

A Glimpse Into 2012

2012 Olympics in London

College Students Getting Involved in the World

THE COLLEGE INITIATIVE

College Students Making Strides

SUNY NEW PALTZ & MARIST COLLEGE

Team Makes it

tz: Hometown Hero

2012 EDITION

Team Makes it

OUR CONTRIBUTORS



Top and Center
SUNY New Paltz
TCI Staff



Bottom
Marist College
TCI Staff



Front and Back Covers by Mackenzie Palma and Nicolette Seeback

SECTION EDITORS

Special Features Editors

Tori Rice
Stephanie Graiss



Tori Rice



Stephanie Graiss

Art/Creative Writing Editors

Ja'Lisha Higgs
Valerie Kommer



Ja'Lisha Higgs



Valerie Kommer

Campus Life Editor

Pamela Ricklin



Pamela Ricklin

College Experiences

Allie Dudas
Anne Jacobs



Allie Dudas



Anne Jacobs

Colligate Point of View Editors

Joshua Otero
Tori Rice



Joshua Otero



Tori Rice

Cover Art and Design Editors

Mackenzie Palma
Nicolette Seebach



Mackenzie Palma



Nicolette Seebach

Entertainment Editors

Dana Leuffen
Joseph Nikic



Dana Leuffen



Joseph Nikic

TCJ Magazine 2012

- 4 Living It Up at SUNY New Paltz
USPP Program Changing the lives
of International Students
- 5 An Inside Look at the FYI Program
- 6 Campus Life: My Orientation
Experience
5 Top SUNY New Paltz Resources
Students Should Know
- 7 Hasbrouck: Hot or Not?
- 8 It's Party Time
- 9 There is So Much More to College
Than Just Studying
- 10 Avoiding First Year Clutter:
Tips on College Packing
New Paltz First Semester:
My Own Personal Hell
- 11 To Commute or Not to Commute
That Is the Question
- 12 A New Beginning
- 13 Learn to Love It
Dormcest
- 14 Establishing Relationships With
Your Professors
- 15 New School, New Friends,
New Experiences
- 16 Tips on Getting Off to a Good Start With
Your Roommate!
- 17 The Roommate Code: Do's & Don'ts
- 18 A College Life Without Alcohol
Sexiling Do's and Dont's
- 19 Preparing For a College Roommate
- 20 New Friends
- 21 Agreements Make Things Clearer
- 22 The Commuter Experience
Adapting to a New College Experience
- 23 My Unexpected Meltdown
- 24 Talk To Me!
- 25 College Students Gradually Going Green
Dealing With Daddy
- Special Features Section 26 - 29
- 26 A Rumble on Tumblr: Youth Rise Up...
Fundraising: How to Get Involved With
Humanitarian Causes on Campus
- 27 Sports and Tumors
- 28 Changing the World One Child
at a Time
- 29 The Race for Life: Relay at SUNY New Paltz
- Art Section 30 - 35
- 33 Thunder
The Kosmic Dance
Abandonment
Untitled
- 34 The Life of an Art
Student...
Not as Easy as it Looks

Political Awareness
Through Pop Art

36 From Paperback to the Big
Screen

37 The Power of Music
Up-And-Coming Music:
Young Grav

38 Once You're Really Bad
There is Only One Way Out

39 Fake Fame
Nicki Minaj: Her Journey

40 Hip to the Cosmos

41 Rebuilding Windham

42 A Changing Hudson Valley
Parking Spaces: Why
Freshman Need Them Too

43 Put Down The Keys
Sticks and Stones...

44 The Economics of
College Attendance

45 College Students and Facebook:
Success or Failure

46 My European Discovery...
Taking the Plunge

47 Get Outside

48 The Ultimate
(and Affordable!)
Summer Getaway

49 Quick and Easy Everyday
Makeup Tips for
College Girls

49 Effective Strategies
for Weight Loss

50 Abnormal Eating Habits:
The Harmful Effects ...

51 Strength of Body =
Strength of Confidence

52 Managing your Time
While Playing a Sport
Ryan Braun:
Clean or Dirty?

53 The Career of a Legend
In Our Time
Jeremy Lin:
A LINDERELLA Story

54 A Sports Team, A Family
and Many Love-Hate
Relationships

55 Don't Lose Yourself While
Losing Love

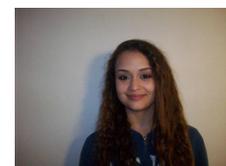
56 Dating Advice For Lonely
Men
Friendly vs. Flirty
Three Tips to Resist Being
Flirty

Section Editors

Fashion Editor
Renato Russo



Health and Beauty Editors
Caroline Verdi
Amy German



Relationships Editors
Erica Vaccaro
Zameena Mejia



Travel Editor
Jacob Yoder
Daniel Cassidy



Sports Editor
Talha Mahmood
Valerie Kommer



Campus Life

Living It Up at SUNY New Paltz

Pamela Ricklin
SUNY New Paltz

College years are some of the most important and exciting times of a person's life. One will meet hundreds of people during these four years, some that he will encounter only once and some that he will create lifelong friendships with. Taking different types of classes, joining clubs and committees, and going to parties are great ways to meet people. Another way is by meeting your neighbors in your dorm or apartment. At SUNY New Paltz, students have an option to live in on-campus corridors or suites or off-campus apartments. Each of these styles has its own unique perks that might not be suited for certain types of people.

The corridor dormitories on the SUNY New Paltz campus are Scudder, Gage, Bliss, Capen, Esopus, Lenape (offers corridors and suites), Bouton, and College/Shango. In a corridor, two or three people of the same gender share a room and have many neighbors in their hallway. It is very easy to meet new people in a corridor because it is convenient to move from room to room. First-year student Haley Powers has mixed feelings about living in a corridor admitting, "I like being able to leave my door open and see people walk by and say hi. But I don't like that I can't remove myself from the rest of my dorm when I want. Sometimes it gets really noisy down the hall and I can hear it through my door." Corridors are great for students who have no problem socializing around the clock, even if that means during normal homework and sleeping hours.

Deyo, DuBois, Bevier, Lefevre, Crispell, and Lenape are the suite dormitories available at SUNY New Paltz. In a suite, there are three or four rooms with six or eight suite mates of the same gender. In the center of the suite, there is a living room, often referred to as "the common room." A few couches and chairs are provided which creates a great socializing environment. However, if one needs to study or spend time alone, they have easy accessibility to his room. I live in Deyo Hall and one thing I dislike about living in a suite is that because there are only four suites per hallway, I find it a lot harder to meet other students than if I lived in a corridor. But I think the positives outweigh the negatives; living in a suite gives students more space and more room for large crowds to socialize.

Many students, beginning sophomore or junior year, decide to live in off-campus apartments. Sometimes they are close enough to walk to campus but sometimes having a car is necessary to get to campus. Living off-campus is usually cheaper than living on-campus because the price is split between roommates. By living off-campus, students do not need to worry about Resident Advisors checking up on them. But students do have to provide meals for themselves. Senior Jordan Garrison lives in an off-campus apartment and explains, "I like the independence of living on my own: I get to eat what I want, I'm very close to Main Street, and I meet a lot of non-college folks. But I do feel a slight detachment from campus life and having easy access to everything in one location."

Where one lives on campus is a very important part of his college experience but it all has to do with preference. Taking a tour of corridors and suites is a great way to figure out which

suits you better. If you live in a certain dormitory style and decide you do not like it, it is very easy to change rooms or buildings. If you are thinking about moving off-campus, ask someone who has done so and see what his apartment looks like or take a few tours of apartments currently for rent; you do not want to rent an apartment blindly without seeing it first.

USPP Program Changing the lives of International Students

Caroline Sullivan
Marist College

Any college freshman's transition to college comes with some bumps in the road – and that is completely fine and normal. What is hard to imagine is coming to a college across the world as a sophomore, and trying to fit into an already established class. The US-Sino Pathway Program, also known as USPP program, offers all the advantages of a traditional foundation program. Four American universities in collaboration with Kaplan, Inc launched the USSP program in 2009. Students in China are immersed in a series of English-language preparation courses throughout their senior year of high school, and 'freshman year' of college. They also learn how to manage their time and resources in order to achieve the best possible outcome in some of America's most prestigious universities, transferring to them as sophomores. One of the six possible choices being Marist College where currently there are 20 students from China receiving a traditional American Degree, and hopefully, a job after graduation.

This is extremely beneficial, not only to these students but to the institutional goals here at Marist College.

As a college, there are strategic goals and plans at Marist that are looked to be achieved in a designated amount of time. Brian Apfel, who is one of the admissions counselors here at Marist states, “The goal here at admissions is to create more diversity among the student body, not only that, but also getting Marist’s name out there internationally.” He went on to speak of how the USPP program is a great way to put Marist on the market in terms of increasing international student’s interests. Marist would like to expand its diversity on campus in hopes of creating a more dynamic community working together to achieve excellence. The entire admissions office is excited especially about the pool of incoming freshman for the coming year, as well as the students who are currently thriving on campus.

As a freshman here at Marist, I personally had no idea about this program or the awesome students as well as faculty who have immersed themselves in American culture at Marist College. It is important to note that Marist also employs faculty from China who are also part of this program. The students who are a part of this program fully take advantage of their opportunities in America, a sophomore named Song Wen Tao or ‘Lucas,’ fell in love with Marist because of its proximity to the city and his love for fashion. He knew the fashion program at Marist was great, and through talking with the amazing Admissions office he made a decision he does not regret. Living in a new country can be intimidating, but Lucas proves that the USPP program was one that he hopes his friends back home in China will try. The goal of

U.S.-Sino Pathway, is to help Chinese families make informed choices and to increase readiness for the American experience. These students are impacted by coming to America, and here in America as their fellow peers we are impacted by their own culture and ideas brought to our country. While there is no program set up for Marist students to study in China like USPP, Marist students are encouraged to study abroad with China being a destination option, It was an amazing experience learning about such a fabulous program that Marist is planning to expand as the applications increase in future years.

An Inside Look at the FYI Program

**Stephanie Graiss
SUNY New Paltz**

Coming into college, most people are nervous about living in a new place, making new friends and getting adjusted to their new life away from home. Walking into a new place for the first time, not knowing anyone or being familiar with the area around you, is scary. College is an entirely new setting for people coming in for their first year and it is important for first-year students to have an option to live with other first-year students and get adjusted to the new environment. More students from all different campuses and universities have begun choosing to live in a living/learning environment for their first year at college.

The First Year Initiative program is a living/learning community that was developed, here at SUNY New Paltz. It was designed to better the first-year experience of the students. It allows first-year students to live in the same

building and take classes together in order to get better acquainted and adjust to college life. Many people might say that the program would keep first-year students from experiencing the true college life; however, it has definitely turned out to be a worthwhile experience.

Other students who are not in the program, often view it in a negative way. They think that the students involved in it need help socializing, because they cannot do it on their own, but this is not true. While the FYI program allows you to live with other freshman and socialize with them, it does so much more and definitely benefits the students that are in it.

Being in FYI, students not only have a Resident Assistant but also a Resident Mentor. Both of these people work with the students to help them in any aspect of college life that they might need. The extra support that both of these people provide the freshman students with really helps with the adjustment process of being in college. Some of their advice includes time management and about how to make a college career successful and fun.

The RM’s also put on several programs and we participate in activities that really make the experience helpful and enjoyable. There are programs for only FYI students and there are also programs for all students in Esopus that allow us to interact with everyone and get to know everyone. In the first semester, the RM’s had a program for FYI students at which they showed us how to register for classes and gave us tips on how to get all the classes we wanted. In the second semester, the entire staff put together a Super Bowl program that was a huge success in getting everyone together to watch the

game. Both programs contributed to the success of the FYI program and benefited the students in the program both academically and socially.

The program not only benefits students in these ways, it creates a sense of comfort and community among them. It is a way for students to be around the same people and feel comfortable in the environment. Our closest friends are the ones in our hall. We live together, take classes together and eat together. All of these things together create the sense of family that a lot of people have back home. Overall, I definitely do not regret my decision to be a part of FYI, and I would recommend the program to any incoming freshman. It is one of the biggest contributing factors to the amazing first year I have had here at SUNY New Paltz.

Campus Life: My Orientation Experience

**Renata Russo
SUNY New Paltz**

I was dreading getting out of my car looking at what felt like a million unfamiliar faces. I was so nervous to be at orientation and so nervous to talk to people I would be going to school with. Gage Hall, where all of us orientation students would be staying, was boiling hot and crowded with a sea of confused and frightened students. In Gage, I met my orientation leader (OL for short) who would guide me through my orientation experience and eventually help guide me through my freshman year. Our orientation session was grouped off into twelve separate groups. I was in group 12 with my OL, Brendan, who was so outrageously nice

and outgoing that he made me feel a lot calmer and less nervous about being there. There was a lot of work that had to be sorted out during orientation but there was also a lot of time for fun that was fit in.

All of the OLs helped us out a lot during orientation and even put on entertaining skits that taught us lessons, that as first year students, we would eventually need. The skits included lessons from how to deal with roommates, keeping on top of your schoolwork, and how to be accepting of all the new different types of people we would meet at college. Each skit was entertaining yet had an underlying message. The OLs also helped us pick our classes for the semester ahead of us. I was nervous because I wasn't sure which classes to take, but my OL helped me choose classes I was interested in and that seemed cool to me. It was fun to be able to make my own schedule and choose classes and time slots that I wanted. Along with choosing our own classes, we also got to choose where we wanted to live on campus in the fall. Choosing things for myself gave me the sense of independence and control over my life, which I really liked.

My favorite part of orientation was the lip-sync contest. Each of the twelve groups made mixtapes of songs they wanted to use in their skits. Then each group made routines and dances to the songs. The trick was to continually lip-sync along to the songs throughout the entire routine. We performed our skits in front of the whole orientation session and our parents. The skits were all entertaining and really fun to watch. My group ended up coming in third place!

In all, orientation was a very fun and informative experience. I learned about

many things that helped me adjust to college life in the fall. I met some amazing and helpful people during my orientation. I met so many friends and four of my closest friends here at college are people I met during orientation.

5 Top SUNY New Paltz Resources Students Should Know

**Enza Enea
SUNY New Paltz**

Entering college is a very huge step in life and sometimes it feels like you are alone. You don't have that support close by any longer, but you need to know that you are definitely not alone. Our campus has many resources available for whatever you need. Below is a top 5 list of resources that every entering college student should know.

1. The Student Union Building

Known to students as "the SUB," the Student Union Building is only building on our campus that is dedicated to students. The SUB contains several resources, which includes a food court, meeting rooms and common spaces to use. So, if you're trying to avoid Taco Tuesday at Hasbrouck, you can enjoy the different foods available to you at the SUB. If you're in need of books for your classes, the Campus Bookstore is also located here. School apparel, supplies, as well as snacks can also be found here. There are several offices located in the SUB that are important to students. Some of these offices include Dining Services, ID/Meal Plan,

and HQ at the Student Union. The HQ at the Student Union has employment opportunities if you're in need of some cash. So, whether you want to go out to eat with friends or find a job, you should definitely take advantage of the SUB.

2. OASIS and HAVEN

College can be very stressful to students. Whether the stress stems from homework, relationships, or a roommate, the Psychological Counseling Center is here to help those in distress. OASIS offers peer counseling and crisis intervention with students who suffer depression, academic problems, and other issues, and it is all confidential. HAVEN, also confidential, offers counseling to survivors of unwanted sexual experiences. Students can call and have the opportunity to speak with volunteers who are trained. Both resources also allow walk-ins.

3. Student Health Center

Feeling under the weather? The Student Health Center is where to go. It is open Monday through Friday from 8:30am to 4:30pm. During these hours, phone calls are welcome and the door is also open. It is located across Gage Hall; the round building. As stated on the school website, the health center's goal is "to begin a dialogue with students on how to make healthy choices in life with regard to diet, exercise, sleep, relaxation, interpersonal relationships, tobacco use, alcohol use, drug use, and receiving immunizations." Currently, for the Spring 2012 semester, the health center is offering free Gardasil vaccinations, for example. All you need to be eligible for their services is a Health Report and you need to be registered for classes.

4. Transportation

Need a ride to go home for break? The most popular mode of transportation is the Adirondack Trailways Bus Station. The schedule is posted online and you can buy tickets at the bus station or the SUB (which you should already be familiar with). The bus station is located on the corner of Main Street and Prospect Street, and it is quick walk from school. Students should also take note that the bus also picks up at designated locations on campus. If you need to get around town and don't feel like walking there is the New Paltz Taxi, Inc. that will take you into town for only \$5. It is available from 6:00 am-midnight. Just call 845-255-1550.

5. Orientation

Remember orientation? Probably the longest day of your lives, visiting buildings all over campus and forced to go to assemblies. BUT you must remember the one that led you to these places; your orientation leader. They are some of the most informed people on campus. If you're unsure about things or would rather speak to someone who is also a student here, ask them your questions, and they will do their best to answer them!

I hope this simple guide helps you on your journey through college. Just remember you're not alone. There are so many resources available to you on campus. Take advantage of them!

Hasbrouck: Hot or Not?

Laura Kopczynski SUNY New Paltz

If you have visited college campuses or even talked to current students, you have most likely heard a few horror stories about university dining halls. I am here to help you understand the complexity of the Sodexo empire here at SUNY New Paltz. Hi, my name is Laura Kopczynski, and I have sat through one too many meals at the predominantly Freshman eatery here on campus: Hasbrouck Dining Hall.

As a first year student, one is forced into the "carte blanche" (unlimited) plan. This eating schedule costs \$1,730 and allows students to come and go as they please throughout the day. This plan promotes the infamous "Freshman 15" more than helping students adjust to campus life. After the first semester, one can switch to a plan with 14 meals a week. This plan still costs \$1,730 but adds 200 dining dollars to your student account. Dining dollars allow students to eat in the Student Union Building where choices range from fresh sushi to slices of pizza. After the first year, you can choose from a wide variety of meal plans for different hunger levels. Hasbrouck Dining Hall while having enough meal plans to cater to everyone's needs, is lacking in many other areas.

First of all, I would like to acknowledge the hard work of the workers in Hasbrouck. I do realize they do not control the scheduling, the food selection, or most other issues at the dining hall. The employees themselves are phenomenal and really try to make

your eating experience enjoyable. With this being said, I would like to move on to a couple of issues I have found and discussed with my peers. As many of you know, classes begin at 8 am Monday through Friday. This seems like it would be an early but not terrible time for a class, right? Well, not if you want to eat breakfast! The kitchen opens at 7:30 which allows enough time to scarf down some scrambled eggs and run to the academic buildings. It is not a good way to start your morning. Luckily, there is an easy fix to this situation! If Hasbrouck changes the hours of open kitchen to a half hour earlier, students can enjoy their food instead of rushing. Another scheduling issue I have heard many students complain about is the weekends. Hasbrouck is open from 11 am to 8 pm on the weekends. Some students do not want to wait until 11 o'clock to eat breakfast. I personally have work at 9 am every Sunday but am forced to go elsewhere and spend money I do not have on breakfast, even though I spend almost \$2,000 for a meal plan. Scheduling at this dining hall is a major issue in the eyes of many SUNY New Paltz students.

Besides being unavailable, Hasbrouck Dining Hall is not a great place to eat for first-year students. Each and every day french fries and hamburgers are available in the kitchen for anyone to eat. This should not be a constant choice for students since a properly varied diet is proven to be the healthiest for growing adults. Another concern students have with the choices is about different main courses throughout the week. Soft pretzels and churros are served as a dinner which are both lacking in nutrition. Hasbrouck does not offer a large variety of foods for the health conscious. Pizza, pasta, and fried foods are available almost every day, but different vegetables are a rare

occurrence. I would like to see many different types of fruits, vegetables, and meats put out every day in order to get the vitamins and minerals one needs throughout the day.

Hasbrouck Dining Hall is a great place to meet other freshmen and socialize with the students here at SUNY New Paltz. I would suggest alternative scheduling and food selections to improve the quality of service at this restaurant. I do not think \$1,730 is a fair price for limited selection and a rigid time frame. In making these changes, Hasbrouck will most likely see a large difference in the amount happy customers. SUNY New Paltz is a great college, but as for dining options, it is much less than 5-star material.

It's Party Time

Nicholas Caponegro SUNY New Paltz

Formal events are an important part of every person's life. Weddings, proms, graduations, and many other occasions are formal events that most people take part in at some point or another. However, why should we limit ourselves to just a few of the most important formal dates? These types of occasions should take place much more often. Formal events are rarely hosted on campus so these types of events and they should be offered more frequently.

Although many people may not enjoy the hassle of dressing up and getting fancy, formal events actually turn out to be quite fun. Who wouldn't enjoy eating good food, spending time with friends or family, taking pictures, and dancing the night away? Not to mention, we all get the satisfaction of knowing that we are looking our best.

Formal events should be offered much more often on campus because it gives students another way to have fun, dress up, and go to spend time with friends. It also gives students the experience of attending more formal occasions so that later on we are more accustomed to and comfortable in a formal scene. Another plus is that there is also a possibility of meeting new people and making new friends. When getting dressed up to go out and party at a formal event, rather than going out to get drunk and party at off campus parties, some people may find it easier to meet new friends at calmer, but just as fun, formal occasions.

Some examples of these types of formal events on campus have been The Yule Ball and The Winter Formal. Both events were held as fundraisers to raise money for different organizations. The Yule Ball, held by a club on campus, Dumbledore's Army, raised money for The American Society for the Prevention of Cruelty to Animals (ASPCA), and The Winter Formal was held by the Residence Hall Student Association (RHSA), which raised money for MADD, Mothers Against Drunk Driving. Many people attended both events, which shows why more of these types of events should be hosted. Both events had catered food and a DJ. The Winter Formal also had a photo booth, which was a fun addition to the party. Both events turned out to be successful, providing a good time for those that attended.

As we can see, if many people attended the two formal events already held on campus, that if more events such as these were offered, people would attend as well. Formal events may not be for everyone, but for those that do enjoy such events, the campus is capable of hosting great formal events.

They give students that are interested a reason to get fancy and go with their friends to have a good time, and possible meet new friends as well. Formal events, primarily just for fun such as The Yule Ball and The Winter Formal, create good memories that students will never forget from their college experiences.

There is So Much More to College than Just Studying

**Marisa Scarpitta
Marist College**

Marist College definitely has no room for boredom with all the activities and events it has to offer. Many people coming to a new school for the first time may be apprehensive, because they feel like it will be hard to make new friends and get involved. Marist provides so many different activities, from trivia games to bus trips to the city. There is always something going on making it easy to try new things and meet different people.

The Student Programming Council, or better known as SPC, is made up of a group of dedicated students who plan and organize weekly on campus events. Some examples of the events are, the screening of popular movies on the weekend in the PAR, or Performing Arts Room across from college activities in the student center. Movies include Jack and Jill, Paranormal Activity 3, Hangover 2 and many more. The SPC is responsible for bringing guest comedians, poets and singers onto campus. They plan trivia nights, and bingo nights where students can take a break from their homework, have fun, mingle with new people, and even win

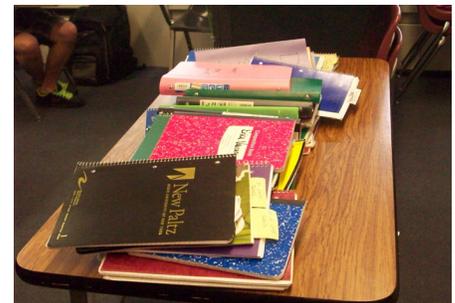
prizes.

They also plan twenty-five dollar trips to the city to see Broadway shows like Billy Elliot, Memphis, How to Succeed in Business, and even the Radio City Christmas Spectacular. Since it is such a bargain, tickets go fast, so it is important to get in line early. The Student Programming Council also plans the Fall and Spring concerts which are highly anticipated by many students. This year, the fall 2011 concert was 3OH3! The students enjoyed having a break from work to listen to a popular band perform. The artists are different every year, providing a variety of genres and music. The concerts are an excellent way for the Marist Community to gather together. The SPC sends out emails every week to keep students updated on the upcoming events that will be going on.

Marist College has a variety of clubs that are sure to pertain to everyone's interests. There is a great art club known as Red Ink. The club is a fun way to do different crafts including, bracelet making, pumpkin carving, tie-dyeing and origami; this club is perfect for all the artistic students. Dance ensemble is a popular club at Marist as well. Students choreograph numbers for all different types of dances. There is a Fall and Spring dance show to represent the hard work of the dancers. There are clubs for those who like video games, and even those who like adventures, like hiking and rock climbing. Clubs such as, Teachers of Tomorrow, Business Club, Marist Fashion Inc., Psychology Club and Math Club are valuable because they allow students in those various majors to interact, while getting involved in activities for the careers they are pursuing.

There is an activity fair during both the Fall and Spring semesters where there

are representatives from all the different clubs at Marist. The fair provides an opportunity for students to get a glimpse of all the available clubs and what they have to offer. By joining different clubs, students can meet other students who share similar interests, which can lead to new friendships. College is the time to explore and expand one's comfort zone, and being involved in the clubs and attending the events at Marist is a great way to start.



A College Experience

Avoiding First Year Clutter: Tips on College Packing

Anne Jacobs
SUNY New Paltz

When a first year comes to a college similar to SUNY New Paltz, it means he or she will have to live in a Residence Hall their first year. Living in a Residence Hall is a great opportunity to make friends and get involved in campus life, but it also means students have to fit a lot of clothing, books, and other living supplies into a small amount of space. There were also items I never would have thought have to bring, and had to run out and purchase my first weekend in New Paltz. Having dealt with this conundrum on my own and watching many close friends experience the same, there are certainly items that you should bring to college, and items that you should not bring. The following is a list of good ideas and tips for college packing for any first year student.

1. Buy A Planner: Time management is one of the most important skills you will learn in college. This can be a challenge for a first year because it means the only one in charge of staying on top of his or her schedule is his or herself. Getting a planner can help you organize class time, study time, extra curricular activities, and help you make time for yourself.
2. Bring Shower Shoes: Whether you are living in a corridor or a suite, you will be sharing your shower, often with people you do not know. To avoid picking up diseases like foot fungus, purchase a pair of shower shoes. These can be regular \$1 flip flops, but these

can help you avoid disease!

3. Buy Plastic Drawers: It is hard to fit your whole wardrobe into two drawers and a closet you may have to share. In purchasing plastic drawers, which can easily fit under a bed, you can keep more clothing in your dorm without the clutter. These drawers can also be used for holding books or food because there is not to much other storage space either!

4. Do Not Bring Your Whole Wardrobe: Having shorts and bathing suits is not necessary in the winter. To save yourself room, bring your warm weather clothes home over Thanksgiving and bring them back over Spring Break.

5. Silverware: Do not forget knives, spoons, forks, plates, and bowls! As a college student living on campus, you will most likely want to take breaks in your meal plan, which requires you have the right cutlery to make your own food.

6. Invest in a Mattress Pad: One of the most important things to college students is sleep. The mattresses in your Residence Hall probably are not what you are used to in terms of comfort. Bringing a mattress pad helps you sleep easier and makes it harder to feel the springs in the bad on your back.

7. Do Not Bring a Lot of Extra Books: Maybe one or two, but in college there is unfortunately not a lot of time for personal reading. Books take up a lot of space, and your textbooks alone will be a hassle to place. Try and bring books in one by one if you feel you can handle it.

8. Contact Your Roommate: No

one needs two refrigerators. Before purchasing or bringing anything big such as a television or a microwave, ask your roommate if they were planning on bringing one. Perhaps divide up the big things, allow one of you to bring a television and one to bring a fridge. More than one of any big item such as these takes up a lot of needed space and can be extraneous.

The idea of you first year may be a little nerve wracking, but going into it prepared is the best thing to do. Remember the amount of space you have and the amount of stuff you will be bringing, and you will do just fine.

New Paltz First Semester: My Own Personal Hell

Allie K. Dudas
SUNY New Paltz

If the title did not give it away, my first semester at New Paltz was not a happy one. During my first semester I was homesick to the point of tear almost every night. College was not looking to be such a great experience for me at all. Things did change a little but it took a lot of time for me to transition from home to school.

To begin New Paltz is over six and a half hours by car from my home town of Depew. Depew is actually a village inside a larger town called Lancaster which is in Buffalo, New York. One of the biggest annoyances with coming to a school full of people not from where you are from is clearing up stereotypes. I cannot tell you how many times I had to explain to people that Buffalo is not

negative seven year round, that cows and farms are not on every corner and most importantly that it is Western New York not Upstate New York. Oh and let us not forget my favorite one, when people ask how many Canadians I have seen, it is not like Canadians are an endangered species! Besides it is very difficult to walk through the mall and pick out whom is Canadian and who is not, so I could not even tell you how many I have seen. So having to clear up stereotypes was a big part of my first semester, but I assume that most people have a similar problem dealing with stereotypes. I do not really know what else I expected I knew that the majority of the student body was from Long Island so I knew I was truly going to be an outsider.

In addition the distance was horrible. It did not seem like New Paltz would be too far from home, but it was. It was even harder knowing that all of my friends were home together and I was here. Not a single one of my friends went to a school outside of Buffalo. My group of friends back home has been together all throughout high school so needless to say we are very close. On top of that at least one of my friends would be writing on my wall, tweeting me, or texting me every day telling me that they had something new to tell me or that they missed me; it was pure torture. I came to college knowing that I would have to make new friends and leave my old ones, but I had no idea how hard that would be. I do not think I will ever have friends like those that I have at home. That is not to say I will never have other close friends, just that no other friends could ever hold a place in my heart like they do. I honestly would not recommend going away to school without at least one friend to anyone. Everyone likes to see a familiar face and the transition

from high school to college is hard enough without having to do it alone.

Also, being away from family was a lot harder on me than I ever thought it would be. My mother and I have never been close, my brothers and I have drifted a lot in recent years, and my step-father and I are pretty much arch enemies, so I thought leaving them all would be easy. Needless to say I was wrong, I found myself wishing that my little brother was around annoying me and that my mother was here to yell at me, it was rather strange. In a way it was actually a good thing because me being away has brought me and my family members closer. I spend extra time with family when I go home now. Once they are no longer around you realize how much you love your family. In time I have gotten used to New Paltz.

I am not as homesick as I once was. Every so often I do still long for the comforts of home but not nearly as much as I did first semester. My suitemates really helped me this transition. They are not from Buffalo or anywhere that far but they had a few issues with leaving home too. They helped me get used to life with those I had always been with. Finding a good support system is the most important part of the transition. You need people that you can lean on when things get tough, people who understand what you are going through, and will listen to you as you complain about the same thing for the fiftieth time.

College is a time to create yourself and find out who you really are and that is difficult to do if you are stuck in the past. High school may have been great, your hometown may be where your heart lies, but college is your right here, your right now, and that is what needs

to be focused on. Feeling homesick is normal, but if you are homesick every day, like I was, you need to find someone to talk about it. Moving far away is a big step, but you can do it!

To Commute or Not to Commute That Is the Question

**Scott C. Kastberg
SUNY New Paltz**

College can be a stressful time for a student fresh out of high school. There are many decisions these students need to make. One of these decisions may be the decision to commute. When the idea of commuting is thought through, the decision to commute makes perfect sense. Students may commute to save money, or maybe they don't want too much of a change in their lives. However, the worst decision that I made was to commute to college.

Commuting does have tempting advantages. Commuters save money by not paying for room and board, especially if these students live close by, but with these advantages come many unforeseen disadvantages. For a student like me, living in a town thirty minutes away, commuting to college was torturous. The commute was an hour drive each day to attend classes. It was a terrible feeling to know that a whole hour of my day was spent driving in a car.

Students who commute cope with unneeded stress. When commuting, parents usually do not recognize that their children's lives have changed. They tend to treat their children as if they are still high school students. For

me, my parents left for work before I had classes and arrived home after me. They believed that I had a large amount of free time after classes, but most of this time was dedicated to homework. I cannot describe how stressful it was to have a full day of classes just to drive home and have a list of chores waiting for me.

Commuting can also deprive students from a social life. Even though it is possible for commuting students to become socially active at college, those chances are very slim. For me, I tried to be socially active through club activities. It partially assisted me in keeping a social life, but at the end of the meetings, I would hear people making plans for eating at the dining hall, or hanging out that I could not participate in

Eventually, the stress of commuting became too great. I told my parents that I needed to move on campus. Fortunately, I was able to find a dorm room in the middle of my first semester. After I moved, it was as if my problems were solved. I did not need to drive back and forth every day. I could spend time with my friends during my free time, and the only chores that I have at college are laundry and cleaning my room.

Commuting seems like a good idea in theory, but when it is put into practice, commuting can become something very different. I'm not saying that it is impossible for a student to enjoy going to college while commuting, but I am going to say that for me, living on campus has greatly benefited my college experience.

Students and Student Athletes

**Alan Siergiej
SUNY New Paltz**

You just got into college and are now nervous or excited, maybe even both. You should start thinking about everything you need to bring to college. Make a list of important things to bring. The first thing all incoming college students should try to buy is a calendar, white board, or a corkboard. Anyone of these items will be of huge importance to a college student in trying to stay organized. Students will be able to post due dates, daily to do lists, and upcoming tests. Being able to stay organized will allow one to stay on top of things going around one's schedule. Staying organized can help a student achieve higher grades because one will be able to plan a schedule of doing homework and studying.

Now that the college student has become organized and even set up a schedule for studying, one must now manage the rest of his or her time. If the student is an athlete, it is a little more difficult but do not be afraid. First, start off by finding out the practice time slot. Once that has been accomplished, one starts building around it. One can create a class schedule for the morning if one has a practice time later at night and vice versa. If one has a time slot in the afternoon, try and make a schedule for the morning. Now that the student has a class and practice schedule, it is time to make a study schedule. Now obviously one should use the remainder of the day studying and doing homework. The most important thing to do though is

to get a study group with either other athletes or other students in your class. This is important because if one does not understand the material and cannot make it to the professor's office hours, one can at least ask someone who is in his or her class. Weekends should be spent relaxing or spending time with friends. It also should be spent catching up on some homework or studying a little more for a test coming up.

Making a class schedule is important for a student's first year. A first year student does not want to make a difficult schedule the first year because one has never even taken a college class or has seen what it is all about. So for all first year students, especially athletes, try to make a schedule consisting of mainly general education courses. These are the courses one is required to take before one graduates. A big thing to remember is to not freak out over a bad grade on one's first exam, quiz, essay, or presentation. It comes with adapting from high school exams to college exams. So when making a first semester schedule, remember, keep it simple.

I write all of these important things for new students to remember because I lived through it all. I did receive a bad grade on my first exam. I was not organized and did not have good time management. I made a difficult schedule and did not have a study group. I made all of these mistakes in the beginning my first semester. However, I changed everything around towards the end of it and the beginning of the second semester. I avoided all of these mistakes now, except getting a bad grade on my first exam, and find college life a lot less stressful. Follow these steps, and one can fully enjoy the college experience and become

successful. One can only get better with practice, so why not start by doing the best that you can.

Learn to Love It

Melanie White Marist College

Growing up in a city centered on a huge university on the West Coast, I always wanted to attend a large university: that is all I have ever known. When it came time to make a college decision, I was waiting for schools to contact me about softball scholarships, and the best one I received was to a small, private school on the East Coast; the exact opposite of what I wanted. Everyone told me what a great opportunity it would be and what a unique experience I would receive. It seemed like everyone was more excited for me than I was for myself, especially my friends who were going to the big schools I wanted and living my dream.

I am currently not getting the experience I wanted like tailgating at 9 am for the big football game at 2 pm, seeing hundreds of people every day I have never seen in my life, and sitting in lecture halls of 200 people. There are not limitless options on campus, and people are not as friendly in the northeast. Talking to my friends makes knowing the experience I am missing out on even harder. The differences in the schools make enjoying where I am at difficult. However, the transition to the school is easier when I have a more positive attitude.

Learning to love my school is possible when I forget all my previous thoughts and do not compare my experiences to my friends' experiences. When you go to school, be sure of your decision

and go where you want to attend. If you end up not attending school where you first expect to, do not discount what experience you will get; both types of schools have positives. Small schools have a great atmosphere where everyone is friends, where your classes are more personal, and the given opportunity to adventure off campus. If you do not attend the school of your dreams, do not worry. Whatever school you attend will have something you will enjoy. There are plenty of opportunities at either type of school to meet new people, and make sure to take advantage of those opportunities. There are intramural sports and tons of clubs and activities that cater to many types of interests. There is of course the typical, meet people at parties, but if this is not your scene, do not worry. There are plenty of people who feel the same way.

An extremely important part of learning to love your school, wherever you go, is to get to know your professors and ask for help as soon as you need it. They understand and if you are making an effort to do well, they will be more likely to assist you. Professors often make or break classes, and depending on your relationship with them, it can make or break your college experience.

Whatever school you end up attending make sure to give it time and do not freak out too soon if it is not your dream school. You will learn to love your school and the best things to do are to be open minded and do not compare your friends' experiences to yours. Chances are your friends only tell you the really juicy stories anyways, and accept your experiences are bound to be different than expected. Whatever you do, keep a positive attitude and you will learn to love it.

Dormcest

Aryln Martinez Marist College

In college, the lifestyle for many students is to go to parties to dance, have fun, and often times, hooking up with random people. Now, there is nothing wrong with that and no one is to judge another's lifestyle. However, what happens when you hook up with someone who lives in your dorm, or on your floor? This is something known as dormcest, and like anything else, dormcest has its pros and cons.

The thing about most random hookups is that they are simply just that, random. While in the club, people may be under the influence and may be just looking for fun. While in this search for "fun", college students end up hooking up with random individuals. Usually, following random hookups students go their separate ways and often ignore each other thereafter. Since the other person is "random" and you do not know the person, it is easier to go your separate ways. But what happens when the person you hook up with lives in your dorm, or worse yet, your floor. Things can get very tricky from here on out. Usually, hookups in clubs do not mean much in terms of a connection. People often may feel awkward being next to or seeing a person they randomly hooked up with.

With this in mind, it is understandable why dormcest has its downsides. If someone lives on your dorm, or on your floor, the likelihood is that you will encounter them several times is high making it difficult to ignore that person or go your separate ways and seeing each other will be responsible for

many awkward moments. If someone lives in your dorm or floor, you may also have mutual friends who will only make things even more awkward. This is because friendships may be strained and the awkwardness will extend to the mutual friends as well.

However, if both parties felt that the hookup meant something, and are attracted to each other, some may say that in this case dormcest has its benefits. In this case, two people are attracted to each other do not have to travel very far to see each other, and it seems dormcest is not much of an issue.

Even this though, can cause problems. As mentioned before people living in the same dorm/floor will often have mutual friends. While things may be fine and dandy while the relationship is going well, what happens if a relationship goes sour? What happens when the relationship ends, especially on bad terms? More than likely you will encounter someone that person had a falling out with several times, which is not something anyone would like. This can lead to more problems, and if there are mutual friends involved, it can complicate things within a friend group. Dormcest can be that innocent bug or a dangerous epidemic spreading throughout campuses.

Establishing Relationships with Your Professors

**Melanie Walsh
Marist College**

Yes, everyone always hears college is

a lot more work than high school, but often students forget that and put their work off till the last minute and then do not perform as well as they hoped. After completing almost one whole year of college, I can confidently say college is a lot different than high school. You learn twice the amount of material in a semester, and the teachers do not seek you out if you are struggling. It is important to speak to them first if you are having difficulty or even just to make sure they know who you are.

When I first came to college, I started struggling in a couple of my classes, and I was getting grades that I was not happy with considering the amount of studying I was putting in for those subjects. After I had gotten the second bad grade, I realized I needed to let my professor know I am concerned with my grade, so he does not think I am okay with doing poorly and that I do care about my performance in his class. I also wanted to let him know how much effort I was putting in. After speaking with professors one on one, they really get to know you better as an individual and can help you with some study techniques or try to correct the mistakes you are making. Most professors are very willing to help improve your grades, and they will make the effort to schedule time with you to sit down and give you extra help.

Not only has speaking to teachers improved my grades, but I feel more comfortable now that they know me as a person, and I often speak to them about personal things or even plans for the future. Even though they are your professor, a student is able to have a strong outside relationship with them as well. Building a strong relationship will benefit a student greatly. The professor will see that you are putting a lot of time

and effort into his or her class and that you are not slacking off. By knowing a professor personally, you can let them know if you are experiencing some outside stress that may be affecting your work as well. Having them there at college can also act as a support system or aid as a guidance counselor. Also if you are able to establish a strong bond with the professor, he can be used for future recommendations when you are starting an internship or even your career. Even though approaching a professor or someone of higher authority can be difficult or scary at first, once you start a small conversation, you will realize they are not that intimidating, and they are always willing to help you out, so you are able to succeed. Make sure when you come to college to try very hard and form relationships with faculty and your very own professors. This will make your transition into college, which is a whole new environment, that much easier and less stressful.

New School, New Friends, New Experiences

**Lisa Henry
Suny New Paltz**

At the start of my first semester freshman year, all I was focused on was trying to be best friends with my roommate and going to as many events that Tara Sestanovich had scheduled during welcome week and for first year Fridays. As much fun as I had, I felt like I had started to miss out on meeting new people and doing other things that I looked forward to doing on the weekends. I found myself spending more time in my room than I would

have liked. I loved the time that I spent with the people I call my best friends, but I felt like I had limited my friendship circle to three or four people, and I was ultimately missing out on my first semester college experience because I was focusing way too much time with the little friends that I had.

Over the winter break, I was talking to my friends at home, and I asked them for advice about my situation. They kept on talking about the amazing experience that they had their first semester, while I only had stories that revolved on what I did in my room. At that moment, I promised myself that I was going to enjoy spring semester so much more than fall. Also I promised myself that I would make more of an effort to meet new people and make new friends by doing activities outside of my room.

My plan to make sure I was busy with doing things outside of my room was a success, and this is how I accomplished such a task. I made sure I ate meals with different people each day to make sure I was spending time with more people than the usual four. Also, when I pass people on my way to class, or in my residence hall, I made an effort to smile and say hi to as many people as possible. It's really awkward in the laundry room, when all you hear is the washing and drying machines at work. So, I made an effort in the laundry room to talk to people I don't normally or usually talk to. Being that I joined the Relay for Life Committee and Emerging Leaders last (fall 2011) semester, I made more of an effort to talk to people there, and believe it or not, I made a lot of new friends by just doing that; by talking to people about similar interests or just the club in general.

So you might be wondering why I am telling you all of this. How does it apply to you? And what will you benefit by reading this article? Hopefully, you can learn from the same mistake that I made my first semester of my freshman year.

The big mistake I made my freshman year was sticking with the same people every day. As much as I love everyone I encountered, it had gotten a little boring after doing the same thing each and every day. I learned from this mistake by making an effort to meet new people and broaden my friendship circle. I learned that whatever you do in college is your experience and the choice is yours. Nobody has to tell you where to be, what to do, and when to do it. You're living on your own and the things that you do and the people that do it with you are your business and your business only. By being more open to meeting new people and by putting yourself out there, you can make the most of your college experience. Do not worry about what other people think of you because it's ultimately your decision and you are the only one that matters.

Tips on Getting Off to a Good Start with Your Roommate!

**Meghan Vumback
Marist College**

We have all heard the horror roommate stories: whether it's being sexiled, dealing with obnoxious habits or living with a kleptomaniac. The solution is simple: talk. Talking to your roommate before incidents have an opportunity to occur will prevent them. Because of all of the stories circulating regarding

terrible roommate situations, I am going to tell you the ten most important things to talk to your roommate about in order to make living arrangements as comfortable as possible:

1. Guest Arrangements—How do you feel about overnight guests of the same or opposite sex? How long could he or she stay? Do you have a boyfriend or girlfriend that will be visiting a lot?

We have all heard the stories. "My roommate's boyfriend is always in the room" or "I'm not going back to my room because they're probably having sex." Although this issue is probably more common than you think, it is also something that you could easily avoid. If you and your roommate come to an understanding and an agreement on significant others, you will not only feel more comfortable in your room—but you are going to encounter less awkward situations as well!

2. Sleeping arrangements—What time do you go to sleep? Can you sleep with the television on? Do the lights have to be off for you to be able to fall asleep?

I have had an issue with this topic personally. I go to sleep particularly early and my roommate is a night owl. At the beginning of the year I found her listening to loud music and watching movies which were distracting me from falling asleep. At first, it may be uncomfortable, but as soon as you address the situation, it will only get better. And that's what I did. Without hesitation my roommate threw headphones in and said, "problem solved!" Speaking up about my concerns made my sleeping arrangements better and I'm positive it will work for you too!

3. Schoolwork—Could you concentrate

with the television on? How about music? Do you see yourself doing schoolwork in the room or going to the library to get work done?

This topic is always a hassle because people like to do their schoolwork at all different times of the day. But whether you like to get it done at three in the afternoon, or three in the morning, school is important. If doing schoolwork in your room is most comfortable for you, but your roommate is always distracting you by talking, listening to music or the TV, speak up so that your grades do not suffer!

4. Spacing issues—Do you get annoyed easily? Are you a neat freak or are you messy? Do you get claustrophobic?

Spacing issues are always good to talk about. Some people can spend all day and all night with one person without get annoyed, but some people can't. It is good to talk about things such as this. And it is also always important to remember, it's not you! Everyone gets in bad moods sometimes, and you need to understand that you aren't the cause! In college, you can't go to your room if you want to be alone, because you have a roommate. It is important to give each other space and talk about what's bothering you!

5. Medical problems—Do you have any allergies? Do you have any issues that cause you to faint, sleepwalk, sleep excessively, etc.? Do you have diabetes or need to take physical injections or pills that I should know about?

Medical issues are important for your roommate to know. In case of emergency, discuss any health problems you may have with your roommate. This way, there will be no confusion

if one of you needs a helping hand or help getting to the doctor!

6. Room temperature—Do you like it cold when you sleep? Do you get hot/cold easily?

Room temperature is a bigger issue than you would think. Some people like it cold when they sleep so they can snuggle up and others like it warm so they can sleep without sheets. Either way, you and your roommate are in it for the long haul. Agreements on simple things such as room temperature can guarantee that you are comfortable in your room!

7. Pet peeve—Is there anything in particular that other people do that annoys you?

Pet peeves can be a big problem. They can range from cracking your knuckles to tapping your pen on your desk. But no matter what the pet peeve, ask and listen! If your roommate is easily annoyed, you will be sure to get on their nerves before you know it, especially if you do not know what they get annoyed with. Simple questions about cleanliness and personal issues will cause less stress living arrangements for everyone!

8. Personality—Are you a morning or night person? Do you have any shows that you would want to watch all the time? Would you want to be left alone when you are in a bad mood?

These personality traits can explain a lot about your attitude and mood at different times of the day. For example, if you are not a morning person, it would not be acceptable for your roommate to wake you up singing! Simple questions like this could avoid little arguments and make life easier for

the both of you!

9. Sharing—How do you feel about sharing school supplies, food, or clothes? Are you over protective of your stuff?

Sharing is one of the most important things to talk about. Are you going to rotate bringing cases of water? Or are you going to bring water for only yourself? Simple situations like this can give you a sense of what type of person your roommate is, and what you need to make living arrangements as simple as possible!

10. Night life—Do you go out regularly? Do you drink? How late do you stay out, and would you want to go out together?

Understanding your roommate's partying habits are important. If your roommate goes out every night, you need to know whether he or she is going to be drinking. It is also good to know if you are invited to tag along! These questions could bring you together as roommates and as friends!

As you can see, all of your problems can be answered with communication. So SPEAK UP. Talking to your roommate and coming to an understanding about all of these potential situations will keep you both happy. When you discuss these ten important topics with your roommate it is important that you are both honest and open with each other. If you keep each other's interests in mind throughout living together, you and your roommate are guaranteed care-free living arrangements for the year!

The Roommate Code: Do's & Don'ts

Taylor A. Rao
SUNY New Paltz

Roommates: one of the most nerve racking yet exciting word ever presented to a high school senior awaiting their arrival at college. Over the years, with each passing grade, students come back to their old town and tell exciting and sometimes even horror stories involving their roommates. Everyone in my graduating class seemed to be overwhelmed with excitement when it came to attending a university in the fall. I, on the other hand, was petrified. From the first submission of a college application, to the diploma being personally delivered on stage, I was shaken. Regarding myself, I was always self dependent and got home sick when staying away from my parents for more than two nights. Also, to add onto my list of what seemed to be inconveniences for dorming, were my obsessive compulsive disorder and anxiety. For the first couple of weeks, I was still testing the waters with my roommate and figuring out her basics. Thus far, in my freshman year, second semester, I am living peacefully and actually extremely happily with my roommate. A lot of first year students will definitely be frightened, but hopefully this article will lead you into a more comforting state of mind by providing you all with the do's and don'ts involving "roommate code."

One of the main issues revolving college life is the issue of studying and attending class. Even though my roommate and I get along perfectly well, our work ethic couldn't be any more different. I was always for working in a

quiet, peaceful zone and getting ahead of the game by starting projects and work much earlier than they were due. My roommate had a quite opposite idea which caused some tension. The do's involving studying definitely depends on the person, but finding a zone where you can work to the best of your ability is a necessity! Even if your work zones do not include your dorm, go the extra distance (literally) and travel to the library, dorm halls, lecture centers, etc. Your GPA will improve drastically, and you will gain better knowledge in a studious sense and a social sense. Attendance is also a key to college success. I found that in my first semester, my roommate would influence my decision on going to class or not. I would awake groggy in the morning and decide that my roommate looks so cozy in bed that I should do the same. Overall, when it comes to school work, try to compromise with your roommate and distinguish how your shared time will positively affect both of you.

Another issue surrounding roommates is personal schedules. Obviously you two will not be doing every single thing together and will most likely be on totally opposite schedules involving classes, recreation and other events. Figure out both of your systems and decide appropriate roommate behavior. At my university, the dorm advisors helped greatly in that department by providing questionnaires and roommate code of conduct sheets to help express ourselves deeply with one another. These schedules include going out, guests, television, music and cell phones. Each person is unique, and developing a mutual respect for each other will help gain the foundation for a peaceful living arrangement.

I have been told over and over again

that college is one of the best times of your life and to live everyday with the understanding that your future is what you make of it. If your roommate situation is not ideal, remember there are other alternatives that will make your experience at college appeasing. But for now, as you wait for that fateful first day of college, remember to take a breath and keep an open mind about your future roommate!

A College Life Without Alcohol

Dylan Babcock
Marist College

Alcohol, as I am sure you are aware, has become the focal point of many discussions in recent years, especially its use on college campuses. All too often you hear horror stories of what happened to someone while he was drunk; whether it was getting in a fight, drinking too much and getting sick, or worse getting in to an accident while driving drunk. Unfortunately I myself have a story that fits into this category, but first let me give you a little background information.

I was diagnosed with Type 1 Diabetes when I was about thirteen years old; for those of you who do not know drinking and diabetes do not mix well. As a result, I did not drink at all through high school, and it was not a huge deal, but when I arrived at college, I began to think, like most teenagers, that I was invincible and that while alcohol might be dangerous for other diabetics, I surely could handle it. Boy was I wrong!

One night I decided enough was enough, and it was time to give it a try. I woke up at about 4 a.m. in the hospital

across the street from campus with an IV in my arm. I only remembered bits and pieces of the night before. The doctor informed me that I had been transported here via ambulance with a blood alcohol level of .29; keep in mind this was not until a few hours after I had stopped drinking, so it was likely higher at one point. On top of that, apparently in my drunken stupor, I had walked out of the hospital while the physicians were tending to another patient; I drunkenly stumbled out of the hospital at around 2 a.m. in a t-shirt and jeans in the middle of November. I made my way down from the hospital, luckily not making any wrong turns and getting lost in the not so nice areas of Poughkeepsie, across probably the busiest highways in the city back to my campus. I had not made it to my bed before I heard a knock on the door, and to my surprise, there was a team of paramedics standing outside my door, even more surprising, they seemed to know me. One of the paramedics said that if he had to pick me up again that night he would be pretty upset.

My first night of drinking and I managed to not only be sent to the hospital, but escape as it were and be sent back again. This my friends is why I no longer drink I realized how much danger I put myself in and how many ways that night could have ended much, much worse for me. I have found it to be very nice just hanging out with my friends even if they are drinking and I am not, not to mention there are more than a few benefits to drinking. For example my friends often complain about how expensive it is, but that's not a problem for me, or how after a night of heavy drinking they tend to not feel so great in the morning, and last but certainly not least there are the serious health issues that are associated with binge drinking that I don't have to

worry about. While it can be tempting at times to drink with all of my friends, all I have to do is think about that night, and I am perfectly content with just going out as the sober kid.

Sexiling Do's and Dont's

Jeremy Mulvey
SUNY New Paltz

Your college roommate proceeds through the door one night, but not alone. He or she has brought someone back, and by the way they are acting towards each other, it is obvious that they want to be alone. Your roommate asks you, "Do you mind leaving for a little while?" Now, as a roommate, what would you do in this situation? Do you get mad at your roommate for suggesting that you have to step out without warning and say you won't leave? Or will you simply just leave your roommate to be alone with whoever he or she brought back? This happens to many college students, both female and male, at some point in their college experience. For some, the act of "sexiling" is a touchy subject, but others say, "I don't find a problem with it most of the time really." When a roommate is sexiled, however, their reaction depends on the circumstance at hand. Many things can be factored into whether the reaction is a positive one or a negative one. Things like: the other roommate's mood, the condition of the roommate and the person they brought with them, whether the roommate is working or not, and, what I find is most important from personal experiences, the relationship between the roommates. There are a few simple ways that I found to be effective that can bypass all of these problematic

situations.

Sexiling, by many, is frowned upon, and maybe for good reason. At times, it can be inconsiderate to the roommate being sexiled, especially if it is occurring on a regular basis. There are times when sexiling is just not appropriate, such as when one roommate knows the other is doing work for a class or when the other roommate has a personal problem. If you constantly put your own needs in front of your roommate's, and not just with sexiling, this can cause a stressful and unhealthy environment between you and your roommate. This can all be avoided however, just as long as you set up a system before-hand that both you and your roommate agree upon.

Personally, I think there is nothing wrong with sexiling, just as long as it goes both ways. If I do it for my roommate, I expect the same to be done for me and vice versa. As long as it stays equal, there should be no problem between roommates. Other ideas to be considered are putting out signals such as a tie or hat on the door. Using a dry-erase board or post-it and writing "busy" on it can also prove to be an effective method. Instead of your roommate coming back to the room, only to find that he cannot enter because you are "busy," which can also be inconsiderate at times, why not just offer a warning text. Asking your roommate beforehand if he or she can leave the room for a little while is a much more polite method versus kicking your roommate out. If you simply text your roommate before you come home, "Hey, do you mind leaving the room for a little while so I can have some privacy?" or "Hey, I'm on my way back with someone, do you mind if we could be alone?," establishes that you are not telling your roommate to leave,

but actually asking them courteously and giving them an option which shows you are respectful towards them. This could also strengthen your relationship with your roommate because you have established a sense of respect.

Just remember that to keep this sense of respect and a healthy environment, you must do the same for your roommate as he or she does for you. Following these tips of the spoken and unspoken “Roommate Code” can bring you and your roommate closer than before and leave both of you with a satisfied and happy feeling at the end of each semester.

Preparing For a College Roommate

Marisa Giannico
SUNY New Paltz

Getting ready to go away to college is probably one of the most intimidating and nerve racking experiences a person will go through. There is a lot of excitement that goes along with this process, but there are many fears as well. Going away to school is entering into a place of the unknown; a person does not have any idea as to what he or she should expect. One fear or concern that people have about going to college is getting along with their roommate. When two people are going to room together, it is difficult to know if you both are actually compatible as roommates. There are some cases where a person will room with a friend, but just because that person is your friend, does not mean that the two of you will be able to live with each other. By taking the time out to get to know your roommate, preparing to go

away to school will be that much more exciting because you will not have to worry about living with a stranger.

One fear about having a roommate is if you are going to get along with that person. If you are unable to get along with your roommate, or if you are not compatible with him or her, it can make your college experience stressful because you live in the same space. A person does not want to feel unwelcome or uncomfortable in his or her own room; your room is supposed to be your sanctuary and a place where you can relax. However, what people do not realize is when it comes to roommates, and even suite mates for that matter, it all comes down to respect. If everyone respects one another, there will not be any problems. A good idea is to talk about certain things that bother you, such as leaving the lights on when no one is in the room, so that both of you know what irritates the other person. Also, talk about habits that you may have. For instance, in the beginning of the school year, my roommate and I talked about what time we usually go to sleep. Fortunately, we both went to bed around the same time. However, if that is not the case, then the two of you should have a discussion about that and try to come up with a solution. Another good idea about how to get over the fear or concern you may have about having a roommate is meeting or talking before school starts.

If it is possible, you should try to get together with your roommate before school begins. That way, when it comes time to move into the dorms, you will know who your roommate is and he or she will not necessarily be a stranger anymore. My roommate and I met over the summer; we had lunch together, and then went shopping at a

mall. We did not even buy anything; it was simply a way to spend some time with each other and bond before we had to live together. This made moving into the dorm a lot more comfortable because we had already met each other and had spoken several times; it was not as nerve racking sharing a room, especially those first few days, which are usually the most uncomfortable. However, if you are planning to live with a friend, you will not have to worry about getting to know him or her, but there may be other concerns that go along with that type of living situation.

Some people plan to live with someone that they already know when they go away to school. However, that does not mean they should not talk about certain concerns they have; just because two people are friends, does not mean that they can live together. If this is the case, you should make sure that you can in fact live with that person; asking him or her specific questions will help you decide. For example, some questions that you could ask is what time he or she usually goes to bed, if he or she is clean or messy, and if he or she plans to go out more or less than you do. Questions like these will help give you an idea on what it is going to be like living with that person.

Getting ready to go away to college can be stressful enough without having concerns about getting along with a roommate. By taking the time to get to know your roommate, specifically in person, it can help you feel a lot better about your living situation. Also, if you are rooming with a friend, you should focus more on figuring out if you and your friend are compatible living together. In addition, you must always remember that your roommate will most likely have the same fears that

you do; therefore, it will not only make you feel better, but it will make your roommate feel better as well.

New Friends

**Anna Horrigan
Marist College**

Before I came to college, all I could think about was whether or not I was going to make new friends. It was weird to think about leaving all the best friends I had made in high school. Even as I was pulling out of my driveway, the morning I left for Marist, all I could think was who am I going to hang out with tonight or even better, who will I get dinner with? I was so nervous I would not make new friends.

Most of these worries ended right on the first day. Everyone was so friendly and welcoming. I had no problem meeting people and having someone to hang out with. After the first day, I had formed many great bonds. The bonds that I made within the first couple of weeks helped so much with my transition to college. Leaving home and my family was extremely hard for me and having a great group of friends to support me and be there for me, made everything a lot easier. I was constantly doing something with someone and was always kept busy.

As I was getting ready for college and leaving home, being homesick was always on my mind. I am extremely close with my family so I knew leaving would be hard for me. Making friends at college made everything a lot easier, and I was not as homesick as I thought I would be. Having friends in my residence hall greatly helped because it took away from the down

time I would spend thinking about my family, and how much I missed them. Forming friendships at college helps the transition tremendously and makes the college experience so much better. I do not know what I would do without the group of friends I have made. We are all always there for one another and know how to cheer someone up when they are having a bad day or missing home. Making a good group of friends at school can really provide you with many benefits. Not only are they there to cheer you up and support you but they can also help with schoolwork. Having friends that you can study with really helps. You can create study groups and help one another with things that you might be confused with. They also become a great source of motivation to get through the weeks when you have a lot of work. My group of friends has become my second family. I am so grateful to have formed these friendships and will forever cherish them. They have each made my freshman year more than I could have ever imagined.

I would recommend to all students going away to college to be open minded about coming to school and meeting new people. Making new friends will make the college experience so much better. It also helps to have people around who can help you when you do not have your family with you. Adjusting to college can be a little scary and maybe challenging at times but just remember that everyone around you is going through the same thing and it helps to be there for one another.

Agreements Make Things Clearer

**Yoana L. Duarte
SUNY New Paltz**

“Some people may not take the roommate agreement seriously” (Jack Ellis). This quote is part of a contract all college students who live on campus are asked to make. The roommate agreement is a paper that should be filled out together by the roommates rooming together. The contract asks questions concerning what times they can have guests, what times should be set aside for studying, when low background noise is allowed, the times each roommate will be expected to sleep, the times each roommate is expected to wake up, housekeeping, and pet peeves. In most cases, these agreements are taken as a joke because we tend to think that we trust the person we are rooming with, and it is pathetic to sign these agreements as if something wrong was going to happen. In reality, we do not know what will happen in the future. Towards the end, we will not tolerate what we did tolerate in the beginning. There are several things that not both roommates will agree to, for example who will do housekeeping, when will it be done, noise levels in the room, and what personal property is not allowed to be touched.

Agreeing with everything is not always the best idea. The roommates should set limits from the start because if they do not misunderstandings build up. A room is the place we should take care of because it is our home. This environment should be well maintained because who would want to live under

a dirty environment. Housekeeping is a must when it comes to college dorms. Most of us college students are busy with assignments, exams and have personal business to take care of; however, there should always be time to clean the place we call our home. Personally, I am a clean freak, and I feel that I cannot concentrate in a place that is dirty. That is something that I would write in a roommate agreement. Contract housekeeping should be divided and each roommate should contribute to cleaning the room. Housekeeping to me is important, and in my first semester as a freshman, I experienced problems in coming to an agreement about cleaning the room.

Not everyone has the same mentality. Each individual works differently and has different habits. Some students concentrate more with music while others need complete silence when doing school work. Whatever the case might be, each individual should be respected. It is very rude and inconsiderate if one roommate is studying while the other has music playing in the background. An agreement concerning when there should be noise in the room is something both roommates should agree upon from the start. Everything could be talked out, and in my case, I guess the lack of communication is what made things worse. I should have said something right away, the few times when I felt disrespected by the noise levels when I was doing homework.

The saying “what is mine is yours” does not always apply to everyone. It is hard to trust others with personal property especially in college when rooming with a complete stranger. Touching the personal property of others should not be allowed. It is not a problem to build

trust with your roommate, but in some cases, like mine being too comfortable and not setting barriers from the beginning leads to misunderstandings. Letting someone use something can become a habit therefore it could be allowed once but it should also be clear that it should not be a daily routine to borrow something.

Roommate agreements should be taken seriously because if a conflict ever shows up, you can always go back to the agreement and settle things in a civilized manner. It is very hard for freshman to find the perfect roommate. All the conflicts come from not agreeing with the same things or sometimes because limits are not set in the beginning. Stuff like house cleaning, noise levels and personal property are just some of the things that should be talked about with your roommate. There is nothing worse than having conflicts with the person you live with. The roommate agreement is a type of peace treaty that helps roommates get to know each other and also helps them understand what to expect living with another person. If taken the roommate agreement more seriously, I know I would not have the problems I am facing now. However, we learn from our mistakes and everyone should learn to take these agreements more seriously.

The Commuter Experience

Connor Morabito
SUNY New Paltz

Lets face it- college can be expensive; tuition, books, room, activity fees, and board all go into a college experience.

At SUNY New Paltz, the room and board alone cost more than the price of tuition. There are many ways to save money, helping to offset the additional costs of college but not many people consider staying at home and commuting to school as a means of saving money, and some believe that commuting is only for community colleges. However, this can be an excellent way to save more than half the cost of college, and keep your hard earned money, allowing it to be put toward other things or to reduce student debt.

According to the CollegeBoard, the average student who attends and graduates from a public college does so with around \$22,000 in student loan debt and that number jumps to over \$28,000 for private institutions of higher education. When you remove \$10,000 per year in room and board savings and add in some minor additional spending on things such as car maintenance and gas, a student can easily reduce their spending by enough to offset or eliminate their debt altogether. Commuting to school is a great way to save some money and reduce your debt at the end of your college career.

Some may say that finding parking can be difficult. This is true, but only if you have bad timing. Once you get the timing down to find that perfect spot, parking is a breeze. This can sometimes lead you to class a bit early but it can also allow some extra time to ask the professor questions or print out assignments before class begins. One thing that is often brought up is the commute itself. While students who live on campus may only have a five minute walk from their dorm room to a classroom, commuters may have to travel over an hour to campus.

Driving an hour each way, several days a week, just to attend school can be an annoyance, but the potential savings can make it worth the travel.

As a commuter, some experiences are different than living on campus. There is no roommate, you still have to listen to your parents while at home, and you may find it more difficult to attend on campus social events. If you live close enough, making the effort to stop in for social activities is a great way to connect with on campus students. Commuting students have rules too such as when parked on campus they need to remember to hang their parking pass to ensure an officer doesn't issue a ticket while they are in class is a big one. It doesn't make for a good day when you return to your car to find a parking ticket on it because your hangtag wasn't readily visible (but still in the car).

Overall, being a commuter is a good way to transition from high school to college. You still get to live at home like you did in high school but you are also given more freedom and responsibility than previously. If you're a student who struggles any time you enter a new school, this transition could be a great opportunity to save some money, transition more slowly, and do better in school. Overall, commuting is an idea more students should seriously consider.

Adapting to a New College Experience

John Wigand
Marist College

While high school students decide on where they would want to go to college and live for the next four upcoming

years of their lives, there are many factors that come into play. Some major factors students need to worry about is if they feel comfortable being away from home, making new friends, living under different conditions, and if they will like the school in general. Some students believe the college they choose ends up not being the best fit for them relating to their chosen career. These students will have to go through the process of finding another school and transferring to make their college experience better.

There are two different types of transfer students; there are the students who go to a college and plan to transfer, and the students who go to a school and end up transferring because the school is not the right choice. No matter why it is that a person transfers schools, there are many changes and challenges that come from transferring and adapting to a new school. Some different challenges that new students face after transferring are trying to make new friends again, adjusting to different types of networks and teaching patterns, learning the new campus, and learning campus functions. While these students are adjusting and having to worry about all these different factors, they will also have a heavy work load because they are now adjusting to the second semester of freshman year, when more is expected of students than in the first semester. Being a transfer student puts a lot of pressure on this person mentally, and it is very stressful.

Finding a school for a second time can lead to a lot of work leaving the old school and being hesitant about if the new school is better and more fitting. Some people even are too hard on the new school and end up not even giving the school a chance because they have

already been let down once before or had a bad time at a community college.

Transfer students usual have a whole different situation coming to a new school, then other students, they do not get to pick their classes until after everyone else, and often they are left with not the best choices. A transfer student may already know a few people, or he may know no one, but it is still hard to work into a group of friends because the group is already established and outsiders are not always welcomed. If a transfer student feels that the school is a better fit and that they will give it a chance, they will end up having a better time than they did at their old school and have a great college experience. Being a transfer student is a stressful process, but it is worth it to get the best college experience possible if you weren't already. While it may be hard to fit in and learn a new school, if you put your mind to it, the experience will most likely be better than that of the past. Fitting in and becoming familiar will be easy if you give the school a chance and surround yourself with people that you would fit in with and like to be around.

My Unexpected Meltdown

Rebecca D'Antuono
Marist College

I always wanted to leave home and go away to college. I had worked very hard for my grades in high school and always stayed involved so that I would have a good shot at getting into a good college. I applied to a few colleges and ended up choosing Marist as the college for me. There was no doubt in

my mind that I wanted to continue my education, and to me that meant going away to a school and learning to live on my own. I did not believe that it was good for young adults to stay home in their comfort zone with the same kids from high school and their familiar homes. I believed whole-heartedly that I was ready to grow up and go away to college. Unfortunately, I did not know myself very well.

My whole life, I had always thought that I would go away to college, meet many new and interesting friends and love my new life immediately. My first semester at college did not live up to this expectation. Two days after my parents dropped me off, I was begging them on the phone to come pick me up. My homesickness was more overwhelming than it had ever been in my entire life. I felt like everyone on campus had friends already and I had no one. I also missed my family more than I had ever before. I was having extreme separation anxiety and had to call them multiple times a day. Everyone kept telling me, "Give it more time." This was something that I was very reluctant to do. The only thing I wanted to do was to go home. I was begging my parents to let me go to the community college and live home. My friends and family were sending me cards and calling me telling me that everyone goes through this and that it would get better. Although I knew that they were most likely right, I could not stop myself from being upset all the time. On top of all this, I was putting so much pressure on myself to love college. I thought, "Everyone else loves college, why can I not love it?" I had vowed that I would not return to Marist for my sophomore year.

I believe that I had this experience because before college, my friends and

I had built up the idea of college to some sort of utopia. We all believed we were going to make great new friends and love being on our own. We were so excited that we were making it something that it could never live up to. It was unrealistic of us to think this way. It takes time for people to make great friendships. It also takes time to get used to new adjustments.

My extreme homesickness ended by the end of my first semester. I had a few rough patches after that, but they were nothing compared to my experiences during the first semester. I was not prepared for this type of reaction at all. Needless to say, I returned for my second semester at Marist. My parents convinced me to give it another shot since I ended the first semester on a good note with good grades. During the second semester, I found a group of friends that became my family, I learned what to expect from college classes, I began dating a boy, and suddenly I was enjoying school. No one was more surprised than me by these positive events.

This experience really taught me about myself. I found that it could take time to adjust to new life situations. Personally, I found that it takes me a little more time to adjust than other people. I also realized that my family really is always there for me. We became extremely close through my struggles and it became obvious what an amazing family I had. I learned to appreciate all of my blessings.

It is important for future college students who are leaving home to realize that the beginning of college may be absolutely amazing, but it also may be extremely difficult to adapt to. It all depends on the type of person. There is nothing wrong with feeling

uncomfortable in the beginning. Freshmen college students make one of the biggest adjustments in their lives when they leave for college, even though many of my family and friends told me this to try and comfort me. The important thing is to give the new adjustment some time. Some people may decide it is not for them, but others may learn that it is the most fun and exciting time of their lives. Either way, students will learn about themselves and grow. Even if a student does not end up staying at college, it was a courageous act to try it in the first place.

Talk To Me!

Matt Mailloux
SUNY New Paltz

A major cause of a lot of problems within relationships is the failure to communicate. As college students, surrounded by a large number of people within our dormitories, this becomes even more evident, as we must learn to live with people we may not be familiar with. Between my girlfriend and I, we have experienced this phenomena a number of times already.

Before we started dating, we were a part of a group of friends who seemed to be filled with fun and nice people. We would hang out with them often and have dinner with them whenever we could. Once my roommate started dating one of the girls within the group, our friends stopped coming into my room to hang out. My roommate and his girlfriend spend pretty much every second of every day together, so that pushed our friends away from them. On top of that, my roommate and his girlfriend are not opposed to public

displays of affection, and this makes people feel very awkward.

Following up the eventual distancing between my girlfriend and my friends, we began to hang out alone together a lot more. The more time we spent together, the less it seemed our friends wanted to be around us, as if they thought we would follow the same road my roommate and his girlfriend were currently on. Whenever we asked if they wanted to have dinner with us, they responded, "I have plans with other people," and every time we told them we didn't see them much anymore, they simply said, "I'm busy."

Eventually we stopped asking them if they wanted to hang out at all. It became very awkward whenever we talked to them after that. This went on for a few months, until my girlfriend finally asked one of our friends - let's call her Helga for the sake of the article - why she stopped talking to us at all. Helga did not really give a straight answer, but after my girlfriend asked her a few more questions she only mustered "I don't want to be a third wheel." This made no sense because Helga always surrounded herself with a good amount of her friends. My girlfriend and I still don't know the true reasons behind the squandered relationships we once had, and spent a few months talking to each other and wondering what the deal was.

Another example of bad communication exists between my roommate and I. I'm going to use fake names to help explain the situation. When my roommate, Derrick, first started dating his girlfriend, Teresa, he used to sleep with her in my room overnight constantly. Teresa was in the room 24/7, and it started to feel like living with a married couple. It was

an extremely frustrating situation for me, but I held it in for a long time. I told people I knew more times than I can count, "where is their common sense?!" It was not until around November that I confronted my roommate, however timidly, about my feelings. He was very nice about it, and it stopped for a while, but since then, it seems like new frustrations pop up all the time because of Derrick and Teresa's actions. I'm not the type of person who likes to confront people, so it's hard for me to do so when I have a problem. It has become very clear to me that my roommate no longer even puts thought into whether or not what he does with Teresa in our room irritates me or not. Yet, such a situation could probably easily be fixed with some communication.

These are just a few situations in which better communication would help immensely. I urge future students and those facing relationship problems right now to let those causing frustrations know what is going on. People cannot read minds, and some lack even common sense. Therefore, they need to be told exactly what is wrong to understand. Do not become stressed when dealing with a dilemma that could be solved with some good communication. There is no need to be afraid or nervous about the response of the person with whom the conflict lies. The least that can be done is to make them aware of the conflict, and if a problem persists, speak up!!



Dealing With Daddy

Sarah Davis
SUNY New Paltz

Since the day I was born, I've been daddy's little girl. My only sibling, an older brother, was definitely drawn to my mother's presence more than my father's, so naturally, I became the apple of my father's eye. This was extremely beneficial when I was younger; my father would side with me in arguments, give me the last cookie and would let me get away with things that my brother never could. I had my father wrapped around my little finger, and I loved it. That is until I started looking at colleges and started talking about leaving home.

My father would tell me over and over how much he was going to miss me. I felt awful for leaving him, and when he drove away after dropping me off the first day of school, I was heartbroken and felt so guilty. Soon I found a pattern that began to develop as my father would call me multiple times a week just to see how I was doing, or to update me on the goings on at home. These phone calls just deepened my feelings of guilt and heartbreak.

Cases of parents missing their children when they go off to college are not uncommon, but even though it is nice to be missed by someone, it can also be inconvenient, bothersome or just plain embarrassing to have a parent who needs to be in constant contact. The problem is how does one deal with a parent who reacts like this? How do you tell the people who raised you and who will always love you, that they're being overbearing and you don't want to talk to them every day? Well, here a

few solutions to this problem:

My brother preemptively took care of one problem for me when he decided, with my parents, that Sundays would be his day to call. He could then relay the conversation to my parents. Establishing a time with your parents to call during the week is a great way to keep them from calling every day at any time. When your parents reach for the phone to call, they'll remember that in a day you will be calling them and hang up the phone. While these arrangements work for me and my parents, some parents may want to talk to their children more often like twice a week or only once every two weeks, so discuss calling arrangements with your parents before you leave for school.

While my father does not intentionally try to make me feel guilty, every time he says goodbye to me on the phone, I can hear him get sadder with each passing word. Although this is painful, I remind myself that not going way to school would have robbed me of the opportunities and experiences of living away at college, and that ultimately, my parents, who worked so hard to get me here, just really want the best for me.

So find ways to make them feel appreciated, such as when you go home for breaks and all your friends are home, refrain from immediately leaving to hang out with your friends. Instead, have a family dinner with your parents before heading out. Many times I have gotten so caught up in the conversations at the dinner table that I ended up being late to hang out with my friends. While at first you may be reluctant to stay in with your parents (even if it is just for dinner), it may turn into something you enjoy!

With these suggestions, a college

student can easily change unwanted embarrassments and bothersome actions caused by their parents. But of course, it's always smart to approach these topics with caution as parents can easily be insulted or get their feelings hurt. Following these tips will ensure that, as Vonnegut would say, "everything was beautiful and nothing hurt."



Special Feature

A Rumble on Tumblr: Youth Rise Up to Propel the Change They Want to See

**Zameena Mejia
SUNY New Paltz**

When the public decided to take a stand on the Occupy Wall Street movement and fight against the government plans for Internet censorship, hundreds upon thousands of bloggers took to social media to make their voices heard. Of all the social networks and multi-platform media sites, young and old citizens alike have taken to the blogosphere of Tumblr. Today is always the day for change, and here are a few of the ways that Tumblr users have worked their blogs for the better of the world.

In August 2011, the phrase “We Are the 99 Percent” came to surface on a Tumblr page, alluding to the majority of the American population who have faced the consequences of the 1 percent of the population who hold a majority of the nation’s wealth. The Tumblr page consists of photos from different people each holding up a piece of paper with their stories on it, each story ending with “We are the 99 percent.” With the cause taken to the streets in the form of the Occupy Wall Street movement there are many stories which deal with people well past their twenties speaking out, but this is a movement college students should especially keep track of. With a lack of job openings and a surplus of students falling into debt because of

student loans, it should be the job of the college student to assure something is done to distribute wealth and create opportunity for their future selves. From the photos on the “We are the 99 percent” Tumblr, to those taking the Occupy movement to the streets, people know the growth of the next generation begins with this one.

On November 16, 2011, Tumblr along with Mozilla, Google, Free Press, and many other Internet companies participated in American Censorship Day by placing black banners on their logos which read “STOP CENSORSHIP.” This effort was made to show the government that these Internet companies’ users will not put up with being censored in the place where they should have the most freedom of speech. Although the Stop Online Piracy Act-- better known as SOPA--is well-intentioned, the fact that it would give the government the power to shut down websites outraged many. In many respects, SOPA is violating the First Amendment by removing freedom of speech, a right that youth most identify with and desire. That same day in November, Tumblr and its users generated 87,834 phone calls to United States Representatives in a collective effort to protect the Internet.

From small-scale movements to help end bullying, to large-scale movements to protect their rights, people have come to learn the power behind popular social media like Tumblr and Twitter. Though many use Tumblr for recreational purposes, the site can help bring revolution to a world in need of change. With the way youth have become audacious enough to use their resources to support their beliefs, surely this won’t be where their voices stop being heard.

Fundraising: How to Get Involved With Humanitarian Causes on Campus

**Jacob Yoder
SUNY New Paltz**

If you are someone who wants to do some good for the world and help others, fundraising for humanitarian causes is a great way to make a difference. Whether you have participated in fundraisers in the past, or if you are interested in doing so for the first time, this article will provide you with information on how to get involved, how to find worthwhile causes, and some effective methods of fundraising, particularly on a college campus.

The first and most important step is finding a cause that you are truly passionate about. Think about local, national, or global issues that appeal to your interests. There are all kinds of causes out there that are worthy of devoting time and effort to, so try not to get overwhelmed. Be sure to find something that calls to you, something that you feel is important and is aligned with your personal values. Do some research on non-profit organizations, or get in contact with organizations in your community or on your campus. There are many groups devoted to different issues, and some deal with many different causes. Find the contact information for these organizations and begin going to the meetings. If you have something which you are already committed to, you can always start your own club or organization and begin finding friends and connections who will join you and give their support.

The Positive Things We Do

Simply gather a few people together and apply to start an organization. Once you have started an organization you can advertise by making fliers and a facebook page in order to start recruiting new members!

There are more sources of support around you in a college community than you might think. Places, organizations, and people you can branch out to are in abundant supply. In fact, one could argue that a college community is one of the best places for an individual to seek support for humanitarian causes. Once you are committed to something, start seeking support from others. Branching out is by far the most effective way to raise money. Think of it this way: if you ask someone for a contribution and they donate, that's good. However, if you can recruit another person to support you and start asking people for donations themselves, it will double your results because you now have two people advocating for your cause instead of just yourself. Speaking from personal experience, this is by far the best approach.

My own fundraising endeavors as a first year college student have proven to be much more effective than I thought. I was surprised at the amount of support I received, and the variety of resources at my disposal. Since I had to figure it all out step by step along the way, my personal story serves as a good guideline for where to go, what to do, and who to talk to. Before coming to college I had no idea who I would be able to go to for help, but once you start the year, it doesn't take long to get comfortable and figure out how things work. By my second semester, when I started my fundraiser, I had a vague idea of where to start: my residence hall staff. What I am doing is raising

money for an organization called "Young Heroes," which raises money for orphans of the AIDs epidemic in Swaziland, Africa. I did the same fundraiser last year in high school, and over the summer I went to Swaziland for two weeks after raising as much money as I could. Many children there have lost their parents to AIDs, and it is causing a huge crisis in the country. These are children who deserve a happy life but have been dealt very difficult cards. It was an unforgettable trip, and it left me even more motivated toward the cause. I am now in the process of raising money again, and now that I am in college, it has been a different experience. I started out with just myself, doing everything I could to ask friends for donations or to ask their parents to donate. However, I soon found a lot more support on campus. First, I talked to my RM (resident mentor). All I had to do was create a simple powerpoint explaining the cause, and after showing it to her, she had my back 100%. She then spread the word to the entire residence hall staff, and they helped me come up with fundraising ideas and programs we could potentially organize in the building and on campus. That's when things started to pick up. I went on to meet with many organizations in the coming week, including Circle K International, RHSA (residence hall student association), Relay for Life, and my Hall government. Before I knew it, I had an overwhelming amount of support. With their help, a lot more fundraising has been possible, such as a door to door bottle drive in the residence halls, which is generating a significant amount of revenue from the 5 cent returnables we collect. This would not have been possible without the help of my hall staff and hall government!

By looking for these types of resources and simply sharing your cause with them, you'd be surprised at how much help you can gain. Start with the closest people, like your hall staff, then branch outward and try to join forces with as many other people and organizations as possible. Soon you will have multiple fundraisers going on at once and the donations will be flowing in. The best part is, once you have someone on your side, they will take it from there and take some of the stress off your shoulders. As a team you will be able to rake in more donations than you could have alone, plus it's not as difficult to fight for your cause when you have support from others.

Sports and Tumors

Sarah Lembo Marist College

Thousands of children are diagnosed with brain tumors each year. Many of these children are very young and become discouraged while in the hospital. A little girl by the name of Jaclyn experienced this when she was only nine years old. In 2004, she was diagnosed with medullo-blastoma, which is a malignant brain tumor. While undergoing her treatment, she was inspired by a picture of a woman lacrosse player on the wall of the hospital.

In 2005, Northwestern University's Lacrosse coach was told about Jaclyn and the struggles she was going through. This lacrosse team adopted Jaclyn, and they began to play for her. This brought Jaclyn much happiness and in turn, had a positive effect on her health.

After seeing this positive experience

that Jaclyn had and realizing how it helped her recover, she wanted to provide that same experience to other children suffering from various tumors in the hospital. Jaclyn and her parents decided to make a difference and create a foundation that would allow children suffering from pediatric brain tumors to have the support of a college sports team, like Jaclyn did.

In 2005, her parents, Denis and Lynda Murphy started The Friends of Jaclyn Foundation in order to improve the quality of life for children suffering from pediatric brain tumors and their families. They showed these children and their families this inspiration through pairing each child with a college athletic team. Through this adoption process, the relationship between the child and the sports team involves text messaging, emails, phone calls, Facebook and Twitter postings.

This foundation has grown to having over 300 children being adopted by over 20 college sports teams throughout the whole country. More than 1,000 schools are on a waiting list through the foundation to adopt a child. This foundation has grown through their nationwide recognition. This recognition has even reached Marist College! The women's basketball team at Marist College adopted a little girl named Nina who suffered from a pediatric brain tumor as well.

The Friends of Jaclyn Foundation also plays a part at Marist College through one other very important and exciting fact. Jaclyn, the nine-year-old girl who started this amazing organization, will be attending Marist College in the fall! The campus community is so excited to have such a strong young girl become part of the Marist family.

Through their hard work and media coverage, The Friends of Jaclyn Foundation has enhanced awareness of pediatric brain tumors. It has also shown children and their families that there is hope and people who truly care about the health of these children. This organization is a model of inspiration to anyone, regardless of who you are or what struggles you are going through. Each and every one of us can use this foundation as a model of hope and encouragement towards others through their struggles and hardships.

Changing the World One Child at a Time

**Gregory P. Miller
Marist College**

In a world that is plagued by war, terrorism, disease, and economic strife, it is easy to develop a pessimistic view of the world. This is extremely sad because there are so many good things happening in the world that go unnoticed simply because they are not "good television." People are more focused on the bad things happening in this world than the good things that people are doing. The Harlem Children's Zone is a program that does the opposite and helps make the world a better place.

The Harlem Children's Zone was originally started in 1970 as the organization Rheedlen. It was established as a program to help counteract truancy because truancy is a large problem in certain areas within the city. Although the organization began in 1970, it did not really pick up until the early 1990s with its

establishment of the Countee Cullen Community Center, one of the first in Harlem. It offered many different services and activities that students and families could partake in after school, on weekends, and even during the summer. In an effort to help keep public schools safer, they even started a Peacemaker program that placed AmeriCorps participants in the classrooms with the students.

In the beginning, the Harlem Children's Zone was only around 24 blocks, but today the zone has expanded to around 100 blocks. It also now includes programs that follow students all the way through college. They even provide programs to aid the children's families. The Baby College is a nine week program to help expecting parents and parents of children up to the age of three, which teaches them good parenting. The Harlem Gems is an all-day pre-school program that gets children ready to enter school and starts to teach them English, Spanish, and French. The main part of the Harlem Children's Zone is the Promise Academy, a charter school, has extended school day hours and longer school years to provide extra time to those kids who need it. In 2006, the Promise Academy added a health clinic to the middle-school building to provide free medical and dental services to the kids who attend the school.

The amazing thing about the Harlem Children's Zone program is that a majority of its funding comes from everyday people and the program completely free for the students. This alone shows how good the world can be because it is an anonymous person providing education to some child they do not know at all. That education they are providing also has

greater ramifications than most people see. The kids who attend the Promise Academy are starting to change their attitudes about education. They now feel that it is “cool” to be smart and believe that they are learning what they need to succeed in life. If the Promise Academy is able to change how students feel about not only education but about themselves, then anyone who donates or participates in the Harlem Children’s Zone are helping improve the Harlem Zone as a whole and also the lives of the people who live there.

The Harlem Children’s Zone program is helping to change the lives of many kids by providing them with an education which is immensely invaluable today. Although, the world focuses on the bad things like the ongoing war on terrorism or economic problems there are people out there looking to change the world for the better. The many donators and participants to the Harlem Children’s Zone are trying to change the world one child at a time.

The Race for Life Relay at SUNY New Paltz

David Manas
SUNY New Paltz

The annual Relay for Life at SUNY New Paltz took place on Saturday, April 21st, 2012 on the Old Main Quad on the SUNY New Paltz campus from 10am to 10pm. During the day, cancer survivors were celebrated, loved ones who lost their battle against cancer were remembered, and everyone fought back with those who are currently

battling cancer. Over 400 students and community members attended Relay for Life during which the Relay for Life at SUNY New Paltz club raised about \$3,000 for the American Cancer Society bringing their overall total for the year to \$24,000.

Hugo the Hawk, the SUNY New Paltz mascot, was also in attendance. Various student performing groups from the SUNY New Paltz campus performed throughout the day to keep everyone entertained. Groups such as Jam Asia, Culture Shock, Epic Glee, Absolute Acapella, The Sexy Pitches, the SUNY New Paltz Cheerleaders, and TBA Improv came by to perform. Instructors from the Zumba and Dance Groove classes at the SUNY New Paltz Athletic and Wellness Center led participants in mini-workouts to keep them moving. There was lots of food including bagels from the New Paltz Bagel Café, coffee and sandwiches from Panera Bread, cookies and drinks from Campus Auxiliary Services/Sodexo, pizza and salad from Fat Bobs and Rhino’s Pizza, buffalo wings from Buffalo Wild Wings. DJ’s from the SUNY New Paltz student run radio station, WFNP the Edge, volunteered to be the DJ’s for the Relay for Life providing hours of great music.

The support of many local businesses resulted in numerous raffle baskets that were raffled off throughout the day. Various gift certificates, coffee, and Relay for Life promotional items made up each basket. Other activities included face painting, root beer pong, a celebrity look-alike contest, and a bouncy house. Overall, it was an emotional day for many, but at the same time, a very successful one in the ongoing fight against cancer. More information regarding Relay for Life at SUNY New Paltz can be found

by emailing us at nprelayforlife@gmail.com or on our website, www.relayforlife.org/sunynewpaltz.



Works of Art



A Small Kitchen



Toilet

Comfort

*Art Work By
Kimberly Mara*

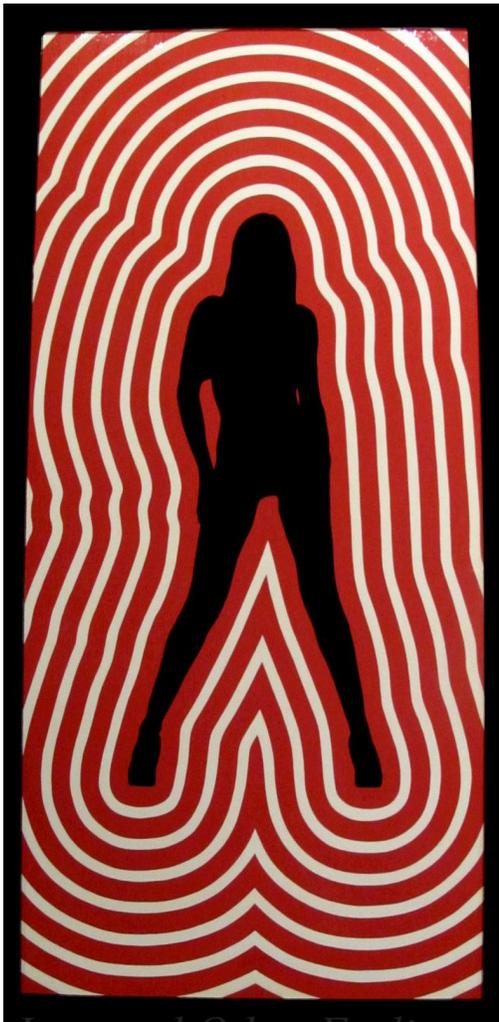
The Jali



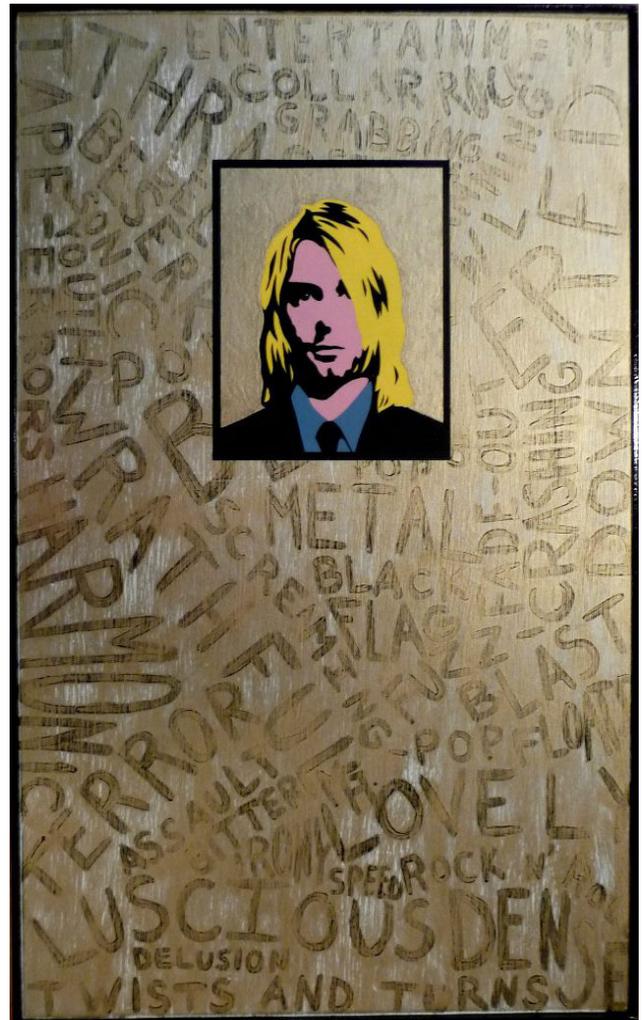
E_W_



By
Mike Hague



Lust and Other Feelings
Mike Hague



Gold Kurt Cobain
Mike Hague

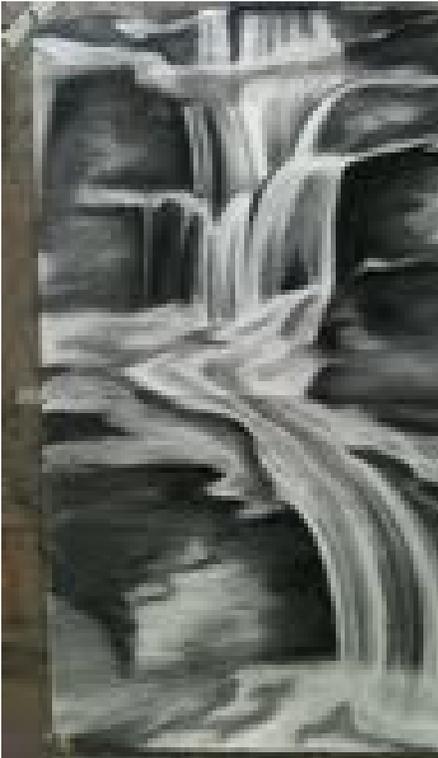
Untitled



Andrea
Austin



Untitled
Pia Wyss



Untitled
Kristen Lowe

Thunder

Meghan M. Walsh
SUNY New Paltz

The loud drums are all I can
Hear. I hide
Under the bed
Not alone, but with the
Darkness as I
Ever so slowly succumb to the
Rippling river of thunder and lightning.

The Kosmic Dance

Joshua Otero
SUNY New Paltz

Entered the door with a rifle in hand,
feet bare; move to walk from stand.
An arm is lifted, a finger retracts.
Multiple worlds are set to turn black.
When they awoke their entire world
was moving,
Colors doing, what they had never
before seen them doing
Kosmic energy, reaching visual
realization;
What has always been, is becoming
demonstration.
For so long they have had their wilds
silenced;
All it took was one gunshot to instill
metaphysical riot.
Breathe in through nostrils, air
permeates soul;
Vibrant transmissions circling around a
centerpiece.

Color! Color frenzy!

Moon reveals strongholds of a devil's
rebel.
Mind blown to proportions the previous

kosmos had not known.
What happens when you dance with
the chaos that grooves within?
Blown matter.
Conceptions questioned; some kept,
some shattered.
Love pristine,
Respects love in I, in them.
Once the great dance ends,
May you find you are indeed coupled
with all.

Abandonment

Ja'Lisha Higgs
SUNY New Paltz

Sitting there all alone, on the phone
No one is home, but her
The youngest house wife, who's not
even married
Yet, all she does is cook and clean
Sewing up the seams, of her little
brothers shirt
Getting hurt, poking herself with
theneedle
No one cares of any fatal damages that
may occur,
All they know is how to abandon her!

Keeping you locked in with no key to
leave,
Can't come and go when you please.
They treat you like you have a disease,
Or maybe you do!
The disease called. . .
ABANDONMENT

Untitled

Diana Metz
SUNY New Paltz

You and I
Two separate souls

Who both wish to attain the reason of
 why we exist
 Yes, as individuals, but also as a pair
 Suddenly our souls became one, you
 and I were
 One
 Your ideas became mine,
 My vocabulary seemed to be coherent
 with yours.
 You possessed my strength
 As I pulled you up from your lowest.
 You, the most powerful person that I
 knew,
 The one who possessed all my strengths
 Was the one who overtly made me
 weak.
 No you did not know. And still don't
 know.
 But that moment when you told me
 you loved me,
 I laughed and walked away.
 It was awkward, and never mentioned
 again,
 But I,
 Who feared the consequences about
 being together...
 Now,
 Realize, that I am in fact, in love with
 you too.
 You were someone who I grew
 comfortable around.
 Someone who became me. Me, who
 became you.
 But, June 29th, you disappeared,
 Longest week of my life...
 And boom, like a flash, you're back
 into my life.
 You were in a hospital and I picked you
 up.
 I was ready to mentally make you better,
 to care for you when you needed it.
 When your unreliable ex-girlfriend
 wasn't around, I was there.
 After you spilled those three words,
 I
 Need
 You,
 I ran for
 you.

I wanted to prevent what I feared the
 most, which was to be
 alone,
 With out your presence.
 But how could
 you
 do this to me?
 How can
 you
 do this to yourself,
 Your friends,
 Your family?
 We all love
 you.
 As you and I sat on that 30 story roof,
 Discussing, crying and comforting
 each other after your first attempt,
 I continue to ask myself,
 Why didn't you just call me?
 Tell me you need me again,
 I'll be out of here,
 To save you again.
 You promised.
 PROMISED.
 You promised me,
 As we both innocently looked into
 each other's eyes,
 Staring helplessly.
 I thought I saved you.
 And after you called me your angel,
 Now, you for me,
 Are my angel.
 As I look up at the sky after your leap
 of hope,
 I really hope you look over me,
 As I face this life alone.
 However,
 I'm glad you're not suffering,
 Glad you're not reliving those
 experiences again...
 Just know when I look up at those blue
 skies,
 And feel that wind chill,
 My spine shivers, and I smile.
 I know it's you.
 You're watching me,
 You know that I miss you.
 As I write this,
 The wells of my eyes swell up,

But just know,
 I'm not angry with you.
 I'm not disappointed in your choice.
 I'm not looking for an explanation
 anymore.
 Just know Aaron,
 That you made an impact on my life,
 And on everyone else's...
 Your smile is engrained in my head,
 and
 your beautiful words are healing my
 heart.
 You are such a beautiful person, inside
 and out.
 I wish I could've saved you one last
 time.
 However, the circumstances are a bit
 different this time.
 You,
 My angel,
 Look after me,
 And save me.
 Your leap for freedom from those 30
 stories, that you and I encountered,
 From that rooftop where you and I
 first kissed,
 From that same place where you told
 me you weren't gonna do it,
 Made many people realize your
 importance.
 You are an amazing
 Friend.
 Your memories will continue living in
 my veins, and I will
 Smile,
 Like how you loved.
 I appreciate you, always.
 I love you always.
 And I miss you always.
 REST IN PEACE
 AARON FAROOQI

The Life of an Art Student...Not as Easy as it Looks

**Kristen Lowe
SUNY New Paltz**

Before becoming an art student, I knew it wouldn't be a breeze. Some people believe that being an art student is the easy way out of getting a degree. This is not true at all. In fact, being an art major is probably one of the most difficult majors offered on my campus at SUNY New Paltz. Although we are doing what we love, when we are watching the sun rise at Smiley Art Building several nights a week it becomes work instead of the hobby we are passionate about. On top of the work load, we have two studios a week that are 5 hours each. My Wednesday consists of a five hour studio from 12:15-5:45 P.M. and then an Art Seminar class from 6:00-8:45 P.M. I have about ten minutes to shove down dinner so that my stomach doesn't grumble the whole class, and then I arrive home to rush through homework so I can go to bed at a reasonable hour. These are just art classes, we also still have to take general education classes like everyone else, making it difficult to even graduate in four years. As incredibly difficult as this major may be, I don't want to complain too much because I still love the world of art. We also do have a great art program at SUNY New Paltz, which is one of the main reasons why most art students come here. That also explains why it is so incredibly difficult. Us art students have to be extremely passionate about art to be willing to do all the work that comes along with the major. After suffering through countless

all-nighters and complaining to my friends and family about how hard it is and how much I don't want to be an art major, in the end, the final result of my project always makes me think otherwise when I realize that I was in fact able to live through it. Art students around the world all deal with the same problem, that being an extremely heavy workload. Many art students do end up switching majors because they like doing artwork for fun and don't want to be told what projects to do and how they should go about doing them. Art is about freedom, but to be an art student, you have to be able to deal with some of your freedom being taken away. It is definitely not easy, but after doing twenty dreaded self portraits, or making a huge cardboard structure that took hours upon hours, we will all be drained, but we will also become more skilled artists every minute that we work on a project. If we have enough passion for our art, we will be able to make it through art school and all come out being successful artists, and most importantly be proud of the work that we are producing, and proud of ourselves for sticking it out. This piece below is a charcoal drawing that I did of waterfalls keeping somatic mark in mind. It created an abstract look to the piece. This was one of the pieces that kept me, and many other art students up until sunrise. In the end, I learned so much from working on this piece, and put behind me all the sweat and brainpower that it took from me.

Political Awareness Through Pop Art

**Andrea M. Austin
SUNY New Paltz**

Police brutality seems to be a trending topic in today's society. Whether it is because of protests, drug laws, or simply a desire for power; police throughout the years have used their weapons and authority to suppress many of our rights as American citizens and human beings. One of the most recent examples of police violence would have to be the Wall Street protests beginning in the fall of last year. Thousands of citizens practicing their right to peacefully protest were oppressed by the New York Police Department using such simple weapons as pepper spray cans. Though not particularly dangerous or harmful, pepper spray causes immediate tearing and extreme pain to the eyes. Those sprayed can also experience temporary blindness which can be a truly frightening experience. Throughout the weeks of protests, dozens of innocent protesters were sprayed with this painful chemical for no reason at all. One video filmed by a bystander even shows a police officer nonchalantly spraying a line of sitting protesters while they screamed in agony, showing no emotion whatsoever. Many came to believe that the police officers were overusing their authority and making a sick game out of harming these people because they knew there would be no consequences to them for doing it.

When given an independent project assignment in my Intro to Painting course, I decided it would be a good

Let Me Entertain You

idea to showcase these past events in an artistic and unassuming kind of way. I was instantly inspired by pop art, since it lacks depth and shading, presenting a flat, almost comic like image. However, even though it is not always as detailed as other types of artwork, it has a tendency of catching a person's eye and relaying a message with a solid image. Pop art was also often used in advertising and for propaganda in the past. Some of my biggest inspirations were Andy Warhol's paintings which presented an object repeatedly in different color schemes. The importance of this for me was to present the gloominess of such a simple weapon and make it appear as if it were an advertisement for a harmless product, since there was so much of this controversy occurring, but with little public awareness. It also represented how pop culture often overpowers more important and pertinent issues in the world, grabbing people's attention because of its bright and happy colors. In my painting, I present a pepper spray can in nine different color schemes and incorporate the American flag to compel viewers to see that it had something to do with America. I also strategically chose the middle square to be bright green, representing the greed and money issues that were being protested in the "Occupy Wall Street" movement. I believe that art that presents political and social issues in a compelling way is one of the most influential and moving types of art. If a person is able to present an issue in an artistic way, it is bound to affect more people than reading a simple news article or watching a clip. Art has the power to force people to think beyond traditional means of relaying and taking in information and makes an impression in a person's mind for a very long time.

From Paperback to the Big Screen

Dana Leuffen
SUNY New Paltz

During 2012, Hollywood will be spewing out a series of film adaptations of popular novels. Fans of current YA novels as well as fans of classic novels will be excited to see some of their favorite books come to life.

On March 23, 2012 Lionsgate released its adaptation of Suzanne Collins first novel in The Hunger Games series. Set in a futuristic dystopian society, The Hunger Games tells the story of Katniss Everdeen as she is forced to enter an arena and battle to the death on live television. The movie features popular actors and actresses such as Jennifer Lawrence, Josh Hutcherson, Stanley Tucci, Elizabeth Banks, and Woody Harrelson, playing some of fans' favorite characters. Fans were very pleased to see that director Gary Ross stayed true to the beloved novel. The Hunger Games grossed 155 million dollars just three days after its release, making the 3rd most successful movie, behind Harry Potter part 7 and The Dark Knight, for opening weekend. The cast has already signed with Lionsgate for the next two movies in the series: Catching Fire and Mockingjay. April 20, 2012 the popular novel by Nicholas Sparks, The Lucky One, starring Zac Efron and Blythe Danner, will hit theaters. Many of Nicholas Sparks's books including The Notebook, Nights in Rodanthe, Dear John, and The Last Song have also been turned into movies. In The Lucky One, Sparks tells the story of a marine in search of the woman who he

is convinced is his good luck charm.

In the epic finale of the hit saga, Breaking Dawn part 2 picks up where part 1 left off. After the birth of her child, Renesmee, Bella and the rest of the Cullen clan fight to save her from the evil Volturi clan. Stephanie Meyer's vampire romance series has gained a huge and dedicated fan base. Despite some of the negative feedback the movie adaptations receive, the fans remain excited to see the conclusion. Returning cast members include Kristen Stewart, Robert Pattinson, and Taylor Lautner. This movie is set to be released on November 16, 2012.

If young adult novels aren't your thing, F.Scott Fitzgerald's classic novel The Great Gatsby will also be hitting the big screen. The novel takes place on Long Island during the 1920s and follows the story of Nick Carraway as he is pulled into the lavish lifestyle and past love of Gatsby and Daisy. Starring Tobey Mcguire, Carrey Mulligan and Leopnardo DiCaprio as Gatsby. The film is set to be released on December 25, 2012.

They very popular coming of age novel Perks of Being a Wallflower by Stephen Chbosy will be hitting theaters in 2012 (exact date is TBA). Starring Logan Lerman as Charlie, the novel's main character, tells the story of his ups and downs faced during High School. The coming of age movie will also star some big names such as Emma Watson, Paul Rudd, Nina Dobrev, and Dylan Mcdermott.

Book to film series have become extremely popular with today's generation. With the Harry Potter movie series coming to an end last summer and The Twilight Saga ending in November, fans have been anxiously

waiting for a new series to take its place. Now, Hunger Games fans have 3 movies to look forward to with the final film set to release in 2015. This year, 2012, will be a very popular year for book lovers, but will the films do these movies justice? Looks like we will have to hit the theaters to find out!

The Power of Music

Amy German

SUNY New Paltz

Human beings live in a world divided by skin color, rules, countries, and social class structures. They often misjudge one another by the constraints that divide them. What humans may lack in compassion and understanding for one another, they make up for in the appreciation of each other's cultures. Along with food, music is a very important factor which allows people from other cultures to connect and learn from one another. Music shapes one's life and brings people from different cultures and social classes together. Music has existed since human beings have discovered the ability to project sound. Throughout time, and with the development of technology, music has become inescapably a global language which helps mold the entire world. It is in commercials, movies, TV shows, and at weddings, funerals and many other everyday and important predicaments. Without music, not only would life be dull and lack expression, but human beings would not have one of the most (if not the most) common grounds to connect to one another.

In a nation divided, music stood as a common language in which human beings related to one another. During

the 1950's, segregation was a serious issue that was crippling the people of the United States. People of color were looked at as second class citizens and were not given the same freedom as Caucasians. Through all the chaos and turmoil, people of color and Caucasians found a common ground in music.

Jazz and Rhythm and Blues are genres of music whose roots are from Blues. Blues is music that is rooted on the plantations where slaves were forced to work. Slaves used this form of music to express their deep disdains and mourn their unfortunate situations. Through generations, music evolved and Jazz, Rock and Roll and Rhythm and Blues used the essence of Blues to get their messages across. All over the United State people of different colors and economic backgrounds began to enjoy the same type of music. The realization that both African American and Caucasian artists where singing about the same troubles such as love, heartbreak, poverty and injustice, provided more fuel for the Civil Rights Movement. These troubles, which ultimately helped bring a nation divided together using music and its Civil Rights leaders as a catalyst, brought people together in using music as a way of expressing how people are truly all the same.

Today music still acts as a common ground to help aid serious issues. When a catastrophe arises, many celebrities often use music to raise money in order to help the people affected. When a massive earthquake struck the small country of Haiti in 2010, many celebrities joined the cause in helping raise money for the people affected. Many of those celebrities were musicians who used benefit concert as the means to raise money. Pain and suffering is a universal

language that we all speak, and music is a common way to express those feelings because everyone enjoys some type of it. Music helps bring people from all over the world together to aid one another in a time of crisis.

Music is an amazing tool which is used not only to foster one's skills but to serve as a universal form of expression. Almost everywhere one goes, music is present, and it brings life and relief to the world. In all its glory, music acts as a universal language which people from all walks of life enjoy in some way. Music has not only affected the world in political and social ways, but acted as a means of relief when people were in need of solace.

Up-And-Coming Music: Young Grav

Joseph Nikic

SUNY New Paltz

Hailing from Harlem in New York City, Young Grav, otherwise known as just Grav, shows all the signs of an artist destined for success. Grav recently released his first mixtape of 8 songs called "Aerial Takeover." Even the title subliminally illuminates Grav's intentions: a takeover of the rap game is what everyone should be expecting.

Why should you believe in Grav? Listen to any of his songs. Variety reigns supreme in all of his tracks. He has made songs that are fast, songs that are slow, songs about anything from love to making it to the top and stopping at nothing to do so. His flowing words attract the ears of all music fans upon first listen. The best thing about him is his age. He's only

20 years old with many years still ahead of him to grow and create an image to separate himself from other rappers.

My first meeting with the young artist was more than I could have asked for. Grav's swag is immediately noticed when you talk to the guy. He's laid back and cool and is always just looking for a good time. If you ask him, he doesn't have time to worry about all the bad things. He loves making music, and will collaborate with almost anybody who is passionate and interested in making "poppin'" music. Part of what will make Grav so successful is his want for new innovative and creative music that people have never heard before. But at the same time he stays true to the rap game and makes tracks with the old-school feel to them.

New York City has produced talent in all genres of music for decades, and Grav is just another one of those lucky New York City brand artists born with a talent for creating good music. Something about him stands out, it might be the look or it might be the talent, but it's something that you can only understand once you encounter a real Young Grav experience. You can download his mixtape online for free, it is definitely worth the listening time. You can also find him on Facebook, and on Twitter @YoungGrav. Look out for Grav in a place near you, I am sure you will see him everywhere and soon.



Once You're Really Bad There is Only One Way Out

Luke A.C. Olso
SUNY New Paltz

Dramatic, well done and completely addicting; *Breaking Bad* returns for its fifth and final season this summer and promises to end with a bang comparable only to the previous four seasons of mayhem that have kept fans waiting on the edge of their seats for summer 2012. This show represents AMC's successful foray into the creation of original series and stands as nothing less than the highest quality of television you can ask for. The series revolves around the life of Walter White, an aging high school chemistry teacher overqualified for his job and working two jobs just to provide for his family. Walter's life quickly takes a drastic turn for the worse when he finds out he has lung cancer and soon he turns to the production of methamphetamine with one of his old students to make money for his family while he still can. *Breaking Bad* has held the attention of viewers at every turn thus far, and the final season promises not to disappoint.

The intensity of the series is not for everyone, but those who start find it very hard to pull away from. The twists and turns of the life of this elderly meth cook are very hard to predict and the inability to relate only leads to the unpredictability of the show. Walter White, played by actor Bryan Cranston, is a character unlike most in the utter rawness he brings to every single episode. Cranston plays his character so well you soon begin to lose track

of who is real and soon reality gives way solely to the existence of White as not only a character, but a person.

By naming it the final season, AMC promises to tie off loose ends and cliff hangers that have been amassing throughout the show. Season four left off with Walter being in more dire circumstances than ever before and fans of the show will be treated to the gripping intensity of watching his life play out once again, one nail biting episode at a time. However this time there will be an end to all the chaos waiting at the finale of the upcoming season and a freeing of Walter White from the life of action that fans are so hypnotized by.

A huge part of what makes *Breaking Bad* is the overall quality of the series. The cast of characters is strong throughout and a well-mixed combination of those you can learn to love and those you know you hate. The great cinematography aids the narration of the series and helps it to stand out from most shows today by being visually very intriguing in addition to every other strong point behind the show. The writing is impeccable, leaving you wanting more of the show. As a package the characters, cinematography and writing in *Breaking Bad* represent quality entertainment on television that should not disappoint as season five quickly approaches.

Thus far *Breaking Bad* has proved itself as a standout series in the eyes of viewers. In this day and age the ability to find quality television is arguable, but AMC really raises the bar with a show that is entertaining on a level uncommon today. The future of Walter White is uncertain, but one thing that is certain is the fact that AMC is sure to bring their storytelling expertise to the

table one more time and put forth a fifth season that is entertaining television, worth every second of your time.

Fake Fame

**Alexandra Vittorini
Marist College**

In this digital age we live in, communication allows for easy access to everything. The exchange of videos and music creates this very thin line between fantasy and reality of media. Nowadays, you can't even tell if a video of someone singing poorly is a joke or if they sincerely think they are talented and are delusional. Social networking sites such as Twitter and YouTube has made mediocre people, "Famous." The amount of times someone has looked at your video on YouTube dictates a level of fame. The same goes for Facebook, Twitter and Tumblr, the amount of followers and followers you have makes you famous. Fame has taken on a completely different definition. Your numbers decide your level of fame. The higher the number, the bigger the fame. Only this type of fame is not based on talent or skill, but on mockery. Everyone knows videos of the people who can't sing but these videos OVERCAST the people who are actually talented. Because, let's be honest, we all would rather see "Scarlet Takes a Tumble" instead of a news segment on YouTube.

Saturday Night Live, portrayed this phenomenon in a sketch called "You Can Do Anything." Everyone should take a chance to see it, because it addresses the problems delusional fame in a very funny way, but completely accurate. The main belief is that since they have tried something they

cannot be criticized. This seems to be a growing idea in society, that since someone has attempted to be a singer but has no talent, you cannot tell them they are untalented simply because they tried. It is an extremely fascinating epidemic to me. But these untalented people have millions of views because It seems that the idea of talent has completely disappeared due to the sensitivity of those who try, and this may seem harsh but that is what these "famous" people need, a wake-up call.

The more we all treat these social sites such as Youtube and Twitter as a way to fame, the more we coddle these fake celebrities. Yes, Justin Bieber was discovered from Youtube, but that does not mean all music producers spend their days looking for singers on the Internet. Just because someone has 200,000 followers on twitter does not mean anything, and most likely they are following that person in hopes to get more followers themselves. Numbers mean nothing. Followers mean nothing. Real fame is when you are recognized for your talent and success, not for being that girl who fell in that Youtube video.

Nicki Minaj Her Journey

**Ashley M. Scott
Marist College**

Onika Tanya Maraj otherwise known as Nicki Minaj is currently one of the top female hip hop rappers, singers, and song writers. She was born in Trinidad and lived with her grandmother in Tobago. She later, moved to Queens, New York at the age of five. One of her first jobs was working at a Red

Lobster restaurant in the Bronx. She grew up with a family that was unstable and dysfunctional. Her father was a severe drug addict with a long history of violence. Tragedy struck last year when her cousin died from a shooting incident. She has paid tribute to him in her song "Moment for Life". With the struggles she went through, it caused her to strive to be better and rise above the life her parents knew. Her success today is an example of how people who grew up in an abusive environment can do anything they want if they put their minds to it.

Minaj attended La Guardia High School of Music and Art. Her career was launched after being signed with rapper Lil Wayne, when he saw how talented she was, and now she is one of the richest female rappers. Nicki Minaj has a very unique style and does not care what anybody says about her. She is well known for her voluptuous body and outrageous fashion. Her sexual orientation is not defined by her, which creates a curiosity in the media. She embraces people of all lifestyles.

Many different personas are used in her performances, and this makes her memorable and different from other artists. In some of her songs, she has created an alter-ego. As a child, Nicki would pretend to be someone else and did this as a way of coping with the turmoil surrounding her parents. She utilized the talent she had since she was twelve to get where she is now. Her collaboration with other artists and production of mix tapes has expanded her career. She made number one on the U.S. Billboard 200 chart with her debut album Pink Friday. Her performances have made her the star of the world. At the age of twenty eight, she has already received numerous awards for her success. With the influence of other

A Collegial Point of View

female rappers, she was able to succeed.

This success has enabled her to purchase a home for her mother and to participate in many charity events such as breast cancer awareness. She tries to be a role model for other children who are living in an abusive environment. Women are encouraged by her to be powerful, figure out their talent, and use it. She defeated the odds as an immigrant and grew up to be a talented, successful young lady. Her message to teenagers is to be outspoken and do not let other's negatively influence them.

College students should make their fantasy a reality, like Onika, and use the talent they have to achieve long term happiness and success. College students should not give up in school because they never know how the benefits of higher education can assist them in their journey to success. They can make their family proud and be a role model for other family members who may be experiencing tragic lifestyles and situations. Anybody can do anything; they might not have much, but they can use all they have to eventually give back to their community and to the world. Part of living life is learning. "I've always had this female-empowerment thing in the back of my mind because I wanted my mother to be stronger, and she couldn't be. I thought if I'm successful, I can change her life." – Nicki Minaj

Hip to the Cosmos

Joshua Otero

Suny New Paltz

It has occurred to me that many people do not actually know what a Hippie is. What they know is the mantras that

have been repeated over and over. Peace, love, happiness. These words have become seemingly empty now, lost in an age that occurred centuries ago. On October 6, 1967, after the summer of love, a group of Hippies known as the diggers, held a mock funeral known as "Death of the Hippie" in the Haight district of San Francisco. This was the end to the vibrant era that had occurred, but not the philosophy and culture that it had given life to. This philosophy and culture cannot be fully appreciated, or understood without knowledge about the history of the counterculture or the meaning behind it.

The Hippie subculture has roots in a literary movement that occurred in the 1950's known as the Beat generation. The beatniks advocated the acceptance of all forms of sexuality, drug use, rejection of society and materialism, and embraced spiritual practices from eastern religions. A few of the Beats most influential poets, known as beatniks, are Allen Ginsberg, Jack Keuroc, Gary Snyder, and Michael McClure. From this literary and cultural movement, came the onset of the Hippie subculture.

The Hippie movement was a youth centered, anti-war movement, preaching pacifism and acceptance of all individuals, as well as adopting the philosophy of the beats. The Hippie subculture began in the Haight-Ashbury district of San Francisco in the mid-1960's. It was here that the largest population of Hippies existed in the United States; co-existing peacefully with one another in a world outside of mainstream society. The word "hip" means to be with the cosmic process, aware of what's going on in the world; and it originated from African American culture. Much like the Hindu and Native American religions that

had existed long before them, Hippies viewed the world as an energy that existed in all things. Peace, love, and freedom are preached, based on the belief that each individual organism's existence is connected. When you are harming another, you are harming yourself.

Much like Hindu belief, Hippies also saw the world as transitory, an energy process that comes and goes; but they take this belief and give it a youthful twist. Instead of denouncing life, and choosing a dispassionate esthetic life, they chose to live as jubilant esthetics. During the period of the mid 1960's Hippies did not own many material possessions as they traveled the freely, finding refuge in the homes of other members of the culture. One of the outcomes to the Hippie's rejection to materialism was that the possessions they did have were many times organic. Many Hippies grew their own food, and made their own clothes. Also, not a lot of emphasis was placed on money, with the belief that money was monetary and held no true intrinsic value. This is why groups such as the diggers were essential in the livelihood of the Hippie culture in Haight-Ashbury. They had shops set up throughout the district where they gave away free clothes, food, money, and other items so the community could sustain itself.

At the end of the 60's the Hippie culture that had been in full groove began to die out. Because of increasing media exposure, youth from all over the country made their way to the Haight Ashbury district. With these youth, came those who did not practice the Hippie lifestyle, but nonetheless fled to the Haight Ashbury district, tarnishing the peaceful balance that had existed.

The Hippie subculture may no longer

exist as it had centuries ago, but that does not mean the culture can no longer be found today. There are festivals that are held throughout the country where remnants of this culture still flourish. There are also towns and cities where the Hippie lifestyle can be found, accompanied many times by music, art, acceptance, freedom. The Hippie way of life is not quarantined to only those who practiced it when it had been in full swing. It is open to all of those who, as Timothy Leary would say: "Turn on, tune in, drop out". Feel free to feel free. You may just find some of the Hippie culture resonates within you.

Rebuilding Windham

**Katie McGoldrick
Marist College**

As a child growing up in a small middle of no where town, its your worst nightmare. With nothing to do, and a graduating class of about forty, one could not wait to leave and never look back. You do not appreciate the magic of small town life until much older or until tragedy strikes. On August 28th 2012, Hurricane Irene nearly wiped the town of Windham off the mountain in which it resides. There was little help from the outside, as the residents of Windham rebuilt their small town.

I visited Windham about three months after this disaster expecting to find the town in near ruins. However, when I got there, it seemed as though nothing had ever happened. Having family that was there during the hurricane and the cleanup, I heard the stories and saw the pictures, so I could not believe it was possible for the town

to recover so quickly. I interviewed several residents who were either affected by the hurricane and received help from others, or who were not affected as greatly and instead helped others who were. I set out to uncover why Windham, a town with such severe damage, was able to get back on their feet faster than most other places with half the damage and with so little external help. However, what I learned extended past simple relief efforts. I learned the secret to small town success.

After talking to several people in the town of Windham, it was evident how they were able to get back on their feet so quickly. Three main aspects of small town life made the recovery fast and easy.

The first is self-sufficiency. When you live in a small town so isolated from others, you learn to do everything on your own. Everyone in Windham owns their own plows to plow their own streets when it snows, mow their own several acre lawns, go to the post office to pick up their own mail, clean up their own fallen trees and more. They live on their own and fix their own problems, as opposed to waiting for someone to come help. This prepared them for what was to come this past August. No one hesitated to clean up the damage done to their homes and lands, instead of waiting for someone to come and do it for them.

The second factor, which stems from the first, is the access to needed resources. Since they are so self-sufficient, they own the things they needed to clean up and rebuild the town. Those who did not could easily borrow from a neighbor. With access to heavy machinery, they were able to do everything on their own.

However, the most important factor in the recovery was the people within the town itself.

It is an undeniable fact that people living in smaller towns, live simpler lives. It can even be argued that they live happier lives. Everyone in the town knows one another, and for some reason, people in these towns are significantly nicer, and friendlier to one another than people whom, for example, live in bigger cities. Though a well-known concept, the reasons why remain a mystery. Maybe it is because things are simpler and less stressful in these towns, or maybe it is because they all know one another. Whatever the reason, this directly affected the rate of which Windham recovered. The people of Windham were not hesitant to help each other out, putting their neighbors needs before their own. It was their selflessness that allowed for the town to rebuild itself so quickly. In towns like these, your neighbors are more than just people who live next door, they are your family, and in times of crisis, they are all you have in the hope of surviving.

If we all live our lives the way these people do, we could essentially live in a perfect world. If we take our opinions of a perfect society, where everyone treats everyone like family, helps each other unconditionally, can live independently and take action when they want something done, a simpler, happier world, exists. If you have ever doubted humanity, happiness, or true independence, I suggest you take a trip upstate, and see for yourself the magic of living in a small town.

A Changing Hudson Valley

Mariah O'Shea

SUNY New Paltz

The world is changing and fast. But one can't limit that to just the broad, abstract, far away view of the world. The change is happening right here in our back yards, all around us in the Hudson Valley. According to the New York State Department of Environmental Conservation, the average temperature has gone up nearly two degrees Fahrenheit, winter temperatures have warmed 5 degrees Fahrenheit and the bloom dates of plant species are four to eight days earlier. But that isn't all. Weather related federal disasters have spiked in the Hudson Valley over the last five years. Sullivan County has declared four weather related disasters, Orange County five and Ulster County six.

There are many contributing factors to these alarming statistics. One major one being the increase emissions of greenhouse gases. A 2011 report from Columbia University, Cornell University and the University of New York found sea levels have risen by a foot since 1900 due to an increase of gases such as carbon dioxide. Another important element is the underlying bedrock in New York, generally shale bedrock that cannot effectively store ground water thus increasing flooding according to Russell Urban-Mead, senior hydrogeologist at The Chazen Companies.

As a result many things are changing in the Hudson Valley. Shorter, warmer winters and longer hotter summers

that will increase disease-carrying insects will affect local farmers and their crops. These invasive insects and plants too, will flourish in elevated levels of carbon dioxide, pollution related asthma will increase as well as heat exhaustion due to rising summer air temperatures and local floods will increase as a result of rising sea levels and more powerful storms.

But there are possible solutions to answer these disastrous predictions. First, ordinary people can make changes. Anyone can reduce greenhouse emissions by walking, riding a bike or carpooling. Buying Energy Star Appliances or planting trees along streams to protect water quality and moderate increasing water temperatures can help a lot too.

There is a place for local government to do their best to deal with climate change and to prevent as much drastic consequences as they can. Local governments should be encouraged to develop emergency management teams and improve emergency communication in case of any weather related disasters. Local government can reduce developments in flood-prone areas, find alternatives to paved surfaces to reduce flooding and conserve wetlands and forests that absorb floodwaters and restore the groundwater. Governments can take action to reduce greenhouse emissions and improve the energy efficiency of civic buildings and operations as well as save money. Other ways to save money and reduce greenhouse gas emissions are to install solar, wind and other renewable energy technologies in power facilities, add hybrid and more fuel-efficient vehicles to government owned buildings and vehicles as well as reducing waste through recycling programs.

The government as well as the people of the Hudson Valley needs to act and act now to conserve what we have left of the environment. Not only do our futures depend on it but our children's futures.

Parking Spaces: Why Freshman Need Them Too

Nicolette Seeback

SUNY New Paltz

Many universities in the United States do not allow first year students to have cars on campus. Since this seems to be a rule for a wide array of schools, most students are used to it and have accepted it. Instead of being tolerated, this rule should be removed instead. It is a matter of first year students' safety and well being as a whole.

First year students take up a large amount of housing on campus here at SUNY New Paltz. If first year students were allowed to have cars, it would probably call for the construction of an extra parking lot. This is obviously an inconvenience and will cost money and time. The reason this rule is in place could also be a matter of responsibility. Perhaps it is thought that first year college students are not responsible enough to handle having a car on campus. They are young, entering into an unfamiliar environment, and perhaps it is thought that they do not know how to make responsible decisions just yet.

These reasons are understandable, but this matter should be viewed from another perspective. During my time

as a freshman at SUNY New Paltz, I have sometimes found myself in frightening situations. These have all involved myself walking alone at night, therefore would be avoidable if I was permitted to have a car. Obviously students are advised not to walk alone at night, but sometimes this is not possible. With conflicting schedules, students often rely on themselves to get things done rather than waiting for others. These students who are not allowed to have cars must travel by foot and can therefore be putting themselves in harms way.

Public transportation is an option for students but it can often be unreliable, and buses do not come to campus for many hours of the day. Even if you have to travel by bus, you often have to walk to and from town. The New Paltz Loop bus does not even run on the weekends, when most students would probably take it. If a first year student needs to go off campus, it is almost never convenient.

Although another assumption may be that freshman will be irresponsible with cars, having a vehicle could actually make students more careful. If a student is driving he or she may be more likely to refrain from drinking. If someone does not want to walk home late at night, many peers with cars will be available to call for help. Most scary situations involve walking in the dark, and a car is an absolute safer alternative to walking.

First year students are also the newest drivers. It is dangerous to go for months without driving and then start again when returning home. It can often take some getting used to after not being behind the wheel for a long time, especially for relatively new drivers.

Colleges not allowing first year students to have parking passes is more than just an inconvenience. It is time that school officials consider this matter and look at it from a different perspective. Instead of a parking space being a privilege for upper class men, it should be a right. Having access to a car is having access to safety, and to deny parking spaces from one-fourth of the student body is to deny our safety.

Put Down The Keys

Megan E. Reilly
SUNY New Paltz

Have you ever been intoxicated and thought to yourself, “I’m fine and functional. I can totally drive if needed”? Well let me answer that question for you... You’re not fine and you’re not able to function behind the wheel. Being even the slightest bit drunk means your cerebellum (part of the brain) is affected. The cerebellum is the part of the brain that is involved with coordination, reflexes, and balance. To have those three essential aspects impaired means you do not have the ability to operate a vehicle. Take a moment and consider this; would you suggest someone close to you to drive a car (or get in the passengers seat with a drunk driver) if they had extremely delayed coordination, reflexes, and horrible balance? I wouldn’t think so. So why would you ever feel the need to put yourself in that position? It may seem like a hassle at the time, but making the phone call to get picked up or spending money for a taxi is much more worth getting you or someone else injured or even killed. It may seem like one of those tragedy stories that could never happen to you, but in reality it could happen to anyone who makes

the decision to get in the car. I never in a million years thought anything within these circumstances would happen to me. But, it did and it was only a short month ago a family member of mine was killed because of a drunk driving incident. Do your friends, family, and yourself a favor and put the keys down. It is not worth it.

Sticks and Stones Bullying Goes Past the Playground

Elizabeth Randazzo
SUNY New Paltz

“Sticks and stones may break my bones, but words will never hurt me.” To a child that has never been bullied, these words ring true. To a child that has been bullied, the same words could not be more wrong. Physical injuries can and will heal, while emotional injuries may not. Studies show that people that were bullied suffer from scarring, but not always from physical injuries. It seems the worst scars are left by the cruel words of others.

Name-calling, teasing, and heckling are some of the main forms of torture for children. This torture lives forever in their minds, no matter where they go in life. In fact, many children grow up to be adults that still fear the torture they endured as children. Certain social situations are avoided. In more extreme cases, opportunities may be turned down solely because the recipient suffered from bullying and now lives in constant fear of being bullied again.

Bullying has many effects, both long and short term. Some of the short term effects are anger, depression, weakened

immune system, lower grades, suicidal thoughts and feelings, and avoidance of settings where bullying might occur. Many of these effects are well known and not surprising. The long-term effects are less known and also less common. They include lingering feelings of anger and bitterness, a thirst for revenge, a tendency to be a loner, reduced job opportunities, self-esteem problems, difficulty trusting people, fear and avoidance of social situations, interpersonal difficulties, perception of self as a victim, and a higher likelihood of being bullied or teased by others.

Unfortunately in the past society turned its cheek to bullying. People thought that it wouldn't cause a problem later on. It was thought of as a way to toughen up and get prepared for the real world, because in the real world no one is nice. The most unfortunate part is that it took until now to realize that while the real world might not be nice, childhood can be even worse.

The Economics of College Attendance

Brendon Johansson
SUNY New Paltz

Listen to students talking on a college campus and often complaints will be heard about all-nighters, essays, tests, and having ramen for the fourth night in a row. No sane person would deny that college is an intensive consumer of both time and money. With this in mind, it is not unreasonable to ask the important question; Is college worth all of this time and money? For many people, college is not just about a job, but the experience, the parties, the friends, and being an independent person. A price can be put on

these things, but doing so is next to impossible without consulting a sizable sample of the student body. But even to these people, it is reasonable to assume many people attend college to get a good job, and by extension, get a decent salary.

Given that many people attend college to earn money, college can be seen as a sort of investment. People give vast sums of their time and money in the hopes that it will pay off later in life. According to the U.S. Census Bureau, a high school graduate can expect to earn \$1.2 million over their working life. Those with a bachelor's degree can expect to earn \$2.1 million (Day, and Newburger). At first glance, the decision seems obvious. Those with a four year degree earn \$900,000 more than a high school graduate over their working life. This number is misleading because it does not consider the options a high school graduate could take. The College Board computes the costs of attending SUNY New Paltz for one year to be \$20,000 ("CollegeBoard"). This means that a bachelor's degree from New Paltz would cost \$80,000. This is money that any student has to come up with in some way, whether it is loans, aid, or rich uncles. Let the assumption be made that \$80,000 dollars is loaned at no interest to two people, one who attends college for four years, and one who does not. The one who does not attend college takes his \$80,000 loan and invests it into the stock market, specifically MCD, the stock of McDonalds. The high school graduate also enters the labor market and finds a job with a salary of \$25,000 dollars a year, a figure far lower than the median annual earnings of a high school graduate ("National Center for Education Statistics"). After four years, how has each person fared in gross income?

After four years, the college student is \$80,000 dollars in debt. This student could have possibly gotten a part time job. It is fair to reason that this job could be 20 hours per week at \$8.00 an hour. This would increase the student's lifetime earnings to a debt of \$46,720. How has the high school graduate fared? His job has earned him \$100,000. His investment in MCD has most likely risen substantially. Over the past five years, MCD has averaged an annual dividend of 3.10% ("Yahoo! Finance"). Over the past four years, the stock MCD has grown in value by 73.57% ("Google Finance"). This growth is a persistent and continuing trend, and was not stopped at all by the current economic downturn. Applying these numbers to our high school graduate's investment, we find that his investment of \$80,000 dollars has grown to \$156,000 dollars. After selling some shares of stock to pay back the loan, the high school student has 453 shares of MCD valued at 168.85 per share. The investment is now worth \$76489.05. At a respectable return of 7% per year, this investment will yield \$1,145,382.05 after 40 years (Observations). Given that this sum is greater than \$900,000, this high school graduate has out earned his college counterpart.

Though many of the assumptions made in this essay are unrealistic, such as the idea that a student could ever get a zero interest loan, the theory here is still sound. As a purely monetary endeavor, college is not nearly as beneficial as many people think. This essay cannot consider the other benefits that college provides, but those who are merely interested in money would likely be better off investing in French fries.

College Students and Facebook: Success or Failure

Tim Natsch
SUNY New Paltz

Facebook in college can be a blessing, but also a curse. This site has become a major part of many peoples' lives in recent years. As of July 2011, it has acquired 750 million active users, with the amount growing daily. In 2009, Facebook overtook Myspace as the most popular social networking site and has now skyrocketed above all of the other competition. With this success brings problems with addiction for some people. College students already have a tough time with all the balance of work and all of the other social activities that come with getting a higher education. Facebook can act as an aid to success in college, but on the opposite side of the spectrum, it can be a major reason for failure as a college student.

As of 2011, the average Facebook user is online for about 6 hours and 20 minutes each day, which proves that it has very addictive qualities. Though it has its negatives, Facebook has actually become a major part of society with many businesses and other companies advertising and creating pages and groups all throughout the site. Also, it is one of the best ways to communicate with family and friends left at home, and also talk and plan for work and group projects. This can be taken too far when students spend constant, unproductive time browsing aimlessly through countless pictures and statuses of people they barely even know. It is difficult to find a balance, however,

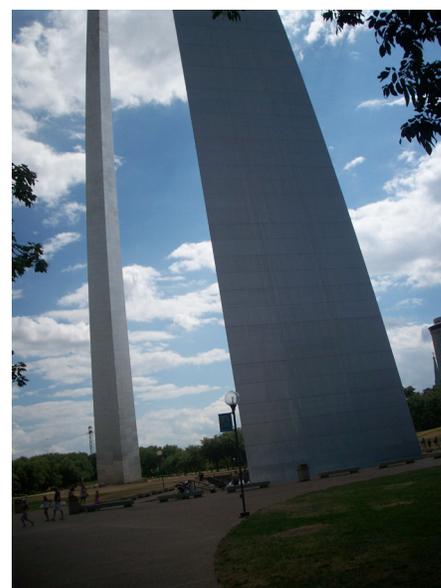
because the more you are online, the more activity you have, which makes you need to be on it more, which causes an inescapable downward spiral into addiction. This description of Facebook addiction actually parallels dependence on real drugs.

There are many signs that a friend or even yourself may have a Facebook addiction. One symptom is that you become paranoid, even asking yourself why people have not messaged you back or answered your friend requests. Also, spending more than an hour or two on the site. Other signs consist of a confusion of the divergence of real life and Facebook, excessive friend building and wall posts, and depression setting in during downtime; paired with other withdrawal symptoms. If any of these signs seem familiar, definitely try to go about ways of limiting or even deactivating your account in order to keep a real view of reality.

From personal experience, I have dealt with Facebook for more than four years now and it is very difficult not to be on the entire day at times. With more than 1,400 friends now, it is almost impossible not to be online at least a few times a day. First semester, I found myself online for hours on end wasting precious time that could have been used for work, just browsing my friends' profiles. The only way I have overcome and defeated the risk of becoming addicted was just not being in my room as much as possible, and if not, just not being alone. Besides that, it is so hard not to be drawn to the computer because of how everything is online now. Professors put a lot of work online, and though it is on other sites, it is so easy to click and be on Facebook instantly.

There is a plethora of ways that college

students have problems with getting good grades, and one of them should not be due to a social networking site. Though it may be challenging to take down something so influential to most of the lives of our youth today, it can and should be beat. Having a personal limit for how much online time, and keeping activity to a minimum are the easiest ways to stop addiction before it starts. This is why Facebook has become such a problem for students of all ages and how and why it should be eliminated.



Around the World In Eighty Days

My European Discovery: Advantageous for College Students

**Genevieve Nicchi
Marist College**

I never thought one trip to Europe would change my life. In the summer of 2009, it did just that. Anxiously arriving at the airport in my maroon polo and khaki pants, I was about to embark on a journey to four foreign countries with 41 strangers. My nerves and anxiety level at this point were through the roof. I slowly began questioning my decision more and more. Why did I agree to come on this trip? What have I gotten myself into? Who are these people I will be travelling with? While endless questions kept running through my mind, it was too late to back out. This flurry of doubts soon vanished as I began on this journey that helped me acquire skills I use in the college setting today.

Just a few months prior to the trip, I received a recommendation from my English teacher for this leadership program entitled People-to-People Ambassador Programs. I thought this was just another flyer sent home that would be immediately ripped up, thrown away, and disregarded. However, the letter I received inviting me in on this European Discovery, was one of utmost importance. With accepting this once in a lifetime opportunity, not only did I discover four culturally diverse countries, but I also discovered whom I truly was.

In 19 days, I traveled from France, to

Austria, to Switzerland, and finally to Italy. Out of this entire journey, I gained many skills out of this experience that are useful today in the college setting. Some such skills include improved time management, leadership, communication, and decision-making. Time management is a huge skill crucial for college students that I learned the first week in Paris, France. For such a big group, we were given very specific time checks in which we absolutely had to be back at our hotels each night. Our first night in Paris, my friends and I decided to explore the town, bakeries, playgrounds, and shops. We had a little over an hour to be back for our time check at 7 pm, and had no intentions of this being an issue. Soon enough, we, a group of five American girls speaking absolutely no French, found ourselves lost in Paris. We had to act fast and quickly I remembered a map of our hotels inside my bag, ran to the nearest gas station, and asked for directions back. With less than 2 minutes to spare, we were back safe and sound.

It was moments like these that helped me not only attain values such as time management, leadership, and fast decision making skills, but also helped me to form strong bonds with my new and lasting friends. Holding such values has given me a strong advantage in college. Today I am very time conscious, always have my work turned in on time, and hardly procrastinate, which is difficult for many college students today. I use my leadership skills today, just recently joining a sorority. I help schedule fundraisers and lead events on campus. I strongly urge that if you are granted with an opportunity such as this, definitely do not pass it up. It will one hundred percent change your life for the better and give you an advantage in the world. For more information on rewarding

leadership programs such as this one, visit <http://www.peopletopeople.com>.

Taking the Plunge

**Alicia Heinemann
SUNY New Paltz**

Need plans for spring break or activities to start your college adventures? Have you ever wanted to discover another world; to take the plunge into the deep blue? Being in college gives all students the wonderful opportunity to experience the excitement of scuba diving. S.C.U.B.A. stands for self contained underwater breathing apparatus. It is through this invention that people can descend 10 to 60 feet below the surface of earth's oceans and explore vast underwater ecosystems.

How can students get involved in scuba diving? There are many study abroad programs that offer certification and diving expeditions for students, especially if the area is known for its marine sites. Study abroad sites that are great for tropical scuba diving include New Zealand, Australia, Hawaii, and areas bordering the Caribbean Sea, Southern Africa, and the Mediterranean Sea. There is also scuba diving located in the most unlikely places such as the North Sea, the Dead Sea, and the Arctic Circle. Not only can scuba diving enhance ones study abroad experience, a student can receive college credits just by getting certified. In addition, once a person has their recreational certification, that person can continue to dive anywhere without having to renew their license. This allows students who really enjoy diving to continue exploring new marine sites for the rest of their lives.

Scuba diving is especially great for students studying any fields within biology, geology, chemistry and environmental studies. The reason for this is that it puts to practice what they have learned in their classes and from their text books. Everything surrounding the sport of scuba diving relates to one of these science fields in some way. The acts of descending below the surface and ascending at the end of a dive directly relate to chemistry and the laws surrounding pressure and temperature. The abundant and diverse marine life shows how different organisms can live in sequence and harmony within an ecosystem to ensure longevity of their homes. The ocean currents and the visible underwater trenches visibly display how hydraulics and plate tectonics work. Though this sport specifically benefits students within these fields, diving benefits everyone by showing how important our planets oceans are.

I became a certified as a recreational scuba diver in February 2010 on an island in the Caribbean named Bonaire. For me the whole experience was completely life changing. To see all kinds of alien corals and exotic fish was a sight to see. The vibrant colors and the ability to feel completely weightless was absolutely mind blowing. I felt as if I was in a wonderful dream from which I did not want to wake. However, when I was diving I noticed how humans have hurt the marine world. There was one dive in which I saw an entire reef destroyed by incoming cruise ships. It was devastating to see the absence of life and nothing but a dusty dessert of nothingness. It was this experience along with many others that have made me fully realize how important it is to protect our world oceans and the life that inhabits them. This realization will benefit all college students.

In college one has opportunities to try new things and discover more about the world in which they live. Scuba diving is a great way college students can broaden their educational horizons and experience life changing events. Would you want discover an alien world? If so, your time in college is the best time to take the plunge and discover our earth's last greatest frontier.

Get Outside

Daniel J. Cassidy

SUNY New Paltz

In this world full of distracting electronics such as computers, cell phones, videogame systems, and the like, it is easy to lose sight of the true natural beauty that this earth provides for each and every one of us. Even I tend to fall into this cycle of electronic distractions (just the fact that I am typing this right now, reveals this truth). In my experience I have seen so many people miss beautiful, natural moments and experiences just because their eyes and fingers are glued to their cell phones. If more people were to make a conscious effort to get outside and see what this world has to offer, people could live happier, more authentic lives. One way in which people can experience the world around us and escape the tendency to ignore it is by embarking on a hiking trip.

Last summer, my best friend Russell and I went on a weeklong adventure to the Adirondack Mountains. We had planned this trip for months prior and we knew it would be the perfect way to start a new chapter of our lives before college. Unlike the rest of the people in our school, who were probably partying and experiencing superficial

“fun,” Russ and I just wanted an escape into nature. We took his 1995 Volvo wagon up to Connecticut first to stop by a friend's house to borrow a canoe. After picking up the canoe and crudely strapping it to the old, half broken rack atop his car, we drove up to the Adirondack State Park. The drive was over 11 hours long but not once did either of us say, or even think the words “are we there yet?” We knew that what we were about to experience was true peace and beauty. Upon our arrival to a base camp in the middle of what seemed to be “nowhere” we realized that we had no idea what to do. We searched around the camp in the dark for someone who could tell us where we could pitch our tent free of charge. After a long time of searching we met a man named Rick. Rick told us we were supposed to pay to camp there but he would let us camp with him for free. The next morning we hiked 14 miles at once with a guy named Kacey. We were beat by the end of the day, but not in the way where you're just sick and tired of walking. We slept wonderfully inside a wooden hut called a lean-to and woke refreshed and ready to start a new day.

The rest of the days of our trip consisted of paddling 2 to miles out in search of an island on Lake George, taking “showers” in the bathrooms of Laundromats, dunking our heads in waterfalls, and hanging out with hippies in Woodstock. The amount of hiking and paddling Russ and I did is unfathomable, however, not once were we too tired to persist. Our adventure was nothing short of spectacular. We are sure that those days will never be forgotten for as long as we live. Someone may ask why I never got tired and my answer would be “because for once in my life, I felt real.” What I mean by real is

that I felt myself immersed in a true connection with the natural world the way I believe that human beings were meant experience it. It was the first time I felt authentically in tune with nature. Things like Facebook, texting, and video games can all be forgotten, but the beauty of nature imbeds itself in your mind for as long as you live.

Being out in the woods taught me a lot about myself. It taught me about nature, exercise, resource conservation, and definitely the value of my mother's home cooked meals. I used my cell phone approximately once every other day just to notify my parents that I was alive. I didn't use a computer once for 8 days and it was liberating. Aristotle once said "in all things of nature there is something of the marvelous." This has proven true in all of my hiking experiences including the ones in the New Paltz area. Anyone who possesses a desire to feel truly alive, should put down their cell phone, get off their computer, go outside, feel the dirt beneath their feet, smell the air all around them, and see all the beautiful sights there are to see in this world.

The Ultimate (and Affordable!) Summer Getaway

**Andrew F. Capone Jr.
SUNY New Paltz**

Your first year of college might be rough. You'll be away from home for possibly the first time in your life for such an extended period time and taking on the hardest schoolwork that you've ever encountered. At the end

of your first year of college, just like after any other school year, you'll want to do nothing but kick back and relax all summer. Fortunately for all the students that live south of New Paltz, you have access to some of the finest beaches New York has to offer.

A ten minute ferry ride from the south shore of Long Island across the Great South Bay will take you to a summer beach bum paradise. Fire Island is the ultimate beach goer destination. There are populated towns like Ocean Beach or Kismet with fabulous food and a few grocery stores to stock up on provisions. The beaches have professional lifeguards on watch most days, making it safe for any level swimmer. For the sun tanners, you can easily enjoy the feeling of a warming towel over fine sand under the hot sun all day. For the 'long walks on the beach', type there are huge stretches of sparsely populated beach and land to explore for hours on end. From the top of the Fire Island lighthouse, one can see for miles in all directions, making for a breathtaking view. Fire Island is also home to the Watch Hill National Park. At Watch Hill there is a maze of boardwalks twisting through an expanse of uninterrupted wildlife that stretches for miles. Even outside Watch Hill, any appreciator of nature can find a rich variety of wild land and marine life. Being located right on the Atlantic Ocean, Fire Island is also a great destination for surfers or anyone that wants to take advantage of some quality ocean waves. All of this on a quiet island south of the mainland far from any overcrowded urban areas.

Fire Island is not just some beach hermit paradise, however. For the partyers and kids who want to enjoy the night life, there are almost always parties going on in the bigger towns

at night. There are regular festivals for almost anything and several towns have a happy hour every single night at sunset. Fire Island has something to offer anyone and this is why it is the ultimate summer destination for any college student looking to blow off some steam and have a full but relaxing summer.

Quick and Easy Everyday Makeup Tips for College Girls

**Delwara Begum
SUNY New Paltz**

Girls in college face a challenge every morning when it comes to makeup. You always want to try and look your best, but in between partying on the weekends and studying hard during the week, you're left with no time for anything else! Us college girls need to get ready for early classes and are left with very little or no time to apply makeup in the morning. The best tip about makeup is trying to achieve a natural, yet subtle look, which means keeping it simple. Today, I am going to give you a lesson with quick and easy makeup tips that any college girl can use as a beauty routine to achieve a natural, subtle and beautiful look.

#1 The very first step of this quick and easy beauty regimen starts with great skin. When your skin looks and feels great, your makeup routine becomes easier. With great skin, you are also able to use less makeup. A few tips to getting and maintaining great skin:

-Drink lots of water! (Believe it or not,

Health and Beauty

water helps to flush out toxins, and it helps keep your skin hydrated)

-Don't ever go to bed without washing your face. (Your skin produces oil and when this oil isn't washed away, it tends to clog pores, causing pimples and blackheads) If you are the type of person to come back after a night of partying and hitting the sack, it might be smart to have makeup remover towlettes or even baby wipes on hand to wipe away the makeup from your face.

#2 The second step of this routine is to keep it simple.

No one wants to spend hours in the morning trying to get ready for class, especially in the morning. The simpler the makeup, the shorter the routine, the less time you spend on your make-up every morning. It is also important to make sure the products you put on your face give you a light and natural look instead of a heavy and dramatic look (save that for the parties). Simple beauty products such as lip-gloss, mascara, eyeliner and even blush go a long way.

The #1 product found to be most useful by college girls is concealer. This is because most college students stay up all night. It is not a myth when I tell you that college students do not sleep...not at night at least. So, after a night of partying or studying, you may end up with dark circles. This is one occasion where concealer comes in handy. Concealer is also great in covering up any blemishes or dark spots.

#3 Last but not least, the third and most important step of this beauty regimen is choosing proper lighting for your makeup.

-Dorm rooms tend to have poor lighting, and when you put on makeup, you need to be careful about how much you're putting on. Lighting is very important to quick and easy makeup because makeup may look bright and natural in poor lighting and outdoors it may look artificial.

I really hope that these quick and easy makeup tips helped you out, and I love feedback so email me with any suggestions or any other tips that you would like to see in my next article. I can be reached at my email: Delwarabegum@gmail.com

Remember! Quick and Easy makeup is not about quantity, it's about quality meaning: It doesn't matter how much makeup you put on, it matters what you do with the makeup on your face.

Effective Strategies for Weight Loss

Chandler Smith
Marist College

Weight loss is one of the most popular as well as the most difficult goals which people try to accomplish. The debate of diet versus exercise and which is more effective is the first thing considered when one starts the weight loss process. That is because the average person is unaware of the right path to take. So if you are a determined person who wants to lose weight, but doesn't know exactly where to begin, read this article to gain a little insight.

Let's begin with the cons. Ultimately, there aren't any cons if one understands that there are going to be obstacles when trying to lose weight. It is

inevitable that the weight loss process will not be smooth. Factors include busy schedules; work, family, kids, travel and other various obligations can all interrupt this process. There are also commitment factors including, dedication, temptations, laziness, etc. Interrupting doesn't mean that it is impossible to accomplish, it simply means that one must set out a time to organize a set process that works for him/her. If this is done, then the cons will never trump the pros to weight loss. With losing weight comes endless advantages that can benefit everyone. These advantages reduce the risk of serious health conditions, for instance, cancer, diabetes, osteoporosis, heart attacks, strokes, etc. One will obtain more energy, a better life outlook, better moods and less stress.

After considering both the pros and the cons to weight loss, the question of 'how to' will rise. Many people debate the question: which is the more effective strategy for weight loss? Diet or exercise? When attempting to answer this question, one must, first and foremost, understand the basics. Weight loss ultimately begins with calories. The Basic Metabolic Rate (BMR) is the number of calories in which every person needs in order to survive. To find the number of calories one burns in a day, one must multiply his/her BMR by the amount of activity performed. This is also known as the total daily energy expenditure, which relates to both dieting and exercising. Dieting will solely lowers one's BMR all by itself, which leads to a slower weight loss process. The process becomes slower because when one diets he/she is simply reducing the amount of calories being consumed with no other added help of activity. On the other hand when one only exercises, without reducing the amount of calories he/she

consumes, it will also result in a slower weight loss. Therefore it becomes evident that one strategy cannot be as effective without the other. Diet and exercise go hand in hand. The bottom line is that weight loss is pretty simple; one must burn more calories than he/she consumes. Ultimately equilibrium of the two strategies is key. Balance is key!

Abnormal Eating Habits: The Harmful Effects of Eating Disorders

**Kaitlyn Andersen
SUNY New Paltz**

Many college freshmen worry about gaining the infamous “freshmen fifteen”. It is completely normal to think about this because for most of us, this is our first time living without our parents. We have no one who will shop for food and cook for us. We may begin to worry that we are making unhealthy choices at the dining hall and start to overcompensate with diet and exercise. It is very important to eat right and exercise while you are in college and throughout your life. The problem occurs when people take diet and exercise to the extreme.

When people become obsessed with their weight and body images, they may be at risk for developing eating disorders. There are four kinds of eating disorders: anorexia nervosa, bulimia nervosa, binge eating disorder and eating disorders not otherwise specified. Anorexia occurs when someone starves herself and has excessive weight loss. Bulimia takes place when someone binges and uses

some method to rid herself of the food/calories. These methods could include purging, excessive exercise or laxative use. Binge eating disorder arises when one binges, but does not use methods to expel the food/calories from their bodies. Eating disorders not otherwise specified is a category for people who have some of the symptoms of anorexia, bulimia or binge eating disorders, but not all of them.

There are some risk factors associated with eating disorders including social, psychological, family, genetic and environmental factors. The culture in which one grows up in can be a risk factor, with many cultures putting a large emphasis on thinness. American culture is definitely one with diet fads constantly being thrown in our faces. Competitive sports can also lead someone to develop an eating disorder. Some sports emphasize thinness such as dance and gymnastics. There is pressure to be the best in every aspect of the sport. This pressure includes being skinny. Stress of any kind can also be a danger, including transitions and loss. College is a huge transition so it puts college students at risk. Also, having a history of depression or anxiety can be associated with eating disorders. Certain personality types are more prone, like if a person is a perfectionist. There is research being done to look into the possible genetic factors involved in eating disorders. Evidence has been found that biology plays a role in eating disorders.

Eating disorders cause many problems for those who endure them. Some of the physical issues that eating disorders cause are slow heart rate, low blood pressure, low body temperature, brittle hair and finger nails, dehydration, tooth decay/loss, dry flakey skin and

heart arrhythmias. If some of these symptoms are not treated, they can cause serious illness or even death. Emotional problems come with these disorders as well. They include depression, anxiety, distorted body image, low self-esteem, guilt, and social isolation. When people are being treated for eating disorders, they face the medical and psychological problems that come along with the illness.

There are a few things we can and should do as a culture to try to prevent eating disorders. One positive step would be to end teasing and harassment about weight. The more people hear comments about weight and shape, the more they focus on it and become obsessed with it. Another step would

be to stop following diet fads that make people restrict certain kinds of food or calories. Most things are okay as long as they are in moderation. Instead of dieting, people should be eating healthy foods and exercising for their health and enjoyment. It is important that everyone stop trying to compare themselves to pictures in magazines and people in movies. Everyone is supposed to be different shapes and sizes. Comparing oneself to anyone just causes low self-esteem.

While in college, make sure you take care of yourself. Eat healthy foods, exercise when you can and get enough sleep. It is very hard to function and deal with the stress that we are under as college students when our bodies are not being taken care of properly.

A Good Sport

Strength of Body = Strength of Confidence

Sarah Weissmann
SUNY New Paltz

Girls listen up! For those of you that are not elite athletes or raised on dance lessons anything is still possible. You can achieve self-confidence and body assurance with a minimal commitment to activity. Building strength and endurance can lead to a healthy balance life. When challenged in class, hallways, or online, the confidence you build from taking care of yourself helps you to react appropriately. This is not a message about being thin or a certain size. It is a message about feeling good about yourself.

Physical benefits of exercise are the bonus to the emotional health you will achieve. Aerobic training is one area of exercise that is great. It works the cardio vascular system to make it stronger. Aerobics elevate your heart rate through many different types of workouts. Some aerobic exercises include biking, zumba, step, and running. Zumba is appealing because the high intensity of good music and intense dance moves make aerobic exercise more fun. There is also no excuse not to try running because all that is required is a pair of sneakers. Get outside on a beautiful day and run for a half hour. You will feel the ongoing benefits. Fresh air, sunshine and aerobic activity can minimize any challenge or crisis that may be happening.

Strength training can help you minimize injury. It toughens the

bones and ligaments for everyday tasks. It also helps improve the joints, hips, and knees. Any body structure can gain tremendous benefits from regular exercise. Strength training can truly change body image by increasing muscles mass. Lean muscle mass increases the body's metabolism resulting in higher calorie burn. Another exercise that women should try is yoga. It improves flexibility, which counter acts strength training by lengthening muscles as opposed to contracting them. The spiritual nature of yoga's asanas brings focus to the mind. It allows and teaches people to shut out the chaos going on around them. This practice also incorporates rhythmic breathing, which is shown to relieve stress and allow the practitioner to calm the mind.

The hardest step is the first step but once you start it becomes a habit. Setting goals and achieving them builds confidence. Walking a certain distance or lifting a certain weight, whatever your goals are, once you reach them you start to believe that anything is possible. There are a wide variety of facilities available including low cost gyms to high priced spas. There are usually classes at the local recreation center that anyone can participate in. Grab a friend and have fun working out!

The more time you spend working on yourself the more confidence you will have. Also the less time you will be worried about what people think or say about you. Regardless of the number on the scale or the size of your clothes engaging in regular exercise provides multiple benefits that impact every area of a woman's life. The weight room is not only for boys. Show them your strength girls! You will feel wonderful about yourself if you are willing to

spend a little time a day working out.

Managing your Time While Playing a Sport

Greta Leberfinger
Marist College

Many of us have dedicated almost all of our life to our sport. While our friends were out having fun in high school on the weekends, we were watching, learning, and practicing. Playing a sport takes a lot of talent, skill, and time and we must be willing to give up a part of a social life to take on the responsibility of playing a division one sport in college. In many cases, we are signing our life away when we decide to take on this responsibility. Becoming a part of a division I college athletic team is a big decision one must make in college, because not only do we have to learn to manage our time differently than the other students, we also have to give up some of our social life and adapt to the hardships one faces throughout the years.

Time management is an important skill we learn growing up. Throughout high school, we hear a lot from our teachers and parents about this topic and how to improve on it. Most of us learn how to manage our time on our own through mistakes. If we manage our time unwisely with a school assignment, we learn that we will most likely receive a poor grade. While learning all of this, add in a sport on top of the schoolwork, and then try managing your time. In college, playing a division I sport is a big responsibility that needs a lot of focus and time. A

typical schedule for a sport would be waking up early, going to practice, going to classes, and then returning to practice in the afternoon for strength training or additional practice. On top of that, we must fit meals into our schedule. Along with meals, we need time for homework, laundry, cleaning, and friends. As you can see, there are not enough hours in the day to do all of this and have enough time to sleep and recuperate for the next day. Making a monthly, weekly, and even daily schedule helps a great deal when managing all of the activities.

College is said to be “the best four years of your life.” Many athletes worry about how much social time they will have on top of practice and schoolwork. The answer is as much as you want. If you want to have a good experience and go out a lot, you can. There is time for fun. You just have to make sure you get your work done or have time before your next class in order to finish your work. If you manage your time wisely and stay off Facebook, Twitter and other social sites while doing your work, there is plenty of time for fun.

One way to help organize yourself is to plan days where you give yourself time to relax and hang out with friends and days where homework should be your priority. If you plan wisely and follow your schedule, you will be in control of your workload on top of working hard through practice, and still have time to experience a full college experience.

Ryan Braun: Clean or Dirty?

Alec Petrone
Marist College

Ryan Braun, left fielder for the Milwaukee Brewers, had a special season in 2011. Thanks to a power surge during the final two months of the season, he claimed the National League’s Most Valuable Player Award while leading the Brew Crew to their first division title in decades. When the playoffs began, Braun rose to the occasion, batting .405 with a 1.182 OPS over an 11 game span. Braun has been a consistently great player ever since breaking into the big leagues in 2007, but the 2011 season was his coming out party as he emerged as one of the game’s most dominant forces. Shortly after the season ended, the baseball world was hit with a shocking bit of news: Ryan Braun had tested positive for performance enhancing drugs during the 2011 playoffs.

The news was devastating to baseball fans everywhere. The game has come a long way since the days of literally larger than life power hitters staining the game with their medically induced long balls. The days of Barry Bonds and Mark McGwire-type meatheads were supposed to be over. Braun was supposed to be part of the new generation of clean players who married an incredible talent with an insatiable work ethic. The true baseball fans of the world were left shaking their heads in dismay when the headline read across the television: “Ryan Braun suspended 50 games for violating MLB’s performance enhancing drug policy. Braun will appeal his suspension.”

In an equally shocking manner, in February, Braun won his appeal. He is the first player to successfully appeal a suspension for PEDs. So all is right in the baseball world again, right? Think again. The details of Braun’s appeal and the way in which he won it are murky.

Braun submitted his urine sample on a Friday night. The sample collector, claiming that no FedEx office would ship the sample until Monday, decided to take the urine home with him for the weekend before mailing the sample to the World Anti-Doping Agency headquarters in Montreal. When the sample was tested, it was concluded that Braun had twenty times the normal ratio of testosterone to epitestosterone in his system (a normal ratio is 1:1). The point at which a drug test is considered failed is a 4:1 ratio. Furthermore, a second test revealed that the elevated testosterone in Braun’s system were synthetic, meaning they came from somewhere other than his own body.

The interesting part about Braun’s appeal was that he never challenged the validity of the test results, but rather that the test collector broke the chain of custody rules when he took the urine sample home with him rather than mailing it immediately. Although the WADA headquarters in Montreal concluded that Braun’s sample was in fact sealed when it arrived (thus not tampered with), a neutral arbitrator decided that the technicality was enough of a violation to overturn the suspension by a 2 to 1 vote.

Although Braun publicly came out and claimed his victory, seemingly clearing his reputation for integrity, the fact remains that there was artificial testosterone in his body and until he answers to that, which he has yet to do, the jury is still out on his guilt or innocence. MLB has publicly criticized the reversal of the suspension, but Braun has officially been exonerated. What remains to be seen is whether or not he has been exonerated in the court of public opinion. We will likely find out when the Brewers make their first road trip to a visiting stadium this

Spring. It will be interesting indeed to see how Braun will be received.

The Career of a Legend in Our Time

**Tyler W. Patasnik
Marist College**

After fourteen tremendous years as the Indianapolis Colts Quarterback (1998-2011) Peyton Manning has finally become a Free Agent. He was released March 7th, 2012 as Colt's owner announced that the #18 jersey will never be worn by a Colt again. Rumors have piled up about this quarterback's trade. Some believe it was a financial issue for the Colts to be paying so much money to a 35 year old quarterback was outrageous. Also, this past season, Manning received 18 million dollars for simply sitting in the stands and watching the games and also refusing to take a pay cuts. And why was he sitting in the stands? Manning has been through four serious neck surgeries in 19 months. Manning had been suffering from a pinched nerve that caused him constant pain. For his third surgery, Manning went through a procedure called single level anterior fusion, which is basically the removal of a disc from the nerve and spinal cord which is then filled with bone graft. Doctors believe this surgery should be beneficial for Manning and not harm the rest of his career. A fourth surgery was an undisclosed procedure (It was widely reported that he only had three). Even if this is all true, Manning was still due 28 million dollars. One just doesn't pay that much for something that is damaged.

With all that said and done, Peyton

Manning is truly a legend of his time. Peyton has attended 11 Pro Bowls, has been first-team all-pro 5 times, second-team all-pro 3 times, has one Super Bowl ring as well as being the MVP, and has set Indianapolis Colt records such as wins, touchdown passes, pass attempts, pass completions, and passing yards. Manning is also the fastest ever to reach 50,000 yards passing and fastest to 4,000 completions. He currently has a completion percentage 64.9 % and a passer rating of 94.9. His statistics alone prove that Manning is an elite player.

Manning continues to decide on the perfect team where he could continue working his magic and further increase his statistics. After being stuck between teams such as the San Francisco 49ers, Denver Broncos, and Tennessee Titans, Manning has decided to sign with the Denver for 5 years and 95 million dollars. All we can do is wish him best of luck and hope he can continue to do what he does best. Peyton believe that he still has something left in him. Only time will tell.

Jeremy Lin: A LINDERELLA Story

**Albert Sacchet
Marist College**

Jeremy Lin was raised in Paolo Alto, California. It was there that he lead his team to a state title victory and made first team All-State. His dream was to either play basketball at Stanford or UCLA but both schools did not want to waste an athletic scholarship on him. Only Brown and Harvard guaranteed him a spot on their roster. Jeremy Lin ended up choosing Harvard and had 4

great years. In his final year at Harvard, he helped the program set records that the school had never reached before. His best game was a nationally televised game vs. UConn where he had 30 points and 9 rebounds. UConn's hall of fame coach Jim Calhoun praised Lin's performance saying that he can play on any team.

Even with such high praise coming out of college by coaches like Jim Calhoun, it was still going to be hard for an Ivy League player to get drafted because it hadn't happened since 1995. The draft came and went and Jeremy Lin didn't have a team. Even though Jeremy Lin did not have a team, he was still invited by the Dallas Mavericks to play in the NBA Summer League where he excelled and eventually got a contract offer to play for his hometown team the Golden State Warriors.

In his rookie season, he did not play very much. He was stuck behind two excellent guards Stephen Curry and Monta Ellis who were proven players. To start this season Golden State released Jeremy Lin to save money, and he was picked up by Houston. Less than 2 weeks later Houston released Jeremy Lin again, and he was back without a team. The Knicks soon signed Jeremy Lin because the team was riddled with injuries. The Knicks season was off to a rough start, and the coach needed to somehow shake things up and decided to give Jeremy the chance to play.

Once he started playing bigger minutes, Jeremy Lin led his team to 7 straight wins including 38 points against Kobe Bryant and the Lakers and a game winning three against the Raptors. In his first week as a starting player, he won NBA Eastern Conference Player of the Week, scored 136 points in his first 5 starts, (which is the most by any

player NBA and ABA since the merger in 1976) and turned the Knicks season around causing this “Linsanity.”

When life gives you an opportunity, you have to make the best of it. If injuries did not plague the Knicks in the beginning off the season and they didn't start off with a terrible 8 – 15 record, Jeremy Lin would have been either on the bench or released and without a team once again. Jeremy Lin made the best of his opportunity and has not taken all the credit for it. He praises his teammates and how he is just thankful for the opportunity. This phenomenon has been out of control because of his spectacular performances, the fact that he came from Harvard, and because he was able to do this in New York City. Jeremy Lin is seen as a likeable character by the media and NBA fans around the world, and he reminds people of Tim Tebow. Both are not only athletes that have great characters on and off the field, but they both overcame certain types of scrutiny for their style of play. However, one thing is clear, when Jeremy Lin got his chance to play, he showed everyone what he was made of, and in so doing, he has changed the landscape of the NBA.

A Sports Team, A Family and Many Love-Hate Relationships

**Emily Vanacore
SUNY New Paltz**

Most people don't understand how much time players on sports teams actually spend together. They are with

one another for practices, games, bus rides and meetings. Anything to do with the team, every single player is always there, including the head and assistant coaches. They're also together outside of all of the sports activities. Most of the players live in small groups, either in a house or in one of the dorms. These players become each other's best friends and literally do everything together. Unlike other college students, making friends is very easy because the only people you usually see are your teammates. This aspect of being part of a team has its pros and cons. The main relationships on a sports team are the teammate-to-teammate relationship and the coach-to-player relationship. Both are extremely important but the second one has more time to blossom and grow, at first.

The college coach and teammate relationship starts even before graduating high school. It all begins when he or she sees you play for the first time. After making the commitment to pursue you, he or she will make the call and start the relationship. For many, it ends there, but if the athlete is interested in the school and playing on the team, it's not even close to the end. The relationship grows more and more every time the coach and possible player talk. When the player is accepted to the college, the relationship becomes more serious. The player is now part of that team; they are committed to it and to his or her coach. During the season, the relationship becomes more important. It will make the season more difficult for both you and him or her if both the coach and the player are not respectful and fair towards each other. For example, if the coach picks on a certain player because he or she isn't doing what she is supposed to be done, it will turn into the player resenting the coach

and purposefully not doing the right things. That one practice might change the player's attitude toward the coach, and from then on, the player will not respect the coach. The relationship can easily be altered with a simple mistake of the player taking things personally.

The player-to-player relationship is definitely different. It is somewhat forced on the players. Unlike the coach-to-player relationship, the players don't get to choose who their teammates are going to be. Just like family members and co-workers, you cannot pick your teammates. Not only are new relationships hard to build in general, but on the field, they are also extremely important. Coaching can only go so far, and once the whistle blows, the eleven girls or boys on the field have to work together to become one unit; a unit without disputes or problems. One argument can ruin the unity on the field. These relationships are often stronger than the coach-to-players relationships because all of the players are going through this difficult journey together. They all suffer the consequences of a loss, they all run for the equipment that was lost and they are all accountable for one another.

The bonds made from a sports team will never be broken. Every year the team changes, but the friendships made are always amazingly strong. If there is a chance in your future that you can join any kind of sports team, take the opportunity. The friendships you will make there will never be forgotten. Expand your friends list in a different way, and join a team today!

Relationships

Don't Lose Yourself While Losing Love

Luana K. Horry
SUNY New Paltz

One of the most devastating things to deal with is losing love and then having to pick up the pieces of a broken heart. The minute you realize that it's over, your heart drops. It becomes harder to breathe, eat, and sleep. Everything around you becomes unhappy, and you feel like everything you lived for has been grabbed from beneath your feet leaving you face flat on the ground. So, to deal with this pain, what do you do? Partying sounds good. You meet new people, you drink a lot of alcohol and probably even drugs that temporarily erase the pain and help you to forget. But what happens when you sober up? You wake up with a really bad hangover, regret, and possibly more pain than yesterday.

There are many alternatives to destructive behavior in attempt to get over a heart break. Music is therapy. Turn up your favorite artist and dance. The exercise it provides and the happiness of listening to music helps you to forget about all the bad things in your life for a brief four minutes. This temporary happiness won't leave you feeling sick in the morning; you won't worry about the things you can't remember doing...or not doing. Music is another way of an artist letting you know that countless people are going through what you're going through. It can convey a message of letting go and living life. Don't lock yourself in a room with depressing songs, but play songs that usually make you happy. The best company you could keep during this difficult time is a group of

friends- a group of friends that you can talk to and who actually listen to you. A funny friend will make you laugh about the situation, and a reasonable friend will help you to rationalize your situation. If you're lucky enough, you'll find both of these qualities in one person! Friends are a great support group because there's a great chance they can identify with what you're going through and lend their advices and company. They remind you that there's more than one type of love; your friends can love you just as much as any romantic partner. Friends are reminders that everything isn't all bad and that you're not alone.

Lastly, space and time is the best way to healthily get over a person. In this day and age, it's so easy to "stay in touch" with a person that when it comes time to avoid them this seems to be an impossible task. Block buttons are awesome. Block them on Facebook, Twitter, Tumblr and any other social networking sites. Delete text messages, numbers, and pictures. Rip up the love letters. Throw out all the tangible items that remind you of this person. Do not call them just to talk. Do not pick up the phone. This space and separation may be the hardest thing ever, but in the end, it's healthy not to be in your ex's life. It only hurts you in the long run to watch them live their lives without you.

Instead of hurting yourself or alienating yourself, turn your phone off, listen to music and hang out with a group of friends. Breaking up is always hard, but you don't have to drink or smoke to get over it. If you can love yourself enough to let time heal all wounds, the next relationship you enter will benefit from this immensely.

Dating Advice For Lonely Men

Chris Lau
SUNY New Paltz

There is always that one question that men have been asking for years and that is: "Why can't I get a girl?" Well, it's most likely not because of the girl you are after. The main reason is actually YOU!! Your behavior at attempting to get the girl of your interests, for most men, actually pushes that girl away, and you are left to wonder: "What did I do wrong?" Well, in the time you finish this article, you will have the knowledge to get that cute girl.

Getting The Girl

Let's just say as an example there is a girl in your math class that has caught your interests. You want to ask her out on a date, but you don't know much about her. A simple hello can start a great conversation because from there you can talk about almost anything. From the weather or even asking if she would like to study with you, can be some topics to talk about. After you've gotten to know each other and you KNOW that she is interested in you, you have to show interest in her as well or else she will move on. If you get the courage to ask her out, DON'T ASK HER OUT BY TEXT! Asking her out in person makes it more personal, and she can actually see your expressions. Now that you have asked her out, and she has said yes, you must now prepare for your date.

The Date

On this date, make sure you don't smell

bad or dress like a slob. Make sure you find some nice clothes to put on and have taken a shower. Be on time! If you are late, it shows her that you really didn't have any interest and that you stood her up. When you are out on your date (assuming you are having dinner together), ask things about her that you don't already know. There are some things you should stay away from mentioning: Don't ask her what she has done with other guys and don't mention any girls that you might have been with. Now just because you both went on one date, doesn't mean you two are in a relationship. But if both you begin a relationship with each other, there is more to do, so you can keep her as long as possible.

Being With Her

While you are with a girl, tell the truth and don't hide anything from her. When one of you finds out a secret that has been kept from you, there is a chance that secret will cause you two to break up (if it is really that serious). Also, keep listening to her. Girls like it when you listen to them even when you don't want to. Last but not least, keep taking them out on dates. Dates should not stop just because you are in a relationship and once in awhile, you should take them out to enjoy a special night out together. Following these rules, should allow you to get that cute girl you've had your eye on and keep her for as long as possible.

After reading this article, you should be able to get the girl you want to be with. Of course every situation is different, and there are different ways of approaching them. However, if you follow these tips, you will find that it is a great guideline to help you improve that relationship with the girl of your dreams.

Friendly vs. Flirty Three Tips to Resist Being Flirty

**Alicia Troncoso
SUNY New Paltz**

Being in a relationship definitely has its ups and downs. On top of the arguing and problems, we also have to deal with the temptations that are all around us. Often times people struggle with trying to focus on their boyfriends or girlfriends and keep platonic relationships (relationships without physical or sexual aspects). While there is a thin line between friendly and flirty, there are few tips we can use to fight our temptations of being flirty.

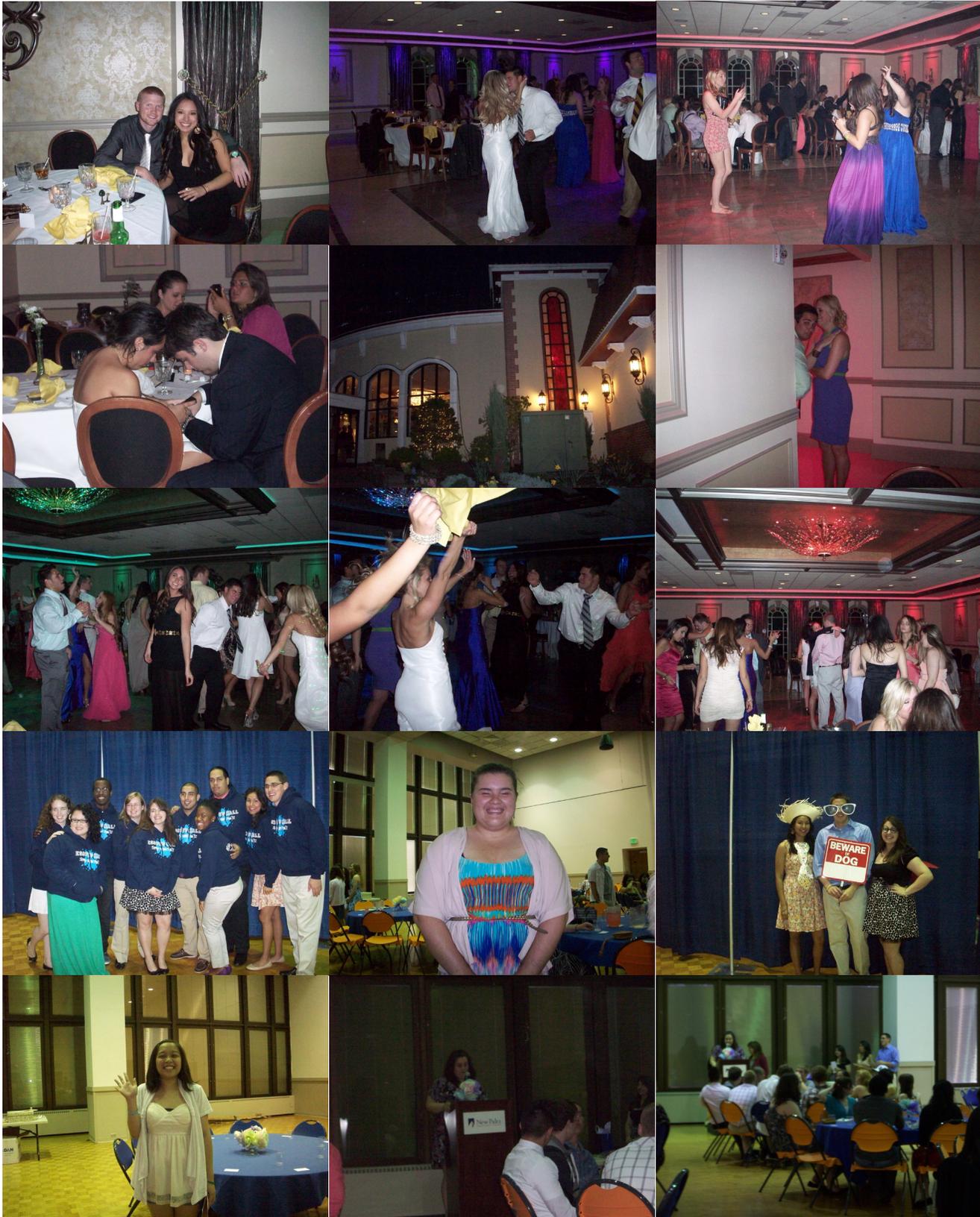
First, we have to make sure we are not giving off the wrong signals. Our body language and the way we act can suggest things that may not be true. For example, a simple kiss on the cheek or a light touch when speaking can suggest you are being flirty. It is important to refrain from being too "touchy-feely" with friends; this can be a huge sign of being flirtatious.

Second, we must not get too personal or too comfortable in platonic relationships. If you share too many things with this person you risk the chance of being attached. Our significant others should be our confidants, and the person we can connect with on a deep emotional level. If you get too comfortable and start to connect emotionally with someone, it won't be long before it turns physical. Remember your partner should be your best friend and the person you can be vulnerable with, and if you feel that way towards a friend you might be

heading down a rough path.

Third, remember why you are in the relationship in the first place. If you have the urge to flirt and say or do things you shouldn't, then maybe you should evaluate your relationship. Is it really worth it to give up a healthy relationship for what is probably just a "fling?" It may look good when it's right in front of you but think about the consequences and the hurt you will cause your significant other. Always have respect for yourself and for the person you are with. Most importantly, if you truly love someone you should never do anything to jeopardize losing them. Life is too short to take our loved ones for granted, so love hard and be friendly but don't flirt.





M
A
R
I
S
T
A
N
D

N
E
W

P
A
L
T
Z

It's Been A Great Year!

