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# REPORTER

01.11.13 [reportermag.com](http://reportermag.com)





# REPORTER

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# YOU, INC.

Last week, I travelled to Manhattan for a job interview. Now in the final weeks of my college career, I reflected on my time at RIT while preparing for it. Since arriving here four and a half years ago, my goals have changed drastically. For perhaps the first time, I thought about what I wanted from a career (as opposed to a job), what skills I could offer companies, and where I might like to call home.

I quickly found myself caught up in a conundrum of self-expression. How would I best sell myself — showcasing all I have to offer — while still remaining true to who I am? It surprised me that I had thought so little about personal branding until this year. But the more I did, I began to realize why.

Branding is a particularly hot topic right now. With the growing popularity of business-focused social media networks such as LinkedIn, many an aspiring professional has sought to carve out his own little niche on the internet. University News, RIT's public relations outlet, has published stories on the topic; so has Reporter. In an effort to give its graduates a heads-up in an increasingly challenging job market, RIT has even incorporated the topic into certain classes.

It's far too much way too soon. College is a tumultuous time for the average undergraduate. When many arrive, they are facing the world alone for the first time. During their freshman year, they encounter many social and academic pressures as they grapple with their newfound independence. Most will switch majors at least once, according to MSNBC and Fox Business.

By introducing students to the idea of a personal brand, RIT hopes to help them plan for their future. However, it is inappropriate to suggest that students develop such a professional identity at this stage. Instead, they must focus on developing the skills, vision and maturity to build a successful career. Without this strong foundation, a personal brand will mean nothing.

While RIT is more career-focused than most colleges, it is still a place for students to discover themselves. Many classroom exercises teach essential skills such as teamwork and time management. In a slightly longer-term capacity, counselors and academic advisors work hard to help students discover their career path.

While class is undoubtedly the cornerstone of an education, many of college's best lessons occur in extracurricular settings. Clubs and sports provide a sandbox where students can experiment with various leadership roles and hobbies outside of their chosen major. These experiences help them grow, and sometimes they may impact students' future career decisions. After working for %Reporter%, for example, some choose to pursue a career in journalism, rather than their original major. If they had focused solely on their selected career path, they may have unnecessarily restricted their future options.

Early on, students may be unsure what they want from life. With out a clear goal in mind yet, they have a poor grasp of their skill set. When attempting to build a brand, they may present an anemic, surface-deep portrayal of their abilities. At worst, they may misrepresent or mislead, which could lead them to an unfulfilling job that does not fit their talents.

Students are still only beginning to develop their personal goals during college. Many have yet to determine what they stand for, or what they ultimately aim to achieve. They must select personal values to guide their decision-making and career choices. Then in order to begin that career, rather than simply obtain a job, they must then craft an individual vision of what they hope to accomplish. This will allow them to rise above and truly leave a lasting impact on their chosen profession.

This careful planning and self-exploration is more crucial for Generation Y than any that has come before. Born on the threshold of the information age, today's college students face a highly uncertain future; many are preparing for jobs that do not yet exist. Rather than develop a perfect image, these students must first focus on honing the skills that will truly set them apart.

These skills are, and always will be, key; a strong personal brand is simply icing on the cake. Employers are concerned chiefly with performance. Even the most expertly crafted brand cannot help a prospective employee who cannot produce timely, quality work.

A brand is merely a tool; it is only as strong as the talent that supports it. A well-constructed one can complement a seasoned professional's strong skill set. However, it should be the furthest thing from a young undergraduate's mind.

Alexander W. Rogala

Alex Rogala

EDITOR IN CHIEF

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# TABLE OF CONTENTS

01.11.13 | VOLUME 62 | ISSUE 15



West Webster firefighters raise their candles at a vigil held for two West Webster volunteer firefighters, 19 year old Tomasz Kaczowka, a 911 dispatcher and Michael Chiapperini, a 43-year-old lieutenant with the Webster Police Department, Tuesday, December 26. After arriving at a car fire which set ablaze seven homes on Lake Road, both men were shot on December 24 by 62-year-old William Spengler. The vigil was organized by the owners of Barry's Old School Irish restaurant on Main Street in Webster. | photograph by Matt Burkhardt

## NEWS

### 4. News Desk

Controversial surveillance bill renewed.

### 6. RIT Students Walk Against Newtown Violence

Honoring the victims.

## LEISURE

### 7. At Your Leisure

Snag a sweet study spot.

### 8. Reviews

Delicious veggies and a double shot of Tom DeLonge.

### 10. This is Vegan?

Taste-testing duo takes on unlikely vegan treats.

## FEATURES

### 12. Combatting Cold

A Guide to Rochester's winters.

### 16. Pescadores

A look at Chilean fishing culture.

## SPORTS

### 19. The Voice of Rochester

Rocky shares his story.

## VIEWS

### 20. Unite to Teach and Learn

Would students get a better education from unionized professors?

### 21. Advocacy, Not Bargaining

Would union bargaining rights give professors too much power?

### 22. Word on the Street

What is your "favorite" part of winter?

### 23. Rings

Singing in the rain.

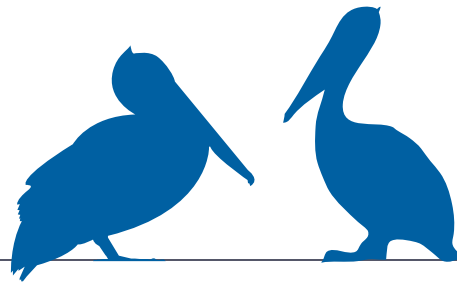
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Cover photograph by Juan Madrid



# BEYOND THE BRICKS

by Krista Bellardo with contributions by William Hirsh



## COST OF PUBLIC UNIVERSITIES INCREASES

Public college tuition rates have increased over the past five years as the result of major decreases in funding for higher education institutions according to a College Board report. The Washington Post reports that the study showed that the national average was an increase of 27 percent. In 2012 alone, the price for a student attending a public college before any financial aid or scholarships rose 3.8 percent. The increase after students receive financial assistance rose 4.6 percent. These increases are greater than the rate of inflation over the past year according to a CNN article.

Arizona showed the largest increase at 78 percent with California coming in second at a 72 percent increase. Maryland showed a two percent increase since 2007, the smallest increase in the United States. They have been able to keep their costs low due to a four-year freeze put on in-state tuition that began in 2006. Other states have started to brainstorm on what they can do to reduce the cost of higher education. In Texas, for example, Governor Rick Perry has proposed the idea of offering a \$10,000 bachelor degree program at public colleges, according to the Post.

## US GOVERNMENT TO EXTEND INTERCEPTION OF MESSAGES

Congress passed a renewal of the Foreign Intelligence Surveillance Act (FISA) on December 28. Dating back to 1978 and heavily expanded by President George W. Bush in 2008, FISA allows the government to probe domestic and foreign communication without a warrant.

Although FISA is aimed at noncitizens, opponents are concerned the law provides no protections for Americans. They say this could mean that the warrantless wiretapping of citizens would be acceptable if an additional purpose for the collection of these messages was targeted at someone not in the United States, according to the New York Times.

The Times also reports that President Obama strongly supported this bill as well as many intelligence agencies that say it was their main legislative priority.

## EGYPT PASSES NEW CONTROVERSIAL CONSTITUTION

Egypt's President Mohamed Morsi signed the country's new constitution into law on December 26. According to CNN, only 63.8 percent of Egyptian voters favored this new constitution.

These supporters commended the document's protection of individual rights, specifically in regard to those detained by the judicial system. Those in support also favor the new document because they feel it will bring an end to a period of turmoil in the country, including a reduction of the Egyptian president's power and a strengthening of their parliament.

The 36.2 percent of Egyptians that voted against the constitution had a plethora of reasons for why they oppose the new document. Minority groups felt that their voice was not represented. Other opponents felt that the language of the document was too vague and would not protect the rights of the Egyptian people. The document was created quickly, which has raised concerns as well. Instead of creating an entirely new document, the "deadline-conscious drafters," as the New York Times refers to them, made the new constitution by making changes to the existing constitution of the country. It remains to be seen if Egypt's laws will radically change. **R**



# FORECAST

by Juan Lachapelle

11

FRI

## War of the DJs

Al Davis Room, SAU. 7 p.m. — 2 a.m.

Watch DJs duke it out as they mix music for the crowd! The audience decides the winner through their cheers. Cost: \$3 for singles; \$5 for couples.

12

SAT

## CAB Late Night Presents: Comedian Emily Galati

Ingle Auditorium, SAU, 10 — 11 p.m.

The charming Emily Galati will make you laugh with her intelligent and funny material for a price that can't be beat!

Cost: Free.

13

SUN

## "Next to Normal"

Geva Theater. 75 Woodbury Blvd.

Shows at 2 and 7 p.m.

"Next to Normal" details the plight of a modern suburban family enveloped in a household crisis. This Tony Award and Pulitzer Prize-winning musical will captivate your hearts with thoughtful insight into the issues of mental health and society.

Cost: \$25-49.

14

MON

## "Shooting Beauty"

The Little Theatre. 240 East Ave.

Shows at 6 and 8 p.m.

This film details the struggles of Courtney Bent as she tries to create more accessible cameras for the disabled. There is an interview with the producer following the 6 p.m. screening.

Cost: Free.

15

TUE

## Open Mic Night

lovin' Cup. 300 Park Point Dr.

Starts at 8:30p.m.

Try your hand at an open mike night presented by the lovin' cup. Got a song to sing? Or feel like a poet tonight?

Cost: Free.

16

WED

## Camera Obscura

George Eastman House Museum. 900 East Ave.

10a.m.—5p.m.

Ever been inside a camera? This is the perfect chance! The incredible camera obscura effect is being shown at the museum.

Cost: Students with ID \$5; \$12 general admission.

17

THU

## CAB Thursday Night Cinema Presents: "Happy Feet"

Ingle Auditorium, SAU. 10 — 11:30p.m.

What's winter without penguins? Join Mumble, born without the ability to sing, who finds out he can do something just as well: tap dance!

Cost: Free. **R**

# RIT STUDENTS WALK AGAINST NEWTOWN VIOLENCE

by William Hirsh | photograph by Matthew Burkhardt

On a gloomy, frigid December 20, a group of people had gathered at the Infinity Quad. Waiting for more to follow, these RIT students braved the cold and the stress of midterms to come together to remember the 26 lost in the Sandy Hook shooting on December 14 in Newtown, Conn.

The RIT Cares: A Walk Against Violence was organized by Delta Sigma Pi, a co-ed business fraternity, and was planned to honor the victims of Sandy Hook Elementary. Leading the charge was Tykemia Boatwright, a brother of Delta Sigma Pi and a third year marketing major. Hearing of the attack while at her job at the College of Engineering, Boatwright felt that something should be done here at RIT for those who suffered because of the tragedy. "So many people were talking about it on Facebook and at work that I wanted to do more than post a status." Following the shooting, Boatwright approached the president of her fraternity and set up the event in conjunction with the Center for Religious life. Boatwright chose to plan a walk because it would be an opportunity for the RIT community to band together against atrocious acts.

Once a sizeable amount of people arrived at the walk, the group, carrying signs encompassing the event's message, solemnly made their way down the quarter mile, eventually ending the walk at the Sundial, which served as a memorial with the names of each victim posted to it. A brief vigil was then held, led by Jeffrey P. Herring, the director for the Center for Religious Life. He commended the students in attendance for joining together in such a difficult time. "I am like you," said Herring. "What can you say about things that have been taken away from you. Violence of any type is unacceptable." Herring continued that life can either be a walk of peace, or of violence, and that now more than ever, we need to "recognize the humanity of others." After a moment of silence, Boatwright began to accept donations for the Newtown Memorial Fund, which aids the families of victims and will be used to improve the community.

The shooting at Sandy Hook has stirred a national debate over gun control and what should be done to prevent future shootings. Many wish to ban the usage and sale of assault weapons in the country. According to NPR, both Connecticut governor Dan Malloy and President Obama are seeking stricter regulations of arms.

Boatwright, although not deeply engaged in the debate, wanted "safer schools" and "more security" to stop future acts of violence, especially if it would prevent the death of children like the son of a fellow fraternity brother.

Avery Becker, a first year Biomedical Engineering student, was working in a class when the news was passed along to him. Becker was shocked that such a tragedy could have



*Participants in a memorial walk for the victims of the recent shooting in Newtown, Conn. share a moment of silence during a vigil which took place at the end of the walk at the sundial Thursday, December 20. The walk was organized by Delta Sigma Phi, RIT's professional business fraternity.*

occurred. He came to support the walk because he thought it was important to give some time to respect and remember the victims. On the topic of how the country should react moving forward, Becker thought that people should not be overzealous in their calls for weapons bans. "I believe that there are things you can do to control guns, but I feel people are really getting out of hand," said Becker. "I think guns should be controlled and moderated but not completely outlawed."

Alexander Van Hook, a second year Liberal Arts Exploration major and Student Government (SG) COLA Senator, was at an SG meeting when he first heard about the shooting. Initially, Hook didn't know how to react to the situation with the confusing misinformation present in the media. In the aftermath, Hook soon began to favor a ban on assault weapons. "Why do people need these?" he asked. Along with this, Hook also felt that the United States should improve the state of mental healthcare in the country.

Christopher Aurelio, a fourth year Accounting, Mathematics and Economics student, was on Facebook when he first heard about the incident in Connecticut. Aurelio was initially incensed because the shooter was taking out his own problems on children. Later, as the story grew from an abstract event into a national tragedy, Aurelio began to form his opinion on what preventive action should be taken. "I think these types of weapons should be banned," said Aurelio. "Those kinds of weapons shouldn't be in the hands of dangerous people."

Following the walk, Boatwright expressed interest in continuing to raise money for the memorial fund, possibly setting up a table in the SAU. **R**



BY MICHELLE SPOTO

## STREAM OF FACTS

According to Reader's Digest, coffee was the first food to be **FREEZE-DRIED**.

When it is **FREEZE-DRIED**, food is subjected to a specific temperature and pressure, turning the ice molecules in the object into vapor, skipping the liquid stage. The **WATER** vapor escapes from the food, extending its shelf life by years.

While the earth's surface is about 70 percent **WATER**, NASA reports that only two and a half percent is fit for **HUMAN** consumption.

Over an average lifetime, a **HUMAN** heart beats about three billion times.

## QUOTE OF THE WEEK

“THE BEST WAY TO HAVE A  
**GOOD IDEA**  
IS TO HAVE LOTS OF  
**IDEAS.**” -LINUS PAULING

## WORD OF THE WEEK

**CARP** (v.) – To find fault or complain querulously

Allison's constant **CARPING** about her teammates ruined the group's dynamic.

Definition taken from <http://merriam-webster.com>

## REPORTER RECOMMENDS

### STRAVA APP | FOR ANDROID OR IPHONE

Finally keep your new year's resolution this year with the Strava Run or Strava Cycling app. This free app, downloadable for iPhone or Android, helps keep track of your running or cycling workouts. Bring your phone along for your workout, and the app will automatically record your distance (tracked by GPS), your pace and the number of calories you burned.

More than just a record keeper, the app also lets you socialize with other runners, by allowing you to add friends or coworkers to your Strava network. You can give kudos or comment on friends' runs. Letting other people see your progress will help keep you accountable while seeing other friends meet their goals will help keep you motivated, even as the weather grows colder.

The app also features challenges throughout the year, pushing you to keep running or cycling towards a goal. I recently used the app on a long, but beautiful run from Massachusetts to Maine along the New Hampshire seacoast. In addition to tracking my run, the app also enabled me to see how many calories I burned in the process, justifying my holiday diet of Christmas cookies and eggnog. Being able to track my mileage and record my pace helped ensure I didn't tire before reaching my goal, serving as an invaluable piece of equipment I never knew I needed. Costing nothing, the Strava app is too handy to pass over. **B**

## COMIC

BY JAMES LECARPENTIER







## BAKED EGGPLANT

TIME TO MAKE: 25-35 MINS.



### INGREDIENTS:

- One medium Eggplant, sliced into quarters.
- 16 grape tomatoes, sliced in halves.
- 11 ounce of mozzarella cheese
- Olive oil
- Garlic salt

### DIRECTIONS:

1. Preheat oven to 375 degrees Fahrenheit.
2. Wash the eggplant, cut the stem at the top and peel the skin.
3. Slice the eggplant into quarters, cutting into each a two-inch-deep hole.
4. Fill a medium sized bowl with enough olive oil to submerge the eggplant, and begin to coat each piece.
5. After removing the eggplant from the oil, season each piece with a few pinches of garlic salt.
6. Place a sizeable amount of mozzarella into each two inch hole and on top of the eggplant pieces.
7. Cut four tomatoes in half per piece and garnish the inside of the eggplant with them.
8. Place each eggplant piece onto a greased pan and bake for 15-20 minutes or until the cheese has melted.

*Adapted from a Grilled Eggplant recipe from <http://allrecipes.com>.*

### REVIEW *by William Hirsh*

Wanting to try cooking something different, I stumbled upon this recipe. Having never tried cooking an eggplant dish before, I modified the ingredients and preparation based on what I had at my apartment and what things I could easily find at a local grocery store. The process took slightly longer for me because I made the mistake of cutting the eggplant into quarters first, which lead to an extra 20 aggravating minutes of peeling. Despite this, the effort was well worth the final result.

After the eggplants finished baking, I took them from the pan and served with some buttery pasta. Taking the first bite into unknown, my reactions were mixed. The baked eggplant had an unusual texture but that didn't deter me from finishing the entrée. Once I got a mouthful of the eggplant, mozzarella, and tomatoes, the true taste began to emerge. While I wish I added a little more cheese to this gooey, delicious mess, it turned out fairly decent for a one-off cooking foray. Tasty and quick to make, this is a great recipe to try when beginning to cook eggplant.

## TWO BANDS, TWO RELEASES, ONE GUITARIST *by Jacob Garfinkel*

With Blink's last album sounding more like and Angles & Airwaves' work, many Blink fans were worried how the new EP would turn out. However, with Angles & Airwaves moving in a different direction and Blink continuing to try new things, it is evident that Guitarist Tom DeLonge is able to have a say in both bands while still allowing them to exist independently from one another. While both releases were disappointing, they help listeners to look to the future of both bands, something I hope will happen with other artists as well.

### BLINK 182

"DOGS EATING DOGS" EP/PUNK/19MINS.



Yes, it was just late last year that the band reunited with its first new studio album in nine years.

If you were hoping that their new tracks would sound like old Blink songs, you will be discouraged; the first two songs on the EP sound like filler off of their last, disappointing album. By the third song however, you can feel the difference. Titled "Disaster," it is anything but; it is the perfect mix of their new sound combined with elements of their older work. The next track starts off with a folk type feel, which you might not think will work, given Travis Barker's hip-hop style drumming. Soon, though, you realize that it's a Christmas song. In most cases, I would have stopped listening to the album altogether considering the overabundance of Christmas music makes me uncomfortable. However, since I had liked the song thus far, I decided to stick it out. I was glad I had done so. While it didn't sound like it would come together at first, it ended up not only being something new, but also something great. I hope that if Blink does decide to produce more work, that there are a few more tracks of this type, although preferably not about Christmas.

While the EP made me excited about Blink's future work, it also made me nervous. Over the course of their last album and this new EP, it is evident that Blink is finally growing up, and just like anyone else in their position, they are experimenting, trying to find a new sound.

### ANGLES & AIRWAVES

"STOPPING THE PHANTOM BRAKE PEDAL"

EP/POST-ROCK/35MINS. ★ ★ ★ ★ ★



Often seen as simply another Blink-182 side project, Angles & Airwaves is the band the Tom DeLonge, guitarist for both, has been spending most of his time with in recent years. Many hoped that they were done when Blink released their album last year, but release of both a Blink 182 EP and an Angles & Airwaves double EP on the same date was shocking to the music world.

The first part of the EP is entitled "The Score Evolved," and much like the name suggests, these tracks sound like movie scores. It mostly consists of instrumental tracks with highs and lows that would be ideal for cinema. It is very good for what it is, though anyone looking for typical Blink type material should definitely look elsewhere. However, the EP does flirt with things that DeLonge has never tried in either of his bands: dubstep. The song "Reel 6" starts off with a heartbeat which turns into a drum machine and an electronic fuzzed bass sound, though the track still sounds like a rock score.

The second part of the double EP is titled "Love Two Re-Imagined." This portion of the EP is a remix of the second half of the band's "Love" album. After listening to "Reel 6," the overuse of drum machines becomes slightly less annoying, though still irritating nonetheless. To be honest, most of the remixing on this album was very shoddy. However, the last track on the album is worthy of notable mention. "Saturday Love Remix" was done incredibly well, better than many remixes that I've heard. Rather than showcasing the electronic aspects of the remix, it instead works with the original song, not taking away anything or trying too hard to surpass it. The remix simply compliments what was already there, making it a masterpiece. None of the other remixes do this; considering they are half of the double EP, the entire release is unsuccessful. **B**

# THIS IS VEGAN?

by William Hirsh and Nicole Howley  
| photograph by Max Hauntaniemi





Two writers — one a meat-lover and the other a veggie — decided to try out some oddball vegan dishes ranging from tofu ice cream to fake-meat garbage plates. Each with their own unique perspective, they review some dishes that are normally vegan no-no's.

## THE DUO

**William:** I'm an omnivore and proud of it! I joined this quest for the chance to experience the various vegan foods that are available in the area. My foodie spirit guide would be the vacuum.

**Nicole:** I'm a vegan of about two years and a vegetarian of about four. However, I don't feel very representative of the usual vegan or vegetarian; I don't like salad, I generally try to avoid fake meat, and I'm not a big animal rights person. I gave up meat more in protest to gross factory-farming practices. Still, I have meat- and dairy-deprived taste buds that might offer an interesting perspective.

### VEGGIE DOG JUNKYARD PLATE FROM DOG TOWN

**William:** Nestled in a corner off of Monroe Avenue, Dog Town is a hot dog joint that more resembles a coffee shop in terms of size and feel. Once you get past these initial perceptions, you're really in for a treat. As soon as the food is brought out to your table, the hassle of finding a parking spot is all worth it.

When brought out, the Veggie Dog Junkyard Plate was surrounded by sweet potato fries and potato wedges, topped with veggie dogs and vegan chili. Although they were presumably made from tofu I could not resist the smell. The veggie dogs look like a coney and taste like hot dogs — which is remarkable — and blend pretty well with the spices of the chili. If a Vegan ever had the wish to try a garbage plate, I'd look no further than Dog Town.

**Nicole:** When I heard about garbage plates for the first time, I was pretty sure that I would never eat one; they basically sound like vegan repellent. Not really my style. However, there's this awesome place called Dog Town which, although known for their very non-vegan hotdogs, has a whole bunch of vegan and vegetarian options, including multiple junkyard plate combos!

The Veggie Dog Junkyard plate was absolutely delicious, fried and beautiful! The hotdog sketched me out a bit because it looked like it could be real meat, but I trust Dog Town. In the end, I assume the fake hotdog was no more sketchy than a normal one.

However, the best part about Dogtown was having options. I can go to almost any restaurant and find something to eat after asking around and encouraging the staff's creativity, but I'm lucky if I can find more than one option on a menu. Looking at Dog Town's menu and not knowing what to get because there were so many choices was pure magic.

### EVERYDAY GOURMET VEGAN BAKERY CHOCOLATE CHOCOLATE CHIP COOKIE

**William:** This Vegan cookie sort of lulls you into a false sense of security until you take that first bite. Quite possibly the driest cookie I've ever eaten, they look like chocolate cookies but taste somewhat off the mark. I mean, if you're looking for something that tastes like chocolate, knock yourself out. To the bystander, the cookie comes across like someone mixed some brownie mix in water and chocolate chips, then proceed to bake them as is. Crunchy but not satisfying, the cookie is not worth the \$5 a two-pack costs.

**Nicole:** This cookie tasted pretty good and very chocolaty, but it was also quite dry. In my experience, most vegan cookies are either too dry or too greasy. It's hard to find a good balance, but I thought that combining the cookie with the Tofutti ice cream would help. They tasted okay together, but the texture of the foods still remained a bit off. Overall, I did not find these vegan dessert choices to be worth their high prices.

### TOFUTTI VANILLA ICE CREAM

**William:** Initially, I was very skeptical that tofu could be transformed into something tasty. It might have been the uncooked tofu from Crossroads I had a while ago that made me give the evil eye to the soy mush. I hadn't given tofu a second chance until recently, served and cooked in Indian food. Needless to say, I was unnerved when I found that tofu could be made into an ice cream dessert. However, Tofutti proved me wrong. With a taste similar to vanilla frosting (but not overly sweet), Tofutti is strangely addictive. With a creamy, nutty aftertaste, I began to wonder why I haven't tried it before. If you have ever wanted to fulfill your childhood dream of eating a tub of frosting, this is the best way yet.

**Nicole:** As a vegan, I miss desert more than any meat. I have enough self-control to avoid delicious, dairy-laden ice cream and baked goods, but as soon as I find a delicious vegan dessert, I basically inhale the stuff.

I was pretty sure I would have the same reaction to the Tofutti Ice Cream. That was, until I picked up the carton and read the ingredients. Tofu in ice cream form? Even as a fan of tofu, I'm not particularly okay with that.

Still, the stuff wasn't too bad. The texture was a bit thick, but relatively normal and creamy. It tasted a bit like vanilla icing but had a weird aftertaste.







# COMBATING THE COLD

A GUIDE TO SURVIVING ROCHESTER'S WINTERS | by Emma Rogers | photographs by Juan Madrid

**T**he resonating sound of your alarm clock jolts you from sleep. You roll out of bed and look out the window to check the forecast for the day before putting on a jacket and heading outside. Almost immediately, the blizzard outside greets you with a cold, hard slap in the face as you wade into RIT's notorious wind tunnel. Your hands are raw, the dry air stings your skin, and the melting snow has soaked your socks and feet. As you finally sulk in your seat for your upcoming two hour lecture, you already wish the day could be over.

Whether you are incredibly acclimated to Rochester's winters or have recently moved here from a balmy location, winters can be incredibly cold and demoralizing. However, there are many ways to keep yourself physically and mentally healthy during these frigid months. Knowing about the effects that cold can have on your health, as well as the methods to prevent them, can help you combat winter's harsh toll on your mind and body.

## SICKNESS & GERMS

Whether you're in your dorm, apartment complex or a lecture hall, being a college student means that you're constantly sharing close quarters with many other people, allowing sicknesses to spread like wildfire.

Upper respiratory infections, intestinal flues and certain viruses and colds are often seen during December, January, February and March more than any other time of year. "The natural history of the germs, and the cold and dry environment can have a major impact on students," says Student Health Center Executive Director Dr. Brooke Durland. Besides the fact that we aren't exposing ourselves to the outside as much as we should, Durland notes

that the lack of that warm, humid air we experience in the summer months eventually causes the mucus membranes that line our respiratory tracts to become more vulnerable to illness. That dry, thin, winter air that feels like it's cutting into your skin not only gives you cracked, itchy knuckles; it can also cause upper respiratory colds. Durland remarks, "Some students who are extra sensitive to high winds and the dry air find themselves suffering with asthma." She suggests that wearing a scarf around your face while outside for long periods of time to prevent the cold air from entering your lungs.

Cranking on the heat in your room 24 hours a day, especially in small dorm rooms, might not be the smartest decision either. The best bet is to ventilate your living spaces by opening the windows for a few hours while you're away from the room to have fresh, clean air to live in.

Influenza is also particular to winter, and Durland highly suggests all college students receive their flu vaccination as soon as possible. After visiting family, traveling on planes and being in contact with several people from different locations, it is common for germs to spread from person to person. After getting the flu shot, it will take a couple of weeks before you reach full immunity. It's well worth a quick sting in the arm to avoid a sickness that could lead you to the hospital.



# COLD INJURIES PREVENTION

Remember the days when your mother would make you wear ten layers of jackets, gloves, a scarf, a hat, and snow pants on a normal winter day so that you wouldn't "catch a cold"? Bundling you up to the point where you were sweating might have been a bit excessive, but she had a point.

If you are in the cold for a long period of time without appropriate clothing, you are at risk for hypothermia. Durland has treated several RIT students who have dealt with cold injuries to their extremities, where they have experienced color change in their skin, numbness and tingling, and damage to their small blood vessels. This can take several weeks to recover from, depending on the severity of the damage to the tissues, nerves and blood vessels. Gloves, a hat and dry socks are essential in cold and wet conditions.

## MENTAL HEALTH

Is there less pep in your step due to the snow beneath your boots? Do you feel like all you'd rather do is go back to sleep and wake up in April? At this point in the year, it is common for people to feel this way. After the hype of holiday festivities begin to dwindle down, the dark gray clouds encircling the campus seem even less appealing.

However, in more extreme cases, these feelings can also be the result of seasonal depression or Seasonal Affective Disorder. Those who do suffer from these conditions from roughly November through March should consult the Student Counseling Center. They may benefit from treatments such as light therapy, where they will be exposed to certain amounts of light for a specific amount of time, which will cause a physiological reaction to enhance mood-improving neural chemicals.

If you aren't experiencing a seasonal depression but still don't feel like your typical self, you still may be reacting to the decrease in daylight. During the winter, many people feel unhappier, more irritable and less motivated to be active than usual. But don't fret, as there are several ways to avoid getting buried under a snow bank of sadness and from spending your winter days in the infirmary.

With the pressure to be involved outside of the classroom while maintaining a respectable GPA, it can be difficult to make time for personal needs and health. However, this focus is incredibly important, especially during winter.

“We're **all exposed** to **germs**,”

stated Durland,

“but whether we get **sick** from them or whether our body **takes care and gets rid of them** can depend on a **nutritious diet** and the **right amount of sleep**. ”

Not only will eating right, sleeping well and exercising boost your immune system and keep you from getting that virus being passed around the dorm floor, it will also keep you feeling positive despite the lack of daylight. Getting at least six hours of sleep each night helps ward off infections and is good for memory retention. Enough sleep will help you stay healthy and successful, not to mention that it might give you a brighter disposition when you wake up the next day.

However getting enough sleep does not mean oversleeping. When the weather turns cold and the days turn bleak, students may to prefer staying in bed all day. But even if the forecast makes you want to do otherwise, the best thing you can do for your body and self is to get fresh air and be active. There are many forms of exercise that you can do at the gym, such as swimming, racquetball, indoor tennis, yoga or just running on the treadmill. If you're feeling brave enough and you have the appropriate gear, taking a run outside is a great way to feel invigorated and healthy. A balanced diet will also greatly benefit your mind and body. It's also not a bad idea to take Vitamin D pills since during the winter our bodies don't produce a high enough supply of the vitamin due to the lack of sunlight.

## BENEFITS OF THE COLD

Rochester winters sometimes can feel as if they consume the entire year, and even if you love the winter for skiing or snowboarding, it can still be difficult to remain optimistic during these months. However, if you're ready to pack your things and move to Hawaii, remember that cold is not all bad. According to the Harvard Health Letter, there are scientific theories suggesting cold weather may help us lose weight by stimulating metabolically active brown fat. Don't ditch your daily exercises for this theory or think it means that it's okay to eat all of the leftover holiday sweets, but be reminded that there is a possible health bonus while you're trudging to class this January. ❄️





## PESCADORES

### PHOTOGRAPHS BY JONATHAN FOSTER

*Located between the coastal cities of Viña del Mar and Valparaíso, Chile, Caleta Portales stands as one of the few active “fishermen’s coves” in the area. Fishermen arrive between 2 and 4 a.m. to launch “barcos” into the Pacific Ocean. They fish off the coast, at distances of up to eight miles until 8 a.m. when they return to sell their catches to waiting locals and commercial distributors. The rich upwelling currents along the Chilean coast provide a variety of fish species, which are also preyed upon by Humboldt penguins and sea lions. The caleta faces competition from commercial fishermen and loss of legislative protection. As with Raúl Ponce, the lineage of the pescadores is slowly dwindling.*

*\*Clockwise from top*

*One of the crew from Raúl Ponce’s boat holds the only fish they caught that morning, after spending \$48 to buy a box of anchovies for bait.*

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*A pescador (fisherman) guts fish in a market stall, throwing the innards to the birds behind him.*

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*“Bigote” (“mustache” in Spanish) hauls a barco to the boat hoist at the end of the muelle (dock).*

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*A fishmonger separates an order from the day’s catch.*

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*“Bigote”’s dog plays with a local wild dog and her pup in the market place. **R***







# WELLNESS WEDNESDAYS

## WINTER QUARTER

Lunch hour presentations open to all | No registration required

12:10 – 12:50 | Except Jan. 9; 4:00 pm

To request an interpreter, contact <https://myaccess.rit.edu>



**JAN.  
9<sup>TH</sup>**

### **Student Travel: How to Travel Inexpensively**

Student Presenter: Quinte Osborne

Campus Center Reading Room | 4:00pm



**JAN.  
16<sup>TH</sup>**

### **Smart Eating 101: Meal Planning for the New Year**

Presenters: Tim Keady, Associate Director, Student Wellness & Mary Anne McQuay, RD, Dining Services SAU Clark A



**JAN.  
23<sup>RD</sup>**

### **The Magic of Thinking Big**

Presenters: Jan Strine, NTID Faculty Member & Student Lakshmi Raman  
SAU 1829 (room 1510)



**JAN.  
30<sup>TH</sup>**

### **Beating the Winter Blues**

Presenter: Alex Jones, Residence Coordinator, Residence Life  
SAU 1829 (room 1510)



**FEB.  
6<sup>TH</sup>**

### **It's Easy Being Green: Simple Steps to Green Your Room**

Presenters: Tom Connelly, Program Director, Interactive Adventures and  
Amanda Metzger, Assistant Director, Orientation | SAU 1829 (room 1510)



**FEB.  
13<sup>TH</sup>**

### **Can I Have Permission to Touch Your Body?**

Presenter: Darci Lane Williams, Director, Center for Women and Gender  
SAU 1829 (room 1510)







## THE VOICE OF ROCHESTER

*by Kayla Emerson | photo by Max Hautaniemi*

The lights go down. The audience is eager; they know what happens next — they know every word. “Ladies and gentlemen...” the doors open and the players push onto the ice, “...here are your...” the anticipation grows with the pitch of his voice, “...RIT Tigers!” The crowd explodes in the first real moment of excitement in the game, driven by the voice of the on-ice announcer.

Ralph “Rocky” Perrotta grew up attending baseball games in Rochester with his dad. “When I was a little kid, I always wanted to be the announcer guy, I always wanted to be the play-by-play guy,” said Rocky over the phone. Now 47 years old, that is exactly what Rocky gets to do, and he loves every minute of it. Over time, he became a hockey fan, so his job as public address announcer for hockey at RIT is, well, perfect.

Rocky is by no means a novice announcer. He started part-time at local Rochester radio stations in the late ‘80s. In 1992, the marketing director for the Rochester Americans, the local American Hockey League team, asked Rocky to do public address during intermissions. He moved up into game production and commercials, and then into announcing for other local teams as well. Rocky has worked at JP Morgan for 26 years, but this has not hindered his announcing career from picking up in the past year at RIT and in the wider Rochester sports community.


The first collegiate hockey game that Rocky was asked to fill in for gave him the devotion to RIT hockey that fans can hear in his voice. From the beginning, said Rocky, “I stinkin’ loved it; it was awesome! The intensity of the play and the fans were fantastic.” Is he always as excited as he sounds, announcing goals for RIT? Rocky said, “Working a hockey game is a two-and-a-half hour adrenaline rush.”

When RIT men’s hockey moved to Division I, Rocky assumed his current position: announcing hockey full-time. Rocky fills in for basketball, lacrosse and volleyball games at RIT, in addition to

announcing every Men and Women’s Hockey home game. “The experiences that I’ve had at RIT have been absolutely tremendous. Being out there on campus, with the people that I work with, the two hockey teams, the fans and the students; as I joke, it keeps me young, being out there with you guys.”

A few emotional moments at RIT stand out to Rocky. He remembers calling the Atlantic Hockey Association championship game for the men’s hockey team in 2010 at Blue Cross Arena. “After the game had ended, I was standing in the penalty box. The guys were celebrating, and [then goaltender] Jared DeMichiel skated over with the trophy and handed it to me.” Another bright moment for Rocky was calling the NCAA Division III game for the Women’s Hockey team — announcing his own team as the champions. He was honored to receive one of the championship rings from the women’s championship, as one of the team’s supporting staff members.

Rocky loves collegiate sports most of all because of the atmosphere and the intensity of play, but he gets around town, too: “2012 was a rare season where I have worked for, in one capacity or another, every professional team in town.” He even announced for the gold-medal U.S. Olympic team when they played in Rochester against Costa Rica, which aired live on NBC. The game was “thrilling, to say the least,” according to Rocky. He is definitively the voice of RIT, and the voice of Rochester. When asked if he would continue with that workload, Rocky shared some words of wisdom from his father: “Do it while you can.”

“I really love where I sit, but one time, I would love to hang with the Corner Crew.” Maybe for an away game, where he doesn’t need to be in his booth doing public address. “The fans, they treat me like gold,” admitted Rocky. “I’ve never been embraced by a group of people like that ever, and I love it...I can’t ask for more. I am in hockey heaven at RIT” 



# UNITE TO TEACH AND TO LEARN

by Peter LoVerso | illustration by Elisa Plance

The opinions expressed are solely those of the author and do not reflect the views of REPORTER.

## VIEWS | PRO

**M**any discussions about changes to universities are centered around the question “What can we do that will be best for our students?” That is a fine attitude to have, certainly; as a student myself, I appreciate the thought given and would expect nothing less for my tuition money. However, students are not the only denizens of RIT and it is important to also consider the professors who teach us so much. They are also people who have rights and responsibilities, many of which are often governed by university policy. Happier, freer professors will provide a better, more genuine education experience. But, as Student Government speaks for the student body, who speaks for RIT’s professors? They should not each be expected to represent themselves to the administration, any more than each individual student should have to ask Destler personally for each policy change. Instead, professor unions for advocacy and collective bargaining are an excellent tool to provide the best possible atmosphere for teaching and learning.

RIT already has a chapter of the American Association of University Professors (AAUP) on campus, a national organization which provides guidelines on the rights of university professors and others in academia. Unlike a traditional union, chapters of the AAUP are independent and operate on their own — they do not have a central parent structure. RIT’s AAUP chapter is an advocacy group, and is not involved in collective bargaining; not because RIT has disallowed it; but rather, because it has not been sought by RIT’s faculty. According to their website, the RIT chapter has 16 members at the moment, including President Bill Destler, something which is admirable of him and allows for an excellent path of communication from the group to the university administration.

This organization can claim numerous accomplishments at RIT; helping to make it a better place for our faculty and students. According to the website, the collective helped raise pay for adjunct faculty for the first time in six years. They have helped standardize contracts for non-tenured professors, and instated a requirement that

faculty be notified in advance if their contract is not going to be renewed. All of these actions help stabilize the careers of our professors. Being distracted by possible sudden termination could cause a professor to continue a job search while employed here, leaving them less connected to the campus as they teach. A professor with a stable career is much more capable of providing a good education to their students.

The AAUP has a number of other tenets that are extremely important to provide us with the quality education we are paying for. These involve a professor’s right to various freedoms, such as freedom of speech when discussing their topic of study within a classroom. This shields students from receiving politically motivated or otherwise altered information from a source above the professor, such as the administration or government. In the same vein, it points out that the professors are also citizens in the larger Rochester community, and states that they should not be subject to any sort of institutional censorship when they are speaking as a citizen. The organization also fights for the freedom of a professor to publish their own research, which allows the professor to maintain a higher standing in their field, increasing the value of our degree. This also leads to a freer dissemination of scholarly information, which is valuable to students and other professors alike.

**“...A PROFESSOR WITH A STABLE CAREER IS MUCH MORE ABLE TO PROVIDE A GOOD EDUCATION TO THEIR STUDENTS.”**

Organizations such as the AAUP have an enormous positive impact on RIT and on colleges and universities across the nation. Too often, people forget to think of the professors and educators at our institutions of higher learning, although these are some of the most important people that students will interact with over their college career. The AAUP is an important organization that supports our professors, helping to give us a better education; they deserve support just as much as the student body does. **R**



# ADVOCACY, NOT BARGAINING

by Kayla Emerson | illustration by Elisa Plance

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VIEWS | CON

Some time ago, one of my professors had an in-class outburst, angry with how he perceived my class was behaving. The school decided that the professor had conducted himself improperly, and he was promptly removed from the classroom setting. I am now satisfied that if for any reason a faculty member at RIT needs to be removed from their position, the administration has the power to do so. However, this story would not be the same if RIT faculty organized into a labor union: unions are notorious for making unionized individuals extremely difficult to fire.

That is by no means the only reason RIT professors should not seek to unionize. The Institute could also lose its power to set wages with student tuition in mind and based on appropriate criteria. Protecting freedom is an important goal of unions, but for universities like RIT, unions are not the correct means to this goal. There is no strong reason for unionizing faculty at RIT, and plenty of reason against it.

Freedom of speech is essential to seeking truth in a university setting. While I understand the earnestness of the American Association of University Professors (AAUP) in safeguarding freedom of speech, there is no current or foreseeable threat to free speech at RIT. As a private institution, RIT professors are less susceptible to government interference in freedom of speech in the classroom and in publication. Professors and administrators here should focus on production of quality education and research, which are ever in need of improvement. A union would certainly impede this process.

The danger with unions, as far as conservatives are concerned, is their power to negotiate wages and benefits that the employer is not bound by law to give. Professors at RIT, in this case, have made a contract with the university to accept certain pay and benefits in exchange for their work at the university. Unionizing RIT (or any organization) could upset the balance by pressuring the employer to provide more to employees than the original contract specified.

According to the AAUP's 1940 "Statement of Principles on Academic Freedom and Tenure," which is still the main basis for the organization's ideology, the reasoning behind seeking ever-higher pay or easier tenure for faculty is to create "a sufficient degree of economic security to make the profession attractive to men and women of ability." I support individuals being paid according to their effort, cost of living or even skill; however, I do not approve of increasing professor salaries solely to make a job "attractive."



**"BUT AT RIT, WE CAN ACHIEVE FREEDOM OF SPEECH AND QUALITY EDUCATION WITHOUT COLLECTIVE BARGAINING."**

It is good to have a watchdog group, a body outside of RIT that administrators must be accountable to if the student and faculty population isn't enough. The AAUP was, historically, extremely useful in defining the rights of faculty and creating standards for colleges and universities in their processes of hiring, promotion, firing and overall governance. Recently, the RIT chapter of the AAUP (an advocacy chapter only, not a union) has created positive changes for non-tenure track faculty. All of these advances are good, and all were achieved without unionization and collective bargaining.

Assuming that, regardless, most RIT faculty do wish to unionize through the AAUP, they would be barred by federal law. The ruling on a 1980 Supreme Court case, *NLRB v. Yeshiva University*, makes it impossible for professors at a private university to unionize, because they are "managers," according to the Court. It appears that advocacy will have to suffice.

I do not fault the goals of the AAUP. Their statement of principles protects freedom of speech and succinctly outlines the process of attaining tenure. But at RIT, we can achieve freedom of speech and quality education without collective bargaining. The concerns addressed by the AAUP are real, but the solution is not a faculty union. The AAUP remaining as an advocacy group on campus is the necessary and sufficient solution. **R**

# WOTS

WORD ON THE STREET

## WHAT'S YOUR "FAVORITE" THING ABOUT WINTER?

*photos by Jake Dipietro*



1

**Naif Alkhathami**

Fourth year Environmental Health and Safety

1

“

I like building snowmen then

**TEARING  
THEM DOWN!**

”



2

**Tessa Rylie**

Second year Psychology

2

“I love **falling on my face**  
when I step off the bus onto the  
icy sidewalks in the mornings  
commuting to class.”



3

**Ashley Shaheen**

Third year Interior Design

3

“**Scraping the ice**  
off my car window!” **R**



# RINGS

COMPILED BY BRETT SLABAUGH | ILLUSTRATION BY ERICA LANDERS

585.672.4840

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

## FRIDAY 1:57 p.m. (from text)

I just saw a guy walking down the quarter mile in a suit and top hat. At least it's a change from the normal T-shirt and fedora!

## MONDAY 3:34 p.m. (from text)

The inflatable arm tube man was doing the Bernie before it was cool

## TUESDAY 1:38 p.m. (from text)

Rainy days are awesome for three reasons:

1. The earth is cleaned of any grime.
2. The plants of the land are given water.
3. Yoga pants everywhere!!!

## TUESDAY 7:42 p.m. (from text)

It's all this Christmas spirit that really makes me miss Santa Hat Girl. Too bad she left and had to join the real world.

## FRIDAY 2:05 p.m. (from text)

Rings! Hope you had a great holiday break! This year the big surprise was the large silver mixing spoon in the mashed potatoes that my mom dropped in by accident while preparing them. Needless to say it was a hilarious surprise at the dinner table. **Mmmmmm metal**

## THURSDAY 9:07 p.m. (from text)

Dear math people: Yes, you guys can tell us art kids what makes the world spin. But without us you wouldn't have "Star Wars." So give us respect.

## FRIDAY 8:01 a.m. (from text)

I have been eating at Brick City before tests for the last four years, and I can't today because they are closed.  
**Thanks for the F**, Brick City.

## THURSDAY 11:34 a.m. (from text)

Co-worker: "This is a heatgun." Me: "It looks like an industrial hair dryer." Co-worker: "That's exactly what it is."

## THURSDAY 12:15 a.m. (from text)

I keep finding **milk** in the **cupboard**. The strange thing about it is that I live alone. **B**



# CALLING ALL RIT STUDENT POETS



**INGLE AUDITORIUM  
JANUARY 21  
7:00PM**



Winners from the qualifier slam will represent the RIT Poetry Slam Team to compete in the ACUI Region 2 Poetry Slam on Saturday, February 9, 2013. Contact Sarah Griffith at [sbgcl@rit.edu](mailto:sbgcl@rit.edu) by Wednesday, Jan. 16 to register.

Interpreters available upon request.



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for Campus **life**