



THE COLLEGE INITIATIVE

written by students of SUNY New Paltz & Marist College



2011



Inside: Arts & Poetry Campus Life Experiences Entertainment

- Wall
- Info
- Photos (24)
- Notes
- Friends



Nicole Mauro

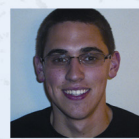
Everybody should check out the entertainment section!

about an hour ago

Lisa Lyev likes this.

Christina Battista Wow, looks great Nicole, nice job!
about an hour ago

Nicole Mauro Thanks, so does the Health section! Those articles are so interesting.
about an hour ago



Stephen Lawrence

I really hope everyone enjoys the new 2011 magazine.

about an hour ago

Lindsay DeFelippis and 2 others like this.

Arielle Rubenstein I'm sure they will, there are some great articles.
about an hour ago

Ryan McEwen Yeah, a lot of really helpful stuff. The incoming freshman will be so ready!
about an hour ago

Stephen Lawrence Guess we'll find out next year!
about an hour ago



Susan Kim

The photos included came out awesome.

about two hours ago

Kelly Case and 3 others like this.

Christine Yau They really did! This edition is great!
about two hours ago

Alessandra Young There are so many interesting things in here!
about two hours ago

Jessica Breitman The travel section came out so cool! All the sections are helpful and unique.
about two hours ago

Nicole Camilo What a great collection of information.
about two hours ago

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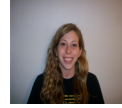


A special thanks to the students of Professors Joan E. Perisse and Mary E. Fakler for sharing their first year college experiences, their valuable advice and for their enthusiasm for making a difference in the lives of others.

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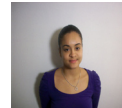
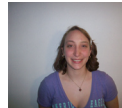
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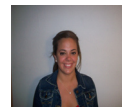
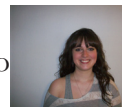
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TC9

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Campus Life

A Look into First-Year Programming

An Interview with Tara Sestanovich

Stephen Lawrence SUNY New Paltz

So, now that you are accepted to the college of your choice and have finished reviewing academic information about classes, your majors, and requirements, you begin to think about the social aspect of college life. Maybe you're not the type who goes out on the weekends, but you are still looking for an enjoyable activity or event to participate in with your friends. SUNY New Paltz offers countless activities for their students, especially to first years. While there are countless departments that hold activities throughout the school year, there is one that specializes in programs and events geared towards the students of our campus, the Center for Student Development. Within the Center for Student Development, located on the 3rd floor of our Student Union Building is Tara Sestanovich, the coordinator of First-Year Programming. Tara is a SUNY New Paltz graduate who works closely with New Paltz students and staff to create programs and events for students. She also co-supervises the Orientation Leaders/Peer Mentors, the student leaders who lead orientation over the summer and are there throughout the year to act as a mentor to first-year students. These individuals are "an essential component to first-year

students' transition into college life." You can also trust Tara to inform you about information concerning countless other campus events, programs, and opportunities.

While the Center for Student Development focuses on the student body as a whole, Tara Sestanovich, focus's on mainly First-Year students. In an interview with Tara, she was asked what the main goals of her office were concerning First-Year Programming. Tara began by stating how First-Year Programming was designed to accommodate the increasing size of the freshman class here at New Paltz. Tara then went on to state, "It is extremely important to support first-year students' transition into college as many entering students don't know what to expect about campus life. Through first-year programming, I am able to act as a liaison; I can answer questions, provide students with the information they need and help students on their path to making campus connections." Tara's main goal is to make sure that first-year students are informed of the countless opportunities they have to help them grow as a student, leader, and a person.

There will never be a time when students are not informed of different information about First-Year Programming. Through the use of Facebook, The Edge 88.7fm (SUNY New Paltz Radio Station), WNPC's Channel 3 Message Board (SUNY New Paltz TV Channel), 'Keeping You Posted' weekly newsletters and posters, Orientation Leaders, E-mail, and many other means of communication, Tara always makes sure each student knows what is going on. Programs put on by First-Year Programming include "First-Year Fridays" and "Saturday Nights at the Terrace." These programs are both social and educational acting as an

extremely enjoyable activity for students on the weekends. When asked which programs were the most successful this year, Tara stated, "Some of the most popular First-Year Friday events this year included a shopping trip to the Woodbury Common Premium Outlet, Tie Dye-Versity and the End of Semester First-Year Bash: The Laser Tag Experience." She proceeded to state, "Several of the most widely attended Saturday Nights @ the Terrace events were co-sponsored with student clubs and organizations'; like the popular campus a cappella groups, Absolut A Cappella, The Sexy Pitches and Male Call, the student formed improv comedy group "To Be Announced," and the Residence Hall Student Association collaborating on an annual Halloween Bash."

Tara works with students, staff, and orientation leaders to create events and programs that the SUNY New Paltz students want to see. Tara's main goal is to help better the transition of First-Year students as they emerge from high school students to college students. From personal encounters, Tara is an open, enthusiastic, and kind person who is there to ensure the first year at SUNY New Paltz for students is as enjoyable and memorable as it possibly can be. Tara's office is located in the Student Union Building, room 314, and she can be reached by email at sestanot@newpaltz.edu. First-Year Programs are something all SUNY New Paltz students are encouraged to attend, it will definitely help to better each and every student's first year experience at SUNY New Paltz.

“You’re a What!?”

Jessica Riehm
SUNY New Paltz

Not many people know what the term celiac means, having to tell various people that the reason I have the same eating patterns as an anorexic person is because I cannot eat gluten, which consists of wheat, rye, barley and oats gets repetitive after a while. So, yes, there is no beer or bread. Since I had just found out about having Celiac disease the summer before coming to college, food opportunities for me was not an issue when looking at what school I wanted to attend. To my disadvantage, SUNY New Paltz does NOT do enough to help those with special diets. Beyond the various complaints about Hasbrouk dining hall, and the rumors that there are laxatives in the food, there is a real problem when people with special diets like me are forced to eat things that not only don't fill us but don't have nearly enough nutrients as a person with Celiac disease or diabetes needs to remain healthy. The school has a responsibility to these students that just isn't being attended to well enough throughout campus.

I know there are many reasons why people get sick especially living in dorm life, but the rate at which I get sick is abnormally higher than all of my friends, on various occasions the doctor has put my diet as the culprit of this. Although the school may argue that I am not being proactive about my diet and that they have options to suit me, this is not the case at all! How many of you know exactly what time you're going to eat at Hasbrouk? The option to call 45 minutes ahead of time for gluten free pasta is difficult for a busy college student who is always

running around and never knows when exactly they will go eat. Sure, you can ask for gluten free bread and make a sandwich, but everyday of semester? Just because I lost my ability to eat gluten doesn't mean that I lost my taste buds.

The importance of diet for those who are unhealthy to begin with goes hand in hand. It's inconceivable why more gluten free things cannot be made when every student can indulge in it, and speaking from experience, it all tastes the same!

Celiac disease is especially an annoyance because not only can I not eat the food with gluten in it, but if something gluten free is cooked in a pot that previously had gluten in it, it can also cause a reaction. I understand that it is difficult to accommodate students with these diets because of this, but the thousands of dollars myself and various other students pay for a meal plan should get us more than pasta if we call 45 minutes ahead of time! The occasional gluten free soups at Jazzman's and things like corn instead of flour tacos are an improvement, but the situation needs to be taken more seriously. It is only fair that students with special diets get the same opportunities to prosper here on campus, and that all starts with a healthy, well-rounded diet. SUNY New Paltz should actively work to change the little that is being done for students like me.

Dining Options Off Campus

Yariel Melo
SUNY New Paltz

SUNY New Paltz is famous for many things; its diverse campus, acceptance rate, and its culture. The only thing below par is the food on campus, especially from the Hasbrouck Dining Hall. There is nothing wrong with Hasbrouck, the staff is great and it has a nice atmosphere but the food could just be better. They say that the food is healthy and personally, this reporter loves to eat healthy food, but the quality is often poor and it's also good to indulge one's own self once in a while. This article should not deter people from going to Hasbrouck but should show its readers that they have some better options off campus.

The first option off of campus is McGillicuddy's Restaurant and Bar. Of course, first-year students would not be able to access the bar at McGillicuddy's, but the food there is absolutely amazing. The quality of McGillicuddy's is great and almost everything on the menu is at a decent price below ten dollars. The burgers at McGillicuddy's are better than anything that could be found at Hasbrouck. On Mondays, McGillicuddy's hosts Wing Night, when hot wings of varying flavors are sold at forty cents a wing. That is a great deal and one person would only spend about ten dollars that includes a drink and tip.

The next option is Neko Sushi, which specializes in none other than sushi. Sushi is healthy and the prices at Neko Sushi are decent. A little meal for lunch would be under ten dollars and

that would keep someone sufficiently full at least until dinnertime. Now for dinner, that is a different story. Dinners can range from thirteen dollars to even twenty dollars depending on how much sushi an individual wants. Now you are probably thinking, "Why would I spend so much money on sushi?" The answer is that you have a choice in what you want to eat, whether it's the California Roll, Salmon Roll, or the Spicy Tuna Roll. Also after a dinner at Neko Sushi, you will probably be full for the rest of the day.

The last place off campus, that is worth going to at least once is P&G's Restaurant and Bar. Again, first-year students would not be able to access the bar, but it has a nice enough atmosphere like any good quality restaurant. There are so many things to choose from P&G's menu with many entrees all at ten dollars. P&G's also serves some pricey food, such as pasta, seafood, and steak. This can cost from up to seventeen to twenty-five dollars, but the lower priced food is as good as the more expensive fare. The amount of food that is offered would keep you full for the rest of the day.

Now that I've talked about all of the different kinds of places you could go to for food, I want to go back to my fair Hasbrouck. There's nothing wrong with eating at Hasbrouck. If you do not have the money to go out once in a while, then Hasbrouck is probably your only option. Hasbrouck lets the individual loose into the cafeteria to choose whatever he or she wants to eat. It gives you options to make your own dish. You could basically have whatever you want any day of the week. Remember that you will always have options on or off campus.

Cheap and Easy Ways to Decorate a Dorm Room

**Lauren Levin
SUNY New Paltz**

A dorm room is like a blank canvas, consisting of only a bed, a desk, and bare walls. The sheer nakedness of the dorm may seem a bit intimidating at first, almost unwelcoming. Students should be entitled to a room that reflects their personality, and makes them feel at home. Companies like PB Teen Design Furniture specifically targeted toward college dorm rooms, but often times these accessories can get a bit pricy. For college students in this economy, money is not expendable. Have no fear! There are cheap and easy ways to decorate a dorm room without squandering away money.

Storage space is scarce in the cramped corridors of a college campus. Bookcases and shelves from PB Teen range in price anywhere from twenty dollars to two hundred dollars. Why spend all that money on storage furniture when you can make your own shelves from household items? All you need are three milk crates, a clamp, a plank of wood, crazy glue, and spray paint (any color). First, spray the crates with the colored paint. Next, stack the crates on top of one another to form shelves. Once the crates have been stacked, use the clamps to seal the crates together. The final step is to crazy the glue the plank of wood on top of the highest crate. Try to place it evenly onto the center of the crate. Let it dry for at least a half an hour. Once the glue has dried, the new shelves are ready to go! They are great Feeling

artistic? Draw or paint something that you would like to hang up on your wall. A blank canvas is the perfect surface for splatter painting. This activity can get pretty messy, so wear clothes that can get dirty and spread out newspaper on the floor to keep the surrounding area clean. Splatter painting is a fun and easy way to create a decoration. Pick a few colors that coordinate with the color scheme of your room, and splatter away. When the paint dries, hang up your creations. Photographs also make great wall decorations. Take some pictures of nature, friends, or family and collage them all over the walls of your room. Department stores such as CVS and Rite Aid develop photos and can also make larger prints for photos that you really like.

A collage does not have to be limited to photographs; old magazines and newspapers are great materials to incorporate into a collage. Using mixed media can add some variety to a work of art. Cut out pictures and images from magazines that are attractive to the eye. Use glue and a flat paper surface to arrange your images on. Experiment! Try mixing photos with magazine clippings, and magazine clippings with newspaper cut-outs! To get really creative, draw or paint on top of or bordering a collage.

Add a theme to your work! Are you an animal lover? Mix and match pictures of cute critters. Are you a sports fan? Create a collage of all the best teams and athletic equipment! These are just some suggestions; the possibilities for creation are endless!

Most colleges do not allow students to use nails or thumbtacks to hang up decorations in their rooms. There are methods to hang up photos and

paintings that do not damage the walls. Masking tape can hold up most wall decorations. But if something is too heavy to be supported by masking tape, an even stronger adhesive is a Velcro sticky tab. Just press the sticky side of the Velcro tab to the wall, then place a sticky tab on the back of the photo or painting. Once the tabs have been placed on the wall and the picture in the correct spots, press the two Velcro strips together. This will create a very strong hold and will not leave any marks or blemishes on the walls.

Decorative blankets and rugs make great wall accessories. There are an endless amount of patterns and designs that can be found on blankets, or any cloth for that matter. Find one that suites you, and coordinate it with rest of your dorm. Buy a rug or a decorative cloth from a thrift store, or just search around your house to find an ornate linen that is not being used. A rug or blanket will fill up at least half of a dorm room wall. It adds a burst of color to any dorm, and gives the room some attitude. Who said rugs were only made for the floor?

Every college dorm room is has a double-headed lamp provided by the school. It lights up the room and is a necessity for all college students. However, lights can also serve as decorations. Christmas lights make great decorations! Sprawling them throughout the room or having them border the windows can really give your room some life, especially at night!

Although lights may figuratively add "life" to a room, another great dorm room accessory that is in fact alive, is a betta fish! They are very low maintenance, and most colleges deem them as acceptable dorm room pets.

They can live in extremely small tanks and only need to be fed three pellets once every other day. Get creative, and decorate the outside of a betta tank. Use glitter and stickers to make a funky fish bowl. Putting marbles or pebbles inside the tank are a nice touch as well. Your betta will love its new home!

Here are just a few tips to turn a drab room into a fab room! It is easy to decorate a dorm room in an affordable way. All it takes is some creativity and some easy to use, money saving techniques.

The Truth About First Year Initiative

**Amy Katz
SUNY New Paltz**

Throughout my freshman year here at SUNY New Paltz, I have been involved in a living learning community. This program is called F.Y.I., which stands for "First Year Initiative". In the First Year Initiative, freshman students live in Esopus residence hall with the other freshman involved in the program, and take a number of required courses with those same students. My personal experience was a positive one, but I still feel that the program could use some improvements. Some view the F.Y.I. program negatively, because people think of the students as loners or socially awkward, when in reality they are not.

Besides meeting the many people involved in F.Y.I, many of the "advantages" of being part of this community are not seen as "advantages" by some students. Esopus hall,

though newly built compared to most other dorms, is further from most of the buildings on campus. We are also required to take classes that do not fill any General Education requirements. Although these courses are designed to enhance the students' academic experience, these courses are considered electives. As a result, we have an excessive amount of elective courses, that give us credit towards graduation, but do not help towards our major. The only class that is a requirement whether in F.Y.I. or not is English Composition, but Psychology Select Topic, and Self Community and Citizenship do not fulfill any General Education Requirements.

When I was deciding whether I wanted to join the First Year Initiative or not, I decided to ask current students their opinions. This was unsuccessful, because many students were not involved in F.Y.I. I decided to give F.Y.I. a try anyway because I felt that the decision was ultimately mine. The impression people have of F.Y.I. students stem from the idea that people participate in the program because they need "help" socializing. This, however, is not true because many of these students just want to live amongst other freshman, and since SUNY New Paltz does not offer all freshman dorms, this program is the closest freshman can get to maximize socialization with other freshman students. I am so glad that I made that decision because despite these few aspects of the First Year Initiative that could use improvements, the community allows for easy transition and assimilation into college life.

I have found that being part of the First Year Initiative was an amazing and worthwhile opportunity. I have met many people who became very

close friends of mine. Participating in this community helped make the adjustment to college life much easier than it could have been. Some people looking in at the students in this program, including myself would think that by joining this program, we are isolating ourselves from the rest of the students on the campus. This, however, is not true because I found that the students in First Year Initiative have become like a second family to me, in that I was able to socialize with, eat with, and live with the same people every day, as I do with my family back at home.

A New Beginning

Amanda Zurla
SUNY New Paltz

It is your first day at college, and you are ready to meet new people and start a new chapter in your life. However, you're sexual orientation is different than most of the people around you, and you aren't sure how to approach the situation. You might wonder, "Will they be as accepting as my friends and family back home?" Or "Will I have to go through the same harassment I experienced at home?" Or even "Can I be honest with myself and finally admit that I am homosexual?" Homosexuals might feel a sense of nervousness and fear rejection when in reality, everyone else feels the same way. Even though I have never personally gone through any of these experiences, people very close to me have and I can assure you, college is one of the greatest opportunities to truly be yourself.

If you are homosexual, and it is, or for some people it gives you an opportunity to finally be your self.

your first semester at college and you are wondering if the people at school will be just as accepting as the people at home, I assure that they will be. If you had supportive friends and family when you came out before college, it's normal to fear that people at school won't treat you the same way. However, you shouldn't fear anything at all! Incoming freshman will be just as understanding, if not more understanding, than your friends and family at home. The same idea goes for those who fear rejection because they were rejected by the people at home. Those who came out prior to college need to understand that people probably acted in a certain way because they were surprised. In most cases where people come out to their friends and family, they aren't supportive because they were shocked. Coming to college is different because the people you meet have no idea who you are, where you came from or how you used to act and telling strangers about your true sexual orientation can be much easier because it won't be a surprise to anyone and their only option is to accept you. This is why I urge those who haven't come out prior to college to no longer fear being viewed and treated differently. Coming out for the first time in college can actually be easier than it was when you were younger. If you think about it, the entire freshman class feels the same way you do; everyone is worried that they won't be accepted like they were at home or worried that they will be just as cruel as the people at home. What you and the rest of the incoming freshman students need to realize is that if everyone feels the same way you do; then everyone is more accepting. College is a huge opportunity because everything in your life is about to change. It gives you an opportunity to be anyone you want to be.

It is important for gays, lesbians, bisexuals etc. to realize how different college is from your life back at home. People who feel the same way you do, who fear rejection and seek acceptance, surround you. You are no longer different than anyone else or "alone" because you're the only person living through these hardships. College is a new chapter in your life, a place to be honest and no longer live in fear, a place where everyone is searching for friends who accept them, a place that offers you a new beginning.

Dormcest: An Epidemic on Campus

David J. Gueli
SUNY New Paltz

From personal experience, I can testify to the now known common knowledge that dormcest is not the most intellectually profound idea when living on a college campus. You may be asking yourself, "What is dormcest?!" Dormcest, put simply, is the foolish act of initiating, and following through with, having sexual relations with another individual in your residence floor, or hall. Dormcest is especially common among college freshman, who excited by their newfound freedom, act impulsively engaging in questionable activities with a fellow resident.

One may think that this so-called term, "dormcest" is merely a joke coined by silly college students; however, dormcest is no joke. The

repercussions and consequences of dormcest may include, but are not limited to: destruction of friendships, loss of a sexual partner, emotional heartbreak, extreme awkwardness, everybody on your floor being involved in your relationship whether you like it or not, and the attempted creation of a negative reputation created by your partner.

Ultimately, what makes dormcest so difficult is the fact that each partner is essentially moving in together before they even really start dating. A lot of relationships, especially teenage ones, would never even come close to the “moving in stage.” As you could imagine, this instantly puts a lot of pressure on the relationship. Personally, I feel that each individual needs their own personal time and space. And quite frankly, it’s rather hard to achieve either of those needs when your partner is living around the corner, next door, or upstairs.

Let’s be honest, *in most cases* ending a relationship is hard enough, and having a partner continue to live on the same floor or building is an awkward burden. This kind of break up is like divorcing, but not being able to move out of the same house. Refraining from dormcest is highly recommended.

If you were to take the words of a wise man, such as myself, I would suggest not committing this act of misjudgment. How could one even consider this practically illegal act? With its unpleasant connotation

and sound, the inherent wrongness of the act is just about able to smack you in the face.

The Truth About Sexiling; What Every College Student Should Know

Ryan McEwen
SUNY New Paltz

Young Adults have always had the reputation of being obsessed with sex. It’s often said young lovers can’t keep their hands off each other. So what happens when our society takes a group of young people and has them all living in the same vicinity, a thin wall is the only thing separating boys and girls. The truth is having a roommate won’t usually stop someone from getting physical. Sex is healthy and natural but to when your roommate is in the room! That is the lesson many college students eventually will learn.

This is why the term sexiling has become a common term among college students. Sexiling is when one roommate is exiled from the room while the other is sexual engaged with a partner. Sexiling has gotten a bad reputation for being rude and inconsiderate. However if you follow a certain etiquette of sexiling, you and your roommate can be at a mutual understanding when it comes to each other’s sexual activities. First of all you must ask your roommate for the room in advance. This is just the considerate

thing to do, both you and your roommate will have time to then plan ahead as to what they will do once sexiled. If you do not give your roommate a heads up, it is unfair and inconsiderate. Also without a heads up a roommate could potentially walk in on something that would be either embarrassing or awkward for both of you! So make sure you ask beforehand and try to get caught up in the moment if you are unsure as to when your roommate will be coming in the room! Another thing to take into consideration before sexiling your roommate is how they are feeling that day: do they look sad, stressed, or sick? Tuning in with their feelings should help you gauge whether or not it is an appropriate time to ask for the room. The most important thing about sexiling is that when a roommate says “No” you must respect that decision! If you disrespect a roommate by either having sex while they are still in the room, or by just giving them an attitude for saying no, it will make for uncomfortable living conditions!

Sexiling is a real issue that should not be ignored. In life, communication is key. This also holds true if you want to have an understanding relationship with your roommate. Although some might think it is embarrassing, annoying, or frustrating, this is a topic you and your roommate must discuss as soon as possible! If you avoid this topic there will be rough patches ahead for the both of you. So if you or your roommate is sexual active have a plan set in motion, and try your best not to make anyone feel uncomfortable. The truth is sex is going to happen whether students, parents, or faculty are willing to hear about it or not, so be prepared to have this discussion!

Transfer Student

Jena Lagonia
SUNY New Paltz

Adjusting to a new environment is never an easy task; however, it is something that we constantly have to face. Being a transfer student has been one of the most difficult, yet one of the most valuable experiences I've had to date. When entering freshmen year of college, everyone is in the same boat. Everyone is trying to make friends, get to know the campus, and adjust to their new professors. This is a crucial adjustment, which is why many people form close bonds with the people that they meet their freshmen year. Being a transfer student is like pressing the rewind button, while everyone else keeps moving forward. It isn't easy stepping into an environment where everyone has already completely adjusted the campus, and is content with their friendships.

The first step, after getting into New Paltz, is to find housing. I was completely unaware that as a transfer student you needed to find housing on your own! Because I did not prepare myself for this possibility, I was stuck, two months before school started without a place to live! This makes it even more difficult because it is not so easy to find a prospective roommate when you don't know anyone to begin with. You have to completely put yourself out there from the start by posting a little blurb about yourself on the New Paltz Bulletin, explaining that you are a neat, clean and friendly person who is outgoing and doesn't like pets. In my experiences, I found this to be a very awkward and nerve

racking process. I personally planned a weekend in which I stayed with a friend and looked at potential apartments to live in. Although rent is never cheap, the flip side of this is that apartments are much more spacious and comfortable. Although you can get some form of a meal plan, usually an apartment will come with a stove making it easier to choose to eat healthier, rather than eating the food on campus. Luckily, in the short period of time that I had given myself to find a roommate, I did, but it is definitely easier said than done.

One of the most important pieces of advice I could give any transfer student is to be as outgoing as you can be, and do not be afraid to step out of your element. It is crucial, as a transfer student to join as many things on campus as possible. Not only are you going to make friends more quickly, you are also going to explore different interests and become a well-rounded person. Although I feel like I bit off a little more than I could chew, I believe think that this is the first time I have taken on a lot of responsibilities at once. In joining various things on campus, I have made friends and have also become a more organized person.

Being a transfer student has helped me to go the extra mile and become a more driven version of myself. I have become better with my time management and people skills. Although it is never easy being new anywhere, SUNY New Paltz gives every student the opportunity to get involved and feel comfortable. Although I have only been here for this semester, I feel completely comfortable and absolutely love it.

Times, They Are A Changin'

Colin Hamill
Marist College

In high school, living was easy. You get to take everything for granted, and you have no idea how important some things are until they are gone. Heading off to college for the first time, you learn quickly what you now have to do by yourself. Since move-in day, I have learned to live entirely by myself, and some of the things that have helped are self-sufficiency, time management, and independence.

When I was living at home, I never had to worry about when my next meal would be, how my clothes were going to get washed, or what time I should wake up for class. Since moving into my dorm at college, I have had to deal with all of this stuff by myself, becoming much more self-sufficient. Living on your own is not easy at first, but it is definitely something that every human needs to learn to do at some point. Relying on other people in life leads to never accomplishing anything worth mentioning.

I have developed systems to get work done in college, because it is not always as easy as you think. For example, every Sunday I like to get my laundry done. If I do not have a set day for this, I will often forget, and come Monday morning, I will have nothing to wear, and I will have nobody to blame but myself. I also like to take a shower every morning before I do anything. It has to be done for moral reasons, but it is a nice way to start the day, plus you do not have that groggy feeling like

you just woke up.

I can also say since coming to college, I have learned to manage my time much better. Like I said before, I try to give myself certain days to get different things done. Studying for exams is a great example of this. This semester I have five classes, all equally challenging. It is important to dedicate a certain amount of time per day to study for these classes, so you do not fall behind. It is not always easy to get studying done in a college environment. People are constantly coming in and out of your room, chatter in the hallway; there are endless distractions just trying to pry you away from your work. In college, you need to be your own self. I can remember in high school when everybody was trying to be someone else, somebody who they were not, and that just takes too much effort. Society pretty much requires that you go to high school, but in college, everyone is here for a purpose. There is no time to act like somebody you are not, and there is so many different “groups” of people, it is honestly not hard to find people just like you. The first week of school, I thought I met a good group of people to hang out with, but it turned out a couple weeks later that I became friends with other people on my floor just like me.

Last, but not least, I have become very independent since move-in day. Before I came to college my sister woke me up for school, and my parents woke me up for work. I had a tendency to turn my alarm clock off in my sleep, so I needed all the help I got. I do not have anybody here at college to wake me up anymore, so this was a huge adjustment that I made once I got here. I also learned to use self-discipline when it comes to getting work done. Everybody knows how distracting

Facebook is, and how quickly it consumes all of your time, so if I have a big assignment to do, I will unplug my internet so it is not possible to get lost on the way to finishing my work. The most important thing about my independence is the fact that I have to live with somebody I do not like. My roommate is annoying at best, and for the most part unbearable to live with. I would like to think he is nocturnal, as he has not gone to bed before 3 a.m. once since the beginning of the school year. Normally I would not mind this, because I am quite the night owl myself, but like I mentioned earlier, with self-discipline, I know when to go to bed. He will keep the T.V up loud, the lights on bright, with really no regard to what I am doing. Sometimes the best thing you can do is leave the situation untouched, but when you cannot bear it anymore, it is always a good idea to approach what is bothering you lightly and weigh the results.

Self-sufficiency, time management, and independence—you have to master them. With them under your belt, life will be easier every day.

To Fear or Not To Fear

Amy Alden
SUNY New Paltz

Coming to college as a freshman can and will be very scary, but it doesn't have to be! Being nervous and scared about starting college are the most normal feelings a student can experience. This will probably be your first time away from family and friends and being nervous is okay! Rest assured that most of your worries will probably go away after your first week of college and

even if they don't, SUNY New Paltz has amazing activities for you to fit right in and forget your fears. You arrive at being a senior in high school to return back to being a young freshman again in college; it sounds rough, but it's really not! New Paltz is amazing at dealing with these issues; one in particular is Freshman Orientation, which takes place the summer before your fall semester. This is where you get to see the college as a “student” for the first time. You meet many new people, and many will become your future classmates. This time allows for many friendships to form. Your orientation leaders open your eyes to all of the activities and information needed to survive living here. They also stick by you during the whole first year of college. During orientation, many of your questions will be answered and many of your fears will be dissolved. You spend a few jam-packed days at orientation, and somehow you still manage to make lasting friendships and great memories.

One of my biggest fears had to be choosing a roommate, which is done on the last day of orientation. It's scary to make a final decision, but meeting someone at orientation is a blessing. Even if you don't meet someone, choosing a random roommate is still good. Over the summer finding and talking to your future roommate over Facebook is very helpful, and I strongly recommend it. This is one of the best times you will be able to get to know your roommate. All in all, living with someone for the first time sounds very frightening, but just remember that all incoming freshmen have a lot of the same fears, and it is almost certain that your future roommate will share some of the same fears.

Many top fears include:

“I’m nervous that I won’t like my roommate.”

This is a possibility, but not very likely. The majority of college students get along well with their roommates, and if this does become a problem, SUNY New Paltz offers a lot of help. If you ultimately cannot get along with your roommate, there is a week of where you can switch rooms. RA’s (Resident Assistants) are very helpful and will help you along the way.

“I’m scared about not knowing anyone, and I’m scared I’ll have problems meeting new people and making friends.”

This was one of my biggest fears, but it was shortly dismissed. One important thing to remember is that every freshman is new, and most likely no one knows anyone else. Since everyone is looking to meet other people (especially during orientation and the first week of classes), just be open. Take deep breaths and introduce yourself, most people on campus are very welcoming. Even if this doesn’t work, SUNY New Paltz offers a lot of First-Year programs where meeting new people is very easy.

“I’m scared about academics and professors.”

I must admit that college will most likely be harder than your high school academics, but professors are very knowledgeable and very helpful to freshmen. Even if your first year does not go as well as you hoped, or your GPA drops dramatically from high school, it doesn’t mean you aren’t doing well. It just means you are challenging yourself. This campus and its professors have a variety of office hours to help you.

Professors on campus are there for you so take advantage of them!

“I’m really going to be homesick. I’m going to really miss my family and friends from back home.”

You will miss all kinds of people from back home, even if you’re not going very far away. You will miss the time that you once had to be with them, but SUNY New Paltz is a great campus for dealing with these issues. There are many ways to keep in touch with friends and family and this campus offers a variety of transportation options for visitation on weekends. Even if you fear that things will change back home, your family and friends will be the same people and love you even more when you get back. Just remember to surround yourself with people on campus that you can trust and that can become like “family” as well. College opens up so many opportunities to meet people and develop long lasting relationships.

When I first came to college, I had every single one of these fears. I came from a small town, where our graduating class was about eighty-four. We all knew each other since kindergarten and moving away from them and onto something bigger was hard, but New Paltz is a very accepting campus that includes everyone. It’s very easy to make friends, and most people are genuinely kind. I have come a long way and have made a lot of great relationships, especially with my roommates. We were kind of thrown together, and although we

have been through many ups and downs, I feel that we will always remain close.

So although you may still have many fears, fear no more, SUNY New Paltz welcomes you!

Take the Rain Boots, Leave the Nun-Chucks

**Rachel Hudson
SUNY New Paltz**

Over the past few months you have heard about a million things you can and cannot bring to college. You are probably so bogged down with the many ways an extension chord can cause a fire big enough to take down the entire dorm that you are not even sure what you can bring that won’t somehow kill you. Well, I will tell you what you should bring and what you should just leave at home.

Things you should bring:

1. Rain boots-Next time you are visiting a campus and it is a nice sunny day and there is not a puddle to be found, take a look down at all the little dips in the pavement. Now imagine it has been raining for three days straight and the temperature is dropping about ten degrees an hour and all you have are converse and three pairs of socks left. Yes, there will be those days, no matter what the pamphlets from the school tell you.

2. Shoes to wear in the shower-

whether you are using a communal bathroom or you have roommates, there will always be that one unusually hairy person who does not seem to see those giant clumps of hair caught in the drain. Fact of life; it is a lot easier to just step over your problems than it is to deal with someone else's hair ball.

3. Plastic bags- It is not that there are no plastic bags, in college, but if you are going to a particularly "environmentally friendly" school, you are going to come across a lot of reusable bags. While this is great, they are not going to be very useful when the Chinese food you forgot in the back of the fridge for a month breaks open and someone has to clean it out. In cases like these, some bags should only be used once.

4. Tape- Any type of tape is good. If there is a picture or calendar you want to put up on the wall many places won't say, "Why sure you can put a dozen tiny holes in the wall for us to have to fix again when you leave after living here for only a few months." Which is usually followed by, "With the work to fix the wall in your room added to your bill, the amount should come to..."

Things you should not bring:

1. Swords, Daggers, Bow and Arrows, Throwing Stars, ect.- It might sound ridiculous, but there are still people who, when they are packing for school look down at their bag and say to themselves, "Oh, I have a little bit of room, I should bring my nun-chucks." If you are one of those people, I am sorry but your dream to become a ninja will have to wait until the next long break.

2. Long novels to read- If you imagine

yourself in college sitting in a nice sunny spot somewhere reading a long juicy love novel for hours one weekend, you are half right. Now, replace that juicy love novel with seventy six pages of physics and you would be spot on. Very romantic.

3. Large amounts of condoms- If you are that type of person, good for you, just remember, the school seems to think everyone is doing that all the time everywhere. Whether you are or you are not, they are still going to be throwing condoms at you at every possible occasion. You will know you are in college when you get a goodie-bag at an event filled with an apple, a pamphlet on healthy eating, and seven condoms.

4. Too many clothes- Remember, if you are living in a dorm, your official space will consist of about a bed, one closet, three draws and a desk. You will be at a little bit of a loss when you are trying to figure out where to cram a carload of stuff and still have an open spot to sleep.

While there are still many things to consider when you are packing, just remember to be smart about it. Also, if you forget something or if you want to send stuff home, the post office is always there. Good luck packing!

The Brief Code of Roommate Etiquette

**Reyna Princivil
SUNY New Paltz**

I remember the first time I walked

into my dorm hall. My hands shook. My feet moved by themselves as my mind scampered around in frantic circles: wondering, waiting, worrying about what I had decided to bound into head first without any knowledge. "I'll wing it." I thought, pushing the stomach devouring sensation of fear back deep, deep down somewhere I couldn't feel it so much. That day I wished I had come prepared with some sort of information about what I shouldn't do and should do, to make living with people I've never met before a bit easier. I know there are some skeptics out there! (You know who you are.) Saying roommate etiquette is both "common sense" and "obvious" Both are right and wrong. Some roommate etiquette is common sense, but some not so much. I wish to share what I've had to learn through experience and trial and error, in hopes that you wouldn't be as hopelessly frazzled as I was.

Do: Be neat!

(Or as neat as you can). This might be considered one of the common sense ones. Talk to your roommate. If you're both messy, discuss at what point you both believe messes get out of hand (when you can't see the floor, when garbage is buried under trash, etc.) and agree that when or if it gets to that point, you should clean. If one of you is messy, and the other is orderly, discuss tactics to tackle your differences. Perhaps agreeing to keep messes on respective sides, trying really hard to clean at least once every two weeks could be possible solutions. No matter what, both roommates need to communicate with one another and respect each other's wishes to the best of their ability. You're both paying for the room after all.

Don't: Fester your anger like old milk on a counter top.

If you feel your anger frothing over uncontrollably, take a deep breathe. Wait until you feel your anger subsiding, and then calmly talk to your roommate. One such way that I personally address problems is using this format: I don't like it when you ____ because _____. It makes me feel _____, and I would appreciate it if you stopped. An example would be I don't like it when you let your friends sit on my bed when I am gone because my bed is my personal space. It makes me feel angry and uncomfortable and I would appreciate it if you stopped. From there, you could discuss some sort of compromise. The important thing is to deal with the problem right when it arises, and not to let it sit inside you. When that happens, events and feelings have a tendency to build up and come out in scary ways that are generally uncalled for.

Do: Tame your Tongue.

Find out if your roommate curses like a sailor or likes to keep their mouth clean. From my experience of living in a triple with two people who were polar opposites, I have seen how the occasion swear can make some cringe in disgust. Both of you are paying for the room, you shouldn't be made uncomfortable by rampant potty mouths.

Don't: Assume things.

Although your roomie may be okay with sharing their food, they may become very uncomfortable if their desk is touched. Find out everything on a case by case base. If you're not

sure they're going to be okay with it, just don't do it.

Do: Warn your roommate if you're going to have guests over as soon as you can.

This gives them time to prepare themselves, and their side of the of the room. For example if it's your roommate's study night and you warn them about possible company, they will have enough time to find a more quieter place to study.

Don't: Bring up touchy subjects; especially topics such as religion and politics.

People usually have strong beliefs they're willing to defend for anything. If you come to find that your roommate and you are on two different sides of a spectrum, just agree to disagree unless you both are okay to calmly discussing the topics. Most of the time it's just better left alone.

I hope that these tips will help you walk into your dorm with your head held high, knowing you have back up tools to help you along the way. In the end, the most important thing I've learned through experience is that there is nothing to worry about. And there truly isn't! I wish you the best of luck, have a great first semester!

Success Can Only be Achieved By Being Prepared

**Jeffery Woronick
Marist College**

"Your test will be on Monday. Make sure to use the weekend to prepare and study for it." Let's face it everyone gets chills when they hear those horrid words come out of a professor's mouth, but why? If you prepare and follow the following tips, you will become an expert studier and an even better student.

First and foremost, one of the most important study tips and rules to live by is to not procrastinate, no matter the circumstance. Let's be honest, there will almost always be better things to do than study, especially in that amazing opportunity filled place called college. But keep in mind, you're there for one important thing and that's to receive an education.

Start your studying right away, and do it in small doses. You will find that it is much easier to handle and simpler to understand if you go little by little, and you don't try to take on the whole textbook the Sunday night before your Monday 8:00 a.m test.

Depending on the test and the course, I alter my study habits a little. For example, if it is for a class where I know that if I just sit down in the library with the material and slowly teach it to myself, I would more likely than not go to the quiet library and do so. But if it is material that I needs to be applied, and I have no idea how to do so, I will take my materials to a friend or

classmate and study with them. Studying with another classmate gives you an amazing advantage, and you should definitely consider doing if you are not already. Studying with another individual enables you to have two heads working together instead of one. This means if you don't understand material, your study partner can explain it in terms that you would understand instead of the professor's jargon. They can also share how they understand the material, and by looking at the material from another viewpoint, you will become a better student.

When you finally sit down to study, make sure that it is in an environment where you are comfortable, but not too comfortable, and where you will not be distracted. It is easy to lose your concentration if you do not allow for breaks every so often. Breaks provide you with something to look forward to. So if you allow yourself to take a 5 minute break after every completed chapter, you will most likely not want to get distracted from your work. Also breaks allow you to rest your brain for a while and prevent information overload. Constant studying without breaks prevents easy retention of material.

It is so important to heed my advice in order to be a better student. Obviously there are many more tips that can help you with your study habits and study skills, but I highlighted some of the most important ones that have helped me to become a better student. If you follow these tips, you will be on your way to a successful college experience.

The “Stumble into Young Adulthood” College Edition

Kristin Dillon
SUNY New Paltz

Going away to college is a defining process for many young adults, a time to discover their true selves and experience life without too much authority holding them back. Most have preconceived notions ideas of and what to expect when they arrive to college. Personally, I thought it would be a huge adjustment, because my mom had always done my laundry for me and I was not used to sharing my room space with other people. Other concerns that I, along with my other friends who were going away to school, was the process of meeting new people, getting involved in the social scene, classes, scheduling, and dorm life. Initially, I had thoughts and opinions on all of these issues, and through a semester and a half of college life,

When I arrived at New Paltz, I soon realized that meeting people wasn't an issue, but rather keeping up with the many names and faces as they became replaced with new ones. Of course, most students knew a few familiar faces from orientation, but these people may not live in a close by hall, or an exchange of information might have not taken place. In any case, the common first thought of difficulty in meeting new people was soon proved wrong by the friendly and welcoming atmosphere of New Paltz.

After the first initial week of having infinite free time and no obligations, freshman at New Paltz had to report

to their first college classes. With all the advice, rumors, and opinions offered to an incoming freshman, these classes take on a life all their own. Syllabus week was a chance for most to get a course outline and general flow of the class they signed up for. The first few weeks of class also serve as a trial period for those unsure of their schedule. Students could easily change and drop courses. So, it is easy for one to take their first thoughts on a course, be it positive or negative, and make changes accordingly to achieve the best possible academic experience.

Another issue that seems to be the forefront of most college issues is the experience of dorm life and roommates. Some incoming college freshman are already used to living with siblings or sharing a room. Some, like myself, have always had a room and space of my own. Initially, I was skeptical of how three girls would all manage time in the bathroom if we all had morning classes, or who would get what bed. Luckily, I had two very easy going roommates who were easy to get along with and to live with. The first thoughts that I personally had about the college living experience were proved wrong. Other freshman, unfortunately, aren't always as lucky. It's not the end of the world if you and your roommate don't get along, some people just don't. The key is to correct the situation in a civil manner so that everyone involved can compromise and move on to a better, more fulfilling college experience.

Leaving Family and Friends

Corina Corado
SUNY New Paltz

The hardest part about going away to college is leaving family and friends. The fear of leaving what we know and have grown to love is unbearable. The thought that your parents are not going to be in the next room anymore, is frightening. The thought that your child is no longer going to be under your care is terrifying. These fears are all very common for families who have a student going away to college for the very first time. In my experience, the moment I realized I was leaving home, everything seemed surreal. I could not believe I was going to live on my own until the day I moved into my dorm. Family has always been an important role in my life, and their support and approval was vital in making my decision where to attend college. Convincing my family that going away to college was a good decision, was difficult in its self. Actually leaving them for the very first time was far more difficult than anything. Making sure that the connection formed with my friends from home was not lost was extremely important to me as well. This is why I promised my friends I would call every day. Good friends will always be there for you and keep in contact with you, and thankfully, my friends always kept in contact with me and made sure we would make time to visit each other.

In all honesty, the hardest step is the first step. Once you have moved out and have settled in your room, everything else falls into place. It is important to be aware that you are not alone and as long as family continues to support

and love you, they will always be there. In my opinion, my family and I have grown stronger because we appreciate the moments more, now that I am far from home. My friends and I have also grown stronger because we realize how much we miss each other and reconnect every time we visit each other. One of the things that helped the most in my adjustment to campus life was the fact that I was not the only freshman on campus who was leaving home. There were so many other freshman on campus who were leaving home. There were so many other freshman going through the same issues as me that after a while, we all could relate to each other and become friends. It is important to always keep in mind that every incoming freshman has the same fears as you and is leaving family behind. The positive part about this aspect is that since every freshman has left family and friends behind, it is more likely they will become closer to other people on campus and form another family and friends away from home. Looking at the bright side of things always helps with the adjustment of campus life. That is how I managed to make it through my first year. I stayed connected to my family and friends, and at the same time made new friends.

Money Maker

Jenna Netrosio
SUNY New Paltz

I am now one of those college kids who has never had a job. In high school, a lot of my friends had jobs, delivering newspapers, babysitting or working at CVS. My parents were always nagging me to get a job, but in high school, I was busy taking AP classes and running track and doing community service, so

I had an excuse not to get a job. If I asked my parents for money, they would usually give it to me. Then the summer before college came, I could have gotten a job, but my excuse then was that it is the last summer I can hang out with my friends before we all go to college. Now, I am in college and still jobless. I thought well, I am going to a state school, so I am saving my parents money, so if I call them once in a while and ask for money it is no big deal. Well it is.

I had money from graduation that I saved, and my parents put two hundred in an account at the beginning of the first semester. Then every once in a while I would call home, but it seemed I would only call for money. What was I spending all my money on? Food—that was where most of my money was going. But why? I had an unlimited food plan at the dining hall as all the freshmen do; however my friends and I would order food if it was raining, or we were too lazy to go to the dining hall. I would go to the bank and take twenty out here and there not realizing it would add up so quickly, and then the next thing I knew there was no more money. At this point, a job is necessary. The thought of having a job is always in the back of my mind, but I never go out of the way to look for one.

Second semester is here, and I am lazier than ever. It is cold out and snowing, and I never want to walk to the dining hall, so the solution is to order out. There goes more money out of my pocket. Another thing that made it easier for me to spend money on food was that one of my classes was on the other side of campus close to town. So me and my friend would walk into town and eat at Tokyo Sushi every Friday after class. This is habit that needed to stop and it did. Money does not

not grow on trees and just because it was my parent's money does not mean I can just spend it when I do not need to. I have a meal plan for a reason. Here is where a job is necessary.

It is not like high school where you can say that you do not have time because there is plenty of time to balance college work and a job, and there are plenty of opportunities for a job; one just has to look for them. Getting a job in the summer is ideal. Last summer, I did not want a job, but now I really need one. Do not spend money on things you do not need, and find a job and help yourself and your parents out.

Try To Keep It Clean

Thomas Bremer
SUNY New Paltz

All of my life, I have been messy. Not messy as in unclean hygienically, but messy as in unorganized. The floor in my room back home was mostly non-existent, due to the fact that there would be a layer of junk over the actual floor. That layer consisted of paper, wrappers, clean clothes, dirty clothes, and numerous other random things. I never put anything away, and when I did, it ended up on the floor in a couple of days anyways. I cleaned my room about once every few months, and even then, it only lasted a couple of days.

When I first started looking at colleges, I wasn't really concerned about my room being messy. But I started worrying about how clean I would be when I actually decided to go to New Paltz. I had seen the rooms, and I knew how small they were and realized that

even a small mess would look big. I hoped I would not be the only messy one in the room. The thing was, I was the only truly messy one out of the three of us, and I try to keep the mess under control, restricting it to my desk and bed. I put my clothes away and do the laundry once a week, but it is hard to keep from making a mess.

There really is only one way to stay clean and organized, and that is to start out that way and to always put everything back where it belongs. I unfortunately failed at this. Books, binders, notebooks, and everything else would be misplaced or left out. I was a clean person's roommate from hell. To the person who enjoyed a nice organized clean room, I was almost the complete opposite. However, for their sake I tried to keep as clean as I could.

So to all those incoming messy and disorganized freshmen, try to stay neat for your cleaner roommates. It can be pretty hard to do, but if you start out strong you can succeed. I have learned that keeping clean can be hard when you don't start clean, but when you are clean it is a lot easier to stay clean. If you are capable of staying clean, it can help with your ability of being able to stay on top of all your schoolwork. With a clean work area and organized papers you won't have to spend countless hours searching for all the things you need. So good luck staying clean, and good luck with college.

Roommates Enough Said

Steven Blum
SUNY New Paltz

Roommates. Chances are if someone goes away to college, and he lives in a dorm, apartment or house, he will probably have a roommate. It is important to remember that not everybody is the same, and many people can have very strange habits. There is a very low chance that the two new roommates will click perfectly, so it is important to learn how to deal with all types of people and communicate to solve issues.

Roommates can come in many different flavors, including: the party animal, the loner, the book worm, the jerk, or your new best friend, etc. Not many people have been forced to live with someone before now unless they shared a room as a kid. This being said, many people have many different habits that one may have to get used to. For example, every time my roommate is in his bed, he always needs to take off his pants while he uses his computer. There has never been a situation when he is sitting on his bed with pants on. It took me a while to get used to my pant-less new friend, but I don't exactly mind it anymore because it happens every day. Roommates may have similar habits or something completely different. The key to getting along is communication.

Communicating with a roommate about anything is essential to the

college experience. Roommates are going to do things that are bothersome, whether it's coming home intoxicated, not wearing pants or even poor hygiene. Discuss things like this and work out your differences early in the relationship and it will be much easier to deal with them later on. All that is needed is to ask nicely to stop doing something that is bothersome and it can be easy to come to a compromise. Asking things like, "Can you please put pants on?", "Can you please shower regularly?", "Can you please tell me ahead of time if you are going to kick me out because of a girl?" or "Can you please stop screaming in your sleep?" can be infinitely beneficial for you and your roommate's relationship.

Communication usually is a foolproof way to keep the relationship between roommates healthy. However, this does not always work. Sometimes a third party may be required to help the situation. Asking an RA to talk to your roommate for you is also a good way to settle differences. A mutual friend can also help get through rough times. There have been multiple times when my best friend has intervened between me and my roommate. Having a friend tell your roommate things like, "You cannot keep him awake by watching consecutive episodes of Scrubs till four in the morning," or even, "He cannot read minds, so if you want him to turn his music down you have to ask him instead of calling him a tool," is a great way to solve issues between roommates.

Having a roommate can be an incredibly rewarding experience. Have fun with your new roomie as long as you learn to accept other people's differences as well as communicate in a healthy way. Happy dorming.

Start the Party

Matthew Palazzolo
SUNY New Paltz

It's no secret that a big part of college is the party life. Partying is actually the most widely talked about and anticipated part of college for most incoming freshmen. Many people wonder if frat parties will be anything like they are in the movies or if drinking is as much of a norm as many are led to believe. Many others are afraid that if they don't drink then they won't fit in with the other students. It is very easy to concentrate on social acceptance rather than concentrating on the actual school work portion of college.

In reality, the partying at frat houses and bars are not as crazy as many movies would have the viewer believe. Parties are more of a way for students to relax after a hard week or to just go out and have fun, although it is undoubtedly not the healthiest way. A large group of people go to parties, not really to drink, but more to socialize and to meet people. It is easy to make new friends and have fun, even if you do not drink at the party.

A huge concern for most incoming freshmen who have had no prior interest in partying or drinking is the thought of being left out or excluded. The movies almost always show dorm life to be one giant party and those who don't participate are clearly left on the sidelines. At a real college, there are large amounts of students who do not drink and don't go out to parties or bars. These students are no less well thought of than those who drink, and there is no exclusion between the two groups. Many times a group of friends may all be people who either drink or

do not drink. That is based on common interest, not the actual exclusion of any particular people. Most college students don't actually care if their friends drink or not. It is just a fun thing to do with a group of people, not something that is necessary for a friendship.

Partying at college should never become a student's main focus. The reason that students go to college is to have a learning experience, but if you spend all of your time at parties then you won't learn at all. Partying once in a while is never a bad thing though it is fine to go to a party here and this can actually help you to learn more about the other students who live on your campus. If you really don't want to go to parties then don't be persuaded by peer pressure because in the end no one will really think any differently of you for not going. It is all about your own choices, and if you choose not to do anything stupid or something that you will regret, then partying can be a whole lot of fun and an added bonus to the college experience.

Transfer Student

Lorenzo N. Brown
SUNY New Paltz

A majority of freshmen are first year students who make up the population at SUNY New Paltz. However, there are also a good amount of transfer students. But making the transition from one college to another is very difficult. Students transfer for many different reasons such as; they may be uncomfortable in their new surroundings or perhaps they just miss being home. As a transfer student, my transition from one school to another was fairly easy because I already had a

year of college experience.

For my 1st semester as a freshman in college, I went to SUNY Albany. The University at Albany is a much different school than SUNY New Paltz. One major difference between Albany and New Paltz is that SUNY Albany is significantly larger than SUNY New Paltz. One of the benefits of being at a large school is the social aspect. I made a lot of good friends, and I found there were always activities for the students. While I was at SUNY Albany, there was never a dull moment, and I participated in many organizations. I have been playing basketball since childhood, and I wanted to get involved with intramural basketball. Playing intramural basketball was a lot of fun and rewarding because I got to bond with fellow teammates. It was also beneficial to me because it was great exercise.



Brown in Action

Despite the distance from home or the class size, I was able to maintain good grades at Albany. Making the dean's list and receiving an award for academics was an accomplishment. Many high school seniors make the assumption that if they go to a large university it will be hard for them to focus. During my first college year, I realized that it is most important to have my priorities in order. It is possible to have fun and

do your work. Time management is the key, and I would recommend that all incoming students get a planner.

However, the negative to being at a large school is the student to teacher ratio. I noticed that my class sizes were significantly larger. Being in a large lecture hall with hundreds of students makes it hard to focus. The relationship between teachers and students is weak. Since there are so many students, it is nearly impossible for professors to have a personal relationship with each of them. Another negative to being at Albany for me was that I was three hours away from my family. Being away from my loved ones for months at a time was hard for me to get accustomed to, especially because I have never been away from home more than a week prior to going away for school.

The life of a transfer student is difficult because no two schools are alike. Joining the basketball team at New Paltz helped me adapt and feel comfortable with the school. Having a close group of friends with similar interest helped me a lot. I would advise all first year students to get involved. Joining organizations gives you a break from your work; too much of anything is not good. Always remember that staying on top of your work and prioritizing are the keys to success.



The Hawks

Easy, Breezy, Beautiful Dorm Room For Less

Briana Valentine
SUNY New Paltz

Going to college is not free, nor is it cheap. It takes a toll on the wallets of those paying, and leaves many in financial instability and debt, all in the name of getting an education. However, although all the aspects of college life are expensive, there are easy, cheap, and fun ways to spice up the simplest things, like decorating one's dorm room! One's dorm room is to be filled with pictures, posters, and knick – knacks that express who he or she is, but one does not have to spend a fortune on expression alone. With these simple tips, one can have a fun looking dorm room for a cheap, cheap price!

How about pictures? Pictures of friends, family, stars, and objects help show one's personality and help to show his or her interests. Therefore, making a collage of different pictures of friends and family would seem like a good idea! Take one large piece of old cardboard that can be found recycling bins, or at house. Then, gather up favorite pictures of good times with friends, family, and of things that express who you are (make copies!). Paste, tape, or putty all the pictures in a random order, making it fit the piece of cardboard that you have. Then, thumbtack the cardboard to the wall! It is that simple. It might take a while, but you will have fun reliving the memories of the pictures while you create your collage. Another easy, simple way to spice up one's dorm for cheap is to

Special Features

From Posting Status to the Streets of Tahrih Square

Nicole Camilo
SUNY New Paltz

make accents on the wall that give the dorm room color. Take wrapping paper, for instance. Everyone loves a well-designed roll of wrapping paper, and sometimes, the paper designs are so intricate they can serve as their own accent on a wall. First, go to an art supply store. Purchase a cheap small frame, any color that you would like in your room. Then, go and find the wrapping paper with the coolest design. Then, cut the wrapping paper to fit the size of the frame, and frame the paper. You can even put a fake 99 cent flower in the frame to give it more of a defined look; and there you have it! An easy way to add an accent to your room!

So, remember, although college is expensive, there is always room for self-expression, especially when it is cheap. There are many stores to go to, to help with bargain shopping as well. For example, the 99 cent store, big company stores like Target, and Walmart, or shopping online always lets one find the greatest deals. Doing handmade projects not only lets you express your creativity in your own way, but it is fun, relaxing, and a good activity to do!

Social networks such as Facebook, have usually been used to keep friends and family in close interaction. But in recent moments, Facebook has been much more than the reunion of old friends, recent friends, family, and even the meeting of new people. It has become a key component in aiding in the organization of Egypt's most recent revolution that occurred in the Tahrih Square.

This revolution included a long walk into Tahrih Square that contained thousands of youthful and older people who were able to receive the notice via Facebook. There was another movement back in April of last year that did not receive large amounts of people, as did this most recent movement. The notice for the older movement was not able to reach many people in the given time needed. For this more recent movement, many people from other districts were able to attend the walk. This thusly helped increased the amount of support the revolution obtained.

The amount of people who participated in the revolution is in direct connection with Facebook being able to help deliver the news in a quick and efficient way. It is easy for a member of Facebook to post information about themselves and events occurring around them for their friends to see. This helps move details

on from individual to individual. With one person having their set amount a friends and another individual having their set amount of friends chances are the information is being sent and received by varies amounts of people. Seeing as though we live in a free web access era, members were able to promote the revolution on their pages. Facebook has become a great way for people to communicate through and an important aspect to the Egyptian revolution.

Facebook: Beyond the Web

Arielle J. Rubinstein
SUNY New Paltz

It only takes a single click. With a single click of the mouse, eager college students on the cusp of entering the workforce can completely destroy their chances of being hired in the future. As social networking websites have rapidly developed within the past few years, young teens and adults everywhere have had increasing opportunity to share their personal thoughts and experiences on the web. On Facebook specifically, college students upload photos and post statuses with the intent of providing family and friends with a window into their college experiences. Yet too often, students tend to forget that a third party may have access to the information they upload: potential employers.

Employers are increasingly screening applicants online prior to determining whether or not the applicants will be hired. According to a study conducted by Microsoft, more than 79% of employers in the U.S. have used the

College Takes a Look at Facebook

Internet to assess potential employees. Additionally, 70% of employers have rejected applicants based on inappropriate information found on line. Regarding Facebook, many employers now know how to get past the privacy settings to gain access to an applicant's profile. For college students, this means that how they portray themselves online is equally as important as how they portray themselves in an interview. A Facebook profile is essentially another component of the job application because it serves as a comment on an applicant's true character. Discussing this notion, employer Tim Demello—owner of the Internet company Ziggs—stated in a recent *CBS News* report, “They [college students] come in all buttoned up, their clothing is meticulous, they spend years building this resume, and this person that's sitting there is almost entirely different than the person posting on these Web sites.”

Indeed, many employers have been appalled at the online content that they have uncovered on their job applicants. From photos of illegal drinking to drug use, applicants with the strongest resumes and the best interviewing skills have managed to eliminate fantastic job opportunities through inappropriate material posted on Facebook. Students need to realize that all content uploaded to Facebook, whether it is believed to be “private” or not, can be accessed by virtually anyone with a few select skills. Though it may only be an online forum, Facebook has a tendency to sneak into very real-world places, such as the workplace.

Rather than thinking of Facebook as a

hindrance to the job application process, students should view it as an aid. Knowing that employers will more than likely attempt to access their Facebook profile, students should use Facebook as an opportunity to portray themselves in a positive light. The *Networks* feature, for example, can be utilized to show a job applicant's educational pride, detailing both an applicant's prior educational institution and the elite group of people that the applicant interacted with at that institution. Employers are more than likely to hire candidates who portray themselves as well-educated and well-rounded individuals online.

An online reputation can make or break a job applicant. Through online social networking websites, students have the power to shape their identity as perceived by potential employers; they have the power to determine the course of their future. It only takes a single click.

Making Your Social Networking Profile “Employer Friendly”

Jessica Breitman
SUNY New Paltz

People have been changing their names. Deleting their pictures. And panicking over certain people finding them! I'm not describing someone in the witness protection program; I am talking about the lengths college students will go to prevent future employers from finding them on Facebook, Myspace and other popular social networking sites. The cardinal rule given by many professors

and parents is: lose the Facebook, it will only mess up your chances of getting a job. And in an already seemingly hopeless economy, many students are faced with the upsetting task of deleting their accounts. However, the urge to “tweet” and “poke” are too strong for some students to bid farewell to their cyberspace social life. Lucky for them, there are ways to keep your account on your favorite social networking site and still score a job.

Changing your name is probably the best and easiest option for many. At the top of your resume is your name, which is why it is a good idea to lose your real name on your profile page, and adopt some sort of an alias. Employers can easily disregard your stellar GPA and numerous leadership roles on campus, if the second they are handed your resume, they search your name on the Internet and find something they do not like. To avoid this scenario, change your name. However, you do not have to go totally incognito and become “Mr. Smith.” Instead, get rid of your last name and have only your first and middle name. Or use the nickname that all your friends call you by. Whatever name you chose, changing your name can mean all the difference when it comes to getting the job that you want.

But maybe you do not want to change your name, because you are scared that potential new “friend requestors” will never be able to find you. Then what do you do? Change your privacy settings so that only friends can see your profile. For instance, take Facebook: by accessing the account settings, one can choose who has the privilege of viewing their profile, and who cannot. Most students know of this having already blocked Mom and Dad and their pesky little brother from gaining

insight into their private life. Why not go one step further and block the public from accessing your profile page. By making it so that only a select few of close friends can see your page, you are protecting your identity from being found by future employers.

So none of those options seem to work for you? Okay, then here is another: sorting through your pictures, and untagging or deleting those that are inappropriate. If you are doing something illegal, do not showcase it on the web where not only employers can find it, but also law enforcement and worse, your parents. Yes everyone knows that some college students partake in unlawful practices, but let's keep that only shown in movies like *American Pie* and *Animal House*. Also, pictures that represent you in a negative light are best to be banished as well. So do yourself a favor, go through your pictures and use your common sense to decide which pictures are appropriate and which ones are clearly not.

Now let's just say you consulted all of these options, and others, and none seem plausible. Well then maybe it is time to delete your account on Facebook or Myspace page. But before you close your laptop and kiss your cyber social life goodbye, consider this option: LinkedIn, is a business-oriented social networking site! LinkedIn is virtually very similar to Facebook, containing many of the same features. However, what separates LinkedIn from the more popular sites among college students is that it provides a professional setting where one could use their social networking profile to connect with co-workers and future employers. Who would have ever thought that having a social networking account could be beneficial for your future career!

Book of Faces

Alana L. Brolly
Marist College

Is there really a book about a face? No, but there is a website called "Facebook". Facebook has become extraordinarily popular within the last five years, and it is continuing to amaze everyone around the world. Facebook is not just a website where you can post "statuses" about yourself, or "poke" people who actually will not feel the poke; it is a place for connecting with your current and past friends. Although Facebook can be beneficial for your social life, it can also be a distraction to a college student.

Nowadays, mostly all college students have a Facebook. According to TechCrunch.com, eighty five percent of all college students maintain a Facebook. As states before, Facebook can be a great website to acquire and use, but it serves as the number one distraction among college students. The main reason for this is because most college students use their computers to do their homework, which gives them easy access to the internet. Once you log onto Facebook, it is easy to spend hours looking at posts and comments, only to realize when you look at the clock, that it is hours later. However, there are some ways that students could avoid using Facebook while doing homework.

One way that has always worked out for many college students is leaving their internet disconnected while writing a paper. This is helpful because if you start to hit the browser to go onto the internet, it will ask you to connect. Seeing this, students will then be

reminded that they are supposed to be doing their homework, and it is in their best interest to continue with it. If the temptation to connect to the internet is too irresistible, another great strategy is asking a friend to help you out.

Having a friend, who can be trusted, change your password while you are doing work can be a better option for some students. That way each time a student gets distracted from his or her homework, and wants to log onto Facebook, the student will not be able to because they do not know the correct password. However, this strategy is risky so you need to choose a friend that you can really trust. Your friend needs to be trusted to not go onto your Facebook and pose as you. Also they have to be trustworthy enough to give back the password when your homework is complete.

Lastly, one of the easiest strategies to cope with Facebook distraction would be time management. It is possible to schedule time during the day to go on Facebook when all assignments are completed. Dedicating a certain amount of time for homework, and a certain amount of time to Facebook is possible only when devoting time to one task at a time.

These three strategies will absolutely help students focus more on studies. Furthermore, these ideas allow college students more free time, since one will complete their homework quicker without Facebook as a distraction. Eliminating procrastination will benefit study habits, as well as the outlook students have on homework. Plus just think, finishing homework quickly opens opportunities for Facebook time!

The Social Network

Trevor S. Polasek
SUNY New Paltz

On October 1, 2010, Columbia Pictures released, *The Social Network* in the United States. The movie is about the founding of the all too popular social networking site, Facebook. Through a series of flashbacks, the founders recount the story while giving testimony for two different lawsuits against Facebook founder, Mark Zuckerberg. While the story progresses, the drama unfolds between the Facebook team and the intrigue grows.

The movie starts off on a rather weak note as the viewer sees a confusing conversation between two unknown people. This scene, while it will build up to some of the motives for the creation of Facebook, feels out of place. This scene serves as the viewer's introduction to the main character and his soon-to-be ex-girlfriend. During the whole of this scene, the viewer may find himself without context, wondering who this man is, why he is arguing with this person, and what exactly this has anything to do with the founding of Facebook. These questions go unanswered until the next scene, and it leaves the viewer in a sour state towards the beginning of the movie.

The story is being told through flashbacks, constantly jumping back-and-forth between the two different lawsuits scenes and the main storyline. While this style of storytelling can be done to great effect (IE: *Titanic*), it serves to confuse the

viewer. As well, there are some scenes where we are given a year and general location, but there are other scenes where we transition from the present to the past and are given no indication of when this particular scene takes place in relation to the lawsuits, just an implied sense of a general time scheme. While these faults hinder the movie from being a true masterpiece, it is in no way a bad movie.

One of the best qualities of this movie is the way it portrays its characters. While the story can seem jumbled and confusing at times, the characters stay solid and interesting. The viewer finds himself feeling sorry for the characters as the drama unfolds and the plot thickens. As the years progress, the characters hold up well and there is a great deal of visible development between the characters. As time goes on, the viewer can see how each event preceding the lawsuit it affect the character in different ways. This sort of change is a quality that should be present in all movies, as it gives the viewer the chance to become truly sympathetic with the characters and immerse themselves in the events involving them. By using this, *The Social Network* allows us, to decide for ourselves whether we feel sympathy for this character, and allows us to judge the characters for ourselves. This use of characterization and development elevate this movie to a new plane of cinema, one that focuses not on just simply impressing us visually and telling a story, but instead focuses on giving us a character and telling that character's story and leaving us to judge him in our own way.

The Social Network is in not a true and utter masterpiece in the world of cinema. It fails to really tell us the story it sets out to tell, the founding of

Facebook. However, this movie does tell us the story of the founders, and how this one creation affected them immensely from the first idea to the lawsuits, six years later. This movie won't be regarded as one of the most influential and prized movies in fifty years, but it will be regarded as a movie that immersed its viewer in an engaging story that won't soon be forgotten.

Communication is Key

Ariana Anastos
Marist College

Have you ever lost touch with a friend, or lost track of when a meeting or event was supposed to occur? Social networking has fixed those problems, and it has become very popular among college students. Social networking is a social structure made up of individuals, who are tied by one or more specified types of interdependency, such as friendship or common interest. The most popular websites for social networking are Facebook, Twitter, Tumblr, and Formspring. Different networks within these websites bring people with common interests together and allows college students to communicate efficiently and gives a good insight on what their friends are doing. Organizations have also found the value of social networking; Clubs make their own pages for their members to update them about club events, and because of this, the events become more widely known and successful. This free advertisement helps clubs raise money and become better established. Social networking has changed the way college students interact with one another.

Clubs have put social networking via the Internet to good use by bringing communication to more accessible levels. For example, I am part of the Booster Club at Marist College. For those of you who are not familiar with the Booster Club, it is a club where students gain points whenever they attend a Marist varsity game. The more points they earn, the more priority points they get for housing. Thanks to the Booster Club, more students have attended varsity games year round to offer support to their school's varsity athletics. I am part of their membership on Facebook. Through Facebook, they send their members messages of upcoming events and update their status informing us on game schedules, and when meetings will hold in the near future. Clubs still put up fliers to announce club events, but Facebook allows them to get in touch with every member faster and easier. Most people have Facebook and Twitter connected to their phones, whether it is through emails or text messages, so when the club they are part of on Facebook sends them a message, they automatically receive the message and are informed instantly of upcoming events. Social networking sites have made communication instantaneous and efficient.

One of the major concerns of a college student is drifting apart from their friends and losing touch. With the help of social networking, this problem has been overcome very easily. Because of all these networking sites, college students are able to see what their friends are doing on a day-to-day basis and communicate in several different ways, whether it's writing on each other's Facebook walls or updating their Twitter. Another concern is losing a friend's number. Once you've lost someone's number who lives far

from you, it used to be very hard to get back in touch with that person. Now with these sites, you can just message your friend and get their number instantly. Because the sites are on the Internet, everyone will always have access to the Internet no matter where they are, and it is not expensive to gain that access.

These sites also make it easier to share pictures. When people go out or get back from vacation, what is the first thing they do? They upload their pictures onto Facebook. Everyone is anxious to share new updated pictures of themselves and await comments and feedback from all their friends. Social networking sites have connected us so well, that no matter where in the world we are, we will never feel disconnected or far apart.

Social networking has changed the way college students socialize. There is not one person that I know who does not have a Facebook. When we met people in college what is the first thing we all do? Add the person on Facebook! Curious we are what kind of person are they are, what their hobbies are, do they have a boyfriend or girlfriend, where are they from, and do I have anything in common with this person? Any mutual friends? The whole point of social networking is to find people who you have common interests with and also to stay in touch with friends, whether they go to college with you or live back home, miles away. We are always connected.

Face-Hooked!

Alyssa D'Onofrio
Marist College

Facebook is a known website used mostly by college students all around the world. However, there are pros and cons about Facebook in regards to schoolwork and productivity. Mark Zuckerberg was the nineteen-year-old individual who invented Facebook when he was in college and caused controversy with two seniors at Harvard, who claimed they had the idea about Facebook before Mark. Facebook has become an integrated phenomenon and has become a mainstay on campuses across the country. Its addictive nature has resulted in widespread procrastination, but yet at the same time, it is making communication amongst peers easier and faster.

In our society today, Facebook has become very addictive to all college students. Facebook makes people want to always check it and update it constantly. It is taking over everyone's lives constantly, including adults. "[The] addictive quality keeps Facebook's typical user on the site for an average of 169 minutes a month," says Jessi Hempel and Beth Kowitt, contributing authors to Fortune Magazine. Comparatively, that same person, according to Hempel and Kowitt, spends a mere "13 minutes a month checking up on the world," on sites such as Google News or the New York Times. Facebook leads students to care about the social world and not the academic world. According to Toni Hart, she became an addict just because her friends were trying out Facebook, and she wanted to see what it was like. She would glance at her page just to keep up to date on what her friends

were up to and comments on her friend's walls. This leads students as well as adults looking into Facebook more than their current jobs or schoolwork. Although Facebook is addictive, it is a good social network in many ways.

Facebook is essential in our society today for many ways in schoolwork and productivity because communication is easier through Facebook. When students are working on a group project, they can easily make a message thread or a Facebook group that allows them to communicate instantly. Belonging to your school's network makes it easier for students to search for classmates, making it easier to keep informed in the event you have missed in a class. This also makes it easier for classmates to meet others in the college setting. Although these characteristics about Facebook are great, there are some downfalls to Facebook.

Although Facebook makes a big impact on communication, it brings back the addiction, which leads to procrastination. Procrastination is a horrific habit that college students have picked up when they are doing their work. Students do not get anything done in a span of two hours and before they know it it is gone. Facebook eats up time as you are on it. According to Ana Carrizo, a college student in Pitzer College, states, "For most individuals, Facebook's social and visual galore would be the prime source of procrastination in times of need (and also in times of not so much need)." These negative concepts can easily be resolved in our society.

One remedy for Facebook addiction is that you can lock your internet for a certain amount of time in order to finish whatever work you have to do. Leechblock, a Firefox application

allows the user to do this. Adam Pash, the author of the blog LifeHacker, states that if you use StayFocused, it is easier for you to block Facebook off your computer for a certain amount of time. He also states other websites you can use in order to limit yourself from being on Facebook for hours of the day.

Although there are sufficient pros and cons to Facebook, we are still hooked on it, especially college students. College students cannot get enough of the social network of Facebook, which has become an essential phenomenon, but it has led college students to develop the horrific habit of procrastination still. Communication has made an effective impact on our society with Facebook in the life of a college student.

Twitter: More Than Just Status Posting?

Robert Digilio
Marist College

Social networking has become a big part of our culture today. This is especially true among teenagers and young adults. Social sites like *Facebook* and *Twitter* allow people to stay connected and interact with others. *Twitter* in particular is especially useful because of its simplicity and the access it grants you. Not only can you follow friends, but you can also follow bands, companies, and even news channels. This quick and easy access is something that can be especially useful to busy college students.

Twitter is a wonderful little site due to its simplicity. Its sole purpose is to allow

others to instantly see their post whatever it is they want to say and allow others to instantly see their post. You still have a profile and can use personal pictures as your profile picture; however, this is not nearly as big of a focus as it is on other sites like *Facebook*. Another nice thing about *Twitter* is that it always lets you know when there are new "tweets" and separates the new and old "tweets" by a line. What's great is that simplicity is not the only thing *Twitter* has to offer.

The real beauty of *Twitter* is that it allows you to have access to a ton of different people and sources. Not only can you see what friends are saying, but you can also see when your favorite band is playing next, or what's going on in other countries. All you have to do is simply search for the account. For example, if you are interested in what CNN is reporting, all you have to do is find CNN's account and then click the follow button. Now you will see any "tweets" that CNN reports. It's a great way to find out all the information you are interested in, in one place. The real beauty of *Twitter* is that it allows you to have access to a ton of different people and sources. Not only can you see what friends are saying, but you can also see when your favorite band is playing next, or what's going on in other countries. All you have to do is simply search for the account. For example, if you are interested in what CNN is reporting, all you have to do is find CNN's account and then click the follow button. Now you will see any "tweets" that CNN reports. It's a great way to find out all the information you are interested in, in one place.

How does this apply to college students? Well, college students are probably some of the busiest people around. If they are not in class, they

Artful Musings

are studying. If they are not studying, they are doing homework or writing a paper. If they are not writing a paper, they are working. With all this to do, students have very little if any time at all to watch the news or catch up with friends. *Twitter* helps remedy this. Since it is an extremely quick and simple site to use, students can quickly check what their friends are up to or find out what's going on around the world by simply going to the site and logging in. After that, everything is right on the home page. Students can even do things like organize a meeting for things like group projects using *Twitter*. All they have to do is type the character @ followed by their partners *Twitter* name and the message they want to relay. Once they hit post, the other members can see due to the fact that it's all right on the home page.

Social networking is large part of our culture today. Sites like *Twitter* allow individuals to stay in contact with others as well as find out myriads of information by simply looking at their home page. College students especially can utilize *Twitter's* simplicity due to the fact that they are always so busy.

Seasons

Josh Angehr
SUNY New Paltz

I believe there is an interesting relationship between the seasons and human emotions. Each individual season has its own personal traits, its own legacy, life, and identity. Stating that a season has legacy and life, however, is almost awarding each particular season with a personality, in an awkward sense. This brings into play the concept of God, and relates to your personal ideas, or whatever belief system you

system you choose to follow. Commencing this discussion, I would like to discuss the season of Summer. This particular season is often associated with fun, getting out of school, and for the most part, having a good time. But as far as bearing a deeper meaning, does Summer also signify the peak of your yearly happiness? From a personal perspective, I can, with confidence, say bluntly that I hope this to be false. The physical being of Summer is one of heat and sunshine, reflecting the departure of individual beliefs and ideas, and showing your true colors. Terminating the background of summer, I would like to decide on a personality to describe the season, completing my intentions. It would be one of kindness, reminding you that it is fair to release your **true** self, and your true being. He is there to offer you a place to open up, and a place to let loose all emotions that may be built up. He offers a resort of relaxation to dismiss your worries and cares. He is there to **help**. Following Summer arrives Autumn, the season of **realization**. Summer is coming to a halt, and so is laziness. With school beginning, there is a sudden disappointment and discouragement towards life, as well as all aspirations ahead. But Autumn reminds an individual that the serious approach on life is also necessary. In attaining personal happiness, Autumn believes that you must balance hard work, intimate relations, and hobbies, in a manner respecting the desire to do so. Autumn has guided me, whilst reminding my mind that errors are acceptable, and perfection is in no way mandatory. The physical attraction, and monotonous subtle temperature of the season pacifies my heart, whilst the colors on the trees truly represent

the reliant qualities that individuals eventually discover receding. The absence of green reveals a condition of a once guaranteed trust. It may be the view of a cynic and a pessimist, but I believe it is also the view of a **realist**. Autumn helps me cope with and understand the unfortunate, but necessary **manners of life**, along with their rude way of **waking me**. Autumn is a melting pot; a considerate, easy-going, beautiful, **reality check**.

Bringing its cold New York atmosphere, Winter arrives with other plans. He is undoubtedly the season permitting least function. The snow during Winter leaves everything in white. Spiritually speaking, white symbolizes **purity**. Scientifically speaking, white is not a color, but the manifestation of the presence of all color - the complete energy of **light**. Winter has come, he is powerful and influential, and he is here to give you time to **yourself**. He is the true stressor of **individuality** and finding purity within yourself. The white of winter inside yourself, is the light you must discover, in contrast with Summer, to demonstrate your true **mental luminosity**. Concluding the cycle of seasons, comes Spring. He is here to polish off your understanding of maintaining happiness, and personal satisfaction. Spring marks the coming of life all over again, in conjunction with blooming flowers, fresh rain, melting snow, and a temperature that is a prefiguration of what to expect in Summer. In alignment with a refreshing new beginning, Spring is symbolically here to provide you with a **clean slate**. Possibly taking a hard hit from Winter, Spring will get you back on your feet, and render your subconscious with newfound guidance. Perhaps along the course of a year, you have

WORK OF ART



**Stephanie
Inserra**

Untitled Works





Coke Bottles
By
Connor Krill



Mr. Weezy
By
Connor Krill



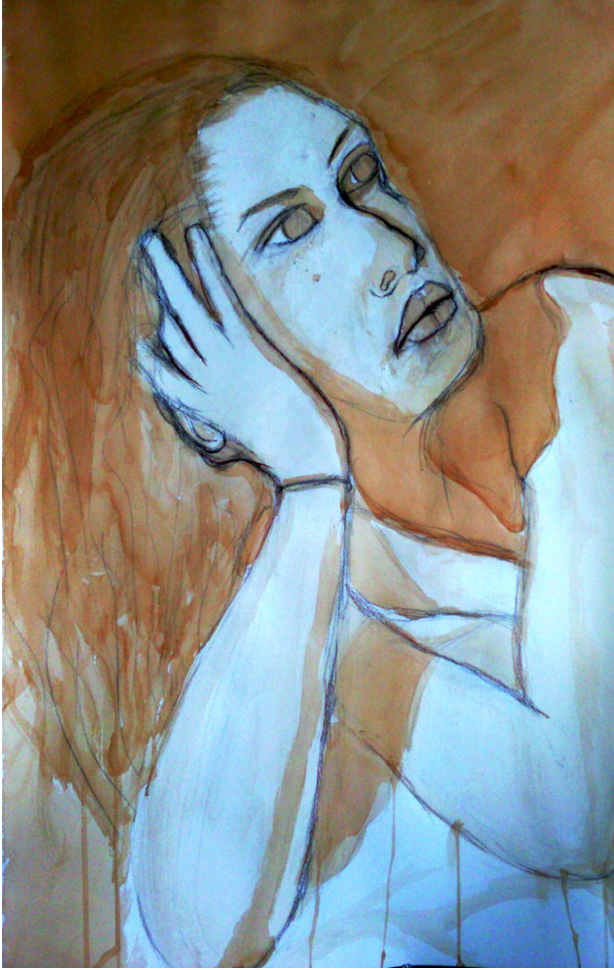
Master Painting
By
Daniel Edward Monroig



Graff
By
Connor Krill



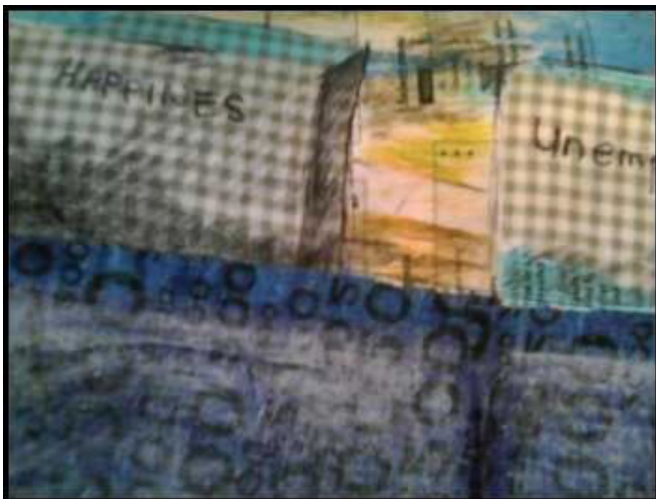
Mosaic
By
Daniel Edward Monroig



Ink Portrait
By
Daniel Edward Monroig



Untitled
Alessandra Young



Untitled
Victoria Townsend

Campus Theater



Spike Heels



Noises

Tommy



*Twelfth
Night*

~ Artful Musings.....continued

accumulated regrets you wish to eliminate from your conscience. Allow Spring to assist you in doing so, and do your best to remind yourself what creates happiness inside you, and what produces a feeling of **ultimate comfort**. Spring is the season of newness, he is here for you to lay out your thoughts on a piece of paper, and **vent**. Start fresh, start new, and experience your journey again. Spring is here for **starting over**, and discovering **comfort** through voicing yourself. In preparation for Summer, Spring is the **diary of beginning**.

Viewing this concept as a whole, is discovering nothing more than what God can do for you. Not *the* God, but a personal God, a figure to believe in. Respecting an idol such as a God seems immature and incorrect to some, whether it be atheists or non-believers, but observing the seasons in a more elaborate way can help you find your true self.

From Start To Finish, A Sculptor's Wisdom

Eric M. Rosenberg
SUNY New Paltz

The key factor in completing a successful piece in any medium, whether it be a pencil drawing or a statue carved out of marble, is seeing it through to the end. While fighting the urge to crumble your paper into a ball and throw it into the trash or resisting tossing your clay abomination through a window, one must see a project through to the end in order to

progress one's own ability.

One piece that stands out in my mind is a sculpture I made that I refer to as the "Scrap Metal Robot;" a piece that was not only difficult to create but also not made from metal at all. Why does that matter? While using the medium Super Sculpey Firm, which is a hard oil based clay, I had to make a substance that came in a solid square, have smooth rounded edges and intricate details that appeared to be welded together. For those of us who have worked with clay before we know that it is difficult enough just to keep a basic form together without it falling apart and becoming a pool of mud. How did I manage to create a piece that appears to be metal, has smooth edges and intricate details while working with a frustrating putty-like substance? Good Question.

The techniques and style that I have developed through years of experience is not something that one picks up without hard work and tons of practice. The techniques and style that I have developed through years of experience is not something that one picks up without hard work and tons of practice. Believe it or not sculpting is not considered to be easy and most pieces that I have created take anywhere between four to eight hours with the best pieces taking more than twelve. In order to work this long with a material, I intentionally choose Super Sculpey Firm and regular Super Sculpey because it is an oil based clay that never dries out or hardens until it is baked at 275 degrees Fahrenheit.

In order to keep my piece together until it was ready to be baked I used something called an armature. An armature is a metal solid structure used to support a sculpture from within.

Based on the medium, the armature can be made out of metal, wood, plastic, plaster or even already hardened clay. For my Scrap Metal Robot sculpture, I used aluminum foil and wrapped it tightly to make a thin stand with a ball at the top for the head. This was sufficient enough to grasp the clay with all of the varied ridges and rough texture, so as I built up the form the clay, it did not slide off or slump over. Since this piece wasn't as straight forward as say, just a head, I had to carefully plan the work through sketches beforehand and know when to take breaks and leave it for another time.

Time is one of the most important aspects of sculpting. Without spending the time to clean up edges, to make sure the form is symmetrical and firmly constructed, the piece can end up looking low quality and easily fall apart after it is finished. When I was in the early stages of creating the robot, I did not think I was ever going to finish it because the form was not progressing as quickly as I had anticipated. Fortunately, I kept at it and spent a few hours every day for about a week until I had finally reached a point where I was happy with it. However, what really made this piece worth a second glance was the paint job. Fortunately, I went ahead with painting it despite my fear of ruining it.

Being brave with ones work and taking risks is essential for progress to occur. If you don't take risks for the better, you will be forever stuck in mediocrity. That does not necessarily mean you have to completely destroy the sculpture or piece that you have spent so much time on. Fortunately one can test painting techniques on quick prototype sculptures made up in a couple of minutes, just to see how the paint looks on the clay.

Designing An Improved Campus

Danny Monroig
SUNY New Paltz

For the robot, I used the dry brush technique when painting it. This is where you paint the entire sculpture a primary base color. For this metal illusion, I used black, and then dry brushed silver paint on top of it. In order to dry brush, one must dip a dry brush in the paint they are using, in this case silver, and rub it onto a napkin or anything that is not your sculpture until nearly all the paint is gone except for a small hint of the original color. With each sweep of the brush, only a very small amount of paint, and then by sweeping the brush across the piece quickly and lightly over and over again a metallic illusion should start to form. This step is repeated until the desired effect is achieved.

All of my hard work and perseverance paid off. I created a representation of my original idea into a three dimensional form and successfully impressed the majority of those I showed it to. Always remember to show others your work even if you hate it, whether they are professional artists or have absolutely no idea about anything art related, they can offer helpful insight. I always show my friends and family sculptures I create, so I get encouragement and feedback, and through doing this, I have progressed a great deal. Since the original Scrap Metal Robot's creation, I have duplicated it over a dozen times and handed them out to friends and family to show my appreciation for their support. Duplication of a sculpture is an entirely different ball game. One must learn to walk before they can run, and the complications of mold making are not an easy undertaking. Finish what has already been started, and then worry about making copies of it later. Master the simple and then work your way to complicated, and you will be moving forward.

Have you ever thought “they should do something to fix this,” or “I could do this better than they are” about something when you’re going through the monotony of your daily life? Well visual art majors at SUNY New Paltz got a chance to improve something they felt this way about on campus during the spring semester of 2011.

Art students in Rena Leinberger's Design: Form classes were given an assignment that was called “campus improvement project” as one of their main projects of the semester. For this assignment students were asked to address or create a prototype of something that could potentially solve what they feel is a problem on campus. This means that the project could either be a conceptual piece to bring attention to a problem or an actual solution to one. Also these “campus problems” did not necessarily have to be things that affect everyone on campus, like something being structurally unsound, they could merely be things that an individual student faces on a daily basis.

For this project the mandatory medium was cardboard and each student was given two large pieces of either single or double ply cardboard, depending on what their project called for. In the weeks the students were given for the project they went through a brainstorming process and several

critiques to shape their ideas. Along with critiques, students were granted several in-class working days, but were also expected to put in work outside the classroom.

When completed, each project had to be fully functioning, either conceptually or physically (or sometimes both,) and properly designed. The way each project had to be designed included three main things: concept, visual appeal and portability.

During the final critique each project was demonstrated in the location it was meant for on campus, or in the classroom for projects that were more conceptual. During the presentations, students seemed to enjoy the projects, and even wished for some to be put into effect.

Some ideas for this project included: shovels that attached to any shoe for snowy days, portable beds for art students that spend hours upon hours working in the art building and ice skates that bring attention to how large ice patches are sometimes not taken care of on campus. There were many other great structures built, but these are three that currently come to mind.

This project shouldn't be seen as a way to point out the campus's flaws and deter people from coming here, but should be seen as a great way to open people's eyes to problems they face in their everyday lives and how easy it is to overcome them, even through works of art. In a way this assignment got people thinking about how little things can improve their everyday life. So what would you do if you got a chance to improve something you felt

was in need of change, and how would you go about doing it?

The Wade-Lewis Poetry Slam: An Event to Remember

**Arifa Awadallah
SUNY New Paltz**

A few weeks ago, SUNY New Paltz hosted the second largest poetry slam in the nation, a two day charity event in remembrance of the late Doctor Margaret Wade Lewis of the black studies department of SUNY New Paltz. It was presented by a number of campus organizations such as the SUNY New Paltz Poetry Association the Black Student Queer Action Mentorship Program, and many more. Hundreds of people came out to support the cause and be a part of this spectacular event.

Margaret Wade-Lewis, who passed away in late 2009, was remembered at this event. Students and faculty who knew her spoke about her and what amazing a woman she was. Doctor Margaret Wade-Lewis founded the Black Studies department of SUNY New Paltz and had been a part of it for over 40 years. She taught classes such as Black Poetry & Drama and Rap & Spoken Word. Members of our slam team spoke about how Wade-Lewis and her classes helped them realize their love for poetry and shaped who they are today. Professor Lewis had a dream to raise money and help students in need to get a proper education. The money raised at the invitational will go towards giving scholarships to from

students of color who are academically focused and have significant financial need. She was a very influential person and touched many peoples' lives. The poetry slam was a great idea for people to come together and recognize her.

For those who do not know what a poetry slam is or have never attended one, it is an event where poets perform poems they have written and are given a score by judges. In this case, volunteers were chosen at random by the audience. It is a fun event and the audience is encouraged to participate by cheering for those they like and even booing for the poems they do not like. Slam teams from universities across the country came to compete in the tournament. Ten teams including SUNY New Paltz, NYU, Yale, Dartmouth, Wesleyan, Oneonta, Geneseo, Minnesota, and others participated. The first night consisted of three rounds of slams to decide which four would compete the second night, finals night. Along with the slams on the first day, there were performances by the dance troupe Culture Shock and the step team Shades, both from SUNY New Paltz. The teams who made it to the second day were Oneonta, Wesleyan, Minnesota and Brown.

Night two began with dance performances, and then a few poems slammed by special guest Andrea Gibson, an author and queer rights activist, and a multi-national slam champion, the first ever to win the Woman of the World Poetry Slam. Many came out for the chance of a lifetime to see their favorite slam poet perform here, at SUNY New Paltz. By the end of the night, Wesleyan and University of Minnesota ended up in a tie. At that point, the competition went overtime and we were told we had to leave the Student Union Building.

We listened to the tie-breaker poems outside in the dark and cold. It was exciting and extraordinary as the crowd formed a giant circle on the ground and cheered for the slammers. The audience went crazy as the winner was decided and announced. The camaraderie between the different slam teams was amazing as they cheered each other on. Wesleyan came out on top.

It was an amazing experience that I am glad I did not miss out on, and I look forward to attending future slams in years to come. If you are a fan of live entertainment, charity events, arts and poetry, I definitely recommend that you attend too. Even if you are not a fan of poetry, or do not know if you are, I guarantee you that you will get something amazing out of the experience.

Lipstick Kisses

**Emily Rose Kulig
SUNY New Paltz**

We drank in celebration. What a glorious and momentous occasion it was. The beer seemed to never end and our glasses were never empty for long. We sat there, my brother on my left, smoking the cigars that he picked up from the corner market before he got here. Six other guys sat around the room, one too intent on the game and one too drunk to know any mind set. Smoke quickly filled the entire room as the cigars were passed and lit. The night went on, time rolled by, and we kept drinking. Vision and talking became obscure and mixed with the bright lights and furniture surrounding the tiny room.

It was hard to believe that we were gathered there, in that tiny room, only three years ago; a set of bachelors all in uniform came to that room of bright lights that we were now currently occupying tonight. It only took twenty minutes for everyone to loosen their ties and take off their jackets. But there was no game on tonight, just men talking. Just us, talking. You hear all the time that women talk more than men do, but that night, we would have put any gossiping women to shame. We don't like to say it, that's why we blame the alcohol. Three years ago, and my brother, Rick, seemed to be the happiest guy on the earth. A smile was on his face that I had never seen before. He had no idea that the following day, he would be married to who he thought was the woman of his dreams.

Tonight, my brother has the same smile on his face. His eyes seem to be rich with the fact that we'll all be bachelors again by this time tomorrow.

A Mark Upon The Bed Where I Lay

Alessandra Young
SUNY New Paltz

The bed I shared has changed somehow.
New sheets and comforters lay unused:
new pillows for you
to rest upon.
No feathers crushed,
no wrinkles made.
With time and use these things will change.
My bed will reek
of a scent,

now persistent.
And a sameness I so gravely fear,
will sink its mark in where you lay.
So deep.
So permanent.
If I lay too close,
I will surely lose myself
in the smothering darkness
of the blankets
that now bind to me.
So, prey, do stay this night
and next,
But leave me to my lonesome
comfort-ness.

What Freedom Means To Me

Hunter Huang
Guest Writer

Hunter is a sophomore at Wallkill Senior High School and a guest contributor of TCI magazine. In his article, Hunter reflects on his understanding of freedom when he is suddenly denied his “God given right” while traveling in a country where neither freedom nor God is recognized.

Freedom is defined as the ability to perform actions without persecution or oppression by the government. Having freedom allows an individual a sense of security, knowing that he has the right to many privileges, including the right to information. I traveled to China this summer with my family, and I brought my laptop along, hoping to get some homework done while I was there. Imagine my surprise when I could not visit my favorite website *YouTube*. Then I tried to get onto *Facebook*, and found

I could not access that site either. I even tried to Google the word “democracy” and found no hits! This blew my mind. Back at home in Gardiner, NY, I spend hours surfing the net, playing humorous videos on *YouTube* every chance I get. I had the freedom to do so and thought it was my God given right. I cannot imagine a world without *YouTube*. The two weeks I spent in China was excruciating. I felt bad for myself, but even worse for my 20 year old cousin who lives in Shanghai, China who has never seen a *YouTube* video before. The Chinese government has oppressed my cousin and the one billion people who live there by denying them their right to information, and their right to social media sites. I am told if anyone is found to have accessed these sites illegally, the punishment is imprisonment. I am grateful my government does not do that. I have the freedom and security to surf the net whenever I want. That's what freedom means to me.

The Reincarnation of Glassjaw

Scott Vegliante
Marist College

With the release of Glassjaw's previous extended play, *Our Color Green*, fans were relieved the band managed to release something after their eight year hiatus. Six weeks later the band released a second EP, *Coloring Book*, which took many fans off guard. Not only were fans surprised by how close the two EP's were released to each other but by the contrasting differences between the two. Glassjaw's latest EP, *Coloring Book*, is unlike anything the band has ever released. Their previous full

length releases, *Everything You Ever Wanted to Know About Silence* and *Worship and Tribute*, while pure musical and lyrical genius, were extremely raw albums that are not very accessible. The same can be said for *Our Color Green*, one of Glassjaw's heavier, if not the heaviest release to date. *Coloring Book* couldn't be any different from their prior releases.

For the first time, vocalist and lyricist, Daryl Palumbo can actually be found singing melodically, as opposed to his more aggressive, angry tone in the bands prior albums. The band has definitely matured over the years seeing how they've been around since 1993. Where their prior albums dealt mainly with relationships and that "horrible ex-girlfriend that ruined the lead singer's life," *Coloring Book* differs greatly. In *Coloring Book*, the band primarily focuses on religion. This is a dead giveaway when one listens to the track, "Stations of the New Cross." Those familiar with the band Deftones can see some resemblances between their most current album, *Diamond Eyes* and Glassjaw's *Coloring Book*. Regardless of the similarities, Glassjaw had already made *Coloring Book* years ago, but due to legal issues with Warner Bros. Records, decided not to release it until their contract expired.

If you ask any fan what draws them to Glassjaw, the majority would unanimously say singer Daryl Palumbo and his erratic vocals. In *Everything You Ever Wanted to Know About Silence*, Palumbo's vocals alone are enough to bring the listener to tears. The Daryl Palumbo the fans have learned to love and know him as an extremely passionate vocalist from their prior material, and while his vocals sound great with his new found approach to singing more melodically, one can't

help but feel he lost the passion he had back in the days of *Everything You Ever Wanted to Know About Silence* and *Worship and Tribute*. That's where *Coloring Book* differs immensely, and the focus throughout *Coloring Book* seems to be emanating from Manuel Carrero and his bass. Somehow, Carrero manages to lure the listener with his bass and makes it nearly impossible for the listener to not be mesmerized especially on Carrero's "Magnum Opus," *Vanilla Poltergeist Snake*. While the majority of new music these days tends to be over produced featuring excessive auto-tune and various other methods used in recording studios, Glassjaw has always had a raw sound to them displaying their natural talent. Some new listeners may not like this since they are accustomed to clean studio recordings from popular bands such as 30 Seconds to Mars or Linkin Park. Glassjaw isn't for the faint of heart, but they can be extremely rewarding to listen to after a few spins. I'd recommend this album to any first time listeners, and then have them work their way backwards through the bands discography to ease them into the band and their unique sound. They would be able to hear just how far they've come throughout their maturation process as musicians. Overall, I'd give *Coloring Book* 4 1/2 out of 5 stars.

Stress No More

Christopher P. Jagielski
Marist College

Almost every college student at some point will encounter a stressful period, and they will have to cope with it somehow. If the stress is from friends, family, or the workload, there are ways you can deal with it. Most people do not know how to deal with stress, and these stressed people can affect their friends who have to listen to their stressed out friend. One thing you

can do to deal with stress is to listen to calming music such as country or slow hip/hop beats. Just lie on your bed and blast the music because it is a known fact that music soothes the savage beast. Besides listening to music, there are many other activities one can do.

People should do their favorite activities, or even go to the gym and work out. Working out not only decreases stress hormones and increases endorphins, which are your body's feel-good chemicals, giving you a better mood, but it also keeps you in shape and does not only relieve stress.

According to WebMd, writing may also relieve stress because you are writing about your feelings, and it helps you feel better. A stress journal can keep logs of what causes stress in your life and how you can cope with it. Letting your feelings out can also help you feel better because you are not bottling them up, this is one of the causes for stress. Meditating and focusing on your breathing can also help reduce stress and manage your emotions.

At school, the way I deal with stress is playing the guitar and listening to music, or going outside when it is sunny and laying down by the river. This greatly reduces my stress from work and friends. While at home, I have the opportunity to do more activities to deal with stress, like going to the shooting range or fishing with a few pals of mine. These two activities reduce my stress more than anything else.

So let us look back at what we should do to relieve stress while at school. We can listen to music, do our favorite activities, work out, and hang outside when the weather is nice. But we should not drink tremendous amounts of alcohol to relieve our pain or stress because it can cause further problems when we get older. Although our friends, family, and workload may cause us to have stress, we can cope with it by doing the activities I have discussed in this article. In this way, we can live with less stress and more happiness.

Fashion Statement

White Might be Right, but It's Color that Shines Through

Megan M. Gaglio
Marist College

This season has brought a whole new meaning to being bold and by that, its the colors. The bright and fresh hues of orange have hit the spring stage. Halloween is no longer keeping orange locked up, the newly formed color is bringing smiles of lighter shades as well as strikingly eye popping color.



Along side of orange comes the rest of the rainbow as color block pieces, A-line dresses as well as cut outs have remained widely popular. But don't let those colorful numbers touch your white laundry or problems might mix. White is still making a statement this spring as its structured shoulders and



classy yet sleek looks are coming back. Be sure to be on the prowl for different animal prints, polka dots, and lots of texture. Stripes have also made a running come back as they are paired with just about anything. It seems only right to have stripes joined with something solid. But not this season; the horizontal, parallel and all things



geometry are making it hard to notice the difference.

Floral prints are still in the mix this spring so don't let go of those pieces quite yet, they are here to stay. Styling vintage and retro dresses with solid bright colors of spring are imperative. Pair a 60's styled dress with a simple solid colored pair of gladiators with eye appealing jewelry. Let the bright colors lead your head into a fun house.

Mixing and some matching is the new black. Don't get caught looking to dim and dark this season. Allow your closet to expand and bring out the best of what your creativity has, for this season is all about taking risks and making odd decisions.

Looking to designers such as Marc Jacobs, covers a wide range of everything. He puts together polka dots with high waisted pants, striped blouses with textured skirts. The play up of a polka dot is much different this spring. An average polka can be boring, but not this year. Designers are finding a way to innovate the polka dot. In some cases, they are showing up as sheer, or embellished as others textured and dismantled.

The fashion cycle has begun to turn again and with it has brought a number of surprises for spring. But of course staying true to yourself and your own style is always a top priority. So make sure if you chose any of these new looks you're putting them with something colorful, textured or embroidered.

Dress to Impress: 10 Guidelines For a Job Interview

Marissa N. Manfredi
SUNY New Paltz

On the morning of your job interview, there may be many things going through your mind. However, the one question every person is asking is what should I wear? Looking professional is a key aspect to getting the job. Just taking a few minutes to plan what you will wear and how you will present yourself will

make a difference. Although there isn't a set rule of what has to be worn to plan what you will wear and how you will present yourself will make a difference. Although there isn't a set rule of what has to be worn to a job interview, there are some guidelines on what to wear in order to look and feel your best.

The first thing to do is to think about what kind of job the interview is for and what the expected dress code would be. If the interview is for jobs like banks, law firms or corporate positions, usually one is expected to dress very conservatively. Jobs for restaurants, school, or retail usually allow more room for personal style. Just in the first few seconds of the interview, the interviewer's brain will be trying to make the hiring decision on the only information he has: the way you look. Can he imagine you doing the job? Will you fit into the work style?

Here is a checklist of 10 guidelines to get started.

1. It's always better to dress too formally than too casually because interviewers will expect you to dress more formally than usual.
2. A suit blazer or jacket adds a lot to your appearance. It really steps things up a notch so a good suggestion is to wear a jacket no matter what the interview.
3. Skirts and dresses should end on the knee and make sure you do the "sit-down-test" as skirts tend to creep up once you've sat down.
4. Wear a blouse underneath your suit or jacket, or wearing a sleeveless top will be more comfortable because your jacket doesn't need to come off

during the interview.

5. Black is not your only option. Colors like grey, brown, caramel, or navy can be worn too! But stay away from bold colors because they can become too overpowering.

6. Tuck in your shirt. It's not something that has to be done but it makes the outfit look neater. Also adding a belt to it will complete the outfit.

7. Wear the right shoes. Having a closed toed, neutral color heel or flats is always professional.

8. Accessories always complete an outfit. But try to stay away from anything to flashy and oversized.

9. A hairstyle that is neat is key. Fussing and touching your hair can get distracting, so keeping it secured back in a low pony or bun is presentable.

10. Get a manicure! Hands are visible during an interview, having chipped and uncared nails can send a wrong message. Short nails with a neutral or no nail polish is best.

Got a big interview? Following these guidelines will help approve your overall appearance and give you the confidence to get the job!

Spring and Summer Trends to Look For This Season on Campus

Madison Chiavetta Marist College

It's finally that time of year again. The sun is out, the temperatures are rising, and it's time to shed the winter coats, hats, scarves, and Ugg boots and upgrade to sundresses, bikinis and sandals! Spring and summer are near and the trends off the runway this season are very daring and unique. Belt purses, crop tops, and biker clothing are only a few of the many new and evolving trends to look watch for on the Marist College campus this season. However, with the rise of these new fashion trends taking place, it can be hard to incorporate some of these unique trends into a college girl's daily wardrobe. With the help of this guide, you can have a first hand look on what girls will be wearing this season at campus and how you can pair them with other pieces in your wardrobe.

Move over military girls because this season is all about the biker wear. Always been a biker chic at heart? Then this spring you're in luck. Boots, jackets, and even motorcycle pants are surely some trends that can be spotted this season on campus. However, would you want to sport this trend for an 8 am Monday class? Probably not the time or place. The best spot to sport this trend would be a Saturday night out with your friends to Hatters. Even though it is spring, it still does get pretty cold at night when waiting in

line to get inside the clubs. Throwing this jacket on with a dress or a skirt and top ensemble will make you look like the most stylish and sophisticated fashionista that night! Not a leather wearing tough girl at heart? Not a problem. These jackets also come in metallics for girls who have a softer taste in clothing.

The sun is finally out and us girls need to protect our eyes from the harsh sun. Keep the aviators in their cases this season and buy yourself a pair of cat eye sunglasses. These new sunglasses come in a variety of colors and shapes and look absolutely amazing in bright red. Pair these glasses with a simple outfit, since they are pretty wild and stand out. Whether you're studying outside for finals, walking to your next class, or just tanning on the docks by the Hudson, you're sure to look stylish in these daring sunglasses.

Say goodbye to the mini skirts and hello to the tail hem skirts and dresses that are longer in the back. Although this trend does seem different and are intimidating for some girls to try out, these skirts and dresses are both sophisticated and flattering. The best place to wear them? An interview of course! Pairing one of these skirts or dresses with a simple black blazer will surely get you that job.

Even though I only mentioned a couple of the new trends coming to the Marist campus this spring and summer season there are a ton of other trends to try out. Whether it is lace, stripes, the 60s or 70s look, experiment with everything and see which one suits you the best. Most importantly, be yourself and wear these trends the way you want to. By doing this, who knows? Maybe, you could be the trend setter this spring and summer season.

Blast From the Past

**Yumary Valenzuela
SUNY New Paltz**

Fashion has always been one of the most important factors in society. It is always changing throughout time, and always the fashion trends always come back. Women's fashion has made a brutal impact around the world. There are new styles that have begun, changed, evolved, and also that have made a huge comeback over the years. It is important to know that all the styles from the past and are trends now, are having a little twist with today's fashion and the ones from the past.

Beginning with the 1920's, fashionable women needed fitted dresses for special occasion. These women started to go out more to gatherings; therefore, they were being fashionable and cautious when wearing something. Some of the styles from the 1920's are now trends. Flapper dresses started a new sexy look for women in the twenties; now we can see that a lot of these flapper dresses are coming back with a new twist with today's style. Also it was in the 1920's that women started to have shirts with low cut necklines, today we see a lot of women wearing shirts like this.

In the 1940's, there was lot diversity in clothing, and women had many opportunities to dress different from one another. There were two different styles; one was a sophisticated look and the other one had a laid back style. By that time, the padded shoulder was major trend. Today, one can see many things like shirts, blouses, and blazers with padded shoulders. These clothes

These clothes are also very popular and anyone can own a piece of these items, buying them in stores like H&M, Forever 21, Charlotte Russe etc. In the 1950's, fashion icons such a Marilyn Monroe, Grace Kelly, and Liz Taylor had an important impact in fashion during that time. Women started to dress glamorously due to the fact that these fashion icons were fashionable and they loved the glamorous look.

By the 1960s, fashion changed in a dramatic way due to the sexual revolution. The dresses became shorter and tighter to make the body look better. The high waist shorts became really popular and also the miniskirts came about the same time. In the 1970's, by the time the disco era became popular, glitter and the high waist pants were the trend. This led to the fashion trends of the 1980's. Today, we see a lot of people when going to clubs wearing a lot of glittery shirts with the miniskirts and the high heels. Also, some fashion trends from the 1980,s are the tight jeans with the ripped sweatshirts and leggings; all these styles are now trends in 2011 fashion.

In the 1990's, hip-hop came about and the tighter clothes were back in fashion to accentuate the women curves. This led to a lot of options for a lot of women and this led to the fashion on the new millennium. Today's fashion consists of the revival of the different eras of fashion. From the 1920s to now, fashion is always reviving with just a twist of today's styles and now everybody can have access to it since almost every store have these new styles.

Food For Thought

College's Bullying Blight

Trevor S. Polasek
SUNY New Paltz

Most students have the impression that bullying is a high school phenomenon that usually occurs between big, dumb jocks and small, weak nerds. What most people don't realize is that bullying is in fact much more than that, that it is, in fact, a blight that plagues our society. What is meant by blight is not that it is a physical or mental disease, which could be cured in some way, but that bullying is an ever-present activity in our society that is created by social surroundings and our environment. However, bullying doesn't happen in college because we are all mature adults and know how to handle social situations responsibly, right? Well, the answer to the question is a plain and blatant no.

What most students do not realize are the different forms bullying can take outside of the classic emotional and physical styles of picking on others. One type of bullying is cyber bullying, a form of bullying done with the use of the internet and computers. This kind of bullying is like mentally and emotionally attacking someone over the internet, specifically social networking sites like Facebook and Twitter. In our rise of technology, this form of bullying is unfortunately becoming more and more popular and common. In our advanced society,

when we as people can communicate with each other in an instantaneous manner, it is ultimately a sad case when we use this vast technology to inflict harm on people we may barely know. This definitely relates to us college students, as we are in the generation that most utilizes this form of communication, whether it be for better or for worse. Using this kind of technology in this way, leaves a bad impression on what the future may hold for technology and social interactions. This form of bullying, while common, combines itself with a few other types of bullying, one that is much more subtle.

This more subtle form of bullying is called gossip, and even advocates against bullying can find themselves partaking in it. Gossip in our society is everywhere, no matter who you are or where you go, and in this day and age of technology, there is no real way of stopping it. Gossiping is essentially talking about someone behind that person's back, telling secrets and stories about them that may start out as true, but eventually get twisted as the gossip spreads into all out lies. When these lies eventually come around, and get back to the person they are about, it can have some dire effects such as emotional and mental stress as the person tries and sort out the rumors. Even if it does not reach the original person, it still affects the way many see that person, even if that person is no different in reality from before the rumors. We all know how much gossip is a pivotal part in the College community.

Most students are always knowingly or unknowingly creating and spreading gossip, despite our intentions. This wide range of spread, coupled with the fast-paced communication networks set up currently, create a hard-to-stop 'blight' on our society, especially on college campuses. Rafaela Estrella, a Resident Assistant in Esopus Hall at SUNY New Paltz, believes that gossip and online social networks are the main forms of gossip in the college environment.

At this point, many are asking themselves "why does this happen?" and "how can we stop it?" Well, when questioned about this, Rafaela says, "Some people are just mean, and like all the drama. Others like to join in, and be part of the group so they don't get picked on." With this in mind, can there really be a stop to bullying on college campuses? Personally, I believe that bullying is just an ever-present aspect of society that will not just go away, because there are people out there that, as Rafaela said, are mean and like the torture and the drama. However, we as students need to start doing whatever we can to reduce the incidents that happen. As students, we can check ourselves every time we go to tell a story about someone else, or stop others from telling similar stories. More importantly, if someone is in a leadership position such as a teacher, a Resident Assistant, or other such job, he or she should take the responsibility to step up and confront the problem immediately, and not to be afraid to call someone out on bullying. By

By doing these things, college students on campuses worldwide can create a great impact in helping to reduce the spread of the bullying blight.

Being Yourself

Clinton K. Kelly
SUNY New Paltz

Towards the third week of school, Sally would come home from school visibly in tears. Naturally, her mother would ask Sally what had happened. Sally would respond by revealing her lack of friends. For the third week now, Sally sat alone in the lunchroom watching and envying all the other groups of children, all laughing and smiling together. Understanding her daughter's sadness, the mother smiled and told her to just be herself. From then on, all of Sally's friendship woes would vanish, never to trouble her in life again. It seems that any problem one experiences that includes interacting with other people will unequivocally be met with this answer, as if it were the secret remedy for all social interactions. Being oneself simply means to present oneself as whom one really is—the thoughts, feelings, and attitudes one keeps locked away and buried beneath the surface. One should take special care when telling another person to be their selves.

Humans are social creatures that thrive on interaction. No matter how much one desires to be this unique, standalone being, there will be a connection to other people. The willing avoidance of influence from other people will ultimately end up affecting what one is like as a

person. Therefore, it is reasonable to say that being oneself in an impossible task to adhere to. As a person acts out his or her personality, he or she will receive either approval or disapproval, and from that insight will change and adjust his or herself to fit in. Perhaps being oneself is the reason Sally could not make any friends. Perhaps Sally was too quiet and inward, maybe she was just outwardly rude, lacking even a modicum of decorum.

For a person to be themselves is to accept themselves and openly present themselves as who they really are. To say this to someone is tacitly telling someone to accept no opinions and no judgment of one's character, to accept both the positive and negative traits of one's personality. While this is an admirable code to adhere to, it may ultimately lead to negative consequences. To accept no other opinion is to reject something that is vital to any personality—criticism. Criticism is comparable to the constant waves that crash down on the rocks of a beach that breaks away the rough edges, thereby making the rocks smooth and edgeless. In essence, being oneself is tantamount to giving up on improving oneself, and thus is the greatest fault in any personality.

While it is imperative to accept criticism and use it to mold oneself into someone more acceptable, there are times when criticism should not be accepted and change should not be an option. We are all born with traits we must forever live with, traits that we cannot change, but are still met with eyes of scrutiny and mouths of hateful language. Perhaps it is one's race, religion, physical deflections, gender, or one's sexuality. Touching upon the unchangeable traits that define a person, it is imperative to consider the environment said

person is living in. Being open to everyone about one's sexuality could lead to disownment and rejection. While there is nothing wrong with homosexuality, the environment should be a leading factor in one's decision to truly be oneself. Another example would be repressed feelings that are better left repressed, feelings that would pose as a threat to those around should one let them flourish. It is difficult, and sometimes counterproductive to project oneself as what one truly is in an environment that has no room to accept.

People are taught to have pride for being unique and special. We have a unique understanding of ourselves, so it seems to bridge on folly to jeopardize that understanding by allowing others to give their opinions on how to improve our character. Therefore, to not be oneself is to open oneself up for criticism and accept direct attacks towards oneself. There is no danger in emphasizing self-acceptance, but there can be many dangers in rejecting acceptance from the outside. A society that advocates "Be yourself" is advocating a society that venerates an extreme form of pride that goes beyond "I am unique and proud" and instead ends at "I am proud of my faults and so will never attempt to change them, no matter what". Perhaps Sally should have just been told to be more open and outgoing.

Planned Parenthood: Friend or Foe?

**MacKenzie Bachar
SUNY New Paltz**

Throughout history, women have battled for their rights in this country. Strides towards equality arise every now and then, but women are far from being truly equal to their male counterparts in today's society. Recently, women's reproductive rights have been subject to debate with the decision in the House of Representatives to pass a bill that would take all funding from the national organization, Planned Parenthood. The bill has yet to be reviewed by the Senate, but this initial act by the House of Representatives is a direct attack on the reproductive rights of women. To take federal funding from a free health and contraceptive clinic, will cause many more problems in the United States and will further set women back in their journey to equality.

On February 18, 2011, representatives of the house voted to pass the Pence Amendment. If made into a law, this act will take all federal funding from the nation wide organization, Planned Parenthood, Planned Parenthood is a clinic that provides free services for women such as contraception, cancer screening, STD tests and treatment, family planning, and education. All services, except abortion services, are free to individuals utilizing Planned Parenthood's services. For many, Planned Parenthood is their only option, since people who resort to Planned Parenthood do not have the means to go to a private practice or anywhere else. Planned Parenthood

is their only option, since people who resort to Planned Parenthood do not have the means to go to a private practice or anywhere else. Planned Parenthood works to ensure access for women to contraceptives, medical care, and education.

One argument against organizations such as Planned Parenthood are of a conservative, mostly religious point of view. Many advocates against Planned Parenthood are focused on the subject of abortion. In reality, abortions are only three percent of the services provided by Planned Parenthood, and any individual looking for that service must pay out of pocket for it. Federal funding to Planned Parenthood does not go to their abortion services. Religious views have no place in the formation of a law in the United States, where we're supposed to have a separation of church and state. Abortion is a touchy subject with many people, but it should have no place in the formation of the law taking funding away from Planned Parenthood. The funding does not go to those services, so those services should not be taken into account when analyzing what this law would be taking away from the citizens who resort to Planned Parenthood's services.

What the Pence Amendment would truly be taking away is medical care and prevention services to those in the country who cannot otherwise afford them. Many argue that if one cannot have safe sex, they should not be having sex at all, but this argument is inadequate in the sense that people will not stop having sex. Many think that taking away free services, such as Planned Parenthood, will stop teenagers having sex, but it won't. The act of sex is inevitable, so why not make it a safer act? Why take away organizations like Planned Parenthood? Without them,

it would only lead to more unwanted pregnancies, more sexually transmitted diseases, and more people uneducated about their bodies and medical needs. And for those arguing against abortion, taking funding away from organizations like Planned Parenthood will lead to more unwanted pregnancies, inevitably leading to more abortions for those who feel they cannot care for a child or more children living in abuse and neglect with parents who do not want them. Taking away Planned Parenthood's services seems a contradiction to all the arguments people have in support of the Pence Amendment.

Rutgers Follows the Trend

**Shirley Ho
SUNY New Paltz**

Just recently, Rutgers, the State University of New Jersey, has decided to join more than fifty colleges around the country in the latest most controversial housing program. The gender-neutral housing pilot program, they feel, is a way to improve the residential experience for lesbian, gay, bisexual, transgender, and queer students. In the fall of 2011, selected sophomores, juniors, and seniors will be able to choose roommates of the opposite sex. Though this is already a common program in many institutions for the primary reason of making housing more equitable for the Lesbian Gay Bisexual Transgender Queer (LGBTQ), community, the students at Rutgers think there is another reason. They think the new program has a lot to do with the suicide incident committed by Tyler Clementi who killed himself after being video-taped by his

roommate in a private homosexual act. Whatever the reason, parents will not be able to protest.

It was a shock when Rutgers announced their decision to allow gender-neutral housing. Even though several universities in New Jersey follow the policy, no one expected Rutgers to. So why now? The fact that the committee chair members agreed to imitate the policy after the gay suicide in October 2010, makes people think that Rutgers is trying to alleviate the issue. Kevin Hsieh, a current student who dorms at Rutgers explained, “my friends talked about this; some people say that it was because of the gay suicide in the beginning of the school year.” He feels his campus is just trying to make the effort in making the environment more inclusive to the gay students.

The majority of Rutgers’ residents are reacting to this new program in a positive way. Transgender students are thrilled because their needs will finally be accommodated. With more options and a request for a rooming assignment based on one’s gender identity, a homosexual student will feel safer dorming with someone with a similar lifestyle. He or she can be assured ahead of time of a friendly roommate relationship because co-ed housing selection will not be entirely random. Next semester, over 100 graduates will be able to reside in one of the three co-ed halls which will also have co-ed bathrooms. They will be given the option to live with their significant other or to live with someone else, also of the opposite sex. Freshmen will not get these choices but LGBTQ freshmen will be allowed to request a roommate who respects his or her sexual preference. Another plus is that students will not be asked their sexual orientation or gender identification.

This could lessen the amount of discrimination.

Kevin continues, “apparently, parents have no say in this so they can’t stop their children from deciding to live in a co-ed dorm. On another note, they say that the birth and death rates will increase. Couples could be having more sex and bad relationships might lead to more violence. And even more violence and tension since they’re now stuck in the same room.” Generally, parents are concerned and afraid that their children will take advantage of the new mixed-gender program. They will be allowed sexual freedom and could use it to their own personal benefits. Moreover, since gay students are bullied by students of the same sex and students of the opposite, gender-neutral housing does not seem any more welcoming.

For Rutgers to join in the new gender-neutral housing policy is so difficult to take in because it is so uncomfortable. It is so hard to swallow especially for those who enjoy their current living arrangements. Nonetheless, colleges are beginning to advocate the policy more and more. They view it as a huge step in towards a friendlier and more welcoming surrounding for those of the LGBTQ community. Still, this decision will not be determined by any of the parents of the students at Rutgers University.

To Rent or To Own

**Derrick Lewis
SUNY New Paltz**

The decision to pay rent to live in an apartment rather than to purchase a home is a personal choice. Many people decide to remain tenants because they don’t perceive home

ownership as an advantage. On the other hand, there are some people who believe homeownership has many benefits. The decision to rent a living space or purchase a home is a decision individuals make after considering numerous factors.

Monthly housing expenses exist for both tenants and homeowners. However, as a tenant, paying the housing expenses is a much simpler process. With the exception of utility and phone bills, the tenant’s monthly rent payment covers all other fees associated with the dwelling. This is not the case with the homeowner’s mortgage payments. Although an escrow account can be established with the bank for the mortgage payments to cover taxes and insurance, additional checks need to be written to pay the remaining housing expenses. Expenses such as: water, sewer or septic, and garbage pick-up, still need to be paid. Homeowners are responsible for paying these additional expenses.

Home maintenance is a concern for both renters and homeowners. When dealing with the matter of home repairs, tenants only have to notify their landlords about problems. Landlords are responsible for having problems repaired and/or fixed. Homeowners, on the other hand, must decide to either fix problems themselves or arrange for problems to be fixed by a contractor or some other knowledgeable person. Problems are a homeowner’s responsibility and that responsibility cannot be passed on.

There is a difference between renting and homeownership when it comes to exterior home maintenance. Tenants are usually not responsible for routine seasonal maintenance

Tenants are usually not responsible for routine seasonal maintenance of the rental property's exterior. On the other hand, homeowners have the added responsibility to maintain the exterior of their homes and to comply with local ordinances. Many townships and municipalities conduct inspections to ensure local ordinances and laws pertaining to exterior property maintenance are followed.

Another concern associated with homeownership is liability. When injuries occur on residential properties, homeowners, not tenants or renters, are held responsible and are legally liable. Being liable also means being open to law suits. If homeowners are sued, they may have to obtain legal advice or representation for defense against law suits and would incur this additional expense. The issue of legal liability, regarding accidents occurring on their property, is another concern tenants and renters do not have to worry about.

Homeownership does have some financial advantages. A major incentive for becoming a homeowner is to take advantage of various deductions when filing personal income taxes. The portion of the mortgage payments which are attributed to interest paid on the loan, and taxes paid on the property, are allowed as deductions on personal income taxes. Taking these deductions can greatly reduce the tax liability of homeowners.

Purchasing a home is making an investment in property. The home usually appreciates in value over time and can actually become an asset. Homeowners, who sell their homes years after the original purchase, can

reap tremendous financial gains. Tenants do not have the option to sell an apartment; instead, they may experience an increase in monthly rent payments over time.

There are advantages and disadvantages to both renting and owning property. With renting, there are fewer risks involved; however, there is not much to gain financially. Homeownership presents greater risk, to an individual, but the financial rewards can be greater as well. These factors should be considered before making the final decision to rent an apartment or purchase a home.

How To Avoid A Predator

Andrew J. Lohr
Marist College

A predator can be lurking in the shadows of your next turn. He is a wild untamed spring waiting for a weak prey to pass by. Whether their intentions are to rob, rape, scare, fight, etc.. you need to know how and what to do in those certain situations. According to the National College Health Risk Behavior Survey, there is another rape every 21 hours on an American college campus. Knowing what to do in situations on and off campus where you feel threatened by a predator can save your life.

When walking home from parties late at night, always trust your instinct. Your gut feeling is what is going to tell you something is wrong to begin with. Try to stay with big group of people, but when you find yourself alone you are a bigger target for a predator.

When you find out something is wrong, control your space and move towards a local store or a populated intersection; if that is not possible then look at your surroundings with a keen eye for a possible predator. Most predators use a shock and awe approach which leaves you motion less. Continue controlling your space until you get back to your dorm, or you are confronted.

Confrontation is where you need to breathe. If you are too shocked you tend to hold your breath which halts fresh oxygen your brain needs to think. Your first reaction will be to run the opposite direction. DON'T, the predator wants you to do that, it's the easiest way he can hunt you down. Keep eye contact with him until the realization that he is there to hurt, not help you hits your head. Run a diagonal path away from him and create barriers. The most important part when running away is to take away his vision of you. This means cutting corners, running through parked cars, putting a tree in his way, etc..

If you are already caught, there are a few things you can do. Cut off his air supply, sight, and grip on you. To cut off his air, take your hand and flatten it, then strike him in the throat. To take away his sight, take your thumb and gouge at his eye. To take off his grip use your dominate foot and kick him in the groin. Then continue to run the diagonal path with barriers.

According to the Journal of American College Health, three quarters of off-campus rapes and on-campus rapes involved perpetrators who were known to the victims. Don't think it's always going to be a stranger who is the predator. Always keep yourself safe by using your instinct, diagonal run, and by cutting off his sight, air, and grip

Relationships - Enough Said!

The best way to avoid any predator is to walk home in a group.

Speed Friending

Brittany Clyde
SUNY New Paltz

You've just left for home, to enter a world of independence. You and your friends have all decided to move around the country to experience the college life. You're all split up, and the reality of being alone sinks in when Mom and Dad left, and the room is bare. The roommate has moved in, and you two decide to start organizing the new place you'll eventually call home. While their stuff is all plain, yours is colorful. Your posters are of hip hop stars, and their posters are of puppies. The two of you have nothing in common, and conversations are awkward when you decide to set up the room. Now that the dorm room resembles a little bit like home, tears start to form when you realize that your roommate isn't exactly who you've expected. What do you do now, in order to form a group of friends who'll watch Jersey Shore with you on Thursday nights, spend the weekend out with you, and lend you a shoulder when you're home sick? Joining clubs, of course is one way to start building your posse, but if you want to undergo secret tips, that will keep you from a big commitment to gain a few friends; just follow these few ways that I've created to make new friends.

1. The first lonely night, you're eating alone (or with the roommate you can't stand) at the dining hall, you will see a bunch of tables filled with people. However; there are a few tables that only have one or two people eating at

them. What do you do? College is a time to break out of your shell. If you were voted "most shy" in high school, maybe it's time to break away from the title. Here is the perfect opportunity to talk to new individuals. You and possibly your new roommate are able to introduce yourself to new individuals. By asking to sit with the partially empty table, you're taking initiative, and this shows the persons at the table, that you're confident, and easy to talk to.

2. It's raining, and the \$6 umbrella that you're twice removed cousin got you for graduating high school is shoved behind your bed, or may not even be unpacked yet. Yet, you realize that the umbrella will come in handy, because you have to walk 10 minutes to the closest classroom. You're leaving your building and you realize someone from class is walking with out them. Offer to share; most likely you won't get a rejection, and it's the perfect opportunity to see if other classmates are having a difficult time with the professor's accent.

3. Nothing's better than smelling fresh baked goods in the common area in the dorm hall. Missing home? So is everyone else. Go to the local super market and buy ingredients for chocolate chips cookies (or any other bake goods that are soothing), and bake away in your common area, (which normally has a stove). People all over your dorm comes running with the scent of fresh cookies. SHARE! We've been taught since preschool, and finally, sharing comes into effect. This will be the easiest way to make friends.

4. The hardest adjustment to dorm life, is the room keys/ room ID. In New Paltz, each student gets an ID card, which is the key card to get into the dorm building, access to meal plans,

rent library books... it's basically your life. The problem with these cards is that it's easy to lose because of it's light weight. It's guaranteed in the first week that you'll find an ID card on the floor, and you're supposed to report the ID into the card services and they'll contact the owner. However; the card services will contact the owner days later, and by that time, the owner has already replaced their ID and spent the extra \$10. Social networks such as Facebook, can help you get in contact with the owner of the card. Search the name on Facebook, and if you find him/her, send them a quick message saying that you have their ID. They'll be ecstatic, thankful, and the nicest encounter you'll have that day.

Friendships can be created randomly. Be sure to have that understanding when you first enter college. All freshmen are experiencing new lifestyles that you'll be able to relate to. The first conversation is the hardest part of building a new friendship. Once you have a reason to talk to someone, the conversation will be easy. These few tips are the easiest ways to make new friends and start conversations. Now that you have a few tips, start friending!

To Be Irreplaceable Is To Be Different

Ali Sofen
SUNY New Paltz

Imagine going to a supermarket, strolling through the aisles, and observing someone walking by who may be acting odd or peculiar. Perhaps this person is talking to himself or herself or is flapping his or her arms

in the air. You may observe this and be unsure of how to behave; what to do. Bernard Guentherd once said, "Not one person is alike." This can just as easily be said about families as well. One could say, "Not one family is alike." There are families of different ethnicities, cultures and values. Some families may include a member with a disability. Any family who has a member that is disabled, certainly faces a much different lifestyle than most.

I have faced many obstacles while living with my brother, Scott, who is diagnosed with severe Autism. My family's lifestyle is much different than most, since watching television, going on vacation, or doing anything as a family is considered a privilege to us. As an eighteen-year-old girl, I am accustomed to altering my lifestyle around my twenty-two-year-old brother. When I was younger, it was confusing and difficult to comprehend why my brother seemed different from me and from most of the other kids I knew. I didn't understand why he talked out loud to himself, copied what I said and repeated it right back to me, or why he flapped his hands in the air when he got excited. Since then, I have learned a lot about people with Autism, and I have also learned about people who have other disabilities.

It is not hard to imagine that it is difficult to live with a family member who is disabled. Many disabled individuals need a routine for every aspect of their daily lives. When Scott is in a different environment, it can completely throw him off schedule, as it is extremely difficult to be able to cope with even the most minor of changes. Disabled people are often irritated by noises and other things that we consider to be insignificant, which causes the families of disabled members to be very aware

of their actions and the tone of their voices when around their family members.

Families who live life with a disabled family member have been given a unique perspective when encountering people who do not fit the norm. When strangers see a disabled individual, they may act as though he or she is not there and pretend that he doesn't exist. Strangers essentially make him invisible and he or she simply doesn't exist. Family members of a disabled child feel compassion and sympathy for people who are suffering due to their circumstances, appearance, beliefs or attitudes. As well as people with Autism, people with any sort of unfortunate circumstance that they may be suffering from, all have feelings just as ordinary people do.

Although it may not always be easy, and these specific families may be different from other families, it will never make them stop loving each other. If anything, it has made them all closer and more aware of the important things in life. Each family member has learned the skill to try to take each day one a time, believing that everything in life was handed to his or her family for a reason. I know I may not know exactly what that reason is, and why it was my family that was chosen, but I know I am a better person through all that I have experienced and endured. I feel that my eyes are wide open to everything I may encounter throughout my life.

Far Away For Far Too Long

Alex Angst
SUNY New Paltz

"Distance makes the heart grow fonder" is a common saying when it comes to long distance relationships, whether it be a friendship or a romantic relationship. Being far apart from someone for an extended period of time can cause emotions, good and bad, to heighten to a new level, or be forced to disappear all together. Being in a long distance relationship myself, I have endured all aspects of these emotions. From emotions like jealousy to homesickness, from all of these emotions being at their highest point, to the feelings just disappearing altogether at times. The roller coaster of feelings become a part of everyday life.

Routines typically change when you leave for college. Seeing your significant other or best friend every single day becomes a rarity that is saved for winter and summer breaks. When it comes to a romantic relationship, people normally think that they all happen like in movies. When two people are dating in movies, especially the main characters, the two are never apart, they are always cuddling, kissing and never worrying about what goes on when the other is not there. All people know that movies are not real life, relationships can bring emotions such as jealousy, especially while in two areas that are far away from each other. While long distance relationships can put strain and pain on romantic relationships, people normally think that they all happen

like in movies. When two people are dating in movies, especially the main characters, the two are never apart, they are always cuddling, kissing and never worrying about what goes on when the other is not there. All people know that movies are not real life, relationships can bring emotions such as jealousy, especially while in two areas that are far away from each other. While long distance relationships can put strain and pain on romantic relationships the distance can also have no effect on other relationships, such as friends and family. My closest friend from high school and I are still as close as ever, and although communication between us does not happen everyday, when we see each other after months of being apart, it is as if nothing has changed. Of course there are situations where I have drifted apart from the people I hung out with in high school and only on occasion do we ever talk. They have mainly been replaced by new college friends who also live close to home.

There are ways to keep in contact with all of your friends from home and to continue to make new close friends in college, although it is a lot to juggle. Just having a significant other or a best friend whom you want to keep close to from home is a lot to handle. Casual phone calls and texts home are a common occurrence on campus, whether it be to friends, family, boyfriends or girlfriends. With current technology, such as computers, with video chatting and instant messaging, and cellphones, it is easier to have long distance relationships. Constant communication can be easily kept if the effort is present.

All a person really needs to keep connections strong is to let life play out as it should and not to worry too much about it. If a person is meant to be in

that person's life, then he or she will be. If not, then remember, people come and go. Do not worry about keeping all of your connections; the benefit to college is that there is a set of new people. Just have fun, in college and in life.

The Top Ten Ways to Balance Schoolwork with Family and Friends From Back Home

Lindsay N. DeFilippis
Marist College

Maintaining relationships with those from your hometown is an important part of college. However, it can sometimes be difficult to juggle relationships with the mounds of homework we receive daily and so here is a list to get you started!

10. Remember You DO go Home

Don't think that once college starts, your former life ends. It is important to remember that most of you DO go home for breaks and summer vacation. No one wants to go home and be a stranger in their own home. Keep in touch so when you do go home, you still have that close network of people around you.

9. Set Aside Time to Talk

The best way to make sure that nothing and no one is left out is to make up a schedule. Clearly, while you are in school, schoolwork will (and should) take up most of your time, so it is important not to forget your family and friends. For example, you could do schoolwork from five o'clock to nine o'clock and then have a half-hour Skype session or phone call with your parents and siblings on Mondays, "Friend 1" on Wednesdays, "Friend 2" on Fridays, etc. This way, everyone has something to look forward to each week and no one is left out.

8. Help Each Other – You're Not the Only One

Talking to your old friends can become one of the best forms of therapy. It is ok to rely on each other... you are all going through the same thing. None of you have to pretend to be the strong one who fits right in. That rarely happens. Look to each other for guidance and support... it can only help in the long run.

7. Have Your Own (Separate) Life – Have An Outlet

Remember to do things that make YOU happy. It is easy to get caught up in schoolwork and the fast-paced college lifestyle, but in order to keep your sanity, remember to do something for you. Don't think about school, or family, or friends... just do something that makes you happy and takes your mind off whatever stresses you have in life.

6. Don't Take Out Stress On the Ones You Love

While we are talking about stress, be sure not to take out your stress on the ones you love. We all know college is stressful and the workload can be overwhelming. Many times, those who are trying to help, become the innocent victims of our wrath. It is important not to make others mad at us simply because we do not know how to handle our stress.

5. When You Do See Each Other, Make It Fun and Worth While

Be sure to spend time with friends and family during breaks from school. Always do something fun so when times get tough, you can reminisce and say “Remember that time” or “We should do that again sometime.” If you do things that make you both happy, you will have things to look forward to and make you smile. Make memories so the bad times go away and the anticipation for the good times comes sooner.

4. True Friends Will Be There No Matter What

Some people are worried that once they move away, their friends from back home will no longer be their friends. True friends will keep in touch and continue being friends regardless of the amount of distance between the two of you. Do not think that just because you relocate, you have to stop being so close.

3. Your Family Knows What You’re Going Through—They Left Home Once Too

Don’t discount your family’s advice. Sure, they might be older now... but

they were your age once too! Those who went to college got through it... and you can too. Ask them for tips on studying, or test taking, or how to keep your sanity. The fact that you are *asking* for their advice alone, will score you some major brownie points for later! If your parents didn’t go to college, they still, at some point, left home. They can offer a different perspective which may be beneficial too.

2. Network Here!

Don’t forget about making friends while you’re at school! Peers, colleagues, and professors can lend a helping hand, be your support system on-campus, help you study, and make these four years some of the best. So, put yourself out there and network!!

1. Keep Your Priorities Straight

Remember you are at school to learn. While at school you SHOULD be spending most of your time doing work, studying, taking tests, and going to class. Your parents aren’t spending \$100,000- \$200,000 so you can drink, party, and hang out with friends. Make sure school is your number one priority, then your family, then your friends.

If you keep these things in check, your four years will go smoothly with very little bumps in the road.

The Perks Of Being Single In College

**Allison E. Smoak
SUNY New Paltz**

Depending on whom you ask, people will have different thoughts about whether or not they think it is a good idea to be in a relationship with someone while in college. Some might feel that it’s acceptable to date at this point in their life, while others believe it best to be solo and fully enjoy being on their own. I personally feel the best choice is to be single, at least for the first year or two, while one is still becoming adjusted to the whole college scene.

Going away to college is an exciting time in a person’s life, a time of introductions to a large group of new people. Being single allows the freedom to talk to and be friends with whomever, without having to worry whether a boyfriend or girlfriend will get mad for doing so. However, being in a relationship can have boundaries against such things, which are difficult to cross. It is not unheard of in a couple, for one or possibly both people to become unnecessarily angry at the other, for simply talking or hanging out with a friend of the opposite sex. An example of this scenario would be a couple whose names for this article will be “Barbie” and “Ken.” This couple dated a large portion of high school and continued to still date when they went away to different colleges in the fall. One evening during finals week, Ken called Barbie to talk to her, and overheard a male voice in the background, a friend of hers from class who she was studying with.

The Travel Log

Without waiting for an explanation, Ken jumped to conclusions, instantly misreading the situation and began ranting to Barbie. Although this was a completely innocent time of shared studying, it is situations such as these, that can cause a person to automatically feel threatened, leading to a fight, which in turn causes turmoil in a relationship. Being single entails not being tied down to one person, and having the ability to do whatever one pleases with one's time, without accountability of making sure the other person is happy as well.

The college years are a period in a person's life, when one becomes independent, making decisions by themselves. It is very important, as it can shape a person's future and should not be influenced by a rocky relationship. At this time in a person's life, when one is legally considered an adult, it is wise to forge a path on one's own. I am aware that not everyone will agree with this viewpoint on relationships, but hopefully each person makes the decision on whether or not to be in one, that works best for their lifestyle.

The Land of Fire and Ice

Kelly Case
SUNY New Paltz

Tired of the same old vacation destinations? Need a break from Mickey Mouse and the typical "tourist" scene? Well, 2011 has introduced some of the latest vacation hot spots. These locations have only recently been explored by newcomers and are waiting for the rest of the world to come reap the benefits of culture, experience, and exploration. Iceland is on the top

ten destinations for 2011, according to *USA Today*, and provides endless explorations.

One should experience the Arctic world with a trip to Iceland. Due to the economic status of Iceland, flying there has become very affordable, making it a new favorite destination. During the summer, Iceland is mostly warm and the climate is generally moderate and comfortable, making the beautiful sites of Iceland more enjoyable than ever. The capital city, Reykjavik, is full of culture and life. Over 50% of Iceland's population resides there, making their population approximately 200,000 people. Icelanders have a rich and unique culture; their inviting, friendly personas invite all to partake. Right outside of Reykjavik, one will find Iceland's most beautiful attractions, including the Pingvellir National Park, the Blue Lagoon, and the Gullfoss Falls. The National Park is breath taking, with vast, mountainous landscapes, great lake, and waterfalls. After a day of hiking, the Blue Lagoon is the perfect ending; these geothermic hot springs act as natural jacuzzis, which are located in a luxurious spa. The Gullfoss Falls are magnificent, the aqua blue water and enormity of the falls are something everyone should experience.

Iceland is also home to one of the rarest surfing spots; for those in search of that perfect wave, look no further. Most would never imagine the thought of surfing in Iceland, but the Arctic has lately been discovered and Iceland has been proven to be home to some of the world's greatest waves.

Georg Hilmarrsson's story has inspired many and truly started this new craze of surfing the Arctic. Hilmarrsson was born in Iceland, but moved to

Australia at the age of ten. While in Australia he picked up surfing. The world's best surfers are born and trained in Australia and Hilmarrsson was only a ten-year-old Aussie paddling out for the first time. He caught the "surfer's stoke" on his first ride. A few years later, his mother moved him back to Iceland. Hilmarrsson was not going to let this move affect the one thing he loves. He would continue to surf and soon learn the beauty in the Icelandic wave.

Iceland is open to swells from every direction, with numerous set-ups that produce world-class waves. The warmest the water temperature gets is a mere 15 degrees Celsius in the middle of July. It is obvious that one who would go out in this weather and climate for a wave is serious about what they do. Surfers like Hilmarrsson love what they do and are in search of something new and exciting each day. Surfing is the perfect sport for someone like this. Surf trips bring one to bizarre, exotic places and create experiences one cannot even imagine, just like surfing Iceland.

During the summer in Iceland, the sun never sets. Hilmarrsson recalls nights of surfing until 3 A.M. just because he could. Unlike Australia and other typical surfing locations, Iceland's idea of a crowded beach is anything more than two people. Every surfer dreams of having his "spot" where he does not have to share the waves with anyone; Hilmarrsson has all of Iceland, for now anyway.

Hilmarrsson predicts the surfing future of Iceland to be a bright one. He believes Iceland will soon produce some seriously talented second-generation surfers. Hilmarrsson says that each year, more and more locals pick up surfing

and discover this hidden treasure of Iceland. Places like Iceland are the hidden gems of surfing. Iceland has a population of 300,000 and a population of about 100 surfers. All over the world, surfers dream of a place where they can catch the perfect wave without the fear of dropping in on someone else. Places like Iceland will become more popular surf trip destinations and will continue to grow. And who knows, maybe the next ASP World Tour (Association of Surfing Professionals) will be held in Iceland?

This exotic vacation spot is unique and unusual, creating an exotic experience for anyone. To see and understand one's personal perspectives and views, one needs to experience differences in culture and perspective throughout the world. Not in typical tourists locations, but in a country full of culture and experience. Try some place different from what most consider a "typical vacation."

Have the Best Of All Worlds In the Dominican Republic

**Pamela Ng
SUNY New Paltz**

Have not had a good vacation in a while? Wondering where all the fun, learning, and relaxation is at? Ponder no more because Dominican Republic is the place to go! Dominican Republic, also known as "La Quisqueya Bella (Beautiful Island), is located in the Caribbean between Cuba and Puerto

Rico and belongs to Latin America. My parents were born and raised in Dominican Republic and have taken me there to visit. I have gone to many places in Dominican Republic; however, there are a few locations which are my ultimate favorites which I recommend to everyone.

As a younger child, I enjoyed going to many water, amusement, and community parks. Since the weather during the summer is really hot, water parks are the best places to go to be refreshed and have fun at the same time. The best water park is Kaskada Park, located in Santiago, Dominican Republic in the north-western region of the country. The proper spelling for Kaskada is "cascada" which means waterfall in English, so imagine all the water one will encounter! The park is filled with beautiful, tall palm trees and the catchiest Latin music. There are aquatic games which are for people of all ages like water tubes, wave pools, diving pools, and even arcade games.

Another great water park is Columbus Aquapark in Sosúa, Dominican Republic, which belongs to the city of Puerto Plata in the same region. The park may not be as beautiful as Kaskada Park before, but it has twice the water games, which means twice the adventure. The best slide can be found here! It is made up of four huge open tubes connected by four small pools, so by the time you reach the first pool you have to jump into the second tube to not be stuck in traffic. It is a great and fun experience to keep the heart and adrenaline racing.

Dominican Republic is not all about the great adventure to have fun, one can also learn there. Dominican Republic has beautiful mysteries that have been uncovered for people to enjoy. Los

Tres Ojos (the three eyes) is one of the mysteries uncovered. It is located in the capital Santo Domingo, which can be found in the southern region of the country. Los Tres Ojos is a 50-foot, open-aired limestone cave which was once inhabited by the indigenous Taíno Indians. It was created centuries ago when underground caves collapsed, creating a bowl-shaped depression which filled with water. The eyes refer to the three lakes found in this cave, one made of freshwater, the other of sulphurous, and lastly salt water. It is naturally and beautifully decorated with lots of green vegetation and is also the home to lots of fishes, bats, and large turtles.

Another beautiful place that is located in the capital is the National Aquarium. Here one can quietly look at all the different water creatures that live in Dominican Republic. There is also a tunnel to walk through where it feels like the creatures are swimming around you. After so much fun and learning, relaxing is the best thing to do at Las Terrenas. This place can be found in Samana, a peninsula in the eastern part of the country right on the Atlantic Ocean. Being right on the shore, in small villas, gives the environment a spa-like feeling. The ocean is a light-green color, making it much easier to see the small fishes swimming around. Imagine all the troubles in one's mind gone with the waves and only being able to remember all the knowledge one has gleaned, and all the fun one has experienced.

Cancun, Mexico; This Year's Spring Break "Hot Spot"

Paul Tyree
Marist College

Spring break has the potential to be one of the most legendary weeks of a college student's life. There are many factors contributing to this highly anticipated week with destination being of the utmost importance. When evaluating the level of quality of certain possible spring break locations we used a star system; five stars representing an outstanding location and one star representing a poor locational trait. After extensive research in the matter our team has come to the conclusion that Cancun, Mexico is this year's "Hot Spot." Our ratings were broken down into the categories of Safety, Expense, and of course The Party Scene.

Located just North of Belize, on the Eastern tip of Mexico, Cancun serves as a popular vacation spot for college students across America. With 573,000 visitors from America alone, Cancun has been dubbed Americas top travel destination by Travelocity. With its vast extension of white sandy beaches and Caribbean coastline, Cancun's beauty brings a sparkle to the eye of any college student looking for a good time.

With a 3 1/2 star rating; the safety in Cancun is remarkable compared to most spring break hotspots outside the borders of the United States. Cancun has been a distinguished location for spring break over the past two decades, and this has prompted Mexico's

government to deal with and protect the rioting Americans who inhibit Cancun during these two weeks out of every year. The Mexican police force is strategically placed across the city with the purpose to protect the travelers. On top of the efficiency of security, Cancun's American popularity results in the unlikelihood of having a run in with a violent Cancun resident. While Cancun is one of the safer spring break spots, leaving the country is never that safe. So considering Cancun is outside the border 3 1/2 stars is quite fair.

We give the monetary value of a trip to Cancun 5 stars. The money used on a week or two of partying in Cancun is not excessive and still considered to be "well spent" by most. Just like any travel outside the country, plane tickets vary depending on advancement of purchase, popularity of destination, and time of traveling. So for the most part, plane tickets are mediocre in price, but once you reach paradise, you come to see that the pretty penny you held in the United States is now three times as pretty in Mexico. Once in Cancun, due to the status of the Mexican economy, EVERYTHING is remotely cheap from hotel fees to drinks. The average college student will be rather bliss to find that a room is not \$300 a night, and that precious drink isn't \$5 per serving. In the end, on the departure home from Cancun, you will be quite pleased with the weight of your wallet.

With a rating of 4 Stars, the word party is immediately processed anytime Cancun, Mexico is brought to mind. With a bar on every street corner, it's nearly impossible to find yourself home before midnight. Cancun, during spring break, is jam packed with thousands of American college students all there for one shared reason, to create a week filled with epic memories and stories

to be spread throughout campus. With beautiful scenery, marvelous weather, relatively low expenses, and a mass population, Cancun can't be pronounced to be anything short of this year's superlative spring break "Hot Spot."

When You Assume...

Rebecca Joslin
SUNY New Paltz

"Boy, those French. They have a different word for everything." ~*Steve Martin*

Though it is true that many people around the world speak English, it is unwise to begin traveling with this attitude and expectation as it can cause unnecessary stress to the traveler, and it can cause offense to others.

In 2004, I flew into Germany (from my home in Canada) and began wandering around the airport looking for a train station. I was on my way to Poland. None of the signs around me were in English, and though it was a large international airport, I couldn't find a single attendant who admitted to speaking English. I couldn't believe it! This was Germany after all, and the travel agent had assured me that "*everyone* speaks English in Europe." I showed a security guard my tickets, and finally got pointed in the direction of a series of platforms, but once there I was left on my own. Desperate, I began asking for help from other passengers. Ironically, it was three men from the Netherlands, who barely spoke English, who kindly guided me to my station. I gave them some boxes of

Canadian candy and thanked them profusely.

In some countries, people are sensitive to the presumptions of English-speakers that everyone does and should speak their language. When a tourist visiting France immediately begins speaking English, it is considered impolite, and they are less likely to receive assistance. Imagine if someone on the street in New Paltz spoke to you in French expecting you to understand, never once attempting to speak English. Would you be apologetic or offended? There may also be socio-political reasons why people are offended. When I visited a friend in Montreal for the first time, he advised me to greet people in French first. Though there are people in Québec who only speak English and most others speak French and English, there is historical tension between Anglophones and Francophones which makes language a sensitive issue. If a tourist makes the attempt to speak French, most Quebecers will appreciate the effort and switch to English.

The flipside of this is that many people *understand* English because they watch American movies, but cannot speak it. Throughout my travels in Europe, I have often been embarrassed due to English-speakers criticizing the country they were visiting assuming that no one could understand them.

You also need to be mindful of the way locals are conducting themselves around you, how they speak and when they speak. Americans are a confident, outgoing breed. In Poland, for example, people are more reserved. If you smile and say hello to a stranger on the street, he might think you are out to steal his wallet. People don't talk on trams, trains and buses, so, the group of American

tourists having a laugh after visiting the pub tends to stand out.

It is not the intent of this article to create a fear of talking to people. Making friends in other countries allows cultures to be experienced on a deeper level. Simply, do not make assumptions and be respectful. Learn "Please" and "Thank you" in the native language. And, whether you need to get past people on a bus, or you fall into someone's lap when a tram screeches to a halt, or you have to apologize for not speaking the language, "I'm sorry" goes a long way. Remember that you represent an entire country in the eyes of the people you meet while traveling.

La Recoleta – The Secluded

**Kirsty McCallion
Marist College**

Some people think that visiting a cemetery is a scary experience. I have a story quite different. I spend two weeks in Buenos Aires and two of those days I spent in La Recoleta. La Recoleta is a well known cemetery located in the heart of Recoleta. Many who visit Buenos Aires take a trip to La Recoleta to visit the city of the dead. Many well known people are buried here and most notable is Eva Peron.

Eva Peron was a resident of Buenos Aires and was the first lady of the city in 1947. She was given the official title of "Spiritual Leader of the Nation" by the Argentine Congress. Upon her death, Eva Peron was given an official state funeral despite the

fact that she was not an elected head of state and she may be best known today from the musical movie that starred Madonna as Eva Peron. The story of Eva Peron is one of romance and love, Eva came from a poor family with humble means, but because of her striking looks, she had torrid affairs with notable men which gave her rise to power. Eva Peron became a favorite among the Argentinian people for her help with the poor by setting up foundations that aided the poor in their struggle to survive. Tragically, Eva became ill from cancer and despite all the doctors efforts she died at the young age of 33. Upon hearing of her death, the people of Argentina stopped businesses and ceased all actions to mourn the loved First Lady. Before her burial, Eva was embalmed in such a way that her body resembled that of a person who was simply sleeping. Before Eva Peron's body could find its final resting place, her husband's position was overthrown and he was ousted from power and a dictatorship took over. The body of Eva Peron disappeared for 16 years. There has been much speculation as to what happened to her body. The most wide spread rumor in Argentina is that her husband took her body back to his home and kept her there in an open casket. The rumors are that he continued his marital relationship with her even after her death. No one knows for sure what really happened with Eva's body. Others have speculated that she was buried under a different name in another graveyard. However, the uncertainty of her whereabouts, her body finally found its way to La Recoleta, Buenos Aires in 1954.

Every alley that is in La Recoleta is full of secrets. Every crypt that you look people who lie there. Some have crosses to keep out the evil spirits, and

To Your Health

Gain Strength, Power, and Mass for Dummies

David J. Gueli
SUNY New Paltz

some have pots of incense that keep the devil at bay. Every avenue that you go down in La Recoleta is graced by the rich and the powerful in their final resting place. In the center of the garden or crypts is that of Eva Peron. The name on the crypt is not that of Eva but her family name Duarte. The placement of the family name was to thwart any grave robbers that might steal the body yet again. Young girls in Argentina thought maybe one day they could be like Eva Peron. Her story was a modern love story before its time. The death of Eva Peron was to the argentians the same as the death of Princess Diana in Europe.

When I arrived at her crypt in La Recoleta the mass of people still swarmed around her to get a glimpse of where the lady lay. People were taking turns to stand for a few moments at the hearth of her plaque. The tone was somber respectful for this great woman. People still put flowers on the gate to her crypt in honor of her legacy. The entire experience of visiting La Recoleta was one that I will never forget. The great people of that country are still living in the vessels of their final resting place. There are busts of each person inside their tombs. As you look on you feel the presence of them still living in their final resting place. In modern time we no longer erect monuments to a person and to their life. This is a tradition that has gone by the way side and has been replaced by a shallow grave that becomes over grown by weeds and forgotten.

Nowadays, it seems to me that no matter which gym I find myself in, whether it is on a college campus or a town close to home, many men has the same fitness goals. The majority of us want to “get big,” in other words, gain strength, power, and mass. My peers and friends constantly ask me, “Gueli, can you teach me how to get big?” Well my friends, here is a simple, well-known, and effective way to reach this common goal of yours. I present to you, the ‘5x5 Plan.’

You may find yourself asking, “Dave, what the heck is a 5x5?” The “5x5 Plan” or “5x5 Method” is quite simple. It consists of performing five sets of each exercise, along with 5 repetitions per set. Generally, when targeting a specific muscle group, it is a good idea to do anywhere between four to seven different exercises. When lifting heavy weight, it is necessary to give each muscle group anywhere between five to eight days of rest before you target that muscle group again. This is necessary because when you workout muscles, what you are essentially doing is tearing and ripping the muscle tissue. After ripping the muscles, they need time or rest periods to break down,

recover, and then grow.

Why 5x5? Because, it is right in the rep range for building strength, power, and mass. In terms of repetitions, less is more; this is because the fewer amounts of repetitions you do, the more weight you will add, and thus the more mass you will gain. If you are doing fewer reps, you should be adding more weight to make up for the lack of repetitions. These two variables work inversely; otherwise you will never see progress. The more weight you use, inversely, the less reps you will be able to do, and the less time your body will be able to handle such an extreme amount of weight without risking injury, stagnation, or form.

In the past, the 5x5 plan has had a successful track record for building size, power, and mass. Unbelievably, this method was first brought about in the 1950’s and 60’s; it is still alive and well known today! Famous ex-professional body builder, Reg Park, has used this regimen. Park was the winner of the 1951 Mr. Universe, 1958, and 1965 NABBA Pro Universe titles. This method is no joke, and along with the proper diet, it will get you big, fast. In the words of Ronnie Coleman, “Everybody wants to be a bodybuilder, but nobody wants to lift no heavy-ass weights.”

Kung Fu

Sam Burrell
SUNY New Paltz

Every Monday night, once my last class has ended, I drive fifty minutes from New Paltz into Woodstock. For the past four years I have been attending a Kung Fu class which takes place at Mountain View Studios in Woodstock. There are several reasons I feel it is necessary to drive so far out of my way once a week for a two hour class. Even though I could go to a much closer martial arts school for class, likely a class with more students and a greater number of meets per week, I choose not to. I go all the way to Woodstock because I have found a style which suits me. It is important to find a martial arts style one finds suitable as this is the only way to assure practicing with any frequency. If a martial artist does not practice outside of class in addition to in class the results of taking a martial arts class will be significantly slower. The benefits are numerous: improved health and wellbeing, superior confidence, self defense abilities, focus and a physical means of self expression are some of the benefits.

Exercise is a wonderful method of reducing stress due to school and work, or really life in general. After learning the initial aspects of the art sparring begins, which are practice fights. Sparring is on my opinion the greatest stress relief method, nothing is as relaxing as a good fight. Kung fu is rigorous exercise and will improve health dramatically over time, it is a little bit rough on the joints over time, but this is the case with most forms of exercise. Kung fu

does exercise almost every muscle in the body, the only couple of muscles it does not use are used in some forms of qigong which is another supplementary exercise and meditation. Kung fu is in itself a form of meditation, which is really just a term for quieting the mind in order to focus, focusing on one thing such as an activity or and idea can aid in focusing the mind.

Meditation can greatly enhance mental peace and tranquility as well as allowing for mental clarity which helps to think of solutions to problems. Martial arts are an art form and kung fu in particular tends to have beautiful movements which can appear dance like at times. Although these can seem like a dance most of the moves have actual use in defensive applications. The particular style which I practice is the Tiger Claw System of kung fu or Fu Jow Pai in Cantonese.

Classes are Monday nights from 6:30 until 8:30 although they frequently run later. I would recommend this class to anyone who desires an artistic form of martial arts, has some degree of dedication, and wishes to get into good shape. This is a fairly difficult class, but it is small so that students get individual instruction frequently. Classes are open to all age groups and skill levels. Nobody who comes will be pushed any harder than they want to be, if one has a strong desire to learn an enjoyable physical art form this class will be amazing.

Snack Your Way Healthy

Alyssa Stock
SUNY New Paltz

Looking for a way to start your college experience healthy without sacrificing snacks throughout the day? Well no need to worry! Snacking is an inevitable aspect of college life that can also be beneficial to your body. Snacks high in protein and different vitamins are a sure way to provide your body with energy it needs to survive the demands and stress your body undergoes in college. Taking in these important nutrients while snacking ensures that you will not only be satisfying your hunger, but also replenishing your body with the healthy stuff it craves.

There will be plenty of times which your stomach will rumble for food between classes and meals. Simply having a snack high in protein is a helpful way to fight off this hunger. Protein not only curbs hunger, but it strengthens the immune system, and it is needed for producing healthier skin and hair. The body literally cannot function without it, so it is important to have a great source of protein readily available. Beef jerky is an excellent source protein, while also being relatively low in calories. Some brands of beef jerky, although high in sodium, can contain as much as twelve grams of protein per serving while still being

less than 80 calories, acting as a perfect snack to tie you over until your next meal.

If you're looking for another excellent source of protein without the amount of sodium in beef jerky, unsalted nuts will come in handy. Nuts are not only rich in protein, but they are also essential sources of other important vitamins. Almonds are rich in vitamin E, which is said to protect some people against Alzheimer's disease. If you're looking to take in more omega-3 fatty acids, which restore and refresh cell membranes, walnuts are a good choice. A mere handful of pistachios gives your body its daily recommended levels of phenol anti-oxidants, which helps lower blood sugar, cholesterol, and the risk of breast cancer. Munching on nuts while studying, or watching TV can not only be satisfying to your body, but equally satisfying to your taste buds.

The sweet tooth: possibly the most insatiable burden when it comes to cravings. Before you reach for a Hostess snack, think about fruit! Fruits such as apples, oranges, bananas, and pears, can be found abundantly in SUNY New Paltz's dining hall and allowed to be taken out of the dining hall area as a snack for later. Because of the large variety of fruits out there, it comes as no surprise that different fruits help the body in different ways. Bananas, widely known for being high in potassium, can also lower blood pressure, whereas apples, high in fiber and vitamins, are helpful

for weight loss and help against constipation. Vitamin C rich oranges will help protect against immune system deficiencies, while the pectin in pears is helpful in lowering cholesterol. Although natural sugars of fruit will be sure to satisfy any sweet tooth, the storage of fresh fruit can be less than sweet.

Fruit can rot quickly; so it is important to be mindful of how long your fruit will last. Luckily at SUNY New Paltz, a farmer's market comes to campus every Thursday in the fall supplying plenty of varieties of apples and pears allowing students take advantage of the locally grown, easily accessible produce. Because it comes once a week, you will be able to buy enough fruit to last a week leaving no time for rotting. If you would rather save a couple of dollars, buy dried fruits in bulk. Dehydrated fruits have a longer shelf life than fresh produce, but they are still packed with the same nutritional benefits of fresh fruit. Dried fruit, especially paired with nuts for added protein, make a delicious and highly nutritious snack.

So have no fear when it comes to snacking healthily. Go ahead and give your body the extra boost of energy it needs – you will be glad you did!

Get Some Sleep Already!

Tim Fischer
SUNY New Paltz

In today's college atmosphere, many students live a fast paced and stressful lifestyle. For this reason, lack of quality sleep and shifts in sleep cycles are very common among students. The chemical in the human brain which regulates the sleep cycle is called melatonin. The feeling of being tired is the result of this chemical being released. Over the past ten years, melatonin has been marketed as an over-the-counter supplement available most commonly in pill form. The benefits of taking this supplement are higher quality sleep and a regulated sleep cycle.

Many students do not follow a consistent sleep schedule and will periodically pull "all-nighters." Students usually make up for this missed sleep by over sleeping the next day which results in an unbalanced sleep cycle. Unbalanced sleep cycles are difficult to fix immediately because most people cannot force themselves to go to sleep three or four hours earlier when they do not feel tired. Melatonin is most effective when taken 20 to 30 minutes before bedtime because it is quickly absorbed by the body and results in a feeling of tiredness. By taking a dose of melatonin before going to sleep and ensuring that you have roughly eight hours to

sleep, you will be getting the high quality sleep you desire and will reset your sleep cycle. By consistently following your new found sleep pattern you will notice that waking up in the morning is much easier.

Melatonin is especially beneficial to students who have trouble falling asleep, staying asleep or those who are generally insomniacs. Melatonin isn't the only sleep-aid on the market, other common medications are Benadryl, Tylenol PM, and Unisom. However, these medications contain either Diphenhydramine or Doxylamine which are known to cause side effects such as prolonged drowsiness, dizziness, and possible memory problems. Tylenol with acetaminophen can also cause damage to the liver with prolonged usage. Melatonin is a much safer alternative to other sleep aids because it is a chemical naturally recognized by the human brain and has significantly less side effects. Supplements of melatonin come in varying dosages, most commonly between 1mg and 7mg. A double-blind, placebo-controlled study by the Massachusetts Institute of Technology indicated that dosages of 3mg were just as effective as a low dose of 0.3mg. For this reason, it is important to consider that low doses can be just as effective and sometimes more so than higher doses.

Please note that I am not a doctor and do not pretend to be one so consulting with a health care professional is advised before

taking melatonin or any other supplement. Melatonin is not for everyone, if you are following a regular sleep pattern already and do not feel tired in the morning then there is no need for a sleep aid. Most importantly, melatonin is not meant to be taken during the day or when you do not intend to fall asleep shortly after taking it. Taking melatonin will always result in a feeling of tiredness and a desire to sleep so it is advised to always consider this when taking the supplement.

Slash and Poke

Dillon Ludemann
SUNY New Paltz

People get frustrated. It is a fact of life, and rather than letting the stress of your every day get to you in unhealthy and unproductive ways, why not satiate your violent, competitive, and animalistic instincts by fencing?

Fencing is the perfect way to poke or slash at someone without getting arrested, and it keeps it classy all the while! Some have said that fencing is much like chess, but you move and slash at the other person. There are multiple weapons one can choose from, and with each weapon comes its own rules. There is the Saber, the only "modern" slashing weapon that fencers can use. Then there is the Foil, whose quick moves and small target area require lightning reflexes and a lasting endurance. Finally, there is the Epee, the heaviest

of all the blades, but having almost no rules, compared to the other weapon, requires much more thought and planning to execute the moves you need. There are also target areas, or places where the blade must make solid contact, for each weapon as well, consisting of the chest (Foil), the entire upper body (Saber), or every point on the body (Epee). The New Paltz fencing club is always looking for new members, and as an active club member, I personally can vouch for the friendliness and determination to teach.

Imagine this: the score is four to four (in a bout, or match, of 5 points to win), and both of you bow to each other, for when the score is tied for the last point, one must show a sign of respect for your opponent. You place the mask back over your head, and, with Epees in hand, acknowledge the question of the director concerning the bout. You settle into your guard stance, and wait for the bout to begin. The director begins the timer, and you and your opponent start inching closer to one another. Half-effort "beats" are made on each blade, with the person testing the reflexes and ticks of the other fencer. A serious attack is suddenly made, and you quickly step back and parry, or deflect, the blade successfully. You step back in for a riposte, or counter attack, but the original attacker already steps back away, clearly out of range. You stay for a while, looking all over for a sign or a weakness in your opponent. After a few seconds, you know what to do

You make a half attempted lunge, and your opponent takes the bait. As soon as your opponent makes the motions to parry, you swing your blade to the other side and aim for your opponent's thigh. Your opponent sees his fatal mistake, and whips his blade to correct the parry, but it is too late. You've made the touch, and won the bout.

Who can resist hearing about your fencing escapades, since it is such an obscure sport here in America! So, if you are looking for a weapon to slash, or poke with, then the fencing club is just what you are looking for in stress relief and just having a great time!

Just Get in There

Andre Simspon
SUNY New Paltz

The hardest part to going to the gym is the part that actual requires the least amount of effort, which is just getting in there. Many individuals find themselves running into this problem and it is not because they are lazy or lack motivation, but rather it is a self conscious issue. It is understandable that people feel self-conscious and everyone can relate, even if they're the biggest and strongest person in the gym. But this feeling of self consciousness is not a sufficient reason to not to try to live a healthier life style.

Many people feel like when they walk into the gym that all eyes are on them. But this is a false

feeling that their mind is trying to convince them of. Not only is this a false feeling, but it is also a conceded way of thinking. What in the world makes someone so important, that he is convinced that everyone has nothing better to do than stop what they are doing and stare at him the entire time he is working out in the gym? This may be a harsh statement, but when a person really thinks about it, he realizes, I'm not that important to any of these people what I do not even know.

One of the most successful chains of commercialized fitness gyms available to the public today are the Planet Fitness Gyms. These gyms owe their success to their slogan, "Judgment Free Zone." This slogan attracts many people in nearby areas to join the Planet Fitness Gyms, that they can charge cheap monthly payments, because they have so many members in their chain of gyms. What exactly is Planet Fitness doing to secure this "Judgment Free Zone?" What is Planet Fitness doing that these other gyms are failing to do? Nothing, because there is nothing additional that a gym needs to do to create a judgment free zone, because no one plans on going to the gym just to critique other people. The marketing team is only selling the public what they want, a place where they feel they don't need to be self conscious about themselves.

When you make reasons out of why it is such a ridiculous reason to feel insecure about working out

in a public gym, you come to the realization that there is nothing validating those feelings. Everyone goes to the gym because they feel like they need to or can improve on themselves, so they are not going to waste their time on judging you. Logically this maybe solid reasoning, but some may still be a little resistant to making that first stride into the gym. Well a simple way to overcome these fears is to forget about everyone else there. Bring a MP3 player and tune everyone else out in the gym and it feels like you're the only one in there. Another good method to make you feel less self conscious about the gym is working out with a buddy, someone who can take the mental pressure off you and help you relax. Also, many gyms are equipped with mirrors, so it may help you to focus on yourself while you complete your exercises. These are only a few good ways on combating the issue of feeling self conscious in the gym.

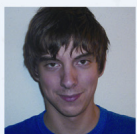
Thus, being self conscious about working out in the gym is not a good enough reason for not wanting to better yourself and your life style. The notion that everyone is watching you is ridiculous when you apply the time to really think about it. This is a common issue that many people have that want to get into the gym and live healthier, but it is not a valid reason why you shouldn't try to be healthy.

Finale of a Freshman Year





Christine Yau
Sports / Photographer



Josh Angehr
Campus Life / Covers / Photographer



Trevor Polacek
Collegial Point of View



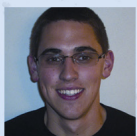
Alessandra Young
Arts & Poetry



Lindsay DeFilippis
Relationships



Nicole Camilo
Special Features



Stephen Lawrence
College Experiences



Nicole Mauro
Entertainment



Victoria DeMartino
Relationships



Jena Lagonia
Fashion



Kelly Case
Travel



Alexandra Sofen
Fashion



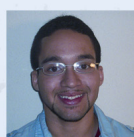
Arielle Rubinstein
Collegial Point of View



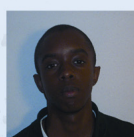
Cristina Battista
Health & Fitness



Carrie Sauer
Arts & Poetry



Yariel Melo
College Experiences



Clinton Kelly
College Experiences



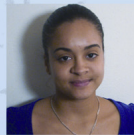
David Gueli
Sports / Photographer



Ryan McEwen
Travel



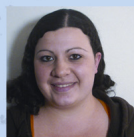
Jessica Breitman
Special Features / Magazine Format



Pamela Ng
Health & Fitness



Susan Kim
Travel



Lisa Lyev
Entertainment



Jessica Riehm
Campus Life