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REPORTER

September 2013 reporter.rit.edu



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EDITOR IN CHIEF Amber Wilson-Daeschlein

PRINT MANAGING EDITOR Steven Markowitz

ONLINE MANAGING EDITOR Michelle Spoto

COPY EDITOR Nathaniel Mathews

NEWS EDITOR Alyssa Jackson

LEISURE EDITOR William Hirsh

FEATURES EDITOR Nicole Howley

SPORTS EDITOR Kayla Emerson

VIEWS EDITOR Joan McDonough

WRITERS Kayla Emerson, Gino Faneli, William Hirsh, Nicole Howley, Amanda Imperial, Alyssa Jackson, Juan Lachapelle, Steven Markowitz, Joan McDonough, Michelle Spoto, David Utt

ART

ART DIRECTOR Kathryn Eble

DESIGN DIRECTOR Autumn Wadsworth

SENIOR STAFF DESIGNER Nick Tyler

STAFF DESIGNER Melissa Cavallaro, Akshara Chopra, Mariah Jade Cole, Zach Cross

CONTRIBUTING ILLUSTRATORS Andrew Philpott, David Royka, Emily Plance

CARTOONIST Emily DeVault

PHOTOGRAPHY

PHOTO EDITOR Carol Klino

CONTRIBUTING PHOTOGRAPHERS Seth Abel, Farrah Julin, Rugile Kaladyte, Griffin Moores

BUSINESS

BUSINESS MANAGER Le Nguyen

AD / PR MANAGER Zachery Walters

PRODUCTION MANAGER Ulises Gonzalez

ONLINE PRODUCTION MANAGER Jake DeBoer

ADVISOR Rudy Pugliese

PRINTING Printing Applications Lab

CONTACT 585.475.2212

FROM THE EDITOR'S DESK

The response I'd received from a family friend when sharing a recent addition to my bucket list – skydiving – was comically blunt and a notion I'd only briefly considered. "Do you know what people do when the parachute doesn't open?" Matt was looking at me skeptically as he offered a bit of insight, "They bounce. I've seen videos."

Over a quiet dinner at a cool Mexican restaurant, I was informed that I probably didn't think through all the morbid consequences of an equipment malfunction because my brain wasn't fully developed. Gee, thanks.

But my friends had a point. According to the National Geographic article "Teenage Brains" by David Dobbs, the human brain is not completely developed until we reach our mid-20s. More specifically, "as we move through adolescence, the brain undergoes extensive remodeling, resembling a network and wiring upgrade."

With parts of the brain still under some construction, we are more prone to taking risks and seeking out new experiences. This isn't because we ignore our own mortality or underestimate the consequences; when making potentially dangerous decisions we tend to place more significance on the reward than the cost.

In society's terms, this seems like a bad trait to have. But in evolutionary terms, our immature brains serve a purpose. Adolescence through early adulthood is when we need to fly from the nest, find a mate and keep the species going. At this stage we are neurologically encouraged to take risks and explore the outside world. B. J. Casey, a neuroscientist at Weill Cornell Medical College commented "the more we learn about what really makes this period unique, the more adolescence starts to seem like a highly functional, even adaptive period. It's exactly what you'd need to do the things you have to do then," according to National Geographic.

This phase of discovery and experimental risk-taking is fundamental, not only for humanity's advancement but also for personal growth. Break out of your comfort zone; take a class outside of your major, check out a club that you hadn't previously considered or even start your own business. College students have been known for our irrational and often times idiotic behavior but the benefit of gained experience is widely undervalued and an evolutionary necessity.

So the next time you're at a party fending off shameless date requests or sloppy attempts at romantic involvement, remember that your college co-eds are merely doing their part to further the progress of our species. It's up to you to act as an agent of natural selection.

Amber W-D

Amber Wilson-Daeschlein
EDITOR IN CHIEF



TABLE OF CONTENTS

SEPTEMBER 2013 | VOLUME 64 | ISSUE 31



New students get a taste of the RIT social scene at Brick Bash, an outdoor party sponsored by RIT Student Wellness, New Student Orientation, Center for Campus Life and College Activities Board on August 24. *photograph by Tom Brenner*

NEWS

6 From White to Green:

The Ozzi system and you – going green at Gracie’s

7 Paying For Parking:

RIT makes changes to the parking system

LEISURE

8 Reviews:

Rock without guitar and a steam punk strategy game

10 Venues in the Roc:

The underground sounds of Rochester

FEATURES

12 Escape From RIT:

Take a trip away from the bricks

14 At Your Leisure:

Night witches, anime, and drawing out words

15 Overachieving, Not Overexerting:

Do your best without the stress

21 Torrential Trinity:

What do you strive for?

SPORTS

24 Resilient Rugby:

Reformed and ready to win

VIEWS

26 Paid in Experience:

Students gain something money cannot buy

27 Working For Free:

Employers exploit students without offering compensation

29 Retro Word on the Street:

Straight from the archives, some of the best answers from the alumni

30 Rings:

Welcome back to the one and only RIT

cover photograph by Tom Brenner

**FROM WHITE
TO GREEN**
The Ozzi System & You



by Juan Lachapelle |
photograph by Seth Abel |
design by Akshara Chopra

Imagine four tons of white to-go containers reaching up to your knees as you eat in the Grace Watson dining hall. At one point, this image was a reality. Over the past year 94,000 to-go containers were served to the various customers at RIT. The cost to buy and haul away the trash accumulated by these containers rose to thousands of dollars every year. With the institute's strong initiative for sustainability and the obvious monetary concerns, there was a need for change. With that, the Ozzi system was introduced.

Presented at the Rhode Island School of Design through the National Association of College and University Food Services, the Ozzi system has found success at the school and various small colleges. Seeing this, RIT administrators became interested in the system and asked Scott Vadney, general manager of the Grace Watson Dining Hall, to investigate it further and see if it could be implemented at a much larger scale. To date, RIT is the largest university to use the system and Gracie's is the testing ground.

Here's a quick rundown of how the system works. Every freshman received a token in their mailbox. All returning students may contact dining services if they are interested in utilizing a new to-go container. This token enables them to receive one to-go container. The container is National Sanitation Foundation approved, made from recyclable No.5 polypropylene and features a stronger, sturdier design than its predecessor. It also keeps food hotter for a longer time, is microwavable and is BPA-free.

When one wants a to-go meal from Gracie's, they give the cashier their token and receive a clean, three compartment to-go container. After the individual has finished eating, they may return the container to any of the three storage machines located in the tunnel elevator lobby of Kate Gleason Hall (035, KGH), Nathaniel Rochester Hall (043, NRH) and in the Gracie's lobby. Once returned the machine gives out a new token for use and the process starts again. The machines are emptied out multiple times a day to wash containers and are refilled with tokens when necessary.


The Ozzi system plays a part in the university's sustainability initiative. "The university has a goal of being carbon neutral; this is a small but significant way to help accomplish that goal," said Vadney. "Gracie's does many things well, we feed the most people, we have the most employees and we have the most garbage." Not only does it support sustainability efforts but Vadney also wishes to change student behavior from a "throw away culture to a reusable culture." This is a goal to not only reduce waste but to also influence students to take lessons from the system and apply them to their own lives.

Michael Rinos, a first year Computer Engineering Technology major, appreciates the conveniences of the system. "You are going to be able to eat anywhere you want and, with recycling, you don't have to worry about using outside Tupperware," he said.

Nathan Lichtenstein, a second year Applied Networking and System Administrations major, gave his opinion as a returning student. "I think the new system definitely speaks a lot towards RIT making itself a green university," he said. "Also, the technical aspects of the new system speak a lot towards RIT's technical, innovative culture. Both combined are very good for the university's image as a whole."

When asked about future changes to the system, Vadney gave some thoughts and ideas he wants to explore. "I would like to possibly get a small container or soup cup." Vadney would also "love to get rid of the token completely and have the information stored on the back of your card."

As to whether this service will move to other dining areas, is still undecided. "There are just so many moving parts to this program to make sure that it works," said Vadney. "Do you have the right audience for it? Do you have the right materials for it? Do you have the space for it?"

Applying the system to retail outlets is going to take some more planning and organizing depending on wants and need. Still, the Ozzi system is one small step to make the dream of a carbon-neutral campus that much closer to reality. 

PAYING FOR PARKING

by **Alyssa Jackson** | illustration by **Andrew Philpott** |
design by **Akshara Chopra**



Although the initiative began last year, murmurs and discontent can still be heard on the quarter mile about that fact that RIT students with cars must not only register them, but pay \$100 for a general parking permit or \$225 to \$300 for a reserved parking permit.

According to Randy Vercauteren, RIT's director of parking, transportation and building services, this change is good for RIT and students in general. "We should have done this a long time ago," said Vercauteren. "It's a good move for the health of the university and it will help students."

Students that enjoyed the luxury of free parking in previous years may be asking how paying \$100 for parking is helping them. The answer? This change was made to help maintain the cost of tuition. Vercauteren explained that before making students pay for parking, nearly 3 million dollars each year went toward parking from the tuition cost. This system will generate approximately 1 million dollars a year.

Vercauteren was careful to state that the new parking permit system will not completely erase the cost of parking from the tuition cost that each student pays, but he said it will definitely help. Students without cars will not be forced to support as much of the cost as those who do have cars on campus.

Although RIT President Bill Destler decided to move toward a paid parking system last year, this was only one change of many made to keep RIT's tuition costs competitive with other schools across the country. Other changes, according to Vercauteren, affected faculty and included cutting benefits and tuition caps for their immediate family. Faculty and staff will also pay for parking if they make a certain amount of money each year – a system set up in a similar manner to the health benefits faculty and staff members receive.

Destler, in his address last year, explained that this new initiative will also reduce the number of cars on campus and cause students and faculty to really debate the necessity of owning a car. "I think a positive aspect is that it makes all of us think about how we impact RIT's carbon footprint," said Vercauteren.

One rumor that seems to be hovering around campus is that RIT started charging for parking permits because they are running out of parking spaces, especially with the new construction in U-lot. Vercauteren stressed that this is not a valid concern and explained

that even during the busiest times, there are close to 1,000 parking spots open in the less desirable lots.

As with any new process, there have been plenty of bumps in the road. Vercauteren explained that the parking office is severely understaffed for the project and as a result, is days behind in the processing of complaints and requests. He also apologized for the lack of communication that has occurred.

"I'm just finding out how few students knew this was happening even though it was decided last year," he said. "I was so worried about the delivery of the new system that I wasn't as focused on the communication."

Returning students who were not up to date were in for quite a surprise this fall with RIT's new parking system. Fifth year Chemistry major Amelia McMullen said that she knew nothing about the charge until the middle of August.

"I guess I didn't realize how much other schools charge for parking," said McMullen. "I guess I understand why they have to do it, but I didn't expect it."

Third year Game Design and Development student Amanda Rivet explained that the paid parking is the reason she decided not to bring her car to school this year. She expressed her dislike for the system and stated that it was very inconvenient.

With the system still in its early stages, Vercauteren said that he expects it to improve drastically with no rise to the cost of parking for a few years to come.

More information can be found at rit.edu/fa/facilities/pats/parking. 



DARK OF THE DAYLIGHT

CRASH KINGS

ROCK

FOR FANS OF: BLACK KEYS,
QUEEN AND DEATH FROM ABOVE 1979



by Gino Faneli | design by Zach Cross

Imagine for a moment a frat party on the first Friday of the new school year. You step inside, greeted with the all-too-familiar barrage of tobacco and the sweet tang of marijuana. Ahead of you, scantily clad co-eds gyrate their hips to the rhythm of repetitive radio hip-hop. As far as you can tell, there's nothing necessarily remarkable about the scene. But as you step further inside, you begin to notice something: the hands of the party-goers are devoid of the typical red Solo cups. The floor isn't slick with malty foam and no matter how hard you search, there is not a keg of Keystone Light to be found.

This surreal scene is rock and roll without the guitar. It's taking away a key component of a classic convention. On their sophomore album, Los Angeles trio Crash Kings take this notion of the impossible and smash it into a thousand little pieces. Of course, plenty of rock bands have put down the six string before. Death From Above 1979 makes noisy, angst-driven rock using basses as the lead, while Lightning Bolt produces psychedelic meltdowns through the combination of frantic drumming and overly-distorted bass tuned to cello tuning. The difference is, while these bands are credible in their own right, Crash Kings have bridged a necessary gap between musical experimentation and commercial accessibility.

In the opening track "Six Foot Tall," no time is wasted shoving the listener into an intense

rhythm featuring a jumpy, synth-ridden bass riff. Singer/keyboardist Tony Bevineau's voice shines above the track draped in velvet with a tone akin to a melodic lovechild between Freddy Mercury and Axl Rose. With a heavily distorted synth melody joining in, an extremely unique musical backdrop is juxtaposed with Bevineau's traditional singing style.

On the stand out track "Hot Fire," this formula becomes far more apparent and the lack of a guitar becomes rather self-explanatory, in that, while the melodies are certainly not boring, they are very clearly and obviously a replacement for a guitar. In fact, the tone of the synth lead often times is nearly indistinguishable from a distorted electric guitar. Taking this into account, it's hard to be very impressed with the lack of a Stratocaster in "Dark of the Daylight."

What is far more unique are the intuitive, driving drum and bass rhythms found on tracks like "Dressed to the Nines" and "Inside Upside Down." These complex rhythms show a level of musical maturity that is often forgotten in mainstream rock and roll.

This maturity is taken to a whole new level on "Lonely War," where a downbeat drum and bass rhythm is paired with a piano-driven ballad that seems like absolute nonsense on paper, but plays out in beautiful form.

If anything can be expected from Crash Kings on this album, it is the unexpected. Just

when you've come to hear overly energetic, synth-driven jams, you're thrown a track like "All Along," a slow piano ballad that reeks of Billy Joel nostalgia.

Closing out with "Wave of Tomorrow," a slow build up is made with a taste of every song on the album, breaking into a hard, distorted crescendo in the last fleeting seconds of the album. Rarely do albums ever present a final track with such consciousness of its place on the album.

"Dark of the Daylight" doesn't simply prove that a rock album can be made without a guitar. It proves that rock and roll is alive and well. It proves that experimentation doesn't have to be pretentious and inaccessible and that a song can be catchy and still be complex. While some subtle flaws can be found — Bevineau's voice is rather tiresome and a lot of the synthesizer melodies are nearly identical — these are only small dents in what is otherwise a solid and unique chapter in the book of rock and roll. **R**



GUNS OF ICARUS ONLINE

FIRST PERSON SHOOTER

PC

FOR FANS OF: TEAM FORTRESS 2

A NATION OF WIND, COUNTER STRIKE.



by William Hirsh | design by Zach Cross

“Captain! We have enemies off the bow,” yelled my crewmate. Suddenly, a barrage of cannon fire began to pulverize the components of the ship. As we frantically tried to repair its core vitals, the enemy cruised in and pinned our ship, sending it to its doom below.

Guns of Icarus Online is an intriguing spin on multiplayer first person shooter (FPS) games that combines gameplay elements across genres. Sporting a steam punk setting, players take on the roles of crew members aboard an air ship, with the mission to find and destroy enemy ships while preserving the integrity of their own flying vessel.

The first thing players will notice is that they can only walk around their ship, a drastic change from more open FPS games like Team Fortress 2. The focus in this game is the teamwork of fellow crew members against the bombardment by the enemy. There are three classes that players can choose from in this game: Gunner, Engineer and Pilot.

The Gunner is your main offensive unit that has access to multiple types of ammunition like charged rounds, which have increased damage capability with a slower firing rate. Basically, they have more control of how their ship attacks other ships. Engineers have a duty to keep the ship flying by repairing components of the ship and keeping them from being damaged. Engineers also have more access to tools than the other classes. Lastly, the Pilot's

job is to steer the ship, collaborating with the crew to plan the best angle of attack. The Pilot also has more of a hand in the choice of what vessel is used each game and what sort of armaments your ship possesses.

The game is entirely played in the four Skirmish modes: Death Match, Resource Race, King of the Hill and Crazy King. Death Match, like its other incarnations is about racking up the most kills. Resource Race is dedicated to defending the five check points and collecting resources. King of the Hill is similar to Resource Race but only focuses on battling for a single checkpoint, where resources are slowly introduced to the players. Crazy King is a combination of Resource Race and King of the Hill wherein there are five checkpoints but only one of them is active at a time. At press time, Death match can have 2v2 (2 ships vs. 2 ships) or 3v3 matches, Resource Race and King of the Hill can only be played in 3v3, and Crazy King is only 4v4.

Compared to other online multiplayer titles, Guns of Icarus stresses the need for communication. Many other games can go without a hatch by not partnering up with teammates while Guns of Icarus encourages it. Jobs among players need to be coordinated which really brings player interaction to the forefront. With a small community of a few hundred players, more often than not you'll find friendly people on each team, making the experience enjoyable for both new and veteran

players. Also, you'll sometimes find players who really get into character while playing, which adds to the immersion of the game.

The coordination between players can lead to engaging matches. The types of different weaponry really give the game variety in play style. There is just something truly satisfying about successfully harpooning an enemy ship or razing their ship's component with a flamethrower.

I will say that the success of a showdown with the enemy is almost completely reliant on the captain's maneuvering. A mistake with position while flying can lead to the destruction of your ship. This makes the Pilot the most difficult of the classes to master. Of the classes, Engineer was my favorite mostly because it can be an adrenaline rush to maintain the ship.

As of now, Guns of Icarus Online only has the Skirmish modes but eventually will release an update that includes a massively multiplayer online roleplaying game. For some players this 20 dollar price point might be too steep a price to pay for the current content. However, what Guns of Icarus Online has to offer now is a unique and addicting multiplayer experience which mixes strategy with FPS elements and a brilliant steam punk backdrop. **R**



VENUES IN THE ROC

by **Gino Fanelli** and **William Hirsh** | photography by **Griffin Moores** | design by **Kathryn Eble**

New to the Rochester area but don't know where to go to get your music fix? Here are some suggested venues to visit to make the most out of your time in the area.

THE GALLOWES

Rochester is a dying place. Where once proud businesses lined Main Street now lay abandoned lots, vacant buildings occupied only by the cold homeless and an incessant bleakness that seems to linger in the air and pave the cracked streets. But inside an unassuming two-story house, The Flower City is being jolted back to life, by means of distorted amplifiers and frantic vocals.

It's called The Gallows, a house venue hosted by Alex D.* and Kat A. There's almost

a surreal atmosphere found as you step through the second story door. At any other day, it can be pictured as an ordinary living room: a red sectional couch lined with punks of all shapes and sizes drinking from cans of Genesee and puffing on glass pipes.

But tonight, the wrap around kitchen is a bar, the prices of liquor and beer written in Sharpie on lined notebook paper Scotch-taped to the wall. The stove is where Ben T., Rich B. and Joey B. pile speakers and sound equipment to make an impromptu studio. And the hardwood floor is now the stage for the rawest of Rochester music. From jumpy pop-punk trios to gut-wrenching hardcore groups, The Gallows serves as an unlikely, yet fitting host.

All of this is due to the work of 25 year old Corey Layton, founder of Pioneer Booking and Promotion, who worked to put together The Gallows' first show. However, Layton denies any glory for making things possible.

"Anything you want to say about me, any credit you want to give me, I don't deserve it. These people do," Layton said, pointing off across the packed living room, "these people made this possible, without them this would be nothing."

And that's just what is found at The Gallows. There is no figurehead, no mascot and no gimmick. It's all about community, about keeping that heart of Rochester beating.

"Give Corey a round of applause," said Jordan Cuzilo, vocalist for Buffalo hardcore band Juggernaut, "matter of fact, give yourself a round of applause for coming out here and keeping local music alive. Because local music is awesome."

For Fans of: Hardcore, Grind and Punk

Editor's Note: Last names of certain individuals were abbreviated to protect their identity.

THE BUG JAR

Nestled off of Monroe Ave, you'll find the Bug Jar, a charming venue that is full of character. When you first walk in, you're greeted by pillars with psychedelic flowers at the top. On the red walls, you will find a variety of art pieces ranging from abstract to comical. One of my favorites was a crossover of Studio Ghibli's film "Kiki's Delivery Service" with "Star Wars."

Along the free spaces of the Bug Jar, you will find band stickers plastered everywhere, even on the Mrs. Pacman/ Galaga machine they have up at the front. Moseying over to the bar, you glance above to find giant bugs hanging from the ceiling fan above.

With quirkiness in spades, the area where music is played is actually quite small, making for really intimate concerts. As it is smaller, it is a very loud venue acoustically, to the point where the music runs through your being like a game of pinball. The hairs on your skin rise. This is a good quality that isn't too common at other such venues. I felt more engrossed in the music when I was listening to it as such. Don't forget to wear protection though – hearing protection that is. Ear plugs will make sure that your hearing isn't completely obliterated by the sheer sound waves you are about to enjoy.

For Fans of: Punk, Metal and Electronic 🎸



Photographs taken at the Gallows



ESCAPES FROM RIT

In a few short weeks, when the hours of typing away at a computer or working in a lab have begun to take their toll, one of the greatest remedies will be to experience what nature has to offer near or around Rochester.



Letchworth State Park

by William Hirsh | design by Mariah Jade Cole

1 Letchworth State Park
Castile, NY 14427

The iconic “Grand Canyon of the East,” Letchworth is a fall getaway like no other. Driving into the park after an hour trip, a sense of the season is immediately noticed. Trees are swaying in the breeze and swirling with the mixed colors of red and yellow while you drive on the windy entrance road. After about 10 minutes, you will find the first of many places to stop and enjoy the picturesque scenery: a view of the valley within Letchworth, complete with a stream that runs across the expanse only to be stopped by a massive dam.

Meandering forward down the road, there are other stops you may take before heading down to the Middle Falls parking lot. The park is divided into paths that lead to the Middle Falls, up towards the Upper Falls and down to the Lower Falls.

One of the main attractions that draw people to Letchworth is the over 66 miles

of hiking trails. Taking the Genesee Valley Greenway Trail from the Upper to Lower Falls is an enjoyable 5.75 mile hike that takes an hour or two to complete. Venturing to the Upper Falls, you climb to one of the tallest areas in the park. Walking up stone steps and crossing a small bridge, you reach the misty vista of the Upper Falls. At the top, you can also safely cross the railroad bridge.

Along the Middle Falls, there is a grassy field great for a picnic. One can get quite close to the Middle Falls, making it a perfect photo opportunity for the day. Descending lower into the park, you will pass by scenic views of the water and the stone ridges, displaying its age in the layers. Near the Lower Falls, taking the spiraling stone steps, you’ll find an old bridge that can take you up close and personal with the waterfalls. Contiguous to the Lower Falls is a rocky path that has an engraving from 1930.

Beyond that, there are several other trails for all hiking skill levels. For those that want to experience a day or two of difficult hiking, the Letchworth Trail is a 24 mile challenge that can fill in your weekend. For those that only have a day to explore, the seven mile Gorge Trail allows you to see the majority of sights. Smaller hiking trails that run from less than a mile to over two miles are perfect for those who want to have a short walk around the majestic park.

Activities such as horseback riding, fishing, camping, bird watching, biking and various seasonal activities can also be experienced at Letchworth. If you want to see what a fall day in New York is like, Letchworth State Park is the place to embrace your inner outdoorsman.





Turning Point Park

by David Utt

260 Boxart St.
Rochester NY, 14612

Found right on the Genesee River, Turning Point Park is a 275 acre area that encompasses a wooded forest, a railway trail and a massive stretch of boardwalk along the river. With the cooling breeze from the river and a variety of possible activities, it is an ideal location for bikers, hikers, photographers and even fisherman when there is no ice.

Located just north of Rochester, Turning Point Park is a 30 minute drive through most of city. When you do get to the start, you find yourself at the top of a precipice over the Genesee River. From here, you pass through the main entrance of the park heading down to river, which then separates into the three main trails of Turning Point.

The main and the most iconic part of the park is the boardwalk trail. Stretching a little over a mile, the boardwalk is built on the river, leading to impressive views of birds flying off at sunrise and sunset. The long and

overall smooth walkway makes it perfect for bikers or runners and is usually wide enough to compensate everyone. Along the boardwalk there are four cement fishing docks where people are welcome to bring their equipment to see what is biting.

Beyond the boardwalk, there are two vast trails which are both worth your time. The first, the railway trail, is located along the hillside and is easily reachable upon entering the park, making it great for hikers and photographers. Over various paths and places to explore there are plentiful overlook points and easy access to an old railroad. Below the railway track is a set of waterfalls accessible by foot.

The other trail is an extension past the boardwalk. It is far more challenging as the trails become more rugged and hills become surprisingly abundant. For those who are true hikers you can take this path to the Genesee

Riverway Trail, an even longer 16 mile trek.

To get a taste of everything in the park – a bit of hiking, taking photos and not thinking about homework – the best time to come would be early in the morning or mid-day being between 9 a.m. to noon. If you decide to come around 3 p.m. or later you can very easily find yourself walking back in the dark, so remember to bring a flashlight if that is the case.

The Turning Point Park is a great place for people who want to take in the great outdoors or for those who just crave escape from the swampy RIT campus. **R**



Reporter Recommends:

CRUNCHYROLL

Crunchyroll is a site that has been around since at least 2006 but in my eyes has recently matured as a content hub for anime fans. While it began as an illegal fan subtitling website, Crunchyroll has become more responsible in the content it broadcasts and in turn has created a legal service that is both superb and gives back to the studios we enjoy.

Similar to Netflix, Crunchyroll is a streaming site that's dedicated to providing quality viewing of various anime and drama shows from Japan. While many who frequent illegal streaming sites might have to wait for their favorite shows unknown in the West to be translated, Crunchyroll appeals to impatient fans by offering simulcasting of the shows as they premiere in Japan. Along with newer shows, Crunchyroll has also been acquiring the rights for many older anime series' like "The Melancholy of Haruhi Suzumiya" that were formerly out of print.

While the service sometimes has buffering issues that are more noticeable than Netflix, the selection, quality and speed at which content is released is enough to warrant a look.

Four Anime to Watch:

World God Only Knows: When a Dating Sim expert accidentally makes a pact with a demon from hell, he must go and free girls from the clutches of evil spirits. As crazy as the premise is, the show is ripe with excellent humor, both random and multicultural.

Servant x Service: "The Office" mixed with a few anime tropes; the show is a surprisingly funny and entrancing slice-of-life anime not in a high school setting.

Puella Magi Madoka Magica: A short but very entertaining series that takes on the magic girl genre (think Sailor Moon) and flips it on its head. Madoka starts out as a typical "girl receives magic powers" story but becomes something much more sinister as the episodes progress.

My Ordinary Life: Also known as Nichijou, it's a zany, over the top show that emboldens Japan's reputation for bizarre humor.

STREAM OF FACTS

The usage of "fall" as another word for **AUTUMN** originated in Britain and was popularized in Colonial America. Since then, the phrase fell out of use in Britain but continued to live on in the US, alongside other words like trash and loan.

In the **AUTUMN**, Spartans would test the worthiness of their male children during krypteia. Equipped with just a dagger, the prospective soldiers were sent into the **NIGHT** instructed to kill any helot (generally a peasant owned by the state) they encountered. It gave young Spartans the chance to experience killing for the first time while honing their stealth skills.

The **NIGHT** Witches or Nachthexan was the nickname for a female-only Soviet pilot regiment, which was a force to be reckoned with during World War II. Piloting only Po-2s, planes made of fabric and wood used for training, these women would bomb German encampments, runways and other locations at night, thus earning their **MONIKER**.

Under the **MONIKER**, Bruno, famous action star Bruce Willis released a cover of the song "Respect Yourself" that reached number **FIVE** on the Billboard Hot 100 in 1987. The song is a single off his debut album titled "The Return of Bruno" which confused many people into thinking they missed his first album.

Lorem Ipsum, the dummy text used for printing and typesetting has been around for **FIVE** centuries. In the 1500s, an unknown printer took type and mixed it up into this Latin text to create a **TYPE** specimen book.

Locusts are not a different **TYPE** of grasshopper but rather a swarm phase of grasshoppers in the Acrididae family. The Desert Locust for instance turns yellow and aggressive, consuming vegetation in its path.



A-Z Word Of the Month

Prolix

(adj): Something drawn out or just too long.

Sentence: Jimmy had survived a **prolix** first week; he still had nightmares of his professors' guides for the coming semester.

Quote of the Month:

“Expect problems
and eat them for
breakfast.”

-Alfred A. Montapert

Tanka:

*The time has arrived
To leave my pillow for good
To pack things again
I'm burnt out from the summer
Time to be productive now* **R**

COMIC

by Emily DeVault

OVERACHIEVING NOT OVEREXERTING

by **Nicole Howley** | photography by **Farrah Julin** | design by **Nick Tyler**

"It's the first day of school/work/the New Year/the week and this time, everything is going to be different. No more procrastination, no more hours a day re-watching shows on Netflix, no more ramen for every meal. This time I am going to join those clubs, do my work on time, eat healthy, work out, go on dates, get a job and everything will be awesome," said everyone ever.

But very few people actually go through with these plans, and if they do, they rarely create enduring habits. However, a small

percentage of people do make it, and we call this group of people overachievers. They go above and beyond what is expected of them. They fill their days with jobs and clubs, sports and schoolwork, and somehow, they are able to balance it all. Getting into the groove of overachieving and the packed schedule that comes with it can be difficult. But with a little extra effort, it can be made into a lifestyle. What constitutes achievement, overachievement or a stressful situation is all a matter of perspective.



MOTIVATION

Mark Miles, the Director of Clinical services at RIT, believes that anyone can be an overachiever. “I think it’s not that you can’t overachieve ... It’s really based on what your motivation is at the time, what your capabilities are.”

There are many other factors that play a role in a person’s ability to achieve, but one of the main ones is motivation. Luckily, motivation is something that anyone can come across. “I think anyone can ramp up!” exclaimed Miles. “People who you think all along, ‘God, they’ve been such a slacker.’ And then they hit something that is intrinsically motivating, it ties to their values, it ties to their goals, and they do something that is so stellar that you’re like, ‘I didn’t know you had it in you!’ They surprise you.” It all depends on the situation at hand and the perspective the person brings to it.

If you believe that your efforts will not be effective in a situation, finding motivation will be tough and in the end, it might be difficult to feel a sense of achievement. Miles explains that, no matter how much of an overachiever you are, you probably wouldn’t go up on the roof and flap your arms until you

flew away if someone asked you to. But not engaging in this activity doesn’t mean that you are underachieving.

In another example, if someone asked you to go dig holes in the forest, you might be unwilling to do that too. “Now, I know you can dig a hole, I know you can use a shovel, but again I might suggest that you wouldn’t be too motivated to do that,” says Miles. “You are going to say, ‘Where’s the payoff for me? What’s the benefit?’ So should I say that you are unmotivated in digging holes? Not really.” Finding motivation without the possibility of a reward for your efforts can be difficult too.

The most important aspect of motivation though, is the source. “If you are doing it because mom said or dad said, I’m going to guarantee you that motivation is not going to be there and achievement is not going to be there,” assured Miles. “What are your passions? What are your strengths? What are the things you want to develop in yourself? I guarantee you, you will achieve with them because that’s your natural drive.”

Extrinsic motivators like parents, bosses and teachers have little control over an

individual’s motivation. Often times when an action is required for a job or for a class, Miles says that motivation actually goes down. Intrinsic motivators on the other hand stem from the individual themselves; they are almost always the motivations that win over

“How did we achieve as kids? We achieved as kids through play and through doing what fascinated us, running with our passions,” says Miles. “Motivation stems from doing what inspires the person, and when someone engages in an activity that really inspires and intrigues them, they will find a way to succeed.”

“So I think the ‘why’ — why am I doing this — becomes the most critical component to whether or not someone’s going to achieve or not because it guides your motivation.” Motivation is the first step to achievement, and the definition of that is up to the individual. “I think that sometimes we lose the very crux of what it means to achieve,” says Miles. “And what it means to achieve is to feel good about yourself.”

CAPACITY

“I guess my perspective on it is, I feel like I know how to do things ... and a lot of the times, the things people need done, I know how to do,” says fifth year Software Engineering major Isioma Nnodum. “So why not? If I have the time and energy, why don’t I go forward and do that?”

With this mindset, Nnodum has served as a member of the society for software engineers and the RIT weightlifting club. He has started his third year as the director of information technology in the RIT Global Union while working as a student researcher in RIT’s Research Computing Lab in the Interactive Collaboration Environments Lab. He also holds the position of Assistant Solutions Engineer at Pivcon Inc., has over a 3.0 grade point average and has a full time course load. He also does improv shows with

the Village Idiots Improv Troop in the Village Gate on the weekends. Nnodum even works on some projects on the side in his extremely limited free time. And for him it all works. He knows his capacity and works within it.


But each person’s capacity is different based on a variety of factors including physical and personality factors, as well as family history. Miles mentions the physical traits of the A and B personality types. “What seemed to be consistent for the high-achieving type A’s is this high level metabolism, high level of activation. I mean, you’ve got to do something with the energy. Whereas type B’s punk out sooner, physically.”

Your personality type is not the only determinant of your success though. “If you have a type B, that tends to be your laid back individual,” says Miles. “But if they get

something that they are interested in ... then they will overachieve.”

Other personalities need to find something to do at all times in order to stay occupied. “I’m the kind of person who, if I have free time, I’m like ‘Someone needs me! What’s going on?’” admits Nnodum. Part of this drive comes from his familial history. “I’m my mother’s son. My mother is always a person who wants to do as much as she can to help as many people as possible,” Nnodum describes. “But one of the things she most recently told me was, ‘Learn to say no and learn to balance what you are currently doing.’”

Natural factors might play a role in someone’s ability to overachieve but what that person does determines when they go from an overachiever to a workaholic.



**“ The most important aspect of motivation is the source...
If someone engages in an activity that inspires them,
they will find a way to succeed. ”**

WORK VS. FUN

“One of the things I’ve learned from improv is that if you aren’t playing, then you’re working, and work is not fun,” explained Nnodum. Luckily, fun is all a matter of perspective too. “The definition of fun is really case by case,” he continues. “If you ask me on a Tuesday ‘what’s fun?’ Programming. Lifting heavy things. I also play soccer.”

Miles mentioned Mihaly Csikszentmihalyi, a Czechoslovakian psychologist that came up with the concept of flow. If you reach a flow state, “you are achieving at optimum levels, working really hard but you have no sense of time, no sense of self, you are just in the zone. You could go on forever and not feel stressed,” Miles explains.

That is why some students can fill their schedules to the breaking point and hardly notice how busy they are. These students are also doing things that they love and want to do. “You are doing something you are good at, and you are doing it at a level of challenge that you say, ‘Wow, I might be better at having done this. I’m overcoming a little challenge.’” On the other hand, if a student is not doing something they feel strongly for, if they don’t have that level of challenge and if they aren’t enjoying the activities on their schedule already, they may never reach flow and may continually feel stressed.

“That’s why there are some people who can work 12-13-14 hours a day, and the next day the alarm goes off, they go, ‘Oh goodie! I get to do it again!’” says Miles. “Now, on the flip side, there are those people who either don’t feel they have the capacity to do it or they don’t see a lot of value in doing it so the motivation there is going to be low and at that point even the smallest of challenge could be seen as overtaxing and stressful.”

Finding your work to be fun is essential to overachieving. But even if the work isn’t stressful, it can become overtaxing. “If you are not having fun, then you’re stressing. Because if you are having fun, you don’t feel stressed,” says Miles. “That doesn’t mean you can’t physically fatigue yourself.”

Miles remembers a time during his junior year of high school where he overworked himself, but at the time, he didn’t even realize it. “I was doing audio visual stuff, I was director for the student play, I had all kinds of stuff going on. But I never felt stressed,” says

Miles. “Actually, that was the problem, I was having so much fun that after three days I fainted and they took me to the hospital and the doctor said, ‘What was the last time you ate?’ And I said, ‘I can’t remember.’ Then he says, ‘When was the last time you went to the bathroom?’ And I said, ‘I don’t remember.’”

Other times, overworking brings on stress and what may have been fun before may no longer seem worth it. Tim Wallenhorst*, RIT alum and valedictorian of the business college in 2009, remembers the quarter where he overtaxed himself most. “The [quarter] where I was working in five clubs, I overextended myself and that’s when I earned one of my B’s.” He quit one of the clubs he was involved with and was able to find a balance again. “I really learned what my limits were.”

“A student might say, ‘I’m with Reporter and on the Crew for rowing and an officer in this fraternity,’ and they do a lousy job at all of it,” says Miles. Many people recommend quality over quantity, but it depends on your goals. “If you are looking at just trying to build your resume then you are going to have a lot of events and not much quality because they don’t really count that in a resume.”

For Nnodum, his activities are actively enhancing his curriculum. “Although it is work, I consider it a part of my education here at RIT.” Because of that, he puts 100 percent into everything he does.

But Wallenhorst suggests that that’s not necessary for everything. In class, during the quarter system “you didn’t really have to push yourself above a 90.” Now, with the plus-minus grading system, it’s a bit different but the base principle still applies: focus on the most important parts of the class and don’t stress too much about grades.

“We see students knocking themselves out with the idea that, ‘I can get a 98 rather than a 97.’ And you know what? In another year, you won’t remember that,” recounts Miles. “When we begin to gauge achievement, too often as a society we look at monetary gain or S.A.T. scores or A.C.T. scores and we use these trite measures that may fit for society but doesn’t make any individual happy.” In order to have fun, not stress and remain motivated, it is important that the definition of achievement comes from the individual instead.

“
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But even if the work isn’t
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overtaxing.”



FINDING A BALANCE

"I've changed my focus management to priority management," explains Wallenhorst. "You only have so much time." Both Wallenhorst and Nnodum keep their schedules organized so they can keep track of all of their clubs, classes, and work. But each overachiever has to figure out a schedule, a limit, and a balance that works for them.

"The answer that I would love to say is when you look at your schedule and you have 30 minutes for lunch, that's when you know you are full," speculates Nnodum. "But honestly, you have to take it on a case by case basis."

There are a few questions that are important to ask when determining your schedule

though. First, ask what is required: classes, shifts at work, homework. Then, more can be added but it is essential to remain conscious of how much time is required, how much time is available, and whether or not the time should really be used for another project or activity. "I look at the project and based on previous experience I know that some of this might take me an extra week. Do I have an extra week if I put in 30 minutes a day? Do I have 30 minutes?" Nnodum asks. "And another question I ask is should I be sleeping during that time?"

"For as much as I like Thomas Edison, his attitude towards sleep – that it was the biggest waste of time and it's the thief of

productivity – well, we know that's not true," explains Miles. According to the National Heart, Lung, and Blood Institute, getting a good night's sleep improves a person's ability to learn, pay attention, problem solve, think creatively and make decisions. Not to mention, getting the proper amount of sleep also has physical health benefits such as a stronger immune system and healthy growth and development.

Sometimes, it may seem like there is no time for sleep but taking the time to take a break or a nap can be extremely beneficial to motivation and work ethic as well. Especially during times filled with feelings of discouragement. Frustration forms a mental block and it's difficult to see the value of your work and commitments. Take a break, breath, walk, listen to music or wash the dishes. Just give yourself mental space to think and reflect.

It is important to look back at past accomplishments and appreciate achievements. Parents often hang their young children's work up on the fridge. Miles recommends doing the same with projects, tests, and papers when they are something to be proud of. Some of the students he recommends this too admit that it's not modest, but Miles reminds them that "it's not egomania; it's a matter of acknowledging what your gifts and your talents are, reminding you that this is why [you are] doing it."

Sometimes remembering why is the motivating factor, the reigniting spark when finals week hits, homework and stress start caving in and almost all hope is gone. "When that starts happening, you start disconnecting from the original reason you started doing it, whatever you are doing," says Nnodum. But it is essential to keep that reason close.

That reason is the most important factor to becoming an overachiever because, if you aren't motivated, if you aren't having fun, and if you don't feel like you are *achieving*, what are you even doing? As long as you are doing what you want to do, what you consider fun, and what you think will help you grow as a person, you are achieving. Overachieving just involves an extra level of challenge and that comes with an extra level of growth as well.

*Editor's Note: Tim Wallenhorst used to work for Reporter. **R**



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TORRENTIAL TRINITY: WHAT DO YOU STRIVE FOR?

by Amanda Imperial | illustration by Elisa Plance | design by Autumn Wadsworth



There is an unwritten rule of college that each student must choose between the three “S’s”: School, Social life and Sleep. Some pick two, some choose a single elite, and some rare overachievers manage to excel in all three. But with any extreme habit or lifestyle, there are consequences.

SCHOOL

Every student knows what it is like to pull an all-nighter to get schoolwork done. But in college, it seems to be a more frequent occurrence. When grades — and in turn, a secure future — are the most important aspect chosen in university life, extreme students will do almost anything to get that ‘A’. Losing sleep, skipping meals or taking time off of work to get the best grade possible: there is a lot to sacrifice when making school the priority.

For instance, when choosing to sacrifice sleep for school, sacrifices in health can result as well. Extended lack of sleep can lead to health problems such as high blood pressure, heart problems, depression, weight gain and decreased sex drive, according to WebMD. Chronic lack of sleep caused by staying up too late and too often in order finish schoolwork can lead to similar problems. If school is a top priority, make sure to schedule enough time to get your work done with a sufficient amount of sleep.

With this in mind, there is also a downside when devoting all waking hours to academics. Socializing can be useful for more than just a fun time. Having a social life can include taking the time to network which is always beneficial, and for some career paths, crucial. Networking with the right people can open up job opportunities that might have been missed otherwise.

Casual social interaction can serve as a great opportunity to practice social skills which are useful to any profession. Social isolation has also been shown to increase the risk of mortality at a rate comparable to smoking 15 cigarettes a day, lack of exercise and increased tendency towards alcoholism by a meta-study on social interaction conducted by Brigham Young University. However, social activities not scheduled in moderation can have negative consequences as well.

SOCIAL LIFE

Frequent, overindulgent parties are a widely accepted college stereotype. Hangovers and walks of shame (or pride) are common when newfound independence and readily accessible alcohol are mixed. But social life doesn't just involve drinking and bad decisions. It is also the battleground for a lot of potential relationships. Many friendships have been born over a few trips to the keg and many colligate romances have been sparked by a mutual love for electronic dance music. Whether its parties, good friends, or romantic partners that the extreme social butterfly desires, college has it all. With fun to be had and memories to make, it is easy to take social activities a bit too far.

In 2012, Angie Ammon sent her 19 year old daughter on her first college spring break trip, not knowing that she would lose her to a night of drinking. Although her friends did what they thought was right — they put her to bed after binge drinking for hours, and even said they checked on her — underage Molly's blood alcohol level was five times above the legal limit when she died from alcohol poisoning.

This type of story is not uncommon — especially since 90 percent of underage drinkers binge drink. And due to the consequences of drinking underage, many are afraid to reach out for help when things go wrong. According to the National Institute on Alcohol Abuse and Alcoholism, 1,825 students ages 18 to 24 die every year from unintentional alcohol related injuries.


An active social life does not have to be dangerous, but if all other aspects of campus life are more or less ignored, it can severely affect your health, sleep schedule and academics.

SLEEP

It seems that sleep is not a high priority for college students, many of whom experience multiple all nighters throughout the year. However, there are the few that choose sleep as their main priority. Sleep is crucial to health of course, but is it possible that sleeping too much can cause harm?

Researchers have found that oversleeping may cause health problems such as an increased risk of diabetes, heart disease, obesity and even death. However, sometimes it is difficult for the researchers to separate the cause from the reaction and it is not always known whether or not the increased risk comes directly from oversleeping or if it is from other factors associated with oversleeping, such as depression or drugs and alcohol. Health factors and medication can cause oversleeping and, in turn, oversleeping can cause additional problems. Between seven and nine hours of sleep is all the body really needs. Go beyond that and it might become a problem.

If the need arises for an all-nighter, getting just an extra hour or two of sleep the following night is enough to make up for lost "Z's". But don't put off sleeping until the weekend; experts recommend that you sleep the same amount every day. This means that even if you have no reason to get up the next day, try setting your alarm anyway. Your body has a natural clock; it's up to you to set it and stick with it.

The key to success in college — or really any aspect of life — is balance. Balancing what's most important to you will be a big step in keeping the other stresses of life at a minimum. Yet if done with good judgment while respecting your physical limits, allowing yourself to be a little extreme is not always a bad thing. 



RESILIENT RUGBY

by Kayla Emerson | photography by Rugile Kaladyte | design by Kathryn Eble

None of the players currently on the RIT Men's Rugby Club team were around during the 2007 hazing incident that sent two men and four women to the hospital with alcohol poisoning. But all of the current players are aware of the team's history and the reputation that still haunts them.

Men's Rugby was disbanded from 2007 until 2010. The club's activities were again disrupted after the coach purportedly offered the other team alcohol during a game in October 2012. The club was suspended for the remainder of fall and winter quarters and is still without a coach. But they are making every effort to remember how their reputation was tarnished, to make sure they represent RIT well and, most importantly, to keep playing rugby.

STRIKE TWO

The second suspension was a culmination of several factors. Firstly, there was no formal process for choosing a coach. The team has been through a few coaches since re-forming

in 2010, most recently choosing someone recommended by a former player. That coach turned out to be the wrong choice. "We didn't think that this would ever be an issue," recalls fifth year Will McIntyre, the new Risk Management Chair for Men's Rugby.

Fifth year player Bret Minnehan said that the breakdown last year was also partly caused by a lack of accountability: many executive board members, the senior members on the team, were gone on co-op, including McIntyre and Minnehan. The current president, fourth year Jonathan Figueroa, was also missing that day.

Even though none of the players were participating in the alleged drinking last October, the institute chose to punish the entire team.

McIntyre admitted that a suspension during the winter quarter was not as difficult as a suspension during fall or spring would have been, since rugby does not compete in the winter. But it was more than a symbolic punishment: "It definitely impeded our [spring] tournament season because we didn't have access to any of our club funds," said



McIntyre, “so there were some tournaments that we weren’t able to sign up for. But we still were able to play I think one or two games in the spring. That was good for some of the senior members that wouldn’t be returning. We also got knocked out of the [fall] playoffs.”

In addition to the suspension, RIT also required that Men’s Rugby re-work their constitution. Changing just the words wasn’t enough: the executive board had to create several sustainable reforms.

RISK MANAGEMENT FOR RIT RUGBY

The reforms that Men’s Rugby made were not ad hoc. McIntyre said that many team members involved in other organizations on campus shared what worked and what failed in their own governance structures. With the new constitution came new rules of conduct and responsibilities for players and coaches, as well as a new executive board position: Risk Management Chair.

The Chair has several jobs, including following up with the executive board to make sure those who violate the rules have consequences. As part of the executive board, he also has a say in what those consequences will be. Because of the importance of the Chair, only members that have previously served on the executive board are eligible for the position.

Men’s Rugby now has a policy whereby if any player sees any other player, coach, or spectator drinking, they are responsible to request that the perpetrator stop drinking or leave. “We have safeguards now where it’s everyone’s responsibility. It’s not just the captain’s responsibility, because they can

be out on the field; ... it’s anyone who’s a member of the team, it’s their responsibility to make sure this is a safe environment that abides by all of the rules and regulations,” said Minnehan.

To prevent the lack of leadership and responsibility that contributed to last year’s suspension, Men’s Rugby has a new policy to pass down executive board positions when a board member leaves for co-op.

And as for the coaching staff, this time around, there will be a formal vetting process involving the Men’s Rugby executive board as well as the Institute. For the time being, senior members of the team run practice as they continue to search for candidates. McIntyre said the club has reached out to local rugby organizations, local players and former high school coaches, but at the time of printing, no coach has yet been chosen. The process is difficult because RIT does not allow the coaching job to be a paid position.

The executive board is doing whatever it can to prevent future setbacks. “We have to make sure that we do not slip up again, because it’s been made clear to us that this might be one of our last shots to make sure that our club stays together,” says Figueroa. For the players, losing this club permanently is unthinkable; rugby is too important to them.

THE FUTURE OF THE TEAM


Men’s Rugby at RIT stands in contrast to the team’s sorted past, and the reputation of college rugby in general. “Everyone knows that, different than rugby at other schools, this is very much a rugby team, not a drinking team. We all want to hang

out and play rugby, this isn’t a bunch of guys that want to hang out and drink,” explained Minnehan.

That doesn’t mean that teammates’ relationships are restricted to the pitch. McIntyre, Minnehan and Figueroa all agreed that friendships formed with their rugby teammates are particularly strong. “You have to watch each other’s backs on the field,” said Figueroa. Because they rely heavily on their teammates, “it makes that bond way stronger than what I’ve seen in any other organization”.

Their history of suspension has been an important part of the team’s growth. Figueroa said, “We make it a point to educate all of our new members and reinforce to old members about the history, to make sure they understand and they know the truth of what happened, to make sure that further along the road, the new members that are coming along when we’re gone, that they still remember.” There are formal rules in place for this: every player must attend a seminar in the fall and spring where hazing and drinking issues are addressed.

The Men’s Rugby team has resurrected itself from two suspensions, an achievement in itself and a tribute to their resilience. Because of their history, the team is eager to improve relations with the Institute. The club’s executive board is serious about creating a lasting change within their organization so social and behavioral issues will not plague their club in the future.

Men’s Rugby Club has its first home game of the season on September 28 at 1 p.m. on the rugby pitch behind I lot. 



PAID IN EXPERIENCE

by Joan McDonough | illustration by David Royka | design by Melissa Cavallaro

The number of internships and cooperative education opportunities is expected to increase in 2013, according to a National Association of Colleges and Employers survey. With a forecast like that, things are getting a little brighter for college students. And for students just starting out, any internship will count.

Whether an internship is paid or unpaid, students gain the employer's expertise and good name in addition to real world experience, which is invaluable in today's job market. Just because an internship is unpaid does not mean it is completely pointless. Internships are primarily for students to start getting experience in the workforce and increasing networking possibilities. They are not for making money; that's for after graduation.

The United States Department of Labor set guidelines in 2010 determining what would be considered a legal unpaid internship. The training given to an intern must benefit the intern only and should be given in an educational manner. An unpaid intern cannot take the place of an employee and is not promised a job when the internship is completed.

These rules are not complicated. Employers adhering to these laws, as they all should, provide their interns with new knowledge, training and real life skills that academic classes cannot provide. This kind of experience can give a student a whole new mindset and a step up when entering the professional world.

"An internship can help [students] apply what they are learning in 'real world' settings, gain more substantial professional experience, and begin to develop a network of people in fields that interest them," said Nancy O'Neil in an article published by the Association of American Colleges and Universities.

Even a bad experience in an internship can help a student plan for the future. Narrowing down the different post-college career options can come from finding what does not work just as well as from something that does work.

Additionally, smaller scale companies with very little wiggle room in their budgets can hire unpaid interns. This helps smaller companies get on the map in students' minds and it helps students to begin their quest for work experience.

Students may also worry that an unpaid internship could be a huge financial struggle and in some cases that is absolutely true. In the right situations, however, unpaid internships could be even more beneficial to a student. Without the incentive of a paycheck, an intern may be all the more motivated to work harder toward making the most of the experience.

Locking down a paid internship is great – that goes without saying. And sure, some employers may not follow the laws set down by the U.S. Department of Labor (in which case it might be more productive to look for a different internship). In the end, though, experience is experience. Whether the experience was phenomenal or not at all what was expected, something can be taken away even if it may only be a line on a resume.



WORKING FOR FREE

by Alyssa Jackson | illustration by David Royka | design by Melissa Cavallaro



Just in case you were the college student living under a rock this summer, on June 11 Judge William H. Pauley III ruled in favor of two unpaid interns in the lawsuit against Fox Searchlight Pictures. The interns argued that they should have been paid for the work they had done during their time at the company because it was comparable to what the actual employees should have been doing.

I was one of those ambitious RIT students who did an unpaid internship this summer. The internship was not for school credit because I don't have enough credits for a co-op just yet; it was purely for experience in my major, which happens to be journalism.

I should include that this summer. I lived on my own, completely financially independent. I pay for all of my bills, which include but are not limited to my rent, cell phone, car insurance and credit card while also paying for basic living essentials, food and school expenses. Therefore, I worked two paid jobs while interning part-time.

My internship was at a daily newspaper, working two days each week for approximately six hours. During that time, I was unable to work at the other jobs where I was actually paid, costing me over \$300 worth of potential paychecks every week.

Although I am very thankful that I was doing actual work and didn't have to fetch coffee and lunch for the employees, now that the internship is done I often find myself wondering if it was worth my time. Each day, I was assigned to write two or three articles varying in length and importance. While I worked no one talked to me, gave me direction or told me whether I was doing anything wrong or right. They handed me press releases and sent me on my merry way to write articles that no other employee felt like writing.

I'm sure that there are plenty of internships where employers work with the interns and teach them about the job. But does that mean that those interns shouldn't be paid for their precious time because it's about "networking" and "experience?"

As referenced in the judge's ruling in the Fox Searchlight Pictures case, an internship can be unpaid if the work the intern does is not to the immediate advantage of the employer, the work does not displace the work of the employees and the internship must be set up as a learning environment.

What does this mean for RIT students? For my major, most of the internships and co-ops are unpaid and require lengthy hours. Internships are an important aspect in acquiring a job, and let's not forget that most majors require at least one for graduation from RIT. Unfortunately, full-time unpaid internships seem to be something that I can't afford.

I know I'm not the only person with these woes. According to Intern Bridge, a research firm, undergraduates work in approximately one million internships each year. Half of these million are unpaid. Thousands of students each year go on doing work they shouldn't be doing and are suffering financially. Because of this, I completely support the judge's ruling and can only hope that it will bring about progressive changes that will assist college students entering the workforce, not hurt them. **R**

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Retro

word on the street

compiled by Steven Markowitz | design by Kathryn Eble

October 09, 2009

Q: How would you protest?
A: "Through the help of the Canadians — fear the men on horses."

May 08, 2009

Q: How do you know if you have the swine flu?
A: "You puke everywhere, grow unexpected hair, girls grow adam's apples, dudes grow hips."

April 17, 2009

Q: What was the first thing you remember buying with your own money?
A: "Smashbox CD. I would carry around a boombox everywhere I went just to listen to it."

February 13, 2009

Q: Give me your worst pickup line.
A: "I wish I was DNA so I could unzip your genes."

October 17, 2008

Q: If you had one night to spend with Bill Nye, what would you do?
A: "I'd tell him to make me the most scientifically crazy alcoholic drink ever."

September 28, 2008

Q: What's the worst thing you've done at a job?
A: "One time I took Adderall and smoked weed at Pottery Barn for Kids near all the baby furniture." **R**

RINGS

585.475.5633



compiled by **Michelle Spoto** | design by **Kathryn Eble**

SUNDAY, 1:28 P.M.
(from text)

"Were you the only girl at the party?" ... "No there was another one there." Only at RIT.

TUESDAY, 9:19 P.M.
(from text)

Day 1 and already saw someone passed out in the study center. Helloooo semesters!

TUESDAY, 9:19 A.M.
(from text)

The number of scooters I've seen so far this year is really making me lose faith in the underclassmen. Is RIT that nerdy?!

WEDNESDAY, 1:15 P.M. (from text)

There is a kid with a parrot hat dancing in the infinity quad in the rain. I am reminded of why I love this school.

FRIDAY, 10:14 A.M.
(from text)

Dear guy who just walked past the lab with windows, probably not the best time to pick your nose. **R**

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