where my SMP class was being held. The Scholars Mentorship Program is a first year initiative program organized by the Black Studies Department. The program provides first year students with a peer mentor in the same field of study as well as a faculty mentor. Students are also required to take a class during their first semester. With her office right by the main entrance to the building, Dr. Wade-Lewis was the first person I saw.

Not knowing who she was, I kept on going without any acknowledgment. However, when I got to my destination I found my mentor's door locked with a note saying she had a class. Knowing that I had just missed my last opportunity to make it to class, I began to retrace my steps to the entrance. Just when I was about to walk past Dr. Wade-Lewis' door, I thought to myself, "why not ask her, she was the only person I'd seen while I was in the building and her door was open so she could not be that busy and beside she reminded me of my eighth grade Social Studies teacher". That first meeting was one that I would remember till this day. That day, I left Dr. Wade-Lewis with not only my class location but with a brand new SMP syllabus as well as a sign up Sheet for the SMP New York City Trip. But even then I still had no idea who she was.

My second meeting with her occurred when I had gone to my SMP mentor to discuss my abysmal SMP grade with the intention of dropping the class. My mentor took me over to Dr. Wade-Lewis' office, telling me she was the one to talk to about dropping the class so late in the semester. That was when I became acquainted with her title as Dept Chair. I spent almost 45 minutes in her office as she described the

consequences of going through with a drop request after the deadline, after listening to my sorry excuses for missing so many classes. Along with my mentor, she gave me advice as to what steps to take in order to get myself in a position that would allow me to pass the class instead of dropping it. After the meeting she gave me a hug and it didn't feel awkward at all. I mention this because I happen to be one of the worst people at receiving hugs.

My last and final meeting with Dr. Wade-Lewis occurred when she came into my SMP class as a guest speaker. As she spoke to us about the history of Shango Hall and of Suny New Paltz in general, I remember thinking to myself, that Dr. Wade-Lewis would be an amazing person to get to know. I found myself making plans to do just that next semester, since the fall semester was almost over. But sadly my plans never came to fruition because when I opened my New Paltz E-mail account, a little less than two hours before New Year's, I found the news of Dr. Margaret Wade-Lewis' death.

While I was looking for information on Dr. Wade-Lewis, I got the opportunity to get an interview, with Dr. Zelbert Moore who had been one of Dr. Wade-Lewis' co-workers for over twenty years. During that interview we talked about a variety of different people and topics. He told me about Dr. Wade-Lewis and about her position as the SUNY New Paltz Affirmative Action Officer when he first began teaching at New Paltz. When I asked about Dr. Wade-Lewis' interest in African Languages, he had this to say, "African Culture is not just an interest it's what we do."

During our conversation, I once again found myself making plans to get to know Dr. Moore better, as well as

ways to get more opportunities to talk to him. I hope to do just that and this time around I am not going to wait for next semester. I am sure many of you have met people, be they professors, teachers, deans, librarians even classmates, in your daily life who you thought would be good people to get to know, and like me, you procrastinate as to when you begin that relationship with that person. So today, I am asking you to not wait. Do not wait for a few more days or weeks maybe even months. If you have their contact information give them a call right now, or if like me you're too shy, send them an e-mail reminding them of who you are and ask for a meeting. If you know their office hours and are able to make it, do so because you never know when they might be gone for whatever reason, and you'll be stuck there asking yourself, what if I had made that phone call? If only I had sent that e-mail...

## **Dueling Didn't Die It Came to New Paltz**

**Eliana Kirshenblat  
SUNY New Paltz**

The New Paltz Fencing Club is one of the many aspects of the college that make it great. While it may not be particularly well known, the club is in fact very active and a wholly unique experience. As a member, I know how true this is. Even though New Paltz only has a club, and not a team, it is very active. The fencers practice three days a week, part of that is learning and part of that is conditioning, and they also enter competition a few times a semester. Fencing can be purely

recreational or competitive. With all of the flexibility as well as its rarity, it is well worth learning about and even more worth it to take advantage of having this experience at your college.

Like the club, Fencing is not currently one of the more common sports, yet it has been quietly active for centuries. In short, fencing has a history and for those unfamiliar with it here is a condensed version: The sport of fencing has been around for centuries and it can be dated as far back as ancient Egypt. There were recordings of people sparring in protective gear, which is what makes it a sport rather than a way to solve problems (dueling to the death would be the more popular way). What the club practices at New Paltz, as well as what is referred to as "fencing" is related to European dueling. That is the sort of thing you might think of when you read history books, or watch the very popular movie: *The Princess Bride*. The sport is very precise and takes a lot of skill. While there are particular forms to learn it is a very personal sport. As an athlete grows as a fencer their style becomes more and more their own. This is what makes it great to watch and play- it is completely unique, down to the athlete.

The first way Fencing begins to individualize is through the weapon. In the sport, as well as in the New Paltz fencing club, there are three weapons to choose from: foil, saber and épée. Foil is the lightest weapon, and, if you are a beginner, this is what you will start learning with, you can switch it up later. With the Foil you can only hit your opponent with the point of it, and you may only get a point by hitting somewhere on their torso. The saber is heavier and has a different, rounded, grip than the foil. To score a point, you can hit anywhere above the waist

including the arms and head (you will be fencing in a protective mask). The saber is an edge and point weapon, so you may hit with the point as with the foil, but usually you will score by slashing with the side of the blade. As for épée, anything goes. It is the largest weapon, and the target is any point on the body. In épée, a double point is allowed, assuming both fencers hit within 40 milliseconds of each other. There also is no “right of way” as with the other two weapons (right of way meaning that points are given to each fencer by the way attacks are exchanged). Even though each fencer will normally be familiar with all three, the weapon chosen as their primary is considered to be a personal choice.

If you should visit the club and ask which weapon is considered “the best”, you will find a fencer has a strong sense of pride for their weapon. Each fencer will try to convince you that theirs is the best and the others “merely playthings.” Even with this rivalry, everyone in the club is very supportive of each other and will help teach others whenever they can. What is really wonderful about the club at New Paltz is that the equipment is provided to the members. One problem facing fencing for many who want to learn is expensive equipment, which makes the sport inaccessible for just anyone to try to pick up. At New Paltz the opportunity is wide open to learn an otherwise “elite” sport. Anyone can join regardless of experience, and they will be taught well. Just as with any extracurricular activity, the club is a wonderful way to make friends. The sport is like no other and the opportunity to learn it is irreplaceable.

## Are You Really From Oregon?

**Michael Schwartz**  
**Marist College**

I was back home recently and after dinner with some friends, we all gathered to watch the classic college movie *Animal House*. The film begins with shots around campus, and when my friends saw each of the buildings in the movie they would name them off, sharing their short story of being inside. But this movie was filmed in the sixties, how could I have friends roaming the same campus as the late John Belushi and the *Animal House* crew? Well, where I come from, half of the graduating class goes to the university *Animal House* was filmed at, the University of Oregon. Nearly every building is still standing, except for the Delta house, unfortunately, making campus a must-see spot. But the school didn't attract me; I didn't really have my eye on any Oregon colleges. So instead, I made my way east, to pursue an opportunity that produced many questions. One question I've become familiar with is why Marist College? Why not the University of Oregon? Well, why not Marist, who wouldn't want to go to New York?

Allow me to put a few facts out there: my mother grew up on Long Island, her three brothers, one sister and all of their children live here; my father was born in Miami, Florida and has lived in New Jersey, New York and Ohio at different points of his life. Basically, I'm not that foreign to the East Coast. But change is obvious; Oregon is no New York. I live in a valley, with mountains in all directions; my coast is the freezing

Pacific; Portland is dwarfed by New York City, and as it is in New Jersey, there's no sales tax or pumping your own gas. I left a familiar place behind for a new start, which thankfully has been amazing.

First day of class each semester is never any fun. It's always “say your name and where you're from.” Well, when most of the class is Long Island, New Jersey or Connecticut, throwing such a strange name out there is almost uncomfortable. “Oregon.” Each and every head turns for a look, each wondering, “why is someone from Oregon here?” Most people have never met anyone from Oregon; some don't even know where it is on a map (Pacific Northwest, on top of California, by the way) As I make new friends, the required question is “why did you go so far from home? Why Marist?” I've had a ton of practice answering this one.

Think about what you know about Oregon, Oregon Trail, Crater Lake maybe, *Animal House*. Well, as you can guess, a list of things to do is not very long; I was more than ready for a change of scenery. As mentioned before, the rest of my family lives somewhere on the East Coast, so I would visit twice a year, every year growing up. My dream was to go to this place, a place that my friends could only dream of because of its immense reputation. Then there was the school itself, a small, private school in upstate New York, with a great academic reputation. I thank a family friend here at Marist for dropping its name, leading me to look into the perfect school in the state I had always wanted to go to.

January of 2010, I spent a night at the University of Oregon visiting friends and my one night convinced me that

Marist was the perfect choice. Animal House is an awesome movie, I even run up the steps of the admissions office just like Bluto did every time I pass; but everywhere we went, there were people from my high school, holding on to each other. I'm building new skills, creating new connections, living new experiences, taking a chance by stepping outside into a new world. Trust me, the lifestyle can be vastly different, but my acclimation to Marist has been seamless. I've got my own thing going on now, working on housing for next year, which will certainly turn out to be like a revival of Animal House.

## It's Never Too Late

**Shelli Patton**  
**Marist College**

I am an adult student, and I also work full time at Marist for the Vice President of Student Affairs as well as the Director of Student Conduct. After working here for four years, I finally decided that with my children being a little older and more independent now was the perfect time to go back to school and get my degree. Although I have an AAS Degree from Berkeley College, I see myself doing more than just typing up letters and answering phones. So as I put the wheels in motion, I remember my first day of class for College Writing I. It was about 4:30 p.m. and class started at 5:00. I kept saying to myself, "what am I doing," I can't do this" and almost talked myself out of going to class. I dreaded being the only adult student in a class full working

of freshmen. Would they look at me and ask what this old lady was doing in their class, or would they accept me like the students did in the television show "The Parkers?" Well, I'm glad to say that my classmates were very welcoming. I even got a compliment from one of the students who couldn't believe how old I was (let's just say I'm old enough to be her mother). Ever since that day, I have enjoyed with the students. When we had to pick groups for an oral presentation, I just knew I would be one of the last students picked. First of all, I was older and didn't live in the dorms, so the students didn't know me. So I just sat there and waited until all the groups were picked, and when there were only three of us left, our group was formed. I really enjoyed working with Maria and Ashley. As we worked on our project, I really felt like "one of the girls." By the way, we got an A+ on our presentation, and I couldn't have done it without them.

My first semester was a trying experience for me. I had not written an essay in over 20 years, and all I can say is thank goodness for Simon & Schuster! All I kept asking my classmates as the semester went on and we had to write more essays was "Do you have to write essays in your other classes? Is this what college is all about, writing essays and presentations?" When they told me yes, I started to have doubts again. I mean, it wasn't like I was going to give presentations as a career, so why did I have to do it in college? I hated speaking in front

of an audience. But after my first presentation, I realized it wasn't so bad, and who knows, maybe someday I would have to give a presentation and this experience would come in handy. Writing essays was another story. I still struggle with the structure and a thesis statement is my new enemy. Hopefully, by the time I get my degree, it will be my friend.

Having to juggle school work and parenting has not been easy. When I come home from class, not only do I have to do my homework, but also help my two sons, ages 10 and 8 respectively, with theirs. For the first time in as many as 20 years, I found myself burning the midnight oil as they say. Because I have to read so many chapters and each chapter is at least 20-30 pages, I have started a reading group with my sons, which also encourages them to read. After we each read, we write a summary about what we have just read. I think when they see me reading and writing, and they know mommy can do it, they believe they can too.

I enjoy going back to college, and I enjoy working with my classmates. I have a long way to go, and the students I meet now will be long gone by the time I get my degree, but it's comforting to know that as each freshmen class moves on, I will have the opportunity to meet and work with a new freshmen class each semester. For any adult who is thinking about going back to college to get his or her degree, all I can say is that it's never too late.

# Three Years Makes All the Difference

**Kelsey Donohue**  
**Marist College**

David Keith, 18-year-old freshman at Fairfield University, found lying face down in a driveway on a cold February morning with his faced crushed in, left to bleed to death. This story might seem familiar to some since every year you hear stories of young adults, below the legal drinking age, going beyond their limit and suffering in the end. A neighbor found David Keith early that morning, which might be the only reason why he is alive today. Over a hundred kids at the party that night, not one would step up to call the cops. This fear of authority and punishment of underage drinking has started a cause for reevaluation of the drinking age in America.

Since 1984, the government has made it so that each state must enforce a 21-year-old drinking age to receive funding for roads and infrastructure. This was a result of high rates of drunk driving incidents across the country. The drinking age in America is among the highest in the world along with Armenia and Fiji, all others tend to allow their citizens to begin to drink between the range of 16 and 18 years old. Some say that by lowering the drinking age it removes the novelty of underage drinking and prevents incidents similar to David's. After my own experiences, I agree with

this. Everyone has that one night when they were younger where they lost control and drank a little too much, but after that one experience drinking becomes a casual social thing rather than binge drinking and I think the law should reflect that.

Colleges across the country are also supporting the movement to change the drinking age to 18; they believe less instance of alcohol "binge drinking" will occur. But while the legal age remains at 21, schools use a wide range of authorities to enforce the law. Many of us had our normal run ins with the RA's on campus, or search of some suspicious bulging bags by the security guards while swiping in, but some colleges and universities take it to another level by having the local authorities present on campus. Friends of mine at University of Delaware have talked about the daily rounds that the local police department does through the dorms on campus, stopping at random rooms to do searches. Another story from a friend at Villanova University outside of Philadelphia, mentioned how the local police department will breathalyzer every passenger in a car when stopped and give the driver a ticket for any underage drinkers, despite the drivers sobriety. So even though the fraternities and sororities at Villanova University are being responsible by providing designated drivers, they are still punished. Many college students will agree that this pressure from authorities just makes us want to rebel even more. An even more extreme is that some states enforce

the law that if you are caught drinking and receive a ticket it will most likely result in suspension of your license from anywhere between 6 months or till you are 21 years old.

Drinking is going to happen at these younger ages whether authorities like it or not, to be honest. So lawmakers better start remembering their college days and remember what it was like and reconsider the drinking age in America.



# A College Experience

## A New Beginning

**James Wojcik**  
**Marist College**

Imagine you're standing in a gymnasium full of thousands of people you've never met before in your life. You take a seat in the bleachers and all these thoughts start to run through your mind. You're a little skeptical perhaps on how you think you will make yourself known amongst these bright young minds like your own. That's what it was like for me when I started attending another high school my freshman year, and those feelings felt like they were reborn again once I stepped foot onto the Marist College campus that bright summer day in late August.

A lot of other things were going through my mind as well as the extremely significant fact that I would be away from home for the first time in my life. I had no clue what to expect, but what I did to prepare for this pivotal moment in my life proved to make my transition successful. You have to be respectful of people, you've got to open yourself up and accept ones around you, and you've got to be able to keep a schedule.

After the first couple weeks went by, I was able to feel comfortable with who I was, and how others thought of me. I began to understand who people were by just opening up, and just telling them a little bit about me when I got the chance. This

sharing makes a difference in whether or not people will recognize who you are. You've got to make yourself known to people, and the only way you can do that is by just opening yourself up. An instance that I recall doing this was the first day I arrived at Marist. I got to meet my roommate, as well as multiple people on my floor. The method I used to establish this was propping my door open so others could walk in, or just walking into other people's rooms and introducing myself to them. These methods can be used constantly, and they're the first steps for helping you understand which people you see yourself being friends with in the end. This was how I was first able to feel at home here at Marist.

When I started to realize who my friends were, I began to focus on what was important. This can easily be described as looking out for them when needed, as well as making them feel like they're there and not invisible to others. But the main thing you have to do is treat your new friends with respect. It may not always be good times, but if you treat people with respect, it can go a long way for you as a person. I learned this a lot during my time attending a catholic high school, and I knew that if I brought it along with me to Marist, then I would be treated equally among others if I treated them in the same way. An instance that I can recall being respectful was when I started hanging out with a group of friends, who would hangout together in rooms throughout my dorm hall. I always knew that I'd feel like I

belonged if I came in and just hung out, made myself known, and most importantly didn't mess with any of their belongings. This can go a long way for you, for it tells other people that you're respectful of their stuff and you won't go out of your way to be rude and try snatching something up from them behind their back. It is this usage of respectfulness to others that will be recognized and give you a reputation as being a nice and good person. This is another method that helped me get comfortable as a first year college student at Marist.

As my year moved on into the winter season, and I went on break, it occurred to me that I had not been keeping a strong schedule to do everything I wanted to accomplish while I was at Marist. Not managing my time started to reflect in my grades and I decided to start making a schedule of everything I needed to do throughout my day. I knew that this would be key to being able to juggle a life between being with friends and doing work.

A method like this is extremely helpful in keeping yourself in line with everything you have to accomplish while you are at Marist. It reflects itself within your grades, as well as how you handle yourself around your friends. For instance, when I got a bad grade back on one my business exams, I ended up feeling bitter about it around friends. it is never good to act this way publically. There comes a time where you need to step out and away from those people and just

reflect upon the situation. Privately, give yourself a break from having a social life, and relax for a little, then get back into the swing of things and be motivated to do better on the next exam. The only way to do this is by making a schedule, and sticking to it, because it makes the difference between how much time you're able to spend with friends and how much time you need to devote yourself to your work.

All of these methods have helped me in a great way ever since I first started coming to Marist College. Without these, I would not have been able to handle the college life that I have been provided. So when you first step onto the campus of Marist College or any college campus for that matter and make sure you keep these methods in mind; keep an open mind as well. They are the building blocks to how you can achieve everything you need to do in order to become a better student, as well as a better individual.

## **How to Survive a Long Distance Relationship**

### **It's not as hard as it sounds**

**Danit Ianovici**  
**SUNY New Paltz**

Relationships are hard as it is. Learning to trust someone else, and then getting used to the way one works. It is always easier when the two of you are constantly together.

Many people however, including many college students, do not get that luxury. I am currently in a very long distant relationship. I live in Queens, New York, and while at school in SUNY New Paltz, New York and my current fiancée lives in St. Mary's, Georgia. That's 996 miles away. As if that isn't bad enough, my fiancée currently serves in the US Navy and is deployed 6 months out of the year, when our only means of communication is email. We have a strong bond and a great relationship, though it wasn't always so. When I was still in high school, we had our little arguments, but as I started to experience college, the arguments took on a whole different angle and things needed to change if there would be a wedding.

After speaking to a number of people in long distance relationships, I realized that many people are in the same position as I. So I have put together a step by step guide to help people survive their relationships. The following suggestions are very important and could save your relationship.

### **TALK ABOUT YOUR FEARS**

It is completely natural for both parties in the relationship to be anxious about moving away from each other, and entering the college life style. Our whole lives are pretty much dictated to us until we get to college, and it is instinct that makes us afraid of the unknown. As a couple, talk about your fears; make sure you are completely honest with one another. If both of you know what your partner's fears are, then it will help guide your choices in college and your ability to survive the move.

### **DON'T HOLD ANYTHING BACK**

When something is eating at you, tell your partner. Make sure you are not accusing, or negative, but you must be stern. If your lover cares for you, they will listen with an open mind and will understand where you are coming from, though they may not agree with you. Make sure you talk out whatever the issue is, and find a middle ground where both of you are satisfied. **REMEMBER-** A relationship involves two people, so both must be happy in order for the relationship to work, so if you want it your way, you may as well be breaking it off. Also, do not lie about what you want to do. On college campuses, there are many events, parties, or social gatherings that will allow you to meet other people, and in a way meet yourself. What I mean is, when people say that college changes you, they are completely right. Be open to these changes. They are going to happen anyway, so you might as well welcome them. If you accept the person you are becoming, your partner will accept it as well, and it will come as less of a surprise to them.

### **SET A DATE**

Video cameras are becoming very popular these days. Web chatting is a great way to stay connected with anyone across the world. Why not use this outlet as a way to keep in touch with your loved one? Make dates, set times when both of you are free, and video chat for a couple of hours. Accumulate stories and eventful things to talk about throughout the day. Talk about your classes, new friends, missing each other, and don't forget to express to

one another. It might sound cheesy, but when you are so far away from each other, it never gets old to hear how much your significant other cares about you, and you will enjoy hearing it and saying it. Also, use the web chats as a way to include your significant other when hanging out with friends. Include them in conversations with your friends, and trust me, not only will they appreciate it, but you will feel like they are really there too!

### **SURPRISE SURPRISE!**

When in a long distance relationship, it really is the small things that make all the difference. Surprise your loved one with an email that includes a funny picture or something sweet so that they are constantly reminded that you are thinking of them. Send a nice text message randomly throughout the day, send a letter or a gift, and make sure that you highlight anniversaries. Although they may not have been important when the two of you were together every day, now it is extremely important to commemorate the day you two met, even if it's only a "happy anniversary baby." The ultimate surprise that any participant in a long distance relationship can get is a surprise visit! I know because my fiancée came for a surprise visit to my school and I still smile every time I think about it, and it happened over a year ago!

### **WORK HARD FOR THE MONEY**

Though relationships are fun great to be in, remember that your relationship is not a normal one, and that you must work twice as hard to make things work. Both parties

need to be willing to make some changes and sacrifice some things in order for things to run smoothly. I am not saying that this will be easy; it will be extremely rough sometimes. But, don't get discouraged; just keep reminding yourself what made you fall for that "idiot" or "brat" in the first place. Be determined to make it work because it will only work if you want it to, and although my steps are extremely helpful towards any relationship (**especially a long distance one**), you will find that through your time apart. You will learn new things about each other and you will add your own helpful steps towards creating a healthy and happy long distance relationship.

I hope step by step guide gives you some insight in surviving a long distance relationship. These rules are important and are guaranteed to help any couple out. Speaking from experience, I can honestly say that you are going to wonder, at times, if this long distance thing is even possible, but trust me when I say "*love conquers all*".

## **The Problem of Procrastination**

**Matthew Moskowitz  
SUNY New Paltz**

Procrastination is a part of every student's life. Some of us are obsessive procrastinators, waiting for the last minute to do their work no matter what. Others take time with their work, only holding it off for right before it is due on rare occasions. Procrastination is a terrible thing. It adds massive amounts of stress onto the

student, and in most cases causes the work to be of a lesser quality. But still for some people it is next to impossible to get their work done without procrastinating. I myself am a compulsive procrastinator.

Nearly every assignment that I am given in school I save for the last minute, no matter how big or difficult it is. Leaving myself so little time to do my work, combined with my somewhat apathetic attitude toward school, causes me to rush through my work as quickly as possible. When doing my work I strive for quickness, not for quality. This of course means that the work I turn in is not the best that it can be. And sadly I am not alone when it comes to this.

Procrastination is a problem everywhere, but it is especially prevalent in school. This is a shame, because school is the place where a good work ethic should be established. Instead students are gaining a work ethic of not taking their time and putting work off for as long as possible. Hopefully students do not carry this attitude over to other pursuits or jobs in their lives, but what is to stop it from happening. Students who always procrastinate have made it this far and there is no one but themselves that can make them change their attitudes.

Just because someone might not be very diligent with their school work does not mean that they are lazy, or that they take learning for granted. I for one love to learn about things,

and I do get very interested in some of the things that I am taught about in school. But still I have a ton of trouble translating this into putting in a full effort when it comes to school work.

Many students swear by procrastination. They say that they work better at the last minute. But to many students working better only means working quicker and getting a lot of work done. There is not much concern for the quality of the work, or if anything was learned from doing the assignment. This is especially terrible in the college setting because of how expensive college is, and because college is where students should be doing their best work yet.

What happens to students that constantly procrastinate is that procrastination becomes the only way that they know how to work. Taking your time on an assignment only means taking a lot of breaks to people who always have to rush. It is extremely difficult to get out of this habit. One way for it to happen though is if a student finds a topic in school that they are very passionate about. Hopefully the student's interest in the topic will lead to them learning a lot about the subject, which will result in better work being done.

But this does not solve the problem of the student having a poor work ethic. That can only be changed by sheer will and determination. The student has to want to do the best work possible. They have to realize

that putting in a maximum effort pays off in the end, and doing work at the last minute is never a good idea. They have to work hard on trying to learn how to work hard, which is what makes it so difficult to do.

## **New Roommate Friend or Foe?**

**Heather Watts  
SUNY New Paltz**

Going to college usually means living in dorms. More often than not, you get thrown into a room with a person you have never met before in your life. This can be a scary thing because while there is a possibility that you will get along great and become best friends, there are many things that can go wrong. Your new roommate could have a completely different sleep schedule than you do, or a completely different class schedule. She could have very different study habits or party more than you do. She could be really messy while you are really neat. Or, your personalities might just be too different to get along. It is really difficult to deal with a roommate who is so different from you and it can really affect the rest of your college experience if you do not handle it well.

Having a different sleep schedule from your roommate can be very disruptive. Maybe one of you likes to get all your classes done early,

and has an 8 am class every day. The other might not want to start her classes until late. This would probably mean that the one with early classes would go to bed "early," usually between 11pm and 1am. The other roommate, who does not start her classes until the afternoon, may sometimes not go to bed until 5 or 6 am! This can be annoying for both roommates; the one who wants to go to bed earlier finds herself kept awake by the roommate who stays up later. The roommate who goes to bed late gets annoyed that she has to keep quiet because the other roommate is sleeping. Also, the early riser cannot get ready in the room because her roommate is sleeping through the morning and she does not want to wake her up.

Another problem that could arise is studying and partying habits. One roommate may study most of the time and never party or only go to a party once every few weeks. The other roommate may study very little and party every night or every few nights. This can also be very disruptive. The roommate who studies would want peace and quiet in the room but the other roommate may want to play her music while she gets ready to go out. The roommate who parties all the time may not come back to the room until really late at night, and when she comes back, she may not be very quiet and may wake up the other roommate. It is very frustrating to be woken up at 4 am by your roommate who was out partying, especially if you have a hard time getting back to sleep and you have to wake up early.

Major personality differences between roommates can also create problems. If one roommate needs her room to be really neat and orderly, but the other roommate is a slob, it would be very difficult to deal with. Certain lifestyles could also affect how roommates get along. For instance, if one roommate regularly smokes cigarettes but the other roommate is against smoking, they would have issues getting along. Roommates could also just be two completely different people. They could come from totally different backgrounds and have different morals and values and attitudes and would not get along because of this.

While all of these problems can arise between roommates, there is always the possibility that you will get along and be friends. While this is certainly something to hope for, one should be realistic and realize that many things could go wrong. Be optimistic that these things will not happen. Unfortunately, if problems do come up, you need to be able to deal with them. There are several options to choose from. With things like sleep and class schedules, you should talk about it with each other. Tell your roommate that it bothers you that she is up at all hours of the night and it keeps you awake. Perhaps she can go to the lounge or computer lab to do their work or hang out with people, instead of staying in the room and keeping you awake. It is also wise to discuss issues like partying; perhaps some sort of compromise can be made. Even the issues of neatness

can be talked about; perhaps the roommate that is messy would be willing to “clean up their act” if you brought it to her attention that the mess bothered you. If you do not have any luck working it out yourselves, you can always go to your RA for help. If issues occur with your roommate that cannot be fixed or talked about, maybe moving out would be a good idea. If you and your roommate just do not mesh well together, it will probably make both of you happier if one of you moves out.

It might be really difficult to adjust to living with a roommate, especially if there are major differences in your lifestyles. Even if there are problems, though, there are always ways to deal with them.

## **Problems With Commuting**

**David Wenner  
SUNY New Paltz**

The college experience is often a defining one in a person's life. Experiences of students who live on college campuses have a profoundly different experience than students who commute to college and live off campus. There are clear and obvious differences on the types of socializing available to student living on campus compared to off campus students. Living on campus provides a better college experience with more advantages for meeting new people and providing more

opportunities for successful schoolwork.

On the first day at college, regardless where the student comes from, a resident student living on the campus will at least meet three or four new people when they move into their dorm. In most colleges, first year students are not allowed to bring cars to school. Therefore, almost all of the first year's student's life for resident students resides on campus. Almost by default, more socialization will happen for students who live on campus. First year students who live at home are not going to have the same opportunities to meet new people. They are going to spend less time at the campus. They are more likely going to be eating at their houses and not socializing during mealtime at the campus dining halls. Their focus is more on attending classes, getting off the campus as quickly as possible, and less on the experience of meeting new people.

College work is difficult. It is often a great challenge to complete so many courses necessary to graduate. The college experience has lifelong benefits for a person's development plus future success. An unsuccessful experience or failure to graduate will have consequences for the rest of their lives. Students who live on campus and students who commute have the same college resources available to them, such as the library, the software on the school computers and tutoring. There are differences, however, on how conveniently the resources can

be utilized by commuter students as opposed to resident students. A majority of professors seem to believe that all students can easily meet in groups for projects and have access to the school's computers, when in fact it is not as simple as they believe. It is often as simple as a two-minute walk to meet for a group discussion on a project. Most business classes offer free set tutoring hours each week. It is an important great resource for students but the set hours are more difficult for commuter students to utilize. Overall, the experience that resident students have in comparison to students who commute in completing school work and being academically successful at college is significant to the overall college experience.

Getting to class is often a difficult task for students who commute to school. The time needed to get to school can be unpredictable as well as the time needed to find parking space. Getting to class on time can be a challenge for commuter students. Resident students can better predict the time necessary to make it to class in just enough time as to not be late, with the biggest concern of not getting wet when it is raining outside. Often if a class starts after nine-thirty it is often difficult to find a parking space and often requires driving through many parking lots before finding an empty parking space. In addition, inclement weather also poses a problem to getting to class. Even if it is not snowing in New Paltz, it does not mean that it is not

snowing where the commuter is commuting from. However, the same expectations are placed on them. This problem is often more prevalent in the end of the fall semester during finals. The student is faced with the challenge of risking their life to drive through the snow to the final or fail the class. As an example, in December, of 2009, there was a significant snowfall during the morning of the college algebra common exam day and classes were not cancelled.

It is evident that there are major differences in the college experience of student who live on campus compared to students who commute to school. Without a doubt, resident students have a more enjoyable and easier college experience than commuter students.

## **How Food Can Become a Problem in College**

**Ismairy Munoz  
SUNY New Paltz**

One of the first things I was excited about going away to college was being able to eat different kinds of foods every day. On the first day of college, I was surprised by all the variety of food they had at the dining hall. The food I liked the most when I came to college was pizza. I was very happy eating pizza for a week. However, after the first week, everything changed, and

I was not so happy about the food anymore. One of the biggest issues I had in my first semester at college was the food. I stopped eating because I didn't go to the dining hall, and I lost weight. I would go home every weekend to bring food back to school in order to eat something while I was at SUNY New Paltz.

Coming from a Latin culture and being accustomed to eating food from my culture made it difficult to adjust to food at college. My whole family is Dominican, and we are used to making Dominican food every day. My father is the one who cooks at home, and we ate rice and chicken almost every day. Dominican food has a unique taste that it is very different compared to other kinds of foods. When I came to college, I was not able to eat Dominican food anymore because the food they offer at the dining hall is very different from Dominican food. It was hard for me to make myself used to eating different kinds of foods. Another problem I had to face was the difference between the environment at the dining hall and the environment I was used to at home. Eating at home has always been an important activity not just to eat but to get together and talk about how delicious the food is and for family conversation. However, it is not the same at the dining hall where there are a lot of people, and it is hard to talk because there is a lot going on.

The food in the dining hall was so alien to me that the only thing I ate when I went to Hasbrouck was a

sandwich and water. I used to go at most three times per week and the other days I just stayed in my dorm without eating anything. There were some weeks I didn't want to go at all because I just didn't feel like eating the same thing over and over. The only thing that motivated me to eat was my roommate because she was worried that I was not eating, and she also did not like to go alone to the dining hall. There was a time I went to see my advisor, and I told her my situation; she was concerned about my health and my performance in my classes.

This situation affected me not just physically but also mentally. I started to lose weight because I did not eat food every day, and the days that I did eat, I did not eat the food my body needed in order to function correctly. This problem also started to affect my performance in classes because there were times when I felt tired and was without energy, and I did not want to participate that much. I also could not sleep sometimes because my body needed food, and I could not concentrate on sleeping because I was hungry. After I saw that my situation was not improving, I went to see my advisor again. She advised me in some ways to solve my problem, and she also offered me a soup to see if I liked it.

To solve my problem, I found two ways that worked very well. One of those ways was bringing food from home. I had to go home every weekend in order to bring food back to school so I could eat food that I

liked while I was at the university. I told my father to cook enough food that I could eat for at least three days out of the week. He started to make me rice, chicken and beans which is what we mostly eat at home. I also started to cook my own food at my dorm and that helped me a lot even though it took time to make the food. On the days I did not I have homemade food; I went to Hasbrouck with my roommate and ate some of the foods I liked. As soon as I found ways of eating the food I liked, I started to have more energy and felt better. I was able to see how important it is to eat and how my body could not perform the same way when I stopped eating.

It would be very helpful if the college tried to do more food events involving different foods from different cultures since there is a large ethnic student population on campus. They could showcase food from each of these cultures each week. Food is a very important ingredient to performing well at college. It is important to look for ways of eating the food our body needs and not stop eating because there could be bad consequences. It is always difficult at first to adjust to new things, but we have to find the best ways to enjoy the experience of being in college and to overcome all the obstacles that we have to face.

## **The Three Steps to Comfort**

**Kaitlin Groves  
Marist College**

You may find that entering your college dorm room on freshman move in day is not the most revitalizing experience. College students often feel tight and enclosed inside their new living quarters. However, there are in fact ways to improve the living situation that you are unthankfully granted. I ensure that with the help of a few simple tips, you will feel more comfortable and relaxed in your dorm room. In fact, you may never want to return back to your room at home!

There are many different ways to ensure that you will feel comfortable in your dorm room. However, there are three primary tips that are crucial to maintaining comfort throughout the year. I ensure you that you can transform your dorm room into a more comfortable living space if you organize your furniture accordingly, use color and design to help enhance the mood of the room and come prepared with supplies to keep the room clean and fresh.

It is very important that you arrange the furniture accordingly inside of your room. Keep in mind that the dorm rooms are very small, so organizing the furniture can help create more leisure space within the room. It is also important to plan

out where you want to move the furniture before you actually move it. A smart tip is to measure the dimensions of the room and furniture so that you can plan accordingly and make sure that all of the furniture will fit before you actually move it. In addition to creating more space, arranging the furniture can also help make the room feel more like an actual bedroom. When you first walk in to your room, the furniture is right up against the wall and seems “jail-like,” but once you move in and arrange the furniture to fit your needs, I can assure you that you will feel more comfortable and relaxed inside your new room.

Color and design can also help enhance the mood of the room. Color will help you create a more comfortable environment to live in. Color and design can help support your personal style. You can use color to help define yourself and make your section of the room your own. You will find that you will feel much happier and more comfortable inside of the room once you add color since you are now bringing a sense of your own style into the room. Accessories and posters for the walls can also help add color to the room. You will find that your room will feel less dull once you spice it up with some color and design, eliminating the life-less environment that you are originally assigned upon entering.

Although you may feel comfortable inside your room after you arrange your furniture and decorate it, you

will not remain comfortable if you do not properly clean it. You must make sure that you remember to bring cleaning supplies to help keep your room clean and fresh all year long. Remember to keep in mind that you don't have maids or mothers cleaning up after you anymore! Clorox wipes tend to work well on all surfaces inside of your room. The wipes help remove a lot of the dust that will eventually accumulate over time. It is also very important to remember to bring dish washing soap to wash all of your dirty dishes. Small vacuums are also extremely helpful since they help to keep the floor clean. Creating a clean environment for yourself will help you appreciate all of the work you have put into your room, which will also allow you to feel much more comfortable and relaxed inside of your room.

I hope that you have benefited from these three important tips and that you are able to make your dorm room a comfortable and relaxing place to live. I promise that you will be pleased with the positive environment that you have created for yourself! Living in a more comfortable room will not only make you feel happier inside of your room, but it will enhance your entire college experience as a whole.

## **POV: High School Senior-College Freshman**

**Jason Sokolowski  
Marist College**

For the graduating senior who leaves an institution of learning on top, after spending four years climbing the ranks of the totem pole, college might be intimidating to say the least. In some cases, you're moving away to another region that also might have a different demographic of people, a larger population of students and perhaps even a different climate. As the days of the summer dwindle away, and it becomes increasingly nerve-racking to even think about college, just follow these simple guidelines that should make the transition from a senior in high school to a freshman in college a bit more relaxing and much more enjoyable.

Most times your summer begins in late June or early July, which gives you about two months, (depending on when your college starts school) to get your stuff together and ready for the maiden voyage; The best advice I could give you at this current time, use all of the two months to get stuff together. Why bother rushing at the last minute and forgetting something important when you can just start early and accumulate the things you need at a leisurely pace? Here is a simple hint, **make lists**, and lots of them. Lists will only aid you in your quest

for a calm summer before college. I was not a fan of lists, but once I started to utilize them, they make for a relaxing and almost stress free summer, but you can also make sure you don't forget anything majorly important. (And even if you do, it's okay, stay tuned for why later on in this article).

My next set of advice to having a smooth transition into college for the first time would be to get to know your roommate and other floor mates in your general vicinity. Be open to everyone's ideas, beliefs and cultures. Although it might sound like common sense to some, talking to your roommate and others on your floor will prove to be quite valuable in the long run. You are most likely going to have the same roommate for the first year, and it's a safe assumption to make that most likely the people on your floor won't be shuffling around drastically. Having connections with friends before you even get to your dorm will help make the transition easier on yourself and others as well. Most times your floor directors will coordinate with others and bring you some fun activities in the early fall months such as : inter-dorm kickball, stress ball making and home cooking. Not only is this another great way to meet people in your college, not just your dorm, but it also gives you the opportunity to try things you always wanted to, it's a win-win situation.

Once you're packed and ready to go on your adventure to college, make sure you check all your lists of

stuff to bring up before you head out. Once on campus, go to your designated area of your dorm and start setting it up to model your home. Having a dorm room feel homey and welcoming could very easily be a safe haven for you as the days draw long and winter break lingers near and you need a place to sleep it all off, your dorm room could potentially save you from your demise. Something else that isn't most often considered is how comfortable your bed feels. After searching around during the summer for something that could somehow make my fifty dollar college dorm mattress comfortable, I came across something that was not only comfortable, but also reminded me of my bed at home; and that has made all the difference. If you think about it, you're most likely going to be sleeping in that bed for the next 8 months, why wouldn't you make it comfortable? Even something as small as the smell of your dorm could make you feel more at home. It sounds more than ridiculous, but takes some time to try out some different things to make your new living space your own. In the event you happen to have forgotten something important that you need up at college, have your parents ship it to you! Receiving care packages the first week of school is all but required; it keeps you looking forward to what your parents might have sent you, and who knows, maybe your parents might throw you some extra cash as well!

Once you have this foundation in place the only thing left to do is

to tackle your first week of classes. It would be wise of you to get to bed early every night before your classes begin, God forbid you are late for your first class at college. This is not the best way to start off your college career. Keep in mind the friends you hopefully made during the summer and connect with them during this week. Making friendships the first week of school is pivotal to having a good support system for when you need them. Not only that, but it also provides you with a plethora of people to turn to when you're just looking for someone to hang out with. My final tip, although you might sound like a brown-noser, make sure to participate in classes, and tell at least one interesting story to the class. This way the professor can distinguish you from the crowd, and when it comes to grading, your name will be one of the first on their mind to give good participation grades to... don't believe us? It's been proven by freshmen all over the United States for the past several decades now, it does really work.

In the end, college is what you make of it, so get out there, experience new things, try to establish good work habits, and take things in stride. Most importantly don't forget to have fun. College in itself is a learning experience where people come to find their niche in society, so do yourself a favor and follow some of the guidelines explained in this article. I wish I knew this back in September when I started my life as a Marist College student.

# Difficult Transitions for First Year Students

Judy Ko  
SUNY New Paltz

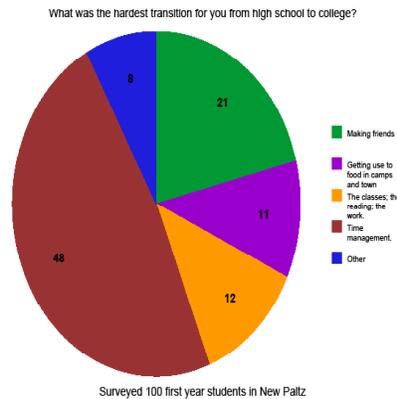
The transition from high school to college plays a major part of a teenager's anxiety towards college. Being a college first year myself, I had many thoughts of how college would be like. How are classes? Will people accept me? Will I make friends, or will I be shy? Will I like the food on campus? Will I get along with my roommate? Will I be homesick? Will I be a party animal and get influenced? There are so many unanswered questions.

Now that we have familiarized ourselves with the campus and buildings, we can look back at the beginning and analyze what was the hardest part for us as individuals to go from high school to college. I polled 100 first year students through Facebook, a networking site, and asked them, "What was the hardest transition for you from high school to college?" The choices were the following:

- A) Making friends.
- B) Getting used to the food on campus/ in town.
- C) Classes/ the reading/ the work.
- D) Time Management.
- E) Other: Please specify.

Many of the responses are different depending on where the individual

comes from and how they are raised.



On the pie graph, it shows the final outcome. As you can see the overall hardest transition for high school to college students is their time management, with 48% of the votes. It is really a big change from being in high school when classes start at a certain time; where as in college, you make up your own schedule depending on what clubs, jobs, teams, studying time, eating time you have and are accustomed to. It is up to the individual when he or she wants to study and when to eat, or even if he/ she want to wake up that day to go to class. Nobody is there to tell you when to clean your room or when to eat dinner. The student has to plan accordingly and use their hours in a day in order to become a successful student.

Making friends is the second hardest transition according to the results, with 21% of the votes. "I am used to small areas and everyone knows

each other, but college has more people," replies a first year student. All students coming to New Paltz, or to any college, will think about making friends. This may be positive or negative. It can be from "I will easily make friends" to "I am scared I will not have any friends." To resolve this, just think positive and be yourself.

With 12% of the votes, first year students think that the classes, the reading, the work was the hardest transition for them. "High school is nothing compared to the work in college..." states Corean Saliard. This really goes along with the time management. As a college student, you always need to fit in about four hours of study time. This can be doing a paper, reading chapters from a textbook, studying for an exam, or even just going to the library and working on homework. The classes are definitely different from high school because sometimes the work will not be collected. It is up to the individual to complete the assignment in order to know the material for the exam.

With 11% of the votes, first year students think that it was a hard transition for them to get used to the food in campus and in town. We all know that school food and college food is not as great at our homemade food. It will be hard getting used to eating campus food every day and night, if a student is living on campus. There are many choices on the New Paltz campus from Hasbrouck Dining Hall, which is a buffet style, to Jazzman's Café,

which is a bakery and coffee and beverage stand.

There were other responses, besides the given choices, “Adjusting to the country style and accepting certain types of people,” answers Richard P. That is a big transition for students that come from the city, like me. “Sharing a room with another person,” replies Brittany Askew. This is a difficult one for students that are an only child or who always had their own room. As a college student, depending if you live in a suite or a corridor, you will most likely get a roommate. Another response from Christine Kelly, is that she was on a high school sports team, so it is hard to be away from that team to another different team in college. This is the remaining 8% of the votes who feels that there were other difficult transitions from high school to college.

Every incoming first year student will have their fears and anxieties going into college. They will have different feelings and worries. As time passes, and as you get used to the campus, your friends, your professors, your studies, etc., college will be a great and successful experience if the individual makes it this way.



## How to Stay Updated On Cool Events On and Off Campus

**Colin Williams**  
**SUNY New Paltz**

Many cool events are constantly going on in New Paltz, on and around the campus. If interested, one can get involved in community organized programs, informational fairs and meetings, sports teams and intramurals, activist groups, musical concerts and other clubs and organizations. How does one go about learning about these events? Most of the time, these groups will be right in front of one's eyes.

The first way to learn of these events is just to keep your eyes open. Typically, on your way to class, you could pass a few bulletin boards that will be loaded with flyers of events to come in the near future. These can consist of “General Interest” meetings for groups on campus, events located on or off campus such as local concerts or traveling musicians. Secondly, many groups disperse representatives around campus handing out flyers about events. A third way is to visit the fairs hosted on the campus. These include club fairs and job fairs. Here booths manned by representatives from various groups offer information and signup sheets. You can keep up with the events the groups will be hosting via email. Another interesting set of groups is the Greek life on campus; A.K.A the fraternities and sororities. These groups have their own fair similar to the others and have a schedule of general interest meetings. One student I interviewed for this article was a first year named Ian Savitz. I asked him what was the

hardest thing about getting involved around New Paltz? He said “Finding out about the clubs isn't hard; it's getting to the meetings.” Ian had no trouble finding out about the clubs and other groups. He also told me, “The bulletin boards all across campus have up-to-date flyers and a easy to understand list on the New Paltz website.” The biggest problem Ian talked about, that many students could potentially have, is getting out to the clubs' meetings. Some advice I could give is to just force yourself to get involved. See what the different groups are about and you might just find that you really enjoy them. In respect to the fraternities and sororities, none of the groups that are affiliated with the campus are pushy and by campus policy can't be involved in hazing. This means that you can freely explore your options, and if you find that you don't enjoy what the groups have to offer, it is just as easy to back out.

My personal experience with groups around campus has been that they are always a great experience, resulting in a long term relationship with the group or even just a short exploratory phase. If joining such organizations isn't your cup of tea, then just getting out around town or campus helps to find cool events. For example, every Tuesday night at least one concert on campus is being performed in either Parker or McKenna Theatre. This is a great way to experience many wonderful opportunities to get to hear renowned musicians or even the music of your peers involved in the program at New Paltz. Whether it be venues or shops in town or just clubs on campus, there is rarely a dull day or night around New Paltz.

# How To Choose Your Major

**Christina Paris  
Marist College**

When I first came to college, I had absolutely no idea what I wanted to do for the rest of my life. I didn't know which direction I wanted to go— Education, Fashion, Business, Psychology— all the different choices overwhelmed me. However, this is normal for any student about to enter their freshman year at college.

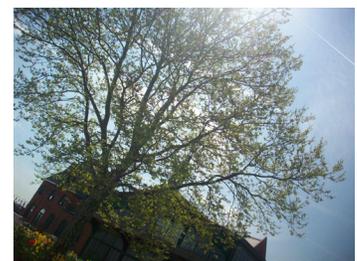
Marist college provides over twenty-five diverse majors. You might get discouraged about which one to choose, but it is okay to declare yourself as undecided. This article will help you choose your major by exploring your interests, abilities and skills. If you are still unsure, the other option is to take the Focus classes at Marist College, which helps you choose a major.

Picking a major may seem hard, but it really isn't. First, you need to discover your interests. What do you like to do? What is your favorite subject? Are you artistic and creative? Do you like facts and numbers or do you like theories and ideas? Do you like to help people? Do you like to teach people? These are all things to consider when figuring out your interests. After you answer these questions, ask yourself what major fits with your interests. For example: if you like to help people, you should look into social work. If you like facts and numbers, Mathematics is a suitable major. Open up and explore your interests. Next, after you have found about three different majors that relate to your interests, explore your abilities and skills. Look at what classes you took in high school. What subjects

were your grades strongest in? What subjects were your grades weakest in? Also, look at activities, clubs, and jobs that you had. Which did you succeed in? Which did you not do as well as expected in? It is very important to make sure that your abilities and skills match your interests. After you figure these things out, you will get a good idea of what you may want to major in.

If you are still confused about your interests, abilities, and skills, then I highly recommend you that look into Focus Self-Management and Focus Career Planning. These courses will help you explore all your options. In these classes, you will be sure to discover what the right major is for you. During my freshman year, I took this class and got a lot out of it, including my major, internships, and possible jobs for the future! Focus professors are also student advisors, so they have a lot of experience with helping you in class, as well as one-on-one advising in selecting classes and majors. You will access websites designed to help you with your major, and you will even get the chance to talk to and interview professors about the major they teach. By the end of these classes, I guarantee that you will have your major, as well as a deeper knowledge of your interests, abilities, and skills.

Picking a major may seem hard at first, but it is very simple. You just need to devote a little time and thinking, and you will find yourself on the right track. Focus is a great program at Marist, and it has helped me and many of my friends really explore our interests, abilities and skills. Don't be overwhelmed, be excited to discover yourself!



# Special Feature

## Green is the New Black

**Valerie Piscitello**  
**Marist College**

Marist College is currently moving towards a more sustainable campus life. These trends, sparked by Associate Dean, Steve Sansola, along with student groups including SEED (Students Encouraging Environmental Decisions), the Student Government Association Green Committee, as well as help from the rest of Marist College, have been successful in making the Marist College Community “greener.” While sitting in the common room of one of the freshman dorms, listening to Associate Dean Sansola passionately speak about the progress Marist College has made in sustainability, I was inspired. Maybe it was the delicious pizza I was indulging in, or the *Seventh Generation* brand eco-friendly napkins that I was impressed with, either way, this evening heightened my knowledge of not only sustainability at Marist, but throughout the country as well.

*What does sustainability mean?* This was one of the first questions asked by Dean Sansola. The residents responded with a plethora of ideas ranging from something renewable, environmentally socially and economically sound to using resources such that you could leave some for future generations. Dean Sansola mentioned the important concept that despite the knowledge

that Americans have of our environmental issues, “we do not live with the intention of being able to provide for generations that far into the future.” Despite this common idea, there are many things that we can do to work towards a greener community.

*What can we do?* Turn water off while brushing teeth, recycle, reuse water bottles, turn off lights, compost food, keep the thermostat cooler, and keep doors closed as to not waste energy when the heat/air is on. This list of things will eventually lead to a more sustainable future.

Then the question arose that all of the students were looking for: *Is it harder to maintain an eco-friendly lifestyle while at college?* Some students argued that not everyone in their building recycles, and some students tend to leave their computers on when they are not using them. Despite these flaws in sustainability on a college campus, Marist College has made some real progress in this area. This year, Marist Dining Services went “tray-less” which produces less waste because students don’t have an entire tray to fill up with food that will not be finished. Also, recently introduced was the “Valley Café” which serves organic or regional sustainable food, and is open on Tuesdays for lunch. The Valley Café has become increasingly popular. Marist also composites food waste, uses gas for heating buildings, has added recycle bins throughout the campus over the past three years, is experimenting with energy efficient lighting (LED lighting), uses

double-sided printing in all of the printers in the lab and library, and the new Hancock Center, currently being constructed, will have a “green roof,” which will be lead compliant and have automatic light dimmers. Finally, Marist has created sustainability housing in one of the sophomore residence areas, where the students that choose to live this lifestyle are helped out with purchasing eco-friendly cleaning supplies and food. This is a time and energy investment for the students who live in this house, but eventually, the more students who choose to do it, the closer Marist gets to an eco-friendly campus.

Dean Sansola stressed the idea of the “Three R’s: *Reduce, Reuse, and Recycle.*” These are the first three steps one can take as a student or a member of any community to move towards a more sustainable future. Marist has an impressive array of accomplishments and movements towards building sustainability campus-wide. There are many ways one can get involved and work towards reaching this universal goal here on campus. As Ross Perot once stated, “The activist is not the man who says the river is dirty. The activist is the man who cleans up the river.” *Go green or go home.*



# The Green Revolution On Campus

## College Students Gradually Going Green

**Tiera Diaz**  
**SUNY New Paltz**

We students are very aware of the danger the earth is in. We know that the ozone is depleting, allowing more and more of the sun's rays to stay in the Earth. We know that animals are losing their habitats because of man's need for expansion. We know that deforestation causes soil erosion. We know that there are stretches of land filled with garbage, and we know that it takes candy wrappers decades to decompose. College students make up a large percentage of the United State's population, and we have a voice that cannot be ignored. We know all of these things, yet not all of us are using this knowledge to help save our planet. So why aren't more college students going green?

College students may be young and full of life, but laziness comes easily to those that sleep till noon. As beautiful as it may be outside, very few of us will get out of our beds to do something that does not instantly benefit us. This is especially more difficult for the freshmen living in triples—try getting one of these students down from his or her bunk. Personally, my roommate and I disagree on whose turn it is to take out the garbage, let alone sort it, remove all the bottle caps,

and place things in their designated bins. There is also this concept of wasting time. Yes, it is more worth it to watch *The Office* reruns all day on TBS than it is to walk into a fast food restaurant as opposed to taking the drive thru. We're wasting time by searching for the closest parking space, as opposed to settling for the end of the lot and enjoying a nice walk. Overall, taking a greener step is not more time consuming at all, but students will make more convenient choices as opposed to the right ones.

"I am a college student. I have thousands of dollars in loans. I eat *Easy Mac* for breakfast, lunch and dinner. I am too broke for a greener lifestyle." This is one of the largest concerns of people considering going green; the financial impact. This is especially harder for students because they have no steady source of income. We ride the Loop Bus to *Stop and Shop* and stock up on *Ramen Noodles* and poorly grown fruits—whatever's cheap, on sale, and edible. It does not occur to us once we enter those doors to pick up organic food. Organic, that just sounds expensive, right? When a bulb blows out in our highly fashionable, school provided lamps, we reach for the dollar store 60 watt bulbs as opposed to the energy efficient ones that cost two dollars more. We do not spend any more money than we absolutely have to on necessities. It doesn't occur to us that the greener options are potentially more valuable in the long run than the cheaper alternatives. Then, once it comes to amenities

that we do not have to pay for, we make it a point to utilize them as much as we can. For instance, we leave our heater/air conditioner running while we are in class all day. We leave the TV on at night while we're sleeping and the lights on while the sun is shining. This misuse in turn wastes more energy than necessary. Thus, financial position is a huge benefactor in the decision to go green.

The third biggest reason we're holding back from joining the green revolution is the feeling of individual insignificance. We have all had the thought "I'm just one person, what I do does not really make a difference." However, it takes individuals working together to collectively make change. You may think that it is just one wrapper that you're about to throw on the ground, but there are millions just like you having that same exact thought. You all decide to throw your litter on the grass and walk away. On a larger scale, if more and more students began a simple task such as recycling, the trend would spread and the one individual who told their friends to do it would make difference. There is also the general consensus that the environment is very slowly getting worse, and that global warming will not affect us in our lifetime. However, if this is true, can one rest knowing that they did not try to prevent such an environmental disaster? Although there are effects visible today, some of us ignore it because we are not directly experiencing it. We are all smart enough to know what is

going on; therefore, we should do what we can to prevent global warming and the harm that comes along with it.

Collectively, the entire student body of the United States can make a difference. Students simply need to get down from their bunks, think about quality versus cost, and know that they have the ability to make a difference. We should not let our planet suffer because we are lazy, frugal, and mistakenly inadequate. We do not have to run out and join the fight at this moment, as we have finals to ace. There are, however, small things we can do to help that require very little effort at all. Listen to your iPod with your headphones instead of using your stereo, unplug your laptop charger (this will also extend battery life), buy a reusable water bottle (they come in pretty colors and designs) instead of *Poland Spring's* 24 pack, and utilize the recycling bin (the little blue one) supplied in every dorm room on campus. Together we can help support the Green Revolution, baby steps are welcomed by all.

## The Green Revolution at New Paltz

**Kelly Drummond**  
**SUNY New Paltz**

The Green Revolution has been growing exponentially in the United States in the last year and it has been

on the rise in New Paltz, New York as well. The New Paltz Recycling Club was founded on campus in February 2009 by Lauren Brois who is the Recycling Coordinator of this college. She is a junior here studying elementary education with a minor in environmental studies. Lauren Brois is also the president of the recycling club and was the perfect person to interview for an excellent look at the “green scene” in New Paltz.

**TCI:** What motivated you to found a club?

**Brois:** For the New Paltz Recycles Campaign to be most successful it needed support from many different people. The club gives the campaign a great platform and support. Working in a team to increase recycling helps, and each club member brings something to add to the program. The club is able to host programs and events and more.

**TCI:** What is the goal of Recycling Club?

**Brois:** Our purpose is to bring recycling and other environmentally sustainable practices into the public eye. We work to educate the NP community about the importance of recycling and proper recycling rules through programs, events, demonstrations, collaborating with other organizations, media campaigns and meetings. By making recycling easy, accessible, rewarding and fun, we can maximize New Paltz's recycling rates while minimizing waste.

**TCI:** What are some events the club hosts every year and what are the events that are being planned now?

**Brois:** RecycleMania is our biggest program; it runs for 10 weeks at the beginning of the spring semester. This last semester was our best yet as we received support from so many different campus organizations (Environmental Task Force, RHSA, CAS, SA, STL and the Res Life). This will be our first

year taking on “Earth Week,” and we are in the planning stages and hope to create a week filled with fantastic and informative environmental programs, and even an Earth Day carnival! Other programs that we do are film screenings, consumption demonstrations, hall programs, posters and media campaign, recycling programs and more.

**TCI:** How much do you think the club has grown in the last year with members and events?

**Brois:** I'm extremely proud to say the recycling program has greatly expanded in the past few years. Alex Wojcik and the Environmental Task Force created the Recycling Coordinator position a few years ago which opened up the doors for the program to get off the ground. In the last year, I have been extremely pleased to see our recycling rates increase. I think students are becoming more involved and willing to participate in the program. The club itself is steadily growing and ever expanding its programs and recycling awareness campaign. Recycling club is a fairly new club, and we are growing slowly and always looking for members. This semester, we meet Mondays at 7pm in SUB 408. You can check our Facebook fan page “New Paltz Recycles” for more information and updated meeting times.

**TCI:** Does the club focus on only recycling or other environmental causes as well?

**Brois:** We deal with all types of issues with a focus on recycling and waste. We have gotten into issues of clean water with our bottled water consumption demonstration. All the topics are very intertwined though so we cover a lot of material and try to make all this “green info” as understandable to the public as possible.

**TCI:** What do you think about the “Green Revolution” that has been sweeping the country in the last year?

**Brois:** Support from the media is extremely helpful. Advertising and introducing environmental facts and ways of life in the public eye can make a difference in spreading the news. Consumers should take the precaution of “greenwashing,” though some companies who are looking to make a profit make the popular claim that they are “green,” but really they are not at all. It’s important to check the facts or look for legitimate environmental logos on the product before buying them.

**TCI:** In your opinion, what is the easiest way for students to help the environment?

**Brois:** In general, simple things like turning off the lights, unplugging electronics when you are not using it, reusing as much as possible, and buying products with minimal packaging can make a big difference. The most important way is making your voice heard, telling your political representatives your thoughts is critical in keeping environmental issues on the table.

**TCI:** I know the Recycling Club here has a blog, could you tell me more about it?

**Brois:** The blog offers the New Paltz Recycles Campaign a place to show off all of our accomplishments, advertise for future events and further educate the New Paltz community. I update it as often as possible; usually a few times a week with green tips specifically pertaining to New Paltz, general environmental information, upcoming events and it also is a great place to show off our photos from past events.

**TCI:** Do you think the overall recycling process in the United States or in this region is an effective process and where do you see room for improvement?

**Brois:** I’m happy to see recycling

happening across the United States, but like everything, there is always room for improvement. New York state law actually has made not recycling illegal (if you have a landlord or eat at a restaurant that does not recycle, they are actually breaking the law!). It would be magnificent to see all the states adopt similar and strict recycling laws. I would also love to see recycling become a true closed loop and have products made to be specifically recycled. Also re-installing more take back programs for reuse offer great economic and energy opportunities.

**TCI:** Do you do collaborative projects with other clubs, fraternities, or sororities on campus?

**Brois:** So far the three main groups that have sponsored are RHSA, ETF and SA. RHSA and the hall governments embraced RecycleMania by putting on programs in their halls and allowing a specific RecycleMania presentation into their weekly agenda. ETF and SA have supported us by providing funding for our events.

The recycling program in New Paltz is always expanding and as a member of the Recycling Club, I can say that we are working hard to make this campus as “green” as possible. With new technology, research, and motivation, the United States can recycle more and become more efficient.

## Got Beef?

Remy Le Dily  
SUNY New Paltz

Upton Sinclair once wrote “Relentless, remorseless, it was; all his protests, his screams, were nothing to it—it did its cruel will with him, as if his wishes, his

feelings, had simply no existence at all; it cut his throat and watched him gasp out his life.” Without the context one would believe that Upton Sinclair was referring to the death of a man who was taken against his will and murdered by something cruel and merciless. Instead, he is writing of the animal he watched as it was slaughtered in one of America’s slaughterhouses in the early 1900s. Before Upton Sinclair, Americans had no idea of the conditions in which animals and humans were treated in these slaughterhouses and for decades after this, the conditions improved, often with good pay and health insurance. Now, it seems that conditions have reverted back to worse conditions similar to the ones once seen by Sinclair. With the Green Revolution ever growing, it is apparent that conditions in the slaughterhouses on the part of workers and animals need to change not only for the sake of themselves, but also for the sake of Americans as a whole. To push the Green Revolution, is to save the world and mankind. Eliminating meat, beef in particular from everyone’s diets will save the environment, the workers, and the health of Americans.

Beef is the number one eaten meat in the world and is one of the main reasons for why our environment is suffering the way it is. Beef accounts for 30% of meat consumption in the world, but is responsible for 78% of the emissions (Hamburgers are Hummers.. 2010). Bovine products, such as beef and milk are considered to be the “Hummers

of food” mainly because of the amount of methane gas the cattle produce to make these products. This methane gas traps solar heat 25 times more than carbon dioxide and contributes highly to climate change. One way to counter the methane gas would be to increase the amount of carbon dioxide in the air simply by planting more trees, but this is almost impossible with the amount of the Earth’s land (26%) used to occupy the cattle. This 26% of the land does not take into consideration the amount of land needed to farm specifically for the cattle or the fact that the cattle will degrade the soil and deplete its resources, rendering it barren and futile. Although beef seems to be necessary for many people in the world, the negative affects factory raised beef has on the Earth should make it easy to give up.

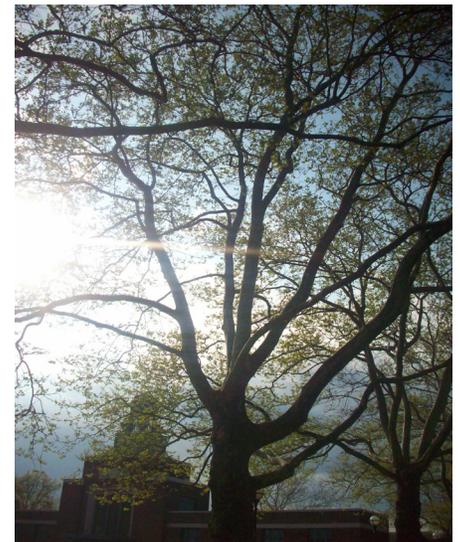
Besides its harmful effects on the environment, beef, or red meat in general is harmful to humans in many different ways, often depending on the development of the country and its economy. To start off, the saturated animal fat in red meat contributes to heart disease and hardened arteries, diabetes, and obesity, but eating beef can also result in colon cancer, rheumatoid arthritis, osteoporosis, and kidney disease. These, obviously can be, and are often fatal, but can be avoided by eliminating red meat from one’s diet. The effects of red meat, and its factory-raised beef on a wealthier country are different from those in a poorer, less developed country. Beef cattle return

only 1 pound of meat for every 16 pounds of grain and soybeans they are fed and altogether, all of the cattle in the world consume enough food for 8.7 billion people (Lappé 1982). If the world gave 0.05% of the grain given to the cattle, we could adequately feed the 15 million children starving throughout the world. It would be healthy for everyone to remove it from his or her diet because, not only would it rid them of major health problems such as obesity and heart disease, the two number one diseases in America, but also to help those in need.

While the environment is being harmed and the health of many people is on the line, the lives and safety of many workers is on the line as well. To employ most slaughterhouses, the United States lures workers from Mexico, by radio advertisements, and from there, bus the workers directly to the United States. These workers, looking to escape their country work for low wages and no health insurance. Because most of them are illiterate and uneducated, they are unable to work together to form unions or discuss health insurance and instead 29.3%, or 1 out of every 3 meatworkers suffers injury or illness (Dyer 2006). These injuries and illnesses can often lead to dirty or unsanitary food that is then being shipped into grocery stores and markets, adding other health issues for those who eat this contaminated meat. One of the most well known reasons for injury is the high speed of the line. At this

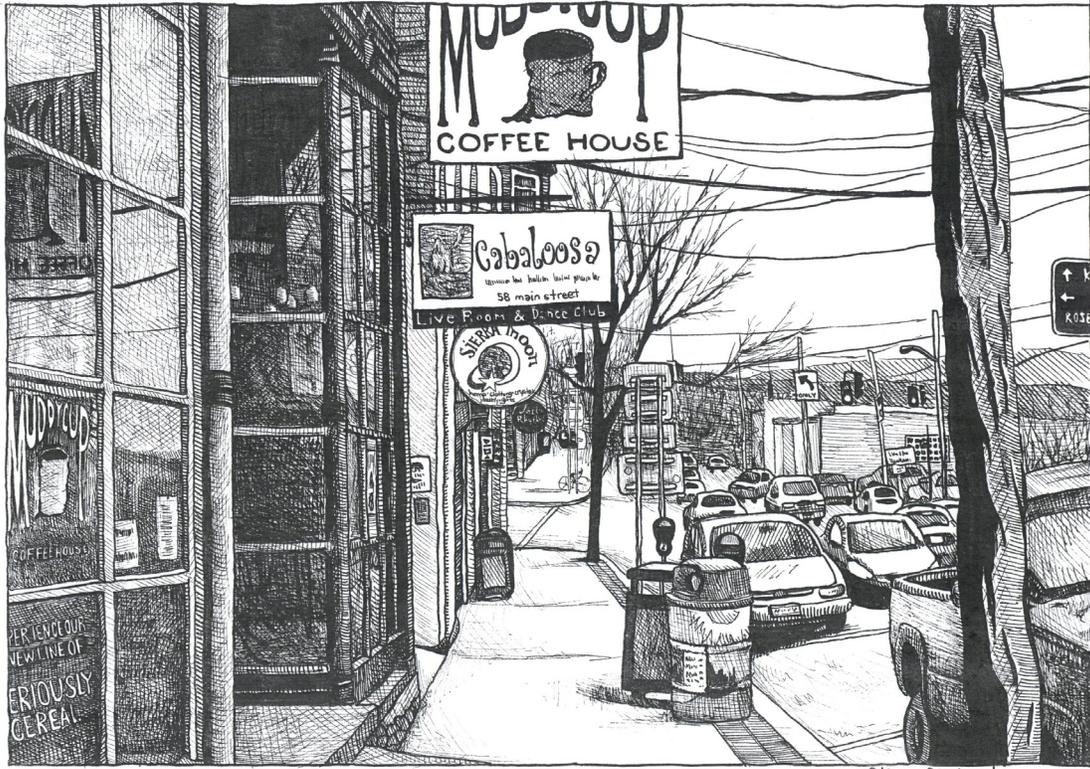
high speed, workers are unable to clean and sharpen their knives in time, which means that they are too unstable to control, and, therefore, lead to cuts and lacerations.

It is thanks to Upton Sinclair that we are so aware of slaughterhouses and their negative effects on their workers, the animals and those who eat the meat. The time, in which he wrote his novel, *The Jungle*, was an essential time to learn about the unsanitary, unsafe conditions of meat factories because it was a time when technology was flourishing, but was still unknown to most common people. It also helped us, as a whole, to prepare our minds for the upcoming environmental impact that these factories would eventually have on the planet. Sadly, if a muckraker such as Upton Sinclair himself had come around earlier, maybe our Earth and its inhabitants wouldn’t be in the disastrous situation they are in now.



# A Work Of Art

Alison Malecot





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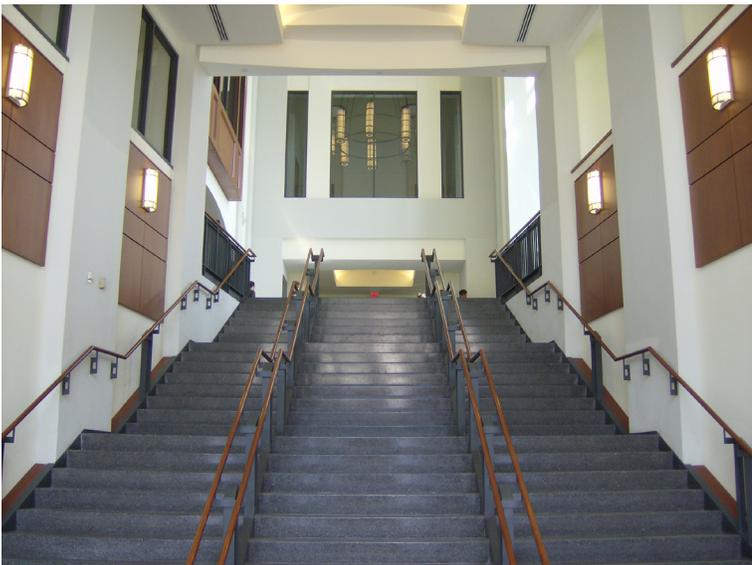
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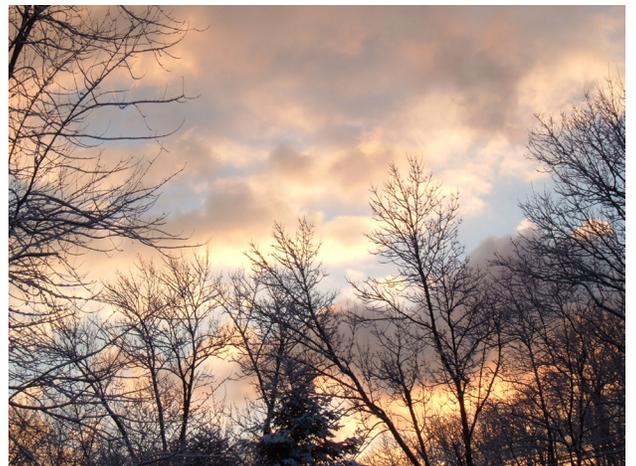


*SYMPATHY*  
LANI NELSON

*STAIRCASE TO ENLIGHTENMENT*  
DION



*SUNSET*  
MATHEW AUGUSTINE





*STORM*  
JOAN E. PERISSE



Poems By Caitlin Ryan  
SUNY New Paltz

## Reflection in the Pupil

I wish that I could write the  
contours of your face  
The line that runs from the corner  
of your nose  
Down  
To

Your  
Mouth

Interrupted-by lips covered by  
Short black stubble  
Not yet connected-  
With the hairs on your chin.

I wish that I could live in the  
spaces  
Between each eyelash  
Find shelter in the lines  
Under  
Each  
Eye.

I would count all the little brown  
marks  
On your face  
Connecting-the-dots  
With my footprints  
As I traveled along each cheek  
bone  
Each of  
marked  
Curve flesh  
By a pigment darker than mine.  
I would hold parties in your  
eardrums  
Invite the lyrics, language...  
And listen  
To whatever it was your brain was  
THUMPING

## Artful Musings

Questions comments concerns  
*Please don't interrupt,*  
*the boy is THINKING*

I would sit on your brain  
And wait  
For the next time you don't know  
Your location  
JUMP, SCREAM, ANYTHING  
to get your attention

I wish that I could write you  
something  
Telling of our lives,  
To let you know you're never alone  
Because I'm always in your eyes

-Kind of mushy right?

## Denzil Dowell- A murdered son.

At night the cat prowls  
between the walls  
of broken  
houses. Only  
visible by  
the glow of his eyes  
that search out  
the boy who runs.

It is 4:51 AM:

Or so the report will read.  
The fireworks  
have just started.  
One after another, six  
shoot off into the night.  
His left shoulder cracks  
open like the plastic  
covering of a child's toy.  
Flesh turns to mush  
and evaporates.  
Drips of red

light expose  
paws, silent

in the shadows.  
The clock strikes:  
3:52 AM.

A man dressed in blue  
awakes for a late night  
bite. Cracks a rib  
off the two full slabs.  
Meanwhile the boy hops  
fences His actions  
delivered in print.  
Feet send vibrations  
through concrete  
they pound,  
provoke the pigs.  
The cat pads after  
his scamper.

This one goes through  
his breast bone-  
calcium splinters-  
Police send inaudible  
cries for a  
doctor. Open-  
mouthed the cat  
is screaming. Blood  
runs from the boy's  
body the color of  
limestone, and clay,  
tainting recycled paper.

Breath steams  
from the black  
body, as the cat  
refuses to lick  
away what the rain  
has left  
Unwashed.

**Poems By Jenny Fischman  
SUNY New Paltz**

## **My Blue Therapy**

I am the Queen of the broken hearted  
Only to be trumped by you, my  
darling

She is a mistress to the heart filled  
words

Married to the sound of the rhythm

Together we'll drive to the bottom of  
the ocean

Past all the sea turtles looking for  
Love

We'll drive to a place where there's  
never a bottom

And where we forgot we came from  
above

You my darling have a lot to answer  
to,

A dead end for happiness, a ring  
round your finger

And I'll be crazy if I ask to marry you  
A vow of suicide, you're not my savior

And on and on and on I'll trudge  
Till the tips of my knees are weary  
And you'll say you feel it from the  
bottom of your heart  
But you'll feel it nowhere near me

For I am the Queen of the broken  
hearted

A pathetic excuse for my teenage  
emotions

And you do not use your heart my  
darling

So why don't you donate it to an  
unstable cause?

## **Back When the Sun Shined**

I live on the edge of a sturdy road  
I walk to the corner of I hope so  
I can somersault along the edge  
I cannot care less where I go

I can somersault along the edge  
I talk to the trees that grow on the  
side

I don't need anyone else when  
I jump on my bike and I ride

I walk to the corner of I hope so  
I know that you'll meet me there  
I tie the blindfold on both of us  
I do not care with you here

I cannot care less where I go  
I can only hope that I can stay  
I will only care if you don't show  
I love you all along the way

**Poems By Ciara Delaney  
SUNY New Paltz**

## **Weeping Willow**

Gloriously understated and wise,  
You have the appearance of one  
beyond your years.  
Always prepared to shade others in  
a warm embrace,  
Even at your own expense.

Feeling the Earth.  
Roots scrambling for consistency,  
For a home.  
Hair falling forward,  
Like branches,  
Hanging lank and lightly swaying.  
Whistling a melody,  
Inspired by the wind.

It's a well known song,  
But the words have been dissolved  
by time,  
Drowned out by the mundane  
mutterings of passerby.

Your body,  
Marked by life's tribulations  
And the passage of time  
Have become a testament  
To your beautiful tragedy.  
An artist's soul,  
Trapped by greyness.  
Unable to reach your own  
expectations,  
You bow to the ground.  
Stuck somewhere between giving  
up,  
And figuring out where you belong.

## **Existential Sway**

Drops of rain distort their  
surroundings,  
As they land on a lake of dead air.  
Yet on this day of gloom,  
Beauty exposes itself.  
Fireworks of excitement explode,  
Colors radiating onto walls,  
Pleasant feelings abound.  
Music pulsating – connecting all  
living things  
This Utopia completes and drains  
souls  
There's a reason people were born  
on the ground  
There's a reason even the birds  
must land  
There's a reason you can't stay in  
Wonderland

**Poems By Sheira Castillo**  
**SUNY New Paltz**

## **Life**

We live this thing called life.

Not knowing that everything we  
do comes at a price.

So we move through the day trying  
not to think twice.

Sometimes we do things that may  
seem right.

But it seems so wrong when the  
truth is brought to light.

We try and try and try to make  
things better.

But it's like running in the rain  
during stormy weather.

If you forget the past you are  
bound to repeat.

If you keep hold of the past you  
will soon want to retreat.

So that why we live this thing  
called life so fast.

Cause we honestly don't know  
which day will be our last.

## **Confidence**

You get it from those jeans,  
You know the ones you wear to  
make your booty look big,  
So that guys notice you.

Or from that hair,  
You know the hair you comb every  
morning,  
Every morning in your own style.  
Or,  
Maybe you get it from that smile or  
your face,  
The anti make-up face that you  
sport.  
Is that where you get it from?  
Not my body  
Clothes  
Hair  
Or face.  
My beauty is me,  
Confidence is my soul,  
And,  
My own.

## **I'll Be There**

It's been a couple years  
A couple years too long  
But even though  
I'm gone  
I'm coming back  
I'm coming back  
Yes I'll be there  
Yes I'll be there  
I listen to your voice  
And it makes me think  
Exactly what I'm missing  
But I'm so far away  
All I wanna do is  
Give you all of me now  
Are you ready?  
Are you ready?

**Poem By Amanda De Leon**  
**SUNY New Paltz**

## **Liar**

I watch you speak,  
As I hear lies spilling out your  
mouth like a fountain.  
As you deny, reply and testify.  
As you try your hardest to make  
me believe you.  
This father and daughter  
relationship is through.  
Never were you there in my life as  
I grew.  
Only doing things for you.

Other women, other kids, and  
another life you chose to live.  
A father so negligent, I will never  
forgive.  
Yet, you dare to say those daring  
words that sicken me to the core.  
I had once fought on your side,  
and now I wonder what for?

You disappear and come back into  
my life, as if you were my savior.  
As a women, I can only express my  
anger with behavior.  
Yet, there's isn't an ounce of hate  
in me because I will always pity  
you.  
You're digging a deeper hole for  
yourself, with all that you do and  
don't do.

You were nothing more than a  
stumbling block, a tool that made  
me stronger.  
Dad, I'm not a little girl anymore  
and I'm not holding on any longer.

**Poem By Veraluz De Leon**  
**SUNY New Paltz**

## **To pray for what I thought were angels, ended up being ambulances**

Your touch was one I can never  
forget  
Even if I tried  
The images are just one of many  
that were left imprinted on my wall  
full of sticky fingers we tried to rid  
ourselves of  
This time isn't enough to actually  
take care of half the mess we left  
behind us  
The cup is full of the rancid words  
that fell from your mouth  
I'm tired  
You're tired  
It's tiring trying to keep something  
this high up  
We've been trying to prove the  
world wrong about love  
We got caught up in it ourselves  
Silly little words and the pressure it  
brings to actually love another  
We thought to replace it with  
something else  
We did  
Sadly we mistook it for the real  
thing  
I never expected you to approve of  
the expired coupon that claimed  
"love is real when its with you"  
It didn't mean anything  
These sticky fingers are still trying  
to place the pieces back together  
But it gets hard when I open my

eyes an realize the pieces are no  
longer where they should be  
"No wait, maybe if I close my eyes,  
the peace will show up"  
Its everyday we hope to find some  
sort of miracle that will show up  
unattended so that we can make it  
ours  
Something beautiful we can mend,  
mold, mean to something  
You were that something  
Too bad I have arthritis and my  
hands became worn out  
I was tired of trying, mending,  
molding, meaning it to become  
something  
It's only nothing we're dealing with  
here  
Nothing

**Story By Veraluz De Leon**  
**SUNY New Paltz**

## **Untitled**

She was frantic to understand what it  
was about, but she was way too young  
to put the pieces together or if the  
pieces even belonged together. She saw  
it as "Fix the puzzle win a prize", too  
bad no one told her love is far more  
complex then just another jigsaw. She  
was only 17 when she thought about  
the solution; she thought maybe if it  
didn't find her it wasn't meant to be.  
Her parents were divorced, her siblings  
were old enough to not care of what  
was but instead what is, while she was  
just trying to make ends meet and make  
sense of all this. She always believed  
that ones perception will always fail and  
ones touch can only control so much.  
She fell for a guy. Not just any guy, but  
the kind of guy that makes you believes

the things he says, the kind of guy that  
makes one wonder what it is going on,  
but not question too much or else you'll  
lose your train on thought. She left heart  
broken, well that's putting it lightly, but  
she fine now, at least she'd like to think.

**Story By Sean Foley**  
**SUNY New Paltz**

## **Pounding**

White... Beautiful white flows, merges,  
and overlaps. Forming narrow speckled  
valleys, accented with soft white peaks.  
It curves slowly around, barely showing  
it's tiny creases; small imperfections  
to something so wholly unblemished.  
It's smell is sweet and intoxicating;  
something so pure, yet striking. Dying  
sunlight shines upon the stunning white  
rose. Heart pounding, I walk over  
to the rose bush. My eyes gaze over  
dozens of roses all the same all reaching  
towards the light, begging me to choose  
them. Though they are beautiful; all  
have something making them less than  
perfect, they all could never meet my  
standards. All but one; as my gaze  
finally falls upon it, the decision is easy.  
With shaking hands, and a timid heart,  
I cut the white piece of perfection  
from its bush, and slowly walk towards  
my truck... It's time to pick her up.  
Bu Bum... Ba Bum.... Ba Bum... Ba  
Bum. My heart has never beat faster,  
it is pounding and thrashing a hole  
into my chest as I drive. Ba Bum...  
Ba Bum... Ba Bum... I start the long  
walk up to her door. Every crack in the  
pavement is insurmountable trench. I  
leap across each one, barely avoiding  
cascading down into an abyss. Soon,  
black gives way to white concrete, and I  
reach my hand up to knock on a faded

wood door. Ba Bum... Ba Bum... Ba Bum. Just before my hand falls on hollow wood I remember something! I sprint back to my car, and throw open the door. There, sitting on the seat, undisturbed, is the rose. I quickly, but carefully, hide it in the glove box making sure that nothing can taint or destroy its beauty. After gently closing the compartment, I sprint back up to her door, my heart threatening to blow a hole through my chest. Bum... Ba Bum... Ba Bum. My hand reaches out and knocks on her door.

I hear giggling; hers and what sounds like her sister. My heart sinks as her friend opens the door, and greets me. I like her friend, but I was hoping to be alone with her for tonight. Just then Shannon walks out from behind the door, her brilliant blue eyes gazing into mine, her elegant light brown hair brushes her soft gorgeous face. But I can't take my gaze away from those piercing blue eyes. They captivate me and I easily get lost in their depths. Unfortunately this gaze can't last forever, and I am forced to break away so that the three of us can head off to bible study. I hope and pray that she feels the same way about me, and though every sign seems to point towards this, my brain tries to trick my heart, and I begin to doubt. Why would she invite her friend? Is she secretly trying to avoid me? What should I do with the roses? Maybe I wont ask her out tonight.

As we pull into the church parking lot, I sigh, having resigned myself to waiting for a better night. The meeting goes on as normal, we sing, talk, and flirt the whole time. I'm having an amazing time with the girl that I have fallen for. The service concludes, and we stand up to talk to friends and wrap up our night at bible study. At one point I'm looking the other way, simply staring

at a painting on the wall when she grabs my hand!

Ba Bum... Ba Bum... Ba Bum... the familiar sound of my heart reverberates. She likes me! I can do this! I want her to be my girlfriend! She squeezes, and I squeeze back, and we hold hands as she pulls me outside to meet one of her friends. I don't even hear this person's name nor can I see her face. All I feel is the warm grasp of Shannon's hand in mine as we establish a connection, something completely foreign, but entirely welcomed. All I know is that she likes me! I'm not crazy, there is something happening between us! My grin must look ridiculous as half of my teeth are showing; I couldn't care less.

Darkness begins to advance. It gnashes out at all that cross its path. Earth, and grass prove unworthy adversaries, and slowly rocks, and even trees succumb to its awesome power. Soon, the shadows have chased us back into the truck. Now fully consumed, the three of us begin the ride home. Ba Bum... Ba Bum... Ba Bum... My chest rises and falls with every beat of my heart. In the midst of the cold, dark night, a warmth that not even the night can conquer is brewing within my very being. A soft whirr can be heard through the car as tires hit pavement, and grip the road, never letting go. Crunch! A pine cone lays crushed from the weight of our car, deformed and no longer recognizable, and we speed on. Our headlights splitting the night in two as we pass, temporarily beating back the nights firm grip.

Finally we reach her friend's house, and after a brief good bye, we are

alone... Ba Bum... Ba Bum... Ba Bum... The rose lays in waiting, I can see its beauty, and I think back to how much care I put into this one rose; the one rose that I want to help start my relationship with Shannon. We drive on, talking and laughing, Ba Bum... Ba Bum... Ba Bum... We pull up to her house, and she begins to get out. It's now or never! "Hold on Shannon," somehow my voice sounds calm and collected. "Shannon, I love spending time with you, and this past week has been amazing. I was wondering if you would want to go out with me?" Her gorgeous smile lets me know the answer even before she says anything. Somehow, through her grin, she manages to say, "Yes!" We embrace and I remember something. I pull out the flower to give to her... I can feel my face burning with embarrassment as the rose that I hand picked to give to her lay in my hands a brown, wrinkled mess. With a laugh, she takes it, tells me that it is beautiful. "You're so cute!" More than a year and a half later, the rose sits shrink wrapped in her room, a reminder from the greatest night of my life.



# Fashion Statement

## Marist Pre-College Summer Program

Courtney Cantara  
Marist College

Do you know what you want to do for the rest of your life? Do you know where you want to go to college? Do you know where you want to live? After high school, a lot of difficult choices that need to be made by you and only you. It is not easy deciding where you want to go to college or if you even want to go. Something that helped me very much was the Marist Summer Pre-College Program. Through out my life, I was interested in fashion, but I wasn't sure if I would actually pursue it after high school. However, I found the summer program here at Marist College, which my mother had to force me to apply and attend. It is a 2-week program in the summer where you live on campus and take classes in your subject of choice, I had never been away from home that long, so I was extremely hesitant.

Applying to the summer program was difficult. You have to apply almost as if your applying to college, but when I got in I was so anxious and nervous. It was a long 4-hour journey that summer before my senior year when I decided I wanted to attend the summer boot camp. At that point, I had little to no interest in Marist College. During those 2 weeks, we accomplished so much including achieving 3 college credits. We lived in the Midrise building, which are suite style rooms which house 6 students in each room, and that was

exciting just to see what dorm life is like. During the day, we had class 9am to 5pm, which seems like an extremely long day although it was all fashion, which made it exciting, and of course we had a lunch break. We even had tests at the end of the 2-week program in each class we took. Throughout the two weeks, not only did we do a lot of fun things around campus, we even went to New York City twice and attended a play and toured FIT.

The classes offered in the program were in the subject students might major in, which kept us interested. The subjects that are offered are fashion, gaming, business, sports communications and environmental science. The classes that I had to take within the fashion program was intro to fashion, history of costume, basic sewing and some CAD, which is computer aided design. Many colleges have a similar summer program like the one at Marist College. They are very helpful because I had no idea where or what I wanted to do. When I came here in the summer, I loved the beautiful campus and the fashion program, so I actually ended up applying to Marist as an early decision applicant and was accepted into the rigorous fashion program.

This is a great thing for high school students who are thinking about going to college and don't know where or what they really want to do. Its kind of like a taste testing experience for them. If I had not enjoyed the fashion classes, it would have helped me to understand that fashion may not be a potential career for me. The program Marist College was a great experience. It was like a 2 week overnight camp, but you are receiving college credits and meeting great friends who might continue on with you college because most of the students who attended

the program ended up coming to Marist.

## What Should a College Girl's Closet Look Like?

Jonalys Almanzar  
SUNY New Paltz

Girls, girls, girls always want to look cute and chic, especially those who are girly! Most girls want the latest trend and the latest bit of fashion. For girls, it is very important to have something that is girly, even on those days we really feel like just getting out of bed and going to class, or even those ugly rainy days when you can put on a pair of stylish rain boots. Yes! Just like guys, sometimes we feel like not getting ready in the mornings, due to the stress and sometimes just because we might be running late for class. But, this is no reason for us girls not to look cute and adequate for college. The wardrobe and the way you look have a lot to do with your representation and personality. This is essential, and I will give great tips to college girls who need to know what to have in her closet.

To start, you do not want to bring your entire wardrobe to school since there is not enough space. You will definitely need a new wardrobe for college. You would not want to walk around college with some pair of jeans from four seasons ago, or a jacket that looks something like

what your grandma would wear. Despite all of the different trends and styles you may experience in college, girls always have something girly that is in style. Okay, so let's start with the basics. It is important to have four to five jeans that certainly fit well; please, no sweatpants! In order to do this, you may have to find a brand of jeans that fit you well. Once you are done with this mission, buy different basic washes and styles. Jeans are essential and comfortable at the same time. You are able to wear jeans at least twice a week, trust me, no one will notice. Leggings are also essential, and they look good with everything you wear. Buy different plain color leggings. You are able to wear them with boots, flip-flops, sneakers, flats, whatever you desire to wear that particular day.

Tank tops are also very essential. Buy tanks in different colors, such as white, black, brown, gray and blue. They are good for all four seasons throughout the entire year. Tanks can be worn in the fall or winter; they look cute under zip-up hooded sweaters and cardigans as well. Buy a couple pair of different color cardigans; they look great with jeans, leggings and shorts. Also, have a bag that totally holds everything. You need a bag where you are able to put your text books, binders, pens, pencils and your wallet.

If you don't have a pair of Ugg boots, I do not know what you are doing in college. Every girl in college has a pair of these. You've got to have a pair! They are the most comfortable boots in the entire world, and they are great for those freezing days in the winter when you may need to wear a pair of

sweatpants. These boots come in all different colors and just look good with almost everything you wear. Ugg boots may be a bit expensive, but it is worth it; they last a very long time. It is not that hard to try to figure out what you can wear with these boots. You also need to have a pair of Minnetonka moccasins. These moccasins are also very comfortable and affordable. They also look good with almost anything, of course, not with sweatpants. Flip flops, are also very comfortable and useful, and you can buy them in any color you desire. They are great for the spring and the summer time. Always have a pair of rain boots that you know look good with your rain coat or jacket. A pair of Nike-Shox sneakers is great for running and working out. Casual flats are always good to have in your closet and they go good with jeans and dresses.

So now you are back into your dorm and want to have comfortable clothes. Of course, this is the time you are able to wear your pajamas and sweats. Get cute sweatpants to hang out in around the lounge or in your room at the dorm. These are not to be worn to class, unless you had to stay up all night and are planning on going back to your room to sleep. I do not think you look good when going to class in pajamas at all times of the day. This shows you don't care how you present yourself in class or to your professors. Be careful about this!

It is also very important to have heels, skirts, dressy shirts and dresses, for when you have to go out at night and when you have to have look professional when going on job interviews and when presenting presentations in class. The most

important type to have is a little black dress. You always look good in the LBD, and remember black makes you look thin.

Hopefully, all of my advices gave great help. It is important to know about the things that are in style. Remember, college is a one in a lifetime experience. You would not like to be remembered as the girl who wore those funny colors and always looked tacky. Trust me with how your wardrobe should look, and you will be looking fine in college!

## **Pajamas vs. New Paltz**

**Zoey Wilensky**  
**SUNY New Paltz**

Everyday I look around while walking to class, admiring the view, looking at people with their individual styles, and then I spot a person with their pajamas on that looks like they have just fallen out of bed. People wear anything they want in college. New Paltz has tie dye, denim, dresses, shorts, and my least favorite; sweat pants also known as sleeping clothes in my book. I do not understand how someone can look like they just fell out of bed in the middle of the day. Yes, college is an individual experience for everyone to grow up on their own. College is a home away from home where one learns how to

be an adult. Adults do not walk around in their pajamas! Adults dress to impress. In my opinion, one should look presentable for the day. Not everyone wants to see people in their dirty old pajamas. People need to wake up, take a shower, put on clean clothes and go to their classes. College classes are at any time of the day, someone going to a class after 1 o'clock or even night time classes should not be caught in their pajamas. No one believes you just fell out of bed, and if you did, learn to set your alarm!

I look around and I see that everyone has their own way of dressing. People look very put together or just threw something on from their closet and went right to class. Now that the sun has started to come out and warm us up, people have started wearing spring clothes which is always nice. Everyone likes to get dressed and go out on a nice day. Rainy days are the only excuse to not get dressed nicely for class. Gloomy rainy wet days are the worst, I do admit. I personally do not like to look my best on a rainy day because I know the rain will just ruin it. So the only exception to the rule of looking nice for class is broken during horrible weather days. Any form of a storm may alter one's outfit choice for the day. Thankfully, the weather has not been so terrible this semester to ruin everyday's outfit. New Paltz is a beautiful campus and town and one shouldn't ruin the scenery by having on an ugly outfit.

The world is full of people who dress the way they want to dress, act the way they want to act, and talk the way they want to talk. Everyone is entitled to their own opinion, mine just happens to be dressing nicely for class. I don't even mean to dress up in your best

going out clothes, I just want people to wear clothes that look better than their raggedy sweat pants and sweat shirts. Dressing nicely gives one a sense of pride and confidence. If you have confidence for that day, you could possibly do better in the class from feeling so positive.

When asking some friends if they rather look presentable for class or just wear whatever they want, they answered that they would only really want to look "presentable" on a day they were giving a presentation. When giving a presentation, it is a good idea to look good so people and the teacher take notice at how serious you are about your presentation. On any other day, dressing however they want is fine, no need to be "presentable."

I think everyone should look their best no matter what day it is. Looking good makes one feel good and gives off a good feeling. That feeling gets passed on to others and everyone gets to have a good moment in their day. Being presentable gives off the persona of confidence and confidence is key when being away from home and having your own college experience.

## **Does Fashion Still Live On College Campuses?**

**Kyasha James  
SUNY New Paltz**

All around the world there are numerous people who love to stay on top of the latest fashion. We have famous brands like Uggz,

Prada's, Jordan's, Chanel, Hollister, Gucci and other designs that we just can't keep our hands off. Our desire to live stylishly all comes to an end at one point in life. This is when we get to college and are responsible to pay a variety of bills, including tuition and books, as well as having pocket money for everyday living. When we go away to school, we have to distinguish what we need and what we want. It is time to live on a budget. As teenagers, it's cool to have the latest pair of sneakers or clothes, but transitioning into young adults with responsibilities, it is hard to maintain what we call our "Fresh." When I say "fresh," I mean being stylish and keeping up with the latest fashions. Fashion still lives on college campus but only to a certain extent because of other expenses. Stuck in the middle, we work to figure out where we should be in terms of fashion and whether we should work to look "stylish" on a budget, or spend extravagantly to fit into the "materialistic" world.

As college students, we spend much of our time working and learning, so we barely have any time to keep up with the latest fashion. However, without intending to notice, we still tend to recognize the latest trends. For example, during freshman year, many people appeared in uggz and sweats and guy's sneakers and sweats. This is because on a college campus, it is all about being comfortable and getting to class on time. This shows that college life breeds college Fashion, maybe not the hottest gear, but it creates a trend that a lot of people say is for

relaxation and comfort in their environment. It appears that style does exist, but it exists in its own way on campus. It does not mean that because we are in college we do not dress up, it just does not happen as frequently as it would if we were living at home attending a community college, or if we were at home and not in school at all.

The latest fashions and styles appear when there is an event on campus or a party. In order to look nice and have on the hottest gear when we go out, we have to get extra money, and the way we do this is by student created businesses. Some of these businesses are doing hair, makeup, and selling food. This helps us make additional money which can be used toward the latest fashion. On the New Paltz campus, to make more money, students start hair salons to help big city students stay up to date with some of the latest hair styles. One of the businesses created was Salon de Brooklyn which started during the fall 2009 semester by sophomore Alexandra Ramirez. In an interview with Alexandra, you will see why and how she began her production.

**TCI: What do you think about fashion? Why did you start Salon De Brooklyn?**

**Ramirez:** “I think the latest fashions are just trends. Everyone makes their own fashion, and people really don’t go out and just get all expensive things. They work for what they can afford and create their own fashion. Fashion in college exists, but by its own

creations, because everyone gets what they can afford and transforms it into a nice outfit. This is why we create businesses, so we can have money to explore to engage in different styles. On my campus, many people are not on top of their fashion because of certain expenses. Money is always a huge issue, and people go to NYC in order to find the best outfits for cheap or even to have their hair in style. Salon de Brooklyn helps everyone look their very best for an affordable price. Many people leave satisfied, since their hair is one of their main priorities.”

**TCI: Do you feel creating your own business on campus is helpful?**

**Ramirez:** “This business helped me because it was a way for me to have extra money as well as afford the clothes I wanted because I like to keep up with the latest styles. I also like to create my own styles. It made me feel very independent. You learn a lot, and my fellow employee who was a business major, taught me a lot of formulas I needed to know in order to keep the business succeeding. I love working hard, and I also like to get what I want, and in order to do that, you need money on the side. This is why businesses are very helpful, especially if you’re a clothes freak like I am.”

Although fashion is not as important in college as it is in the world as a whole, we still like to look nice, but sometimes we do not have enough time to manage our own businesses. That is why we find sales in stores with coupons, and we can even find online sales where the items get shipped right to you. Online shopping also offer you a larger selection from what might be in

store outlets located in certain local areas. For example, not too far from New Paltz there is the Woodberry Commons outlet. This is a shopping area where you find the most popular designer clothes, sneakers and shoes for a good price. We also shop online at stores that have tremendous sales. Some of the most popular stores like Aeropastle, American Eagle, and more can be found online. These are stores that we shop at to “spend a little and still look good.” If it was not for these sales, we would not have any way to fit into the top fashion world and succeed in college at the same time.

We work to do well at school to the best of our ability, and at the same time we find the opportunities for fashion to stay alive on campus. As we mature into adults throughout the years of college, we realize how important it is to look presentable especially in grad school. This is the time we stop adapting to certain fashion trends and create a new mature style that we can take with us after college and throughout life. The business look that everyone prefers is a more productive mature look, and it helps you in being successful. This proves that fashion goes along way and exists everywhere, but it is more important or less important in different places. In college, it is important to a certain extent, but it does exist in its own way. Welcome to college!!

# Fashion At Marist

## Emily Busi Marist College

Fashion plays a huge role within our society, because fashion is a basis, a foundation of everything that we do. The world we live in places such high emphasis in fashion. We spend our days analyzing clothes, looking to see what is socially accepted. Fashion is a very broad word. Clothing, accessories, food, and even mannerisms can all be defined as what is and what is not fashionable. Fashion is more or less defined as the changes in taste due to cultural environment. Changes in literature and arts, moral social attitudes, religion, science all effect what is fashionable at a given era.

Hello, my name is Emily Busi and I am a freshman here at Marist College. I went into Marist College undecided, and unsure as to what I wanted to do with my life. I have always thought I wanted to do something with Communications or Clothing. During our first few weeks of our first semester, we were already to assign our schedule for the following freshman second semester. Deciding what classes I was going to take was a very difficult assignment for me, due to the fact I was unsure what I was going to major in! As I met with my advisor, I went over the pros and cons of many different classes, ranging from fashion, to communications, to nutrition, to biology.

If you're interested in clothing, if you're interested in fashion, if you're interested in shopping, if you're interested designers, if you're interested in shoes and accessories, then fashion class is a class I strongly recommend for you. I am now enrolled in Intro to

Fashion here at Marist. We learn about fashions from 1800s, ranging to the latest trends. We learn the difference between a fad, a trend and a classic. We learn all about different designers and the lives they led/lead. The class is a very interactive, hands on class.

The Fashion Program builds off the college's strong liberal arts tradition with a curriculum designed to keep pace with the changing needs of the fashion industry." By being enrolled in the Fashion Program here at Marist, you develop not only creative skills, but technical and business skills as well, that will help you with landing a position as a designer, or a manufacturer, or a retailer or a sales manager!

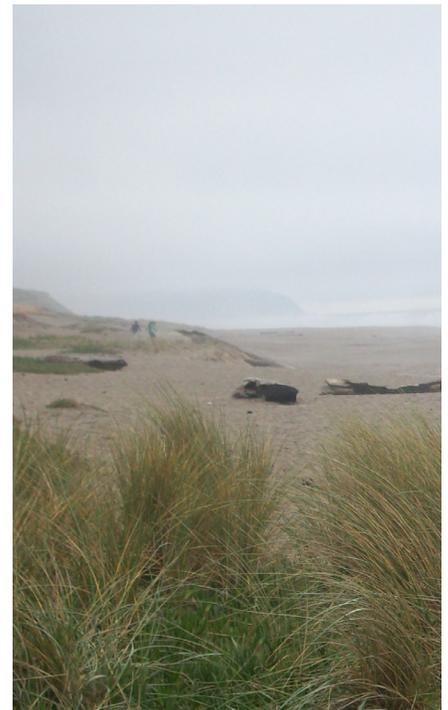
Part of the Fashion Program here at Marist is that internships are required. Internships are an essential part of the learning experience in the Fashion Program. Not only do you truly get hands on experience of different fields within the Fashion Industry, but you learn things that sitting in a classroom won't teach you. You get to get a feel for the job, and see if this is what you REALLY want to do with your life. Being an intern is not only vital to majoring/minoring in Fashion, but you should want to intern to make sure that this is what you really want to do.

The Fashion Program at Marist splits up into two different sections, Fashion Design and Fashion Merchandising. The Fashion Design Program teaches students how to create different apparels. The apparel can range from being creative, to popular trends, to targeted customers and etc.

By being enrolled in this program, you gain skills in design, textiles and production. You even put together

pieces that will be previewed in Marist's own Silver, Needle Fashion Show. The fashion merchandising program concentrates more on the planning, and marketing of apparel. When enrolled in this class, you learn how to research target markets, analyze business results and develop strategies that meet the needs of your consumers.

Fashion doesn't only make you work, because I won't lie, Intro to Fashion does have a lot of work, but it makes you think, it helps you learn. You test your abilities with public speaking, with communications, with business, all throughout the class. By taking this Intro to Fashion, you can get a real understanding as to whether or not you want to progress in a Fashion related field, whether you want to major or minor in it, or whether you just want to take a few classes and get some back round information on fashion. I think Intro to Fashion is an extremely beneficial class, and I do recommend it to anyone who's interested in Fashion.



# Food For Thought

## Chat Roulette: Friend or Foe?

**Joslyn Lagow**  
**SUNY New Paltz**

Almost all college students are crazed about the fairly new creation of the online chat room known as “Chat Roulette.” With this website, any person at least sixteen or older with a webcam can log on for free and chat face to face with a complete stranger. This new website is similar to the program “Skype,” in which a person can have a conversation with someone in any location face to face. However, with Chat Roulette, the person you are having a conversation with is completely random. They can be across the world, or next door. Another feature of this program is the “next” button. If you wish to move on to a new stranger, you may press next and instantly find yourself chatting with a new stranger. As a college student, I see how this website has become a fun activity to do with friends. The conversations are great, and the possibilities are endless; but is it safe?

Ever since we were little our parents have always told us, “don’t talk to strangers.” Research over the years has proven that many teens and young children are subjected to sexual harassment and assault from chatting with strangers online. So why are we engaging in this activity? I can say from experience that while using this website with my friends, we have come in contact with some strangers who are not just interested in talking. Not only have I witnessed inappropriate pornographic behavior while using Chat Roulette, but also some of the strangers I have come in contact with do just plain old disturbing things. For

example, my friends and I once came across an empty room with a body hanging from the ceiling. Even though it was fake, what kind of sane person would do such a thing? We were mortified. Is this what you would call fun? The website prohibits pornographic and disturbing behavior, but people don’t adhere to this rule and they’re getting away with it. Not everyone uses this website as a fun, innocent way of connecting with different kinds of people all over the world. In fact, they take advantage of the fact that this website is unmonitored. That is, unless someone should report you. This is why I caution everyone to use discretion when using this website.

On March 1, 2010, reporter Omar Gallaga who covers technology culture for the Austin American-Statesman and for *All Tech Considered* shared a similar feeling with Michele Norris and Melissa Block of National Public Radio. Gallaga explained that part of his problem with Chat Roulette is that it is unmonitored. On the radio, he stated, “That’s how it differs from a traditional chat room where there might be a moderator or you might have to log in first and provide some information, just something basic where they can find you later if something goes down. This is completely, completely unmoderated. You don’t even log in. You just connect your Web cam, hit connect, and you’re there.” Gallaga also explained he felt that Chat Roulette was inappropriate for kids, even if we are in college between the ages of eighteen and our early twenties. “It’s something I would definitely, definitely keep my kids from because you see a lot of male genitalia, you see a lot of just bad things, very disturbing things.” You see guys, “definitely, definitely” be careful!

If you are interested, I have some

advice for managing Chat Roulette in a safe and fun way. If you are to come across a strange situation while chatting with a stranger, chances are you probably should not be showing your face. Instantly “next” someone the second you start to feel uncomfortable. Just move on. To be honest, I do not really like to show my face when I am using this website with my friends, so I usually make sure my face is away from the camera. However, I can still see the person we are chatting with and can still talk to them. Another way to conceal yourself while using Chat Roulette could be by wearing a mask or some sort of disguise. Think this is weird? I have come across several people wearing costumes on this site. The point is to have fun and be interesting. For example, my friend and I were once “Chat Rouletting” and neither of us felt comfortable enough to show our faces. To hide our faces, we cut out two circles in a tissue for our eyes, and put the tissue over our face. We then placed our reading glasses on top to hold the tissue up and make it look funnier at the same time. People found this to be hilarious. Sure, we looked weird, but it was fun!

If you think I am just being annoying and you don’t want to listen to me, at least listen to the facts. I’m telling you this because I care. From personal experience, I know that this site can be dangerous. I just want all of you to be careful and use good judgment while doing so. I’m the one in a group of friends who never shows their face while talking to these strangers, and I have good reason to do so. Please at least think about it.

# Let Me Entertain You

## Off Campus Happenings

**Michelle Eisenstadt**  
**SUNY New Paltz**

Going away to college is a huge change in a student's life. This student will be moving away from his or her home, and into a new, independent life. The student will also gain new experiences that stem from living on his or her own for the first time. These experiences can include meeting new people and going to places he or she has never gone before. Finding new places in which to spend free time during a student's college life is very important. Having entertainment on and off campus can make or break a student's attitude toward college life. It is also of the utmost importance for students to find activities to fit into their budgets. All students should venture out into their college towns and find its hot spots.

To many, the town of New Paltz, New York may seem like a sleepy town in which there is nothing exciting or entertaining to do. These people are wrong. Stepping one foot into the town, people can realize there are plenty of great things to do. Students can roam up and down Main Street where they can find shops and local eateries. There is also historical Huguenot Street where visitors and students alike can learn about the town's rich heritage as well as its roots. The Water Street Market is also a local favorite in which everyone can check out antiques in the shops.

Many of the main off campus attractions in SUNY New Paltz can be found on Main Street. Eateries such as P&G's and McGuilicuddy's are

popular hotspots for students who want to go off campus to grab food at affordable prices. Main Street is The Muddy Cup is a local version of Starbucks that allows students a comfortable setting to sit and relax for hours on end. Shops are plenty for all student shoppers out there. The Groovy Blueberry makes tie-die cool again with their original clothing. Manny's Art Supplies gives all art students easy access to the supplies they need at a great price. Other attractions on Main Street include Fat Bob's Pizzeria, the billiards hall, the tattoo parlor and the indoor recreation center.

Main Street is not the only place in New Paltz where students can find entertainment. Off Main Street attractions consist of antique shops, Historic Huguenot Street, the Salvation Army, the movie theatre, and the nature trail. New Paltz natives and students alike frequently visit these attractions. Students can find vintage and interesting clothing at great prices at the Salvation Army and the antique stores. The antique stores also hold fascinating items such as vintage magazines, hats, and dresses. One of my personal favorite attractions is the nature trail. Everyone can go on a nature walk for free and admire the beautiful scenery of lakes, trees, and shrubbery. The movie theatre is also another local favorite where students can go to matinee shows for \$5 a person and night shows for \$7.50 a person. That is a bargain price for everyone.

Two other great off campus attractions will take you out of the town of New Paltz. One lies in the Mohonk Mountains and the other lies in the area of Poughkeepsie. Visiting the Mohonk Mountains offers a one of a kind experience to see the beautiful

landscape of New York State. Visiting the Mohonk Mountain House allows visitors to play golf, enjoy the spa, boat on the river, or take a breathtaking hike up the mountain. Visiting Mohonk is a relaxing experience.

The other out of town off campus attraction is the Poughkeepsie Galleria. The Galleria is a twenty-minute drive away from New Paltz. The mall allows students to obtain any items that they may need. The mall has stores such as Target, Best Buy, Macys, American Eagle, and Bath and Body Works. These stores allow students to pick up many essential items such as clothing, toiletries, cosmetics, and food. Obtaining these items at the mall may offer a cheaper solution than the students buying them at the campus bookstore. The mall also gives students the opportunity to have an off campus hang out that may not be crowded with other students from the same school.

Having places to go that are off campus is important for college students. If they always stay on campus, they tend to get restless and become bored. Getting off campus can provide interesting experiences that students may not have back at home. Spending time off campus also provides ways that students can bond with their new friends away from the resident halls. Finding places to go off campus is an important part of college life and all students should do it.

# The Best Dining on a Student's Budget

**Elissa Steinhofer**  
**SUNY New Paltz**

Being a member of the town of New Paltz for more than ten years has allowed me to test the cuisine up and down the strip. Once college starts, we all know the budget gets more than tight, and fast or junk food can seem less than appealing. Yes it is quick, easy, and cheap, but there are much better options, especially if the freshman fifteen is worrisome. I personally have never been a fan of chain restaurants, and knowing that the heart of New Paltz thrives on the beat of its local restaurants, makes it even more worthwhile to give them a try.

It is early in the morning, and you are starving, but your wallet is more than lacking from events of the night before and there is only one place that is an absolute must. The Main Street Bistro screams New Paltz in capital letters. It has a large assortment of options with high quality ingredients that can suit even the strangest of pallets. But one can never go wrong with eggs, home fries, and toast for under two bucks. The Breakfast Special is what keeps bringing customers back day in and day out. Since the Main Street Bistro has opened, the Breakfast Special has not been raised once, which is really refreshing to hear especially during this economic struggle. The only downfall is you have to be an early bird on the weekends, unless you don't mind being put on a waiting list.

What if you slept in a little too late,

and you feel like you could eat a horse? New Paltz has some of the best week-day lunch specials around. If you're feeling a little exotic, I highly suggest hitting up my favorite sushi restaurant in town. Tokyo Sushi offers a bento box that is to die for! It has everything a lover of Asian cuisine could ask for. Miso soup, green salad with carrot ginger dressing, a couple dumplings, a couple pieces of California roll, and tempura vegetables are just the sides. As for your main dish, a magnitude of options that range from sashimi to tempura chicken is offered. This, all for around ten dollars, is such a steal! It is nice knowing that ten dollars can keep you full till dinner.

If adventurous is not your middle name, and you still want that big lunch to hold you over for the same price, try the diner. The Genesis Diner right off the thruway has a winning lunch special! Being the new kid in town, this diner has to bring the customers to their side somehow. A choice of great sandwiches from their lunch special menu comes with fries, coleslaw, a pickle, and all you can eat soup and salad bar. How could something for around ten dollars taste so good and satisfy your hunger craving for so long? With a pretty big turnover rate for new restaurants in New Paltz, The Genesis Diner has hit it big with their lunch special, and hopefully will allow them to stay in business for a very long while.

When dinner comes rolling around, this is when New Paltz gets tricky. For something heartier than sandwiches, many of New Paltz's pride and joys have pasta nights, like Pasquale's (Wednesdays) and La Stazione (Tuesdays and Wednesdays). But if you're really craving pasta you cannot find anywhere else that guarantees

leftover's, head over to another one of New Paltz's babies, Rock Da Pasta.

Wonderful outgoing owners make you feel right at home once you walk in. Great atmosphere, music, and customer service makes spending more than ten dollars worthwhile. Salad, bread and a heaping bowl of pasta fills your dinner craving and even provide enough for lunch the next day. Going once to Rock Da Pasta is impossible; every pasta they offer is a must try at least once, until you find the one you cannot let go of.

If class has taken over your life and you have not gotten the chance to get a meal that fills you up, late night cravings are destined to hit. Convenient Deli offers that real hometown deli sandwich until two am. Cheap, filling, and classic, not many can say no to a sandwich. It's one of those comfort foods no one can give up. You know you can never go wrong when they slice all deli meats fresh to order. They even make their own in house turkey breast that is cheaper than the rest, but the flavor sure does not scream bargain. Meat piled high, stuffed with veggies, and made to perfection, this deli is not just a deli; it offers the best sandwiches around. I have yet to find a sandwich that can compare.

New Paltz offers the greatest variety of restaurants any small town has to offer. There is always something to fit any budget. There is great deals hidden in every restaurant, you just have to explore. New Paltz is full of wonderful surprises everywhere you look. Give it a chance and you are bound to fall in love with our cuisine too.

# Ah, the Joy of Movies!

**Jake Horowitz**  
**SUNY New Paltz**

This past year was quite the year for movies! One of America's greatest pastimes, movies provide an informative and entertaining experience. With such amazing accomplishments as the highest grossing movie of all time, and the first female director to earn an Oscar, 2009 was a big year for films. For those of you looking to watch some good films that properly embody the greatness of 2009 you've come to the right article, I have quite the list for you!

If animated films are your thing than 2009 was your year! A fun visually entertaining film, *Cloudy With a Chance of Meatballs* provided laughs to both adults and children alike. Though not the best rated animated film, it did offer enjoyment to those who read the book as a child, and to those who just came to the theatre in search of fun animated feature. A high point this year was the film, *The Princess and the Frog*, Disney, which became famous for their amazingly beautiful, and hand drawn animation, stopped doing creating films in this method in 2004, turning to computer animation instead; that is until they churned out this gorgeous film, which demonstrates that despite the years of not doing hand drawn animation Disney has not lost their touch. Lastly, I must make mention of the academy award winning film for best animation, *Up*. Created by the multiple academy award winning studio Pixar, *Up* provides both touching storyline and astounding visuals, many believe it to be the best animated feature of

the year. 2009 was a year for great animation not only in animated films, but in live action ones as well.

The film *Avatar*, is a prime example of excellent utilization of cg animation in a live action film. Directed by James Cameron, who also directed and produced *Titanic*, one of the highest grossing films of all time, *Avatar*, provided an equal amount of entertainment, with stunning visuals that reportedly cost around half a billion dollars to produce; this film is a must see. Another spectacular film is *District 9*, which tells the tale of an alien race stuck on earth, the visuals, though not as impressive as *Avatar*, are used sparingly and appropriately by director Neil Blomkamp, who tells a tale of alien segregation as a metaphor for apartheid in south Africa.

There have also been many films that have been adapted from books. A fantasy film that came out was *Harry Potter*. The most recent of the Harry Potter series, *Harry Potter and the Half Blood Prince*, is the third highest reviewed film of the series. Another book adapted to film is *Sherlock Holmes*. While many diehard fans complained that the film was not loyal to the original storyline, turning the more simple Holmes into a modern day superman, the box office does not lie, and with its over 200 million dollar earnings, it is easy to see that some appeal does exist. Lastly is *Where the Wild Things Are*. This film had very mixed results. With very mixed reviews, where some were touched, and others felt it should have remained a book, this movie is a hard film to determine how good or bad it is. A last group is comedies.

Though they can be easy to make, comedies are, in my opinion, hard to make well. They require a lot of

thought, and insight into what appeals to American audiences. And with so many vastly different personalities roaming across the country, that can be hard to achieve. My favorites of the year were *Zombieland*, *The Hangover*, and *I Love You Man*. I am not going to get into the details of what made them good, because everyone has hugely different tastes when it comes to comedies. All I can say is that I recommend them, what kind of satisfaction you receive from watching these films is entirely dependent on whom you are.

So if you're in the mood for a good flick, which you definitely should be, give one of these films your attention. I have to end this article now! Otherwise you'll be wasting precious movie watching time. Go! Get out there. Whether you're on a date, hanging with friends, or just plain bored, movies are there for you! Now sit back and enjoy the show.

## A Very Busy and Dull Valentine's Day

**Kristen Kim**  
**SUNY New Paltz**

What would be an incredibly cheesy, predictable thing to do on Valentine's Day of 2010? Of course it would be to go watch the movie *Valentine's Day* that came out the same weekend of the most romantic day of the year. My boyfriend brought me to watch this movie and I expected to see a great movie for several reasons. This movie was being promoted so much and I had seen way too many commercials about it already. *Valentine's Day* had a huge case of all terrific, well-known

actors: Julia Roberts, Jessica Alba, Ashton Kutcher, Jessica Biel, Bradley Cooper, Patrick Dempsey, Jamie Foxx, Anne Hathaway, Taylor Swift, Taylor Lautner (this being only a portion of the cast). It's not easy to mess up a romantic movie about Valentine's Day...or so I thought.

The movie *Valentine's Day* chronicles the lives of several Los Angeles residents, both couples and singles, as they go through romance and heartbreak on a single day of the year, the 14<sup>th</sup> of February. The movie displays all different sorts of love experiences, whether it is first dates, love between teenagers, grandparents in a longtime commitment, finding love with someone you didn't expect, a love that is just kindling, even one about a captain in the U.S. Army returning home for one day just to see her child. However, the movie also includes stories about affairs, break-ups, being single and revelations of secrets both good and bad. Many experiences are touched upon in this movie, yet, in my opinion, all these storylines included in a mere movie is its biggest flaw.

I found the movie to be quite frantic because of all the different storylines in the movie. There were at least 21 actors with 12 intertwining storylines introduced, explained and finally concluded. With all of this going on, it felt like a bunch of different Valentine's Day episodes were being watched but they just happened to be all mixed up into one romantic comedy that was just really unnecessarily cheesy. Many of the events that occur in the movie are extremely cliché, such as best friends who don't realize they're really in love, a man who thinks his girlfriend loves him but she doesn't, a woman who thinks a man loves her but he's married, or people sitting next to each other on

an airplane striking up a conversation. I suppose some movie-goers will appreciate and enjoy the rather gaudy collage of all the different characters and scenarios. However, what I value in a movie is its intelligence, wit, interesting plot line, good acting, structure, etc, and unfortunately, Valentine's Day only had good acting (with the exception of Taylor Swift).

The film was tedious and probably would have been better if it had concentrated on some of the stronger plotlines while cutting out the inessential, bland plotlines that just seemed to drag out the movie. Of course, having an all star ensemble cast will make the movie more attractive and ensure good acting but it is not worth it if the movie comes out to just be a 'traffic jam of familiar faces' according to major movie critic Roger Ebert. The movie was empty and even more predictable than most romantic comedies usually are (and they are usually extremely predictable). The movie also included unnecessary stereotypes as jokes, heartless men, crazy women, meaningless acts of 'love' that certainly did not really even fit into the movie surrounding "Valentine's Day". *Valentine's Day* very similarly follows (I mean, rips off...) the same plot and structure of the 2003 British movie 'Love Actually'. Both movies have multiple storylines occurring around a popular holiday; however, 'Love Actually' was able to create characters that viewers actually cared about and storylines were much more sentimental. Some would say that *Valentine's Day* is just a poorly produced America-processed version.

*Valentine's Day* certainly wasn't the worst movie in the world but viewers should be warned beforehand not to expect much more than a simple date movie. The good acting from actors such as

Julia Roberts, Anne Hathaway, Jennifer Garner, among others is a positive note about the movie. *Valentine's Day* is a light, entertaining film when not expecting much and some scenes are sweet and touching to the heart. Watching this movie that includes so much romance with a loved one can certainly be sweet.

## Rap Sensation in Prison

Nick Carr  
Marist College

June 22, 2007, he was discovered smoking weed near a tour bus after one of his concerts. Police found a gun on his person. Less than a year later, border patrol discovered 3 and a half ounces of marijuana, an ounce of cocaine, an ounce and a half of ecstasy, \$22,000 cash, and weapons on his tour bus. Two years later a warrant was out for his arrest after not showing up to trial, but it was too late: Lil Wayne was already in prison. The twenty-seven year old rap phenomenon is serving an eight month sentence at Riker's Island which leaves the entire rap world wondering: what is the hip-hop community going to do without Lil Wayne?

Lil Wayne has had over thirty singles that made the charts, and since 2008 he's been featured in almost 40 songs by other rap artists who made the charts. With a track record like this, it's safe to say Lil Wayne is currently a staple in rap music. So what will happen in these next eight months? Will other artists such as Drake begin to rise up from under Wayne's shadow? Or will

hip-hop go downhill for good?

Even though he's merely featured on many of these chart topping hits, it's safe to say that Lil Wayne makes the song a hit. Nine years ago a band called "Binocular" broke out on the scene. Never heard of them? Of course not. It wasn't until 2008 when lead singer Kevin Rudolf released his 3x platinum single "Let it Rock" featuring Lil Wayne. It is a catchy song, but did it take Lil Wayne to make it go mainstream? R&B singer Chris Brown has had many platinum singles since 2005, but many thought that was about to come to an end after being arrested for domestic violence in February of 2009. Brown didn't just beat up any girlfriend; his girlfriend was R&B superstar Rihanna. Surely Chris Brown can't bounce back after leaving Rihanna with a fat lip and swollen face! But a few months later Brown made a comeback: but not without help from Lil Wayne on his top twenty hit, "I Can Transform Ya." Detroit rapper Eminem has had many controversial, platinum singles, and albums. After a three year hiatus, he returned with another platinum album, but this time with very mixed reviews, many of which called the album a "dud" and claiming that it lacked substance. A few months later however, Eminem collaborated with Lil Wayne on their hit single "Drop the World." Starting to see a pattern?

With Lil Wayne out of the picture, it will be up to other rap artists to start writing hit singles. Since Wayne is featured so many times on the Billboard Rap top twenty, other artists will get bumped up, right? What if those artists don't receive the attention Wayne did? If that is the case, the hip-hop fan base may begin to shrink over the next eight months.

Even though he's in prison, Lil Wayne is still leaving his mark on the billboard top twenty. A few songs in the top ten alone are by Young Money (Wayne's rap label) and Young Money artists and affiliates. Most notably is Drake, the unsigned former Degrassi actor that Lil Wayne has taken under his wing. With Wayne's crew and blooming prodigy still making hits, he's indirectly making an impact on the music industry: even while he's doing time.

On a positive note, Wayne's lawyer stated he will continue making music in jail, which leaves everyone to speculate the caliber of his return. Will Lil Wayne come back harder than before? Or has he hit his peak? Wayne is notorious for writing all of his lyrics in his head, so it is quite possible for him to take inspiration from his jail time and return with a new album as soon as his sentence ends.

He may only be 5'6," but Lil Wayne has made a very big impact on the music industry, and it is very likely he will continue. People talked about him while he was making music, and people will talk about him while he's in prison, which means he's continuing to leave his mark. Whether you love him or hate him, you are going to hear more from Lil Wayne in these upcoming months.

## **What Do You Listen To?**

**Chris Maletta  
SUNY New Paltz**

If you ask any college student to list the three most important things in his

life right now, he would include music into the list (hopefully school would be up there too). It seems that music, as is true for most of the world, is an integral piece of the puzzle that makes up being a college student. They all enjoy listening to music, whether it is with friends at a party, or by themselves surfing the web looking for the next big band yet to make it mainstream. However, the epitome of the listening experience of any band's music comes from watching the band themselves perform their songs live. For the students of the many schools in the Hudson Valley region of New York, they are blessed with the privilege to hear the many great local bands perform live at a cornucopia of different local venues. Hundreds of bands exist and perform within this area, including bands of many different genres and styles. The Hudson Valley has a host of bands that have a range of different styles, sounding anywhere like a Nirvana-esque garage band, to a more refined indie/rock band, or even to an often offensive sounding death metal band. An observation of the many talented musicians of this region may leave local residents with a sense of provincialism. The following are just a few of these musicians.

In the late 60's, The Wailers, a band started by the legendary Bob Marley along with several other artists, helped to drive the reggae genre into the mainstream. Since that time, there has been no short age of talented bands playing in that same genre. However, since the break-up of the prominent reggae band, Sublime, in the mid-90s, there has been a vacancy opened for leaders of this music. Almost as if their name implies it, local band The Big Takeover seems to be the band ready to claim this position as their own. The band is a reggae/ska/roots

commercial group and has its origins in the town of New Paltz, New York, a town which hosts the state university many of the band members attended. Since the band's formation in 2007, they have hit the Hudson Valley like a wild Rasta hurricane, consistently playing several shows around the area. The band consists of lead singer Neenee Rushie, originally from Jamaica, bassist Rob Kissner, drummer Sam Tritto, guitarist Jon Klenk, trombonist Andy Vogt, and saxophonist Chas Montrose. Their soulful lyrics and hypnotic sounds will surely entice even the stingiest of music lovers. When describing the band, Peter Aaron from Roll Magazine wrote (as is said on the band's website [Bigtakeoverband.com](http://Bigtakeoverband.com)) that "This is not a bunch of lazy hippie jammers moonlighting as yet another Bob Marley cover band: The Big Takeover leans much harder toward reggae's more up-tempo parents, ska and rocksteady." Their band has begun to gain some success having just recently opened up for major artists such as The Wailers and Jefferson Starship. Currently, The Big Takeover is self-produced, but they soon hope to find a record company that will sign them and take over. Whether this happens or not, the attitude towards their loving fans will always be the same.

Taking a step back from the commercial sound that reggae produces; we can get a taste of the underground. Many people who are fans of the alternative music scene will tell you that *Alternative Press* magazine is their *Rolling Stone*. Every year, the magazine puts out an article listing one hundred bands that they say "you need to know". In this year's edition, a band out of Kingston, New York, made the list with a review that is sure to help launch their career. The band is called Nightmares For A Week and is made up of singer/bassist

Sean-Paul Pillsworth, vocalist/guitarist Bill Manley and drummer Steven Markota. All of these musicians having been members of well-respected groups in the area are considered to be a "super group" of the Hudson valley by locals. Their sound is heavily influenced by the alternative/emo music scene of the mid 90s. Their list of bands that were influential to them includes Dinosaur Jr., Jawbreaker and Lucero. All the songs written by this band have an extremely personal and genuine sound about them, which is a quality that is not unexpected of a songwriter Bill Manley. Manley has been quoted as saying "When we began, I wasn't sure what to write about, but then I remembered what an old friend once said: "the best way to write a song is to write about what you know, and what you hold close to." Hopefully, recent publicity in a renowned magazine will give the band a chance to reach their goal of getting a solid record deal, but in the meantime, the band continues to play several shows around their hometown of Kingston.

While it's still waiting to be seen whether or not these bands will achieve radio play, a record deal, and unfathomable fame, what we do know is that they both put on exciting performances for their fans and the public who are just hearing them. Music is one of the few things in life that the entire world can come together and enjoy, so it's no wonder why musicians love to play live. It is their way of sharing that enjoyment with anyone who will listen.



## Taking the Boredom out of Take-Out Food

Carrie Sauer  
SUNY New Paltz

A significant element of the college experience is food. Most meals on campus are comprised of the humdrum food of the dining halls, and soon enough, even ramen noodles are considered a home-cooked meal. To remedy this uninteresting diet, students treat themselves to take-out food. The average student will order take-out food at least once per week, and the most common and popular types of take-out are Chinese food and Pizza. If you are thinking that pizza and Chinese food are not exciting escapes from a dull diet, you are right. It is not the appeal of interesting food but rather low prices and convenience that are the two overwhelming factors that attract students to these take-out establishments. Accordingly, the town of New Paltz has more than five pizzerias and several Chinese restaurants. However, New Paltz also offers many other choices of take-out that are often overlooked. With many restaurants boasting international cuisine at affordable prices with the availability of take-out options, there is an abundance of opportunity for students to try something different when ordering take-out. Two prime examples of exceptional takeaway restaurants would be Mexicali Blue and Gomen Kudasai. Instead of spending your Friday night munching on the conventional pizza or eating your customary quart of General Tso's, why not pick up some delicious Indian food or have fresh Mexican food delivered

right to your dorm room?

Mexicali Blue is a restaurant located in the heart of New Paltz. Its vibrant blue exterior makes it hard to miss, while its tasty food makes it hard to forget. Specializing in Mexican and Southwestern (or Tex-Mex) cuisine, Mexicali Blue offers a variety of entrees that will satisfy anybody. There are four fundamental types of dishes served here: tacos, burritos, quesadillas and side dishes. Each of these is offered with vegetarian, meat, and fish options and most of the meals cost less than ten dollars. For that price you are getting a more filling meal than several slices of pizza, and unlike Chinese food, Mexicali Blue's dishes will not leave you hungry after an hour. A personal favorite is the pork and pineapple burrito, which consists of grilled pork loin and pineapple, vegetable rice, black beans, pico de gallo and coconut aioli, wrapped together by a flour tortilla.

Another fine takeaway restaurant in New Paltz is Gomen Kudasai. This restaurant offers Japanese noodles and home style cooking at reasonable prices. Located across from the Youth Center on Main Street, this restaurant can seem like it is a long distance from campus but its delectable dishes make it worth the walk. Gomen Kudasai offers authentic Japanese dishes ranging from hot and cold noodles to Gyoza Teishoku. Most of my favorite dishes are found within the 'starters' section of the menu. For someone who is perhaps not familiar with this genre of food, recommendations include the Shumai, which is dumpling filled with pork, shrimp and a little bit of vegetables; the miso soup, or the spring rolls. For plentiful meals I prefer a Donburi dish which is essentially a large serving of rice covered in your choice of toppings. Vegetable Tempura is delicious as a topping for this dish.

The most expensive dishes average thirteen dollars and consist of several courses, so you still get your money's worth of delicious Asian cuisine.

Not only are these restaurants a delicious alternative to customary takeaway, but they are also healthier than traditional take-out. Mexicali Blue prides itself in only using fresh ingredients which are never-frozen, never-canned and never-fried. Gomen Kudasai is also very conscious of the healthy quality of their dishes. Unlike Chinese restaurants, which typically have significant amounts of MSG (monosodium glutamate) in their dishes, Gomen Kudasai prepares food that is MSG free. When possible, Gomen Kudasai's food is made from locally produced groceries and organic groceries. Many dishes are vegetarian; several of these are vegan-friendly as well. Both of these restaurants have menus that encompass a wide variety of dishes to please any customer's taste preference or diet.

College is the perfect time to try new things. In New Paltz, great food that's great for you is available at the same convenience and cost of a typical pizza pie. Why not break away from the predictable and boring college routine and try something different? The next time you order take-out, forget about the traditional pizza pie or the run of the mill Chinese food. Instead, try a dish from a restaurant you may have never experienced before, such as Mexicali Blue or Gomen Kudasai. Take a chance with take-out and you definitely will not regret it.

## **SUNY New Paltz Flute Chior**

**Faith Hassell  
SUNY New Paltz**

During the Fall 2009 semester at SUNY New Paltz, the Flute Choir was created. Jessica Gross, a sophomore, and I love playing the flute and thought a flute choir would be a great addition to SUNY New Paltz. Jessica and I spoke to each other in band about starting a flute choir and approached our band teacher with our idea. After getting the club approved by Student Association, we were off to start a new club.

The first things that Jessica, and I had to do to make flute choir successful were: to find a group of flautists interested in joining the group, find music that everyone would enjoy playing, and schedule rehearsal time that was conducive to everyone's schedules. The first two steps of the process were easy to accomplish. Jessica, and I approached the other flautists in the symphonic band and asked them if they were interested in joining, which many of them were. Then, Dr. Joel Evans, our band director, found great music for us to play. The third step, scheduling rehearsal time, is always very challenging because everyone is so busy with classes, clubs, and work. All the flute choir members were able to agree on a time for rehearsals and we practiced once a week, for four weeks. Our concert debut was December 1<sup>st</sup>, 2009. We had a total of four rehearsals before stepping onto the stage. The flute choir was so excited to finally perform all of the pieces we had worked on for the past month. Our repertoire included: Spanish Love Song, Dance of the Reed Pipes,

Halleluiah, and Let it Snow. When I asked Jessica what her favorite part of flute choir was, she said, “The thing I like most about flute choir is that each flautist gets to show off his or her own talent and skills. In band, there are always first flutes, second flutes, and third flutes...it’s broken down into different sections. But sometimes those seating arrangements aren’t right because someone might have gotten nervous at an audition or had a bad day. In flute choir, there are still different sections of music, everyone is given an equal opportunity to play every part. So you could be playing the first flute part on one piece, and the fifth part on another. No one is better than another, everyone can play what they want, which makes it a fun and relaxing group to be in. I also love the people in it. It’s a great sized group so everyone gets to know who everyone is. We play and talk at every rehearsal so it’s really down to earth.”

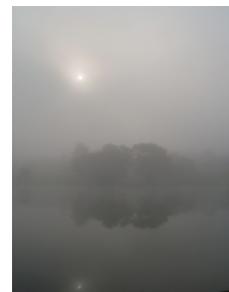
I agree with Jessica that flute choir has been so amazing thus far, and it is such a fun club because we make jokes, laugh, and get to play the instrument we all love. Everyone is welcome to join and we pass all the parts around, which makes the experience so pleasant because no one has to feel badly if they get a third or fourth part, everyone gets a chance to play all of the parts.

Flute choir is now on its second semester and it is going great. We purchased six new pieces of music, some difficult and some fun. We have only had three rehearsals and we sound great. Some of the music is quite challenging, but we are all confident in each other that we will be able to perform another fantastic concert. Jessica said the most rewarding part about flute choir is “just playing! The fact that Faith and I were able to have this happen is incredible!

It’s so much fun and gets everyone to continue their flute talents after they leave high school. Last semester was our first semester, and we only had about 4 rehearsals but pulled off an amazing concert. This semester we have been practicing since getting back to school, we bought new music, and we sound great. The best feeling is hearing how good you sound and everyone is a part of the group. While Faith and I had the idea and started it, everyone is in charge, everyone has a part in making the group sound incredible. We sound great as of now, and will sound even better by the time of the concert!”

The most rewarding part of flute choir for me is to see everyone happy playing the flute. I love getting to know everyone outside of band and play music focusing on flutes. We have so many laughs while playing and the memories that will be made with flute choir I will remember forever. Jessica and I both hope that the flute choir will continue on for the rest of the years that we are at New Paltz and continue when we graduate. Jessica said, “It’s such a great group where you get to keep playing flute, even if you’re not in band, and get to meet new people...I really hope it continues, so I can come back and visit and hear them play!” I also hope to come back to the band concerts and hear the flute choir perform years after I graduate.

The SUNY New Paltz Flute Choir started this past fall semester. It has already had one successful concert and it is headed for the same this semester. Our second concert will be May 4<sup>th</sup> at 7:30 pm in McKenna Theatre before the symphonic band. Come out and see us perform classic Disney music and other more interesting and sophisticated classical music.



# A Good Sport

## Reggie Bush Controversy

**Kevin Sullivan**  
**Marist College**

February 7<sup>th</sup>, 2010, confetti falls as the New Orleans Saints celebrate one of the greatest comebacks in Super Bowl history; right in the middle of it all, the 4<sup>th</sup> year running back out of USC with an explosive burst of speed and the ability to shake off numerous defenders with a juke. Reggie Bush hoists the Vince Lombardi Trophy high above his head, signifying his, like any other NFL player's, accomplishment of a lifelong dream. On top of the world he stands, with endorsers on their hands and knees praying for his association with their product, and yet there is still a cloud Reggie Bush cannot make disappear from the eyes of his critics. A cloud that, if surfaces to be true, can seriously impact the credibility of both Bush as a person, and his alma mater, the University of Southern California, as well.

In college, Reggie was an instant star, and his flashy touchdown runs allowed for him to become a household name within months of his first full season as the USC tailback. All of the early attention Bush received, however, was not always as positive as it appeared to be. On April 23<sup>rd</sup>, 2006, a report surfaced regarding the authenticity of the benefits he received while attending the University of

Southern California. NCAA scholarship contracts state a list of the acceptable benefits included in a Division I scholarship package. Any extra benefits received while playing under scholarship is considered in direct violation of the contract, and both the athlete and the school can be heavily stripped of achievements and money. In this particular case, the allegations regarding improper benefits Bush received are being traced back to a sports agent, and not USC personnel directly. However, the knowledge of such violations of the law by a university can still get them into trouble regarding the lack of actions taken to handle the situation. Investigators question whether the school truly did not know enough to take action, or they chose to ignore the situation, which would get them into trouble. As one official commented regarding this instance; "If you know as an institution that something happened," Morgan said, "you have an obligation to report it."

The most common Division I scholarship package includes full exemption of payment towards tuition, room and board, and meal plans. An individual school can implement any other benefits received by the athlete, such as equipment, but anything that is being received by the athlete that does not appear on the contract is considered illegal and can be looked at as bribery towards attendance of a certain school. Bush allegedly received gifts from a sports agent while attending USC, and other financial packages towards his

family are also being investigated. If found guilty, Reggie Bush can possibly be stripped of his Heisman Trophy Award received in 2005, acknowledging the best overall player in college football for that season. USC is in danger of losing something as well. If found guilty of knowledge that this situation was occurring and choosing not to take action, the USC football program can possibly be stripped of all of the wins they recorded while Bush was a member of their team. These wins would also include their National Championship victories in both 2003 and 2004.

With the investigation still under review, Reggie Bush is playing with an added weight on his shoulders. The controversy surrounding his participation at the University of Southern California only serves as a distraction towards his efforts in the NFL. Obviously, however, he has been able to channel these distractions away from his performance on the field, winning Super Bowl XLIV while leading his team with a great performance in the Saints' postseason victories over the Arizona Cardinals, Minnesota Vikings, and Indianapolis Colts. The Trojans on the other hand haven't had as much success with this situation. With the added attention regarding the controversy, several recruits that were verbally committed to attend the University next fall have reconsidered their commitments due to uncertainty regarding the situation. This skepticism, has led to the fall in interest towards the team, which in

turn reduces the amount of support and confidence needed for the team to achieve ultimate success.

## The History and Evolution of Skateboarding

**Dylan Walsh**  
**SUNY New Paltz**

Skateboarding was a sport sprung from the streets of California whose sole purpose was to feed the surfing addiction without waves. Because of the necessity of waves in the sport of surfing, it can be extremely limited by the weather. The earliest ancestor of the modern skateboard was simply a surfboard attached to wheels. Today a skateboard is constructed from material such as the fine wood of a maple tree or a mix of carbon matrix fibers. In a history that spans nearly half a century, skateboarding has come further than the surfers of the sixties could have ever imagined.

Regarded as the fathers of skating, the Zephyr Boys, or “Z Boys” brought skateboarding to level of worldwide recognition. These kids from Venice, California were the very first to shred the bottoms of cement pools left empty in a statewide drought. Today pool bowls are still skated and the style has become very distinct. It is from this very style that the current day freestyle skating and skate tricks have evolved. Today, skaters can

seen dropping into half pipes taller than houses.

Yet even the most complex jumps are impossible without the most fundamental trick in skateboarding. This essential trick is known as the ollie and it is the most important skill in the evolution of skating. The ollie is the action of jumping with your skateboard under your feet. Any other trick is merely a manipulation of board after one has ollied. Without knowledge of this basic technique, a skateboarder cannot advance to more complex tricks.

These tricks are made also made possible by the evolution of board construction. The first manufactured boards had wheels made of dense clay. This made skating at high speeds or sharp precision very difficult. It was not until the introduction of urethane in wheels that skateboarding became the fast-paced sport it is today. A condensed oil that has the consistency of rubber, urethane has the ability to grip the pavement without deteriorating. When urethane wheels first appeared on the market, skaters were impressed by their durability at high speeds as well as their reliability when it came to hitting rocks and groves. Furthermore, the gripping nature of the wheels allowed for skaters to skate up the walls of empty pools while implementing aggressive turning techniques referred to as “carving.”

Urethane is used in other parts of

the skateboard as well. Urethane bushings, which sit directly underneath the board, allow for the board to turn smoothly when leaning in the desired direction. Bushings made from urethane are available in many different densities and while softer urethane is ideal for gripping pavement, denser urethane is ideal for speed. Urethane is also used in the construction of trucks, the connection between the board and the wheels. They are the axles upon which skating is based and are made from a variety of metals, such as cast iron or aircraft aluminum. The first trucks in skateboarding were mounted centimeters apart but now the space between each wheel can span over twenty centimeters, allowing for a greater turning radius and a more balanced ride. Truck companies around the world continue to come up with new designs, each with its own unique feel. Trucks range in price; they can be purchased for anywhere from fifteen to four hundred dollars apiece and each pair are specifically designed for a certain style of riding.

A newer style of riding that has recently evolved from skateboarding is longboarding. Longboarding is simply a form of skateboarding that is geared towards rapid movement rather than tricks. Breaking out of the traditional oval skateboard shape, the longboard can be found in a variety of styles. In fact, there are hundreds of shapes in the sport, reflecting the versatility of the sport and the uniqueness of the rider. Far more than just a practical method

of transportation, longboarding is an excellent hobby. Longboarding is a hybrid experience, and has been called a mix between surfing and snowboarding. Yet there are little words to describe the true freedom longboards give their riders. Gliding across the pavement is a perfect blend of relaxation and thrill.

A mix of sports and sensation, it comes as no surprise that skating has gained such momentum and quickly progressed into a distinct and internationally recognized sport. Although there are thousands of skaters worldwide, each has their own personal reason for loving this limitless sport. Whether it's just getting to class quickly or taking a leisurely ride down into Main Street, practicing tricks in your drive way or racing cars downhill, each boarder knows the instant connection they feel with their board. Yet this sport is still relatively new and as these boarders grow in number, it will continue to advance and change each day.

## **STEPS TO SUCCESS**

**Candon Rusin  
Marist College**

Being a division one student athlete is easier said than done. However, being a freshmen athlete is even more complicated. Therefore, being an athlete student requires a unique kind of person. After experiencing and successfully completing my

first year at Marist College, as a student athlete, I have learned first hand what it takes.

Starting your first year as a student athlete can be very difficult at times. Dealing with just the academics and not even the athletic part is difficult. Marist is a high achieving academic school; therefore, it requires you to stay on top of your academics regardless of your sport. There are a few things freshmen should jump on as soon as they enter a school like Marist. Signing up for classes is one of the most important things because it will enhance your chances of receiving the courses you are required to take. At Marist you also will be working with the Marist Student-Athlete Enhancement Center. Alyssa Gates, the director of this program is another helpful source. She is an advisor who works strictly with student athletes; the use of this program is a necessity to your success. The Student-Athlete Enhancement Center is also where athletes study hours are held. If amount varies, but not finishing your hours will result in several different penalties. These penalties want to be avoided at all costs. Many colleges install a similar policy or have a Student-Athlete Enhancement Center, so be sure to look into this program.

When it comes to your professors, the most important thing is to build a relationship with him or her. This will go a long way particularly when you have to miss a class for athletic reasons. However, it starts with being respectful and making a

good first impression. Emailing the professor is very important regardless of the reason whether it is questions, problems, homework, or missing a class. It is always best to give your professors a heads up. As far as classes, always stay on top on your work, since soon enough it will pile up. It is always good to have a friend in every class you have. They will be helpful when you have to miss a class because of an event. Marist professors like any college professors do not like texting during class. Turn your phone off so you are not tempted to text. You don't want your coaches finding out you were thrown out of class for texting, believe me. There will be classes that are difficult so do not hesitate to ask for a tutor. The Student-Athlete Enhancement Center will provide you a tutor if needed. Also, the Student-Athlete Enhancement Center will provide you with a planner. This planner is a very helpful tool mainly with recording homework and when different projects are due. When doing homework, it's a good idea to get away from your dorm and find a quiet spot to study. The library is a great place for this, and Marist has individual study rooms that can be reserved for a quiet place to work.

The last most important piece of advice is time management. Time management is key to your survival as a student athlete. Being a student is a huge responsibility by itself without playing a sport. Keeping these tips in mind, any student athlete can have a successful first year in and out of the classroom.

# **U-N-I-T-Y Marist Red Foxes Brings A Community Together**

**Suzzette Garnett  
Marist College**

M-A-R --- I-S-T, MARIST, COLLEGE to victory! Marist, Foxes, We're on the run. "Up hill, downhill, having much fun. We lure our every foe, Into the Red Fox hole. Rah! - Rah! - Rah! Scratch them, tear them, rip them a part. Offense, Defense -- right from the start, We have no fear for our Red Foxes, They'll fight on to Victory". As you walk in to the James McCann Center and into the barnyard styled gym this is the first thing you hear every fan shouting as the cheerleaders run on to the hardwood floor with the Marist letters, and the basketball team runs on to the court to commence their shoot around session.

The gym is packed to capacity every home game when the Marist Women's Basketball team has a game. The funny thing is that it is not only students from the college but Poughkeepsie locals who enjoy coming to these games to show support for the lady Foxes. You can see anyone from different ages and different ethnicities and backgrounds the night Marist hosts a home game. You have the student section which provides the gym with such an intense atmosphere. Students have all kinds of signs like "Don't FOX with us" and their faces painted like warrior soldiers (warrior foxes). Then you have people from all around Poughkeepsie who come to cheer the five time MAAC tournament champions. Throughout

the entire gym you can see all types of people, the elderly, the youth, and even the disabled everyone just comes to support the team, Marist does not discriminate its supporters it only supports and encourages them. Marist makes sure that they feel right at home and just like they belong.

If you asked what brings this community together and makes them united? You can say the game of basketball. What is better than a universal sport? What's better than seeing a team work together not only for themselves but for their supporters. UNITY is what the Marist Red Foxes bring to this school and community. As you sit on the bleachers next to a complete stranger, whether it is a local or student, you will have a great time because at that moment all that matters is that our team will get that "W" at the sound of the final buzzer. And if the person you sat down next to before the game was a complete stranger, expect that if you see them on campus, you will get a "hey" or a kind smile.

The strong community was seen on Pack the House night where Marist sold out 3,200 of their tickets at 11 am on game day. This was the third straight year that the Marist community helped make this possible. I remember a young child of maybe 10 years of age saying "I'm going to play for them when I go to college" to her father after she played in the half time game with her team mates. It seemed like the entire world was in the gym. These games bring more than just the community together but as one can see, family relationships as well. The Marist team creates inspiration for the community to come together as well as inspire young girls to play basketball.

The women's basketball team had a great season. They went 26-8

overall and 15-3 in the Metro Atlantic Athletic Conference (MAAC). As I previously mentioned the Women's team has won the MAAC championship for five years in a row and has made NCAA tournament appearances as well. Unfortunately, they took a tough loss to the Georgetown Hoyas in the first round of the NCAA tournament, but next year, we know there is more to come. Although the game was in California, the teams still had the fan's support from outrageous facebook and twitter statuses and others figured out a way to watch the game through live stream; the team and the fans are inseparable!

Whoever thought that James Naismith's small invention of peach basket that later turned into the game of basketball would have such an everlasting effect on the lives of people all over the world. This sport has contributed unity for the people from Marist and Poughkeepsie.

## **Lacrosse Boom**

**Jimmy Marks  
Marist College**

"Lacrosse has taken off because it combines the hitting of football, the speed of basketball, and requires the endurance of soccer" (Kyle Harrison). The sport of lacrosse was developed and invented by the Native Americans more than 4 centuries ago and has increasingly become more popular ever since. Although the sport does not receive the same attention as other American pastime sports, in recent memory, lacrosse has become one of the most developed sports in the United States. The Native

American tribes resided in the North Eastern part of the United States, and therefore, the birth of lacrosse originates in this area. The spread of lacrosse in years past consisted mainly on the eastern coast of the United States. Sports such as baseball, basketball, soccer, and American football have been known as the more popular sports in the country and the world. However, lacrosse has taken off in popularity with the increase in media coverage and the appeal of schools west of the Mississippi. The chance for scholarships for lacrosse have increased for students dreaming of going to college, and the detailed approach of the fastest game on two feet have led to the increase in popularity with kids and fans of the sport across the country. Kyle Harrison, one of the most decorated college lacrosse players of all time, who played his collegiate ball at Johns Hopkins University, attributes the growth of lacrosse to the existing elements that the sport has. Lacrosse truly does have a mixture of every sport and creates the boom of popularity that America is experiencing today.

The growth of lacrosse can be found in the numbers of kids reportedly playing the sport, and the number of collegiate schools adding a lacrosse team to their programs. Such numbers just a couple of decades ago were very minimal and seemingly dead to the sport. However, according to a survey by the National Sporting Goods Association in 2007, over 1.7 million Americans over the age

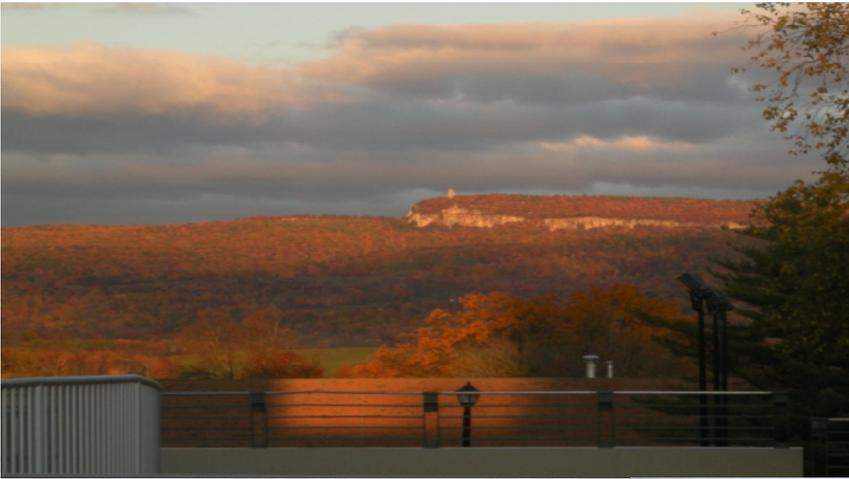
of 7 have played lacrosse. This number is a 40% increase from the numbers in the year 1999. Furthermore, colleges are adding lacrosse to their programs at an alarming rate. No other sport can boast an increase in popularity than lacrosse. Over a dozen colleges per year in the past couple of years have added men's and women's lacrosse to their program, which is a dramatic difference to the 2 or 3 colleges per year adding sports such as football or baseball.

The growth of the African American population in the sport of lacrosse can be gradually seen as well. In years as recent as 2 decades ago, nearly all lacrosse players were of the Caucasian descent. However, other sports 2 decades ago flourished with African American players. In recent years, the number of African Americans playing lacrosse collegiately has risen ever so slightly. In 2009, the Virginia Cavaliers sported on the playing field an entire midfield line of African American players. The significance of this event could be felt by the lacrosse community and the African American community as well. No such event had occurred in the history of lacrosse, allowing for fans of the sport to appreciate the growth that lacrosse has felt. With the increase in numbers of Americans playing the sport of lacrosse, and an increasing diverse culture of the sport of lacrosse, there is a promising hope that this trend will continue for years to come and eventually catch up to popularity of other American sport pastimes.

The lifestyle of a lacrosse player is similar to any other athlete who plays a sport. Lacrosse players envy the thought of making game changing plays and scoring the game winning goal in a championship game. However, like any other sport, practice is essential for success. As the school year begins for any lacrosse athlete, whether a collegiate player or not, preparation is key to winning. The weight room and practice field becomes the home to many lacrosse players driving to be better. A day in the life of a Marist College lacrosse athlete may consist of an hour and a half lift in the weight room to build muscle followed by a 2 hour practice, rain or shine. In some cases, snow may cover the entire field, and depending on the drive and determination of the coach, practice in the snow is possible. Lacrosse players attend camps and tournaments to play against good competition, playing the sport that some say consists of the hitting of football, the speed of basketball, and the endurance of soccer.

Although lacrosse may not be the most popular sport in the United States, the boom that the sport has experienced within the last decade has been astounding. Colleges across the country are adding the sport of lacrosse to their programs. Lacrosse does not have the iconic figure and American hero that other sports may have, but the increase in popularity may lead some to believe that one day it can be a realistic possibility.

Seasons of a Freshman Year



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