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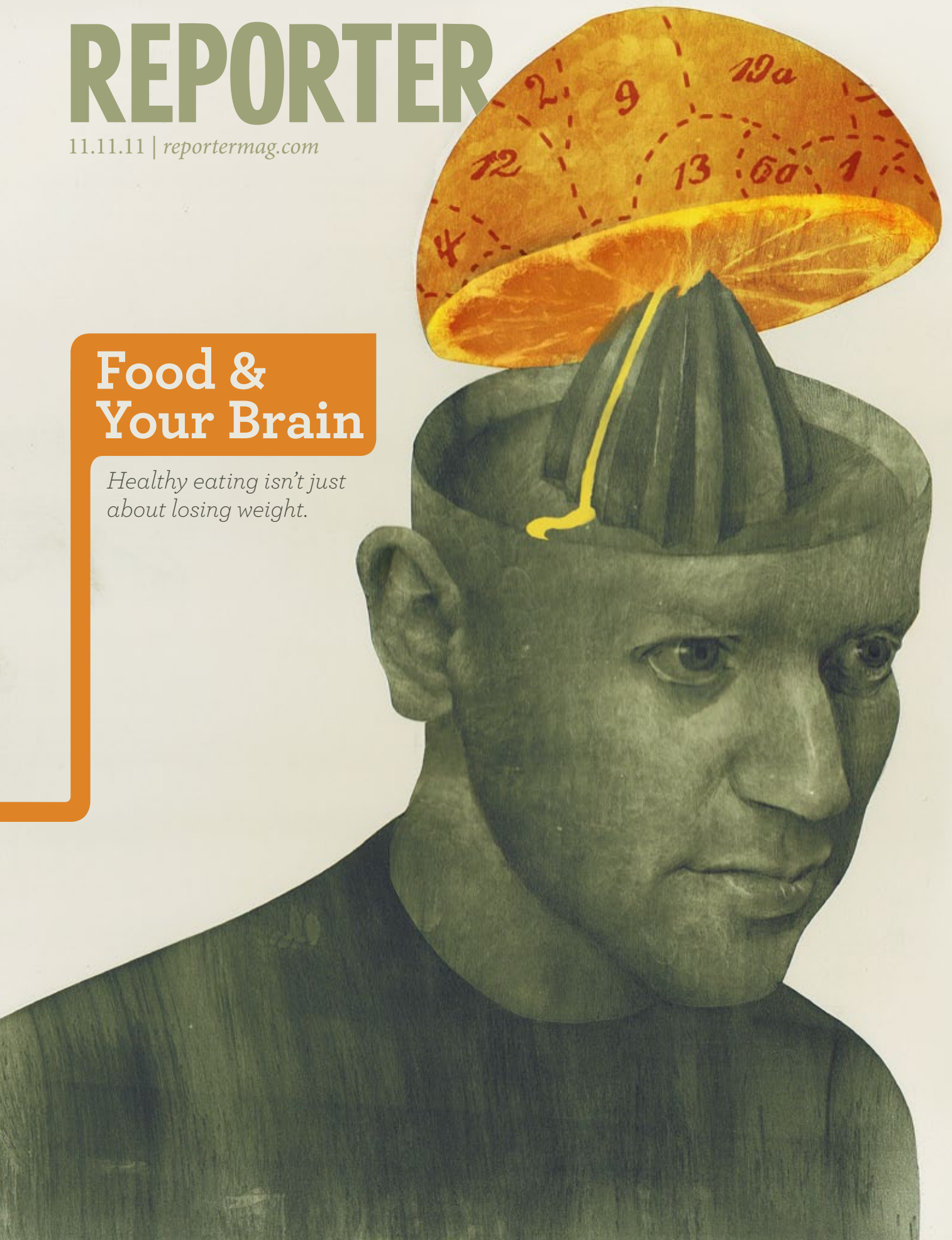
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# REPORTER

11.11.11 | [reportermag.com](http://reportermag.com)

## Food & Your Brain

*Healthy eating isn't just  
about losing weight.*



## REPORTER

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## GIVING THANKS

During a recent bout of soul searching, I discovered that of all the myriad holidays celebrated in this country, Thanksgiving ranks first in my mind. Don't get me wrong; I love Christmas just as much as the next — presumably Christian — guy; and I've always had a bit of a soft spot for Halloween; but when you get right down to it, for me, Thanksgiving always takes the cake — or more accurately, the homemade pumpkin pie.

Much of the appeal of Thanksgiving is that it is, ultimately, a pretty down to earth Holiday. Sure it's has that parade and a few football games, but the essence of the day is still very much intact. Where other heavy-hitting holidays like Christmas, Valentine's Day, Easter, and Halloween and the have seemingly had their meanings lost in a sea of commercial one-upmanship, (see "Thanksgiving and Commercialism" on pg. 27) Thanksgiving is still about the basics: good food, good company and a dignified appreciation for the both.

Americans could learn a lot from Thanksgiving, because really, we have a lot to be thankful for. Sure we haven't got it perfect, but in the grand scheme of things, we have it pretty good. While I'm all for any movement that can help the people of this country, (see "The People United" on pg. 8) I think it's important for many members of the "99%" not to forget that just by existing on the American economic ladder, they are better off than most of this planet's now 7 billion inhabitants.

Truthfully, the residents of the Preserve neighborhood should do a similar analysis of their situation. (See "Preserving the Preserve on pg. 6) Believe me, as someone who has lived next to a rather prodigious party house, I know that having rowdy, obnoxious neighbors can be hugely frustrating. But the thing is, on a list of problems in the world today, this issue ranks pretty damn near the bottom.

So, as you struggle through the bitter agony of finals week and make your way back to whatever place you call home, take a few minutes to reflect on everything it is that you have to be thankful for. Because, if I had to guess, a few minutes won't really be enough.



James A. Arn

EDITOR IN CHIEF

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cover illustration by Jai Kamat

# BEYOND THE BRICKS

compiled by Nolan Harris Jr. | illustration by Camille Kornacki

## REPUBLICAN FRONTRUNNER CONFRONTS HARASSMENT ALLEGATIONS

Politico.com broke a story on October 30 that Republican presidential frontrunner Herman Cain was accused of sexual harassment during his tenure at the National Restaurant Association (NRA). From 1996 to 1999, Cain served as the president and CEO of the NRA. During that time, "at least two female employees complained to colleagues and senior association officials about inappropriate behavior by Cain," the article stated.

Cain, a Georgia businessman with no record of political service, has enjoyed favorable standings in the polls and a meteoric rise within the pool of GOP presidential candidates. This ongoing development has set Cain and his campaign on the defensive: "I believe this is an intended smear campaign," said Cain in a November 1 interview with HLN.



## NASA LAUNCHES WEATHER SATELLITE

On October 28, NASA launched a "next-generation" weather satellite from Vandenberg Air Force Base in California. A Delta II rocket was freighted with the National Polar-orbiting Operational Environmental Satellite System, which will collect data on the earth's atmosphere. It consists of "five science instruments for making various measurements of the Earth and its atmosphere," according to a Wired.com article.

In a press release, NASA stated that the satellite "will allow scientists to extend the continuous satellite record needed to detect and quantify global environmental changes." For the first three months, it will be operated from the National Oceanic and Atmospheric Administration Satellite Operations Center in Suitland, Md., during which time the system will be monitored for functionality.

# 11.11.11

## EXECUTIVE ORDER TO ADDRESS DRUG SHORTAGE

On October 31, President Obama issued a new executive order that allows the Food and Drug Administration (FDA) to "get better advance warning of impending supply problems and speed up its review of applications from companies that want to change or ramp up production to address shortages," according to a Reuters.com article.

In a statement at the signing ceremony, President Obama described the impetus for this order, saying, "Congress has been trying since February to do something about this. It has not yet been able to get it done. It is the belief of this administration that ... we can't wait." While the order seeks to take action, it "lacks the authority of legislation, and U.S. health officials cautioned that its impact could be limited," reports Reuters. According to the FDA, roughly 200 drugs have approached scarce levels this year alone, up from 56 in 2006.

## CHINA-BASED HACK TARGETED MAJOR FIRMS

In July and September 2011, "a China-based industrial espionage hacker attack targeted at least 29 chemical industry firms, including Fortune 100 firms," reports ComputerWeekly.com (CW). Researchers at computer security firm Symantec unearthed evidence that, "a man in the Hebei region of China ... funneled the process through a server located in the U.S.," reports CW.

The hack was initiated via emails appended with malicious attachments: "Clicking on the attachments activated a PoisonIvy Trojan designed to provide details of the targeted computer networks." The report of these attacks comes in the wake of two other hacks of Japanese governmental bureaus, thought to have also originated in China. **R**

# SG UPDATE 11.04.11

by James Arn

## CALENDAR CONVERSION UPDATE

The bulk of the November 4 Student Government Senate meeting was dedicated to discussion of the proposed semester calendar for the 2013-2014 school year. There are currently three proposed calendar solutions on the table — each of which conforms to a set of principles set down by President Destler. These principles include having a five-day period for final exams; a balance between classes that meet Monday, Wednesday and Friday and those that meet Tuesday and Thursday; a 41-week faculty contract; and the ability to hold commencement in late May. Each of the proposed calendars also incorporates a three-week intersession in January.

During the meeting, all but two of the senators, representatives and cabinet members expressed a preference for a calendar in which both spring and fall semesters begin on a Monday. This calendar also gives a two-day break for Columbus Day and a three-day break for Thanksgiving.

Wesley Wander, College of Science senator and Darshan Doshi, Global Union representative, both expressed concern that international students who are not able to go home between semesters would be stranded at RIT during the winter intersession. **R** To view the three proposed calendars for yourself, visit [http://tiny.cc/RIT\\_semesters](http://tiny.cc/RIT_semesters)

## CRIME WATCH: OCTOBER 2011

by Ali Coladonato

### SUNDAY 2

University Commons Apartments. Between 3 and 4 a.m. A student reported damage to her front door when an ex-boyfriend tried to kick the door in. The case was closed by Judicial Affairs.

### TUESDAY 11

Grace Watson Hall (GWH, 25). 10:20 p.m. Students used another student's ID without at a vending machine without the student's permission. The case was referred to the Office of Student Conduct.

### FRIDAY 14

Student Alumni Union (SAU, 04). Between 6 and 7:30 p.m. An unknown person used a counterfeit \$50 bill at a vendor's booth. The investigation continues.

### SATURDAY 15

Grace Watson Hall (GWH, 25). 4:50 p.m. Two students removed a tub of ice cream from the dining hall. The investigation continues.

### THURSDAY 20

Thomas Gosnell Hall (GOS, 8). 10:50 a.m. An unknown person turned on a test valve, triggering the fire alarm. The valve was secured. The case is closed, pending new leads.

### FRIDAY 21

Mark Ellingson Hall (MEH, 50A). Between 3:50 and 4:30 p.m. Unknown person(s) stole unattended laundry from a clothes dryer. The case is closed, pending new leads.

### SATURDAY 22

University Commons Apartments. Between 3 and 3:06 p.m. Five fire alarms were activated in an apartment due to unattended food cooking on the stove. The Henrietta Fire Department responded and alarms were reset.

### SUNDAY 30

University Commons Apartments. 3:13 a.m. Unknown person(s) activated a fire alarm system by pulling the fire box. The investigation continues. **R**

# FORECAST

compiled by Christina Belisle

# 11

FRIDAY

### Open Dodgeball Game

Student Life Center (HAC, 23), Gym Court 3. 9 – 11 p.m. Get your Week 10 frustration out by hurling some dodgeballs with the Dodgeball Club. If you can dodge a wrench...well, you know the rest. *Cost: Free.*

# 12

SATURDAY

### Humans vs. Zombies Mini Game

Gordon Field House (GOR, 24). 6 – 8 p.m. Want to know what HvZ is like to play, but don't want to deal with the undead for a whole week? Then check out this abbreviated version of the game. *Cost: A subtle craving for brains.*

# 13

SUNDAY

### National Toy Hall of Fame Weekend Celebration

Strong Museum of Play, 1 Manhattan Square. 1 – 4 p.m. Check out the newest inductees into the Toy Hall of Fame! *Cost: \$13, 2-for-1 with college IDs.*

# 14

MONDAY

### Adult Parkour Class

The Rochester Parkour Gym, 121 Lincoln Ave. 6 – 7 p.m. Come learn the art of parkour, a French method of movement that involves moving past obstacles with speed and efficiency. *Cost: \$15.*

# 15

TUESDAY

### RHA Barbeque

Sundial Quad. 4 – 6 p.m. Low on food debit? Make sure to stop by and pick up some free food, courtesy of the Residence Halls Association! *Cost: Free.*

# 16

WEDNESDAY

### Judas Priest – Epitaph Tour

Main Street Armory, 900 East Main Street. 6 p.m. Heavy metal legends Judas Priest are making a stop in Rochester on their final tour. See them with openers Black Label Society, Thin Lizzy and Lady Starlight. *Cost: \$55.*

# 17

THURSDAY

### Beauty and Grace: The Female Form Gallery Opening

Nan Miller Gallery, 3450 Winton Pl #13. 7 – 9 p.m. This new gallery features the work of nine figurative artists, focusing on the female form. *Cost: Free.* **R**



RIT Student Government President Greg Pollock voices his thoughts on behalf of the RIT student body Wednesday evening, November 1, in a town hall meeting at Rush-Henrietta Senior High School.

# PRESERVING THE PRESERVE:

## Henrietta Citizens Debate Proposed Housing Law Changes

by Evan Williams | photographs by Jonathan Foster

“It needs to be understood that there is not an ‘us vs. them’ mentality here.” These were the words from one of the many concerned community members pleading their case to a decidedly divided crowd in the auditorium of Rush-Henrietta Senior High School on the night of Wednesday, November 2. The meeting was held to discuss the proposal of redefining the word “family” in the Henrietta town code. The redefinition was proposed to limit the number of non-related renters, particularly RIT students, that could lease a home in the residential communities along East River Road — an area known as “The Preserve.” Complaints of crude behavior, loud parties, drunk driving and illegally parked cars spurred angry or dissatisfied home owners to ask that the number of non-related renters to be limited to three per household, in a move that they believe should control the problems with students.

The town code already limits the number of unrelated people that can live in a single family home to four, but the current definition of what does and doesn't constitute a “family” makes the law hard to enforce, and is considered by some legal advisors to be unconstitutional. According to attorneys, changing the definition would allow it to be used in court, and would mimic a similar ruling in Brockport that says unrelated people in single-family homes must be “the functional equivalent of a single family.” This includes accounting for the group's permanency and stability, how they divide up monthly expenses, whether they've lived together for more than a year and whether they share ownership of appliances and furniture.

“I want to see how much RIT can actually affect policy in this town,” said third year Chemical Engineering major and WITR general manager Andy Watson, “That's what I'm here for.” Watson was one of

“ I WANT TO SEE HOW MUCH RIT CAN ACTUALLY AFFECT POLICY IN THIS TOWN, THAT'S WHAT I'M HERE FOR. ”

the first RIT students to take a seat in the auditorium, alongside third year Mechanical Engineering major Zoe Rabinowitz. Rabinowitz lives in Chili, where a similar law is in effect. “I can see where both sides are coming from, but I tend to lean more toward the student side,” Rabinowitz stated.

Shawn Drake has lived in the neighborhood for 10 years, and looks at the situation from a slightly different perspective. “[The proposal] will keep landlords from taking advantage of students by having them violate the law when they sign a lease.” Drake was referring specifically to landlord Michael Spaan, who residents consistently vilified over the course of the evening. Spaan, who built or bought 22 of the houses in the Preserve, has allegedly allowed upwards of six people to rent houses that are legally limited to four tenants.

The first student to speak at the meeting was Alex Ship, a Mechanical Engineering graduate student, who raised the question of the law's enforceability, and how it would actually affect the problems with students. He suggested that the community should “tackle the behavior” of individual rowdy students, not the student population as a whole.

Several students complained of having been unfairly targeted and having had the police called on them unnecessarily. One student had the sheriff called to his residence, even though he was home alone. Another student complained of having the police driving by and shining lights into his living room because there were five cars in his driveway — the student had friends over watching a movie. One woman came to the students' defense, saying, “There are a lot of people complaining about RIT students, but I've had some nasty neighbors as well.”

Several residents claimed that their mailboxes and lawns have been mangled by people racing through the neighborhood. One homeowner even discovered two young people having sex in a car in front of her house, in plain view of anyone inside the home. Though the police were called, neither student was issued a citation.

Allegedly, the police couldn't prove any of these infractions, or didn't have the manpower to take additional action. Another man asked why RIT didn't build more affordable student housing on the land it owns, an inquiry that drew scattered applause and murmurs of agreement from the audience.

The most outraged citizen was 70-year-old Regina Lapp-Harmon, a five year resident of the Preserve. She went straight for the students and the Board for their respective actions and inactions on the matter. Her experiences included people racing through stop signs and a bullet allegedly being fired into her home. She ended her heated speech on the definition of family, saying: “Why don't you look in the Bible and see what God says.”

Michael Spann's attorney claimed that his client had never knowingly rented a house to more than four students, even though a news interview with several students earlier that month contradicted him. Spaan was labeled as the root of the problem by many. “If 22 rental properties sprung up in [the Town Board's] neighborhood, this problem would [never have] even made it this far,” one angry homeowner charged. Another recalled a phone conversation with Spaan: “I called him a few names and he called me a lot of names.”

As the night progressed, a more moderate temperament seemed to develop. “I think you're dealing with two separate issues, and somehow they got all tangled up,” one resident said. Several people claimed that they had no intention of speaking up that night, but the dialog had stirred them to speak their piece. “This whole community is thinking very narrowly,” one person voiced. Many felt that the issue was more complex than residents were considering and that the law would do more harm than good.

Meredith Smith is the director of State and Local Government Relations at RIT, and works with the Off-Campus Student Housing Initiative Coalition to handle off-campus conduct issues. “I think that the task force is a significant opportunity to address the issues and do comprehensive work,” she stated.

In spite of the many points made, the correlation between the number of students living in a house and the amount of problems coming from said house was never addressed. Whether or not neighbors actually took the time to go over to students' homes and address the problems face-to-face was never mentioned either. **R**

*As of press time, no time or date had been set for another hearing or a vote.*



Residents of Henrietta and RIT students, faculty and staff voice their opinions at the November 2 town hall meeting.



Jake Allen of Rochester chants into a bullhorn on Main Street to keep the crowd fired up while marching on November 2.

## The People United: Occupying Rochester

by Vasia Ivanov | photographs by Brett Carlsen & Griffin Moores

At first glance, Washington Square Park in downtown Rochester is less than intimidating. Located across from the Geva Theatre Center, it consists of a scant half acre of land. But recently, this humble park has become the epicenter for Rochester's leg of the Occupy Wall Street movement, an initially modest protest in New York City that has expanded to include over 900 cities around the world.

Begun in early October, Occupy Rochester shares a credo with its New York City parent: The protestors here peacefully seek political reform, hoping for a change to the control that corporations have over the U.S. government. Protestors identify themselves as the "99%" of the population that does not control the country, and must therefore suffer the tyranny of the wealthiest "1%."

The occupiers use a horizontal and direct democracy to vote on their methods of protest — no leaders required. Occupier Paul Mabelis explained: "That's why it draws a lot of people in. People are tired of the hierarchy ... We all

have voices, and we're all equally able to use those voices."

Small protests soon began at the Liberty Pole downtown, but the group did not attempt its first major occupation of the space until October 28. That night, protestors led a march from the Liberty Pole to the park, where they attempted to stay past the park's 11 p.m. closing time. Rochester police arrived to break up the crowd, warning them that they would be arrested for violating the city's municipal code unless they got out of the park or stood on the sidewalk. Arrests began shortly after midnight, and by the next morning, 32 had been arrested.

"It seemed like the Imperial Stormtroopers marching in 'Star Wars,'"

chuckled Michael Steinberg, a Rochester lawyer supporting the movement. Steinberg has been inaccurately recognized by local media as the protest's legal adviser. "I'm simply a member of Occupy Rochester who happens to be a lawyer. I've called the [Democrat and Chronicle



Lydia Billings, a third year Fine Art Photography student and Occupy Rochester protestor, is arrested on November 2 and loaded into the back of a prisoner transport van.

to clarify], but it's a hard thing to get across," Steinberg explained. Attending the protest with his wife Loret, an associate professor in the School of Photographic Arts and Sciences, Steinberg was among those observing the arrests from the sidewalk.

The group returned to the park and attempted another occupation that night — 14 protestors were arrested, with an additional two joining them later that morning. At the time of printing, the total number of arrests stood at 50. With a few exceptions, all of the charges were for



Alex C. (right) of Rochester, meditates while waiting for police to arrest protestors remaining in the parks after the 11 p.m. curfew on November 2. Alex was one of the first arrested by police around midnight.

Many of those arrested knew what to expect when they stepped into the park. "When I left the house, I told my husband, 'I'm pretty sure I'm going to get arrested,'" said Jean Douthwright, a professor of Biology in the College of Science, who was among the arrested.

The arrests also left many feeling empowered: "I think that, except to die for what you believe in, to be chained and dragged off is probably the next best thing that you can do," explained Olivia Nole-Malpezzi, a self-described "full-time activist" who was also arrested. "You're literally giving your body for something that is bigger than yourself."

The group maintained a presence in the park after the arrests, although no further major occupation was attempted until November 2. That day, an estimated 300 people marched to City Hall, protesting the arrests, demanding that the charges be dropped and continuing to spread the movement's message. Marching with the occupiers were delegates from assorted unions and movements, including the Service Employees International Union, Iraq Veterans Against the War, Workers United, Metro Justice and the Band of Rebels. Representatives from Occupy Buffalo and Occupy Erie were also present.

to do so in a lawful manner." Expectedly, protestors are displeased with the city's response. "There is no reason that ... the police have to come in, with huge wastes of city resources, and drag people out of the park every single night. It is absolutely ridiculous," said occupier Ryan Acuff in an article for the Democrat & Chronicle.

Unlike the recent protests in Oakland, Calif., the protests in Rochester have not turned violent. "[There] is always a fear, in any open situation, that there will be extremists or others who have their own interests first," said Loret Steinberg. "People who destroy are not interested in adapting, listening and shaping new ideas that are part of a larger social structure."

"We are a movement of compassion," said Nole-Malpezzi with a smile. Indeed, the protestors are friendly and supportive of each other. As each of the fifty people was arrested, onlookers would yell their names and chant, "We love you!"

Evan Vaughn, a third year New Media Interactive Development major, was a non-participant among the first 32 arrested — he was also the last person arraigned on October 29. While everyone else was arraigned around 9:30 a.m., he was forced to wait until 1 p.m. and was returned to his cell. "Everyone who was at Occupy pitched in for my bail once they found out," he said.

As the days go on and winter draws closer, the movement does not show any signs of slowing — there have been at least two members marching around the park on constant rotation since October 28. "To make your presence known 24 hours a day is a special form of protest," reiterated Michael Steinberg. "You think about the Arab Spring — it wouldn't have meant the same thing if people went home and came back the next morning."

Prior to the end of the rally at City Hall, occupier Ream Kidane stood to give the closing speech. He was feeding off the energy of the crowd, his eyes glistening — the people were with him. He prepared to march with the occupiers back to the park, knowing that he must choose his words carefully. As they roared, he uttered his final declaration: "This is our world, and we will occupy it!"

Rochester is so far the only city in New York State to have a public encampment shut down in a public park, drawing ire from the New York Civil Liberties Union. Said Kaelyn Rich, director of the NYCLU's Genesee Valley Chapter, "Cracking down on the Occupy Rochester protest violates the spirit of the First Amendment and is an affront to our city's great civil rights legacy." The Mayor's Office did not return calls for comment, but Rochester Police Officer Stephen Scott explained the Department's stance: "If there's something that needs to be enforced ... then we will be enforcing any and all violations ... We certainly want [protestors] to have freedom of speech, and to speak their minds, but they need



**"One More Time, All Together Now"**

by Empty Orchestra  
Album | Americana | 44 min.  
by Evan Williams

Rating: **DIG IT!**

"It's like a fist fight everyday we're alive / And if you think I look bad, you should see the other guy."

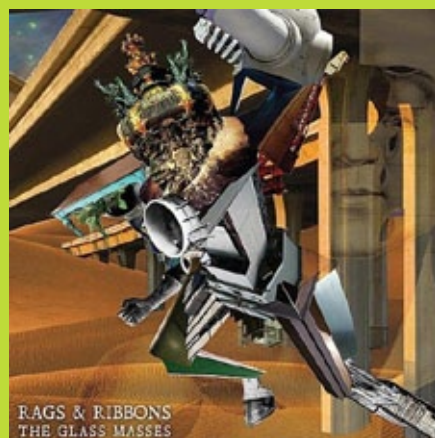
It's great when a band can sum up its core temperament in a simple and clever line like this one from Empty Orchestra's song, "You Should See the Other Guy." The heartfelt Americana rock outfit from Flint, Mich. describes their sound as "Screamin' Jay Hawkins fucking Tom Petty in the bathroom at a Sixteen Horsepower concert." This colorful description does a pretty good job of summing up their sometimes raucous, sometimes melancholy, always twangy blend of bluegrass, country, punk, folk and good-old-fashioned rock and roll.

The band brings in this multitude of styles to spin tales of life on the road and love not-yet-forgotten, making full use of the honest, storytelling nature of these truly American genres. But the normally straight-forward stylings of country and bluegrass are augmented with modern rock

structure and productions, creating a sound that is contemporary yet vintage. It's a sound that says, "Life's tough, but so am I." Organs, banjos and harmonicas accompany the deep gritty vocals, which could stand to have a little more bite, but more than serve the band's sound. It should also be noted, though, that there are times that the backing vocals and gang shouts outshine the lead singer.

For a young band still trying to figure out its sound and style, Empty Orchestra has done a great job of bringing a big sound to simple songs. It's the kind of music that builds relationships with listeners through its honesty and earnest soul. You're more than welcome to sing along. **R**

For fans of The National, Gaslight Anthem, Lucero, Have Gun, Will Travel and The Whiskey Gentry.



**"The Glass Masses"**

by Rags and Ribbons  
Album | Progressive Rock | 51 min.  
by Nick Bovee

Rating: **SKIP IT!**

Rags and Ribbons — formerly Galaxy Farm — is a progressive rock trio claiming influence from Queen and Arcade Fire. As a debut album, you can expect certain flaws in execution or presentation, but they are far more abundant than you would expect in a professional release. "The Glass Masses" is a good attempt, but falls short of the bar they set for themselves.

The first track is "Even Matter," which introduces the album with softly echoing guitar riffs. Unfortunately, the pleasant sound of these is immediately lost with the introduction of other instruments and samples, overpowering the guitar and destroying the sense of coherence a song should have. Even worse, the lyrics come across as repetitive and uninspired. The second song on the album, "Liar," can be described similarly, with an interesting guitar hook followed by whining lyrics and a lack of vocal range. One section worth mentioning was the guitar melody in "Moving On," but the remainder of the song still has the same weaknesses of the prior two.

There were a few well-crafted tracks; namely

"The Marks You Make" and "Abacus Kids." Unlike many of the other songs on the album, these two manage to avoid overpowering the good parts of the music, and compensate for the vocal weakness with a well played piano tune. They are far more upbeat than the rest of the album, and there's a sense that if "The Glass Masses" contained more songs like these, it would be vastly improved.

The real problem Rags and Ribbons has is a distinct weakness in vocal range and power. While the guitar, drums and piano all improve toward the middle of the album, the singer(s) rarely go beyond their comfort zone of a soft falsetto. It wouldn't be a deal breaker, except that the musical backing cannot carry the album alone. With some work, this group could be a success, but they don't yet have musical coherence. **R**

For fans of Coldplay, Arcade Fire and the Flaming Lips

**AYL**

**At Your Leisure**

by Evan Williams

**STREAM OF FACTS**

In Changsha, China, a 15-story hotel was built in six days. The Ark Hotel was constructed using all pre-fabricated pieces, and it is soundproof, thermally insulated and can reportedly withstand the **FORCE** of a magnitude 9.0 earthquake.

The **FORCE** is a sore subject for George Lucas' daughter, who is a professional mixed martial arts cage fighter. She says that if any of her opponents ever referenced Star Wars, she would be motivated to **HIT** them even harder. She currently has a 1-1 record.

Being **HIT** with a paintball is painful, but at least they're non-toxic. The ingredients in paintballs are food grade, and even though they taste **AWFUL**, they are completely edible.

The **AWFUL** writing of novelist Amanda McKittrick Ros was a source of great entertainment for legendary authors C.S. Lewis, Mark Twain and J.R.R. Tolkien, who would get together and have contests to see who could read the furthest into her comically alliterated novels before laughing. Consider it an **EARLY** version of "You Laugh, You Lose," with literary legends.

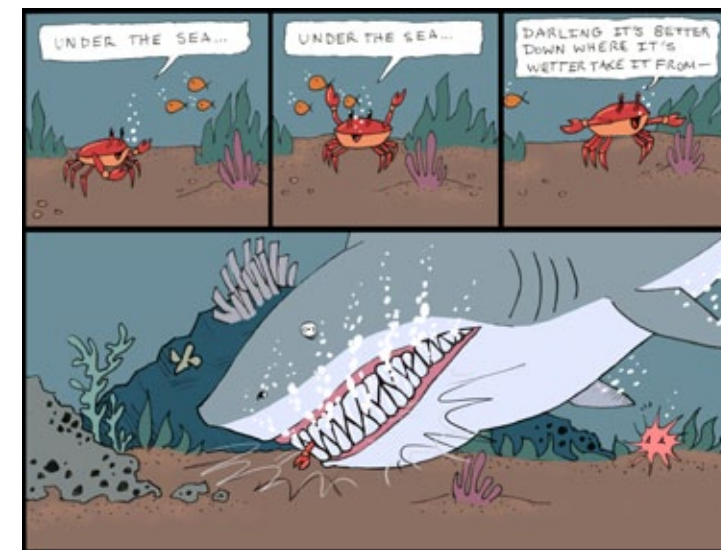
**EARLY** medical professionals were astounded in July 1518, as a dancing epidemic struck Strasbourg, France. Over the course of the next month, over 400 people would dance uncontrollably in the streets night and day, until some began dying from heart attacks and strokes. To this day, science has never fully explained the phenomenon.

**QUOTE**

*"The best way to waste your life is by taking notes. The easiest way to avoid living is to just watch. Look for the detail. Report. Don't participate."*

- Chuck Palahniuk

**COMIC** by Amber Gartung



**REPORTER RECOMMENDS**

**Mycomeup.com**

Are you the 99 percent? Are you sick of the financial corruption and political perversion perpetrated by the wealthiest one percent of Americans? Are you ready to take to the streets in solidarity with your brothers and sisters occupying city streets across the country? Well, just hold your horses there partner. With things on the front line getting dicey with cops, it might be time to consider a way to fight the good fight from the inside. Because, you know, tear gas hurts like a son-of-a-bitch.

The goal of mycomeup.com is to catapult you up into the top 1% of earners, making you filthy stinking rich. The homepage is adorned with the faces of the richest folks the United States has ever seen, including Donald Trump, Warren Buffet, Oprah Winfrey and even the late, great Steve Jobs.

But jokes aside, the site contains a great deal of motivational speeches, entrepreneurial advice and inspired interviews for anyone looking to improve not just their finances, but their attitudes about success in general. Positive reinforcement is a powerful tool and listening to Jay-Z and Michael Jordan talk about coming from nothing to the top of the world reinforces your self-motivation. So if you want to get jazzed up to go all Scarface on the world, mycomeup.com is your ticket. Because if you can't beat them, buy them.

**OVERSEEN & OVERHEARD**

*"Let's make a gentlemen's wager: Whoever doesn't burn out and die before graduation will be considered the winner. The loser... well, he'll be dead."*

- Student discussing making it out alive.

**HAIKU**

So very tired.  
Twenty minute power nap?  
**Sleep for 4 hours. **R****

**WORD OF THE WEEK**

**Quaesitum** n. - Something sought after, the true value or quantity of something.

After years of senseless partying, Joe longed to know what the true **quaesitum** of college was all about.

What are you doing  
this break?

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▲ Kev Nish (right) gives the floor to Prohgress on the keyboard (left) during the Far East Movement's performance as part of a concert in Gordon Field House sponsored by the College Activities Board.

# ON A G6

with Far East Movement  
& Mike Posner

by Patrick Ogbeide  
photographs by Joshua Barber

At the end of a busy Week Nine, students from all over the campus trekked to the Gordon Field House to witness love ballads and electronic head-banging clash in the form of Mike Posner and Far East Movement. As students shuffled into the Field House, ears were greeted with a mix by RIT alumnus Niam Hakim. Armed with only his turntables and laptop, Hakim made it his duty to energize the crowd and warm their hearts on an otherwise brisk November evening. After 30 minutes of dancing, remixing and making fun of "Angry Birds" players, Hakim finished his set to the applause of a crowd drenched in sweat and jumping with adrenaline. A few minutes passed and the lights began to dim. Now the true show would begin.

With a brief introduction, Far East Movement's DJ Virman walked onto the stage and picked up where Hakim left off, playing smash hits like "Party Rock" and "Give Me Everything (Tonight)." Right as the music reached its peak, three distinctly dressed men ran to the front stage and the audience began to scream loudly and clap their hands. No exclamation was left unsaid as "Ohh," "Yay," "Wow" and "Woo" echoed throughout the Field House. Far East Movement was here and the energy they stirred in the crowd overpowered even the live band backing them up.

Far East Movement is best described as "electro hop." They combine the pulsating sounds of electronic music and the vocal energy of hip-hop into a sonic symphony accompanied by much jumping and hand waving. No member of the audience resisted the fun — people were sitting high above the crowd and bodies were shuffled in the air by moving hands. The group was clearly having as much fun as the crowd, even adding to the festivities with giant red beach balls.

The ending song of choice was not the chart topping "Like a G6," but rather the inspirational "Rocketeer." As the chorus blared and the crowd sang along, Far East Movement gave many thanks to the audience and reflected on the fun they had in Rochester. With one final solo from the drummer, their set ended and applause rang out. Just as fast as they had jumped on the stage, Far East Movement scurried off and several Tech Crew members rushed the stage, altering it to mark Mike Posner's arrival. Finally, after what seemed to be a forty-minute intermission, the lights began to dim again and deafening screams greeted Mike Posner as he rushed to the stage.

Posner wasted no time, jumping right into a performance of "Cheater" from his debut album "31 Minutes to Takeoff." His fans got just what they wanted as he performed singles from his album alongside older material from his mixtapes. Just like Far East Movement, Posner enjoyed every second of the show, jumping all over the stage, playing covers to songs like R. Kelly's "Ignition Remix" and Ginuwine's "Pony," and exhibiting his lap dancing skills on a foldable chair.

Mike Posner shined in his performance. The Duke University alumnus employed everything from changing clothes to a magnificent drum piece during his cover of Adele's "Rolling in the Deep." Throughout the set, the audience was focused on him alone and even if some of them didn't recognize some of his songs, they never shied from singing along. It was truly a heartfelt performance, amplified by his moments of gratitude towards the audience.

Posner left the stage after a song from his new mixtape, much to the audience's surprise. Many commented that he did not play his breakout single "Cooler Than Me," but as quickly as such thoughts appeared, Posner rushed back onto the stage, donning a RIT hockey jersey as he ran, and performed "Cooler Than Me" with every member of the audience joining in. **R**



▲ Fans scream and reach for singer Mike Posner as he takes the stage.



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1 ENTRÉE + 1 STARTER OR 1 DESSERT



## Entrées

- Bruschetta Chicken Pasta
- Friday's® Shrimp
- NEW Balsamic Glazed Chicken Caesar Salad
- Chicken Fingers
- Parmesan-Crusted Chicken
- Black Angus Cheeseburger
- Dragonfire Chicken
- NEW Jack Daniel's® Pulled Pork Sandwich
- NEW Pan-Seared Parmesan Flounder

## Starters

- Spinach Florentine Flatbread
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## Desserts

- Oreo® Madness
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 HIP HOP FUNK THE PULSE OF MUSIC  
 HEAVY METAL ACOUSTIC DENSITY WAVE SKANK ON  
 SHOEGAZE REGGAE SOUNDS  
 SOUL THE G-SPOT JAMTOWER RADIO  
 CHILLWAVE RENEGADE SOUNDWAVE  
 SMASH'EM UP ION LATINA  
 INDESTRUCTIBLE BEAT  
 DYSFUNCTIONAL NOISE  
 NORMAL HARD ROCK BLUES  
 FEMME FATALE RAISED  
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*Bob Lawton and Cara Livermore are a young couple that have taken their love for vegan food into a new venture called Chickpea Magazine.*

# Chickpea's Grassroots

by Evan Williams  
 photograph by Brett Carlsen

**B**ob Lawton, a part-time sixth year Computer Science major, and Cara Livermore are the creators of Chickpea — a new magazine centered on vegan culture. Chickpea is already up online and will soon have printed copies available by request. The idea for Chickpea grew from their blog Hipsterfood (<http://hipsterfood.tumblr.com>), a vegan food blog that the two started a little over a year ago. The two got the idea to expand the blog to a format in which they could accept recipes, stories, artwork and photos from members of the vegan community.

To fund the first issue, the two started a Kickstarter project with the goal of raising one thousand dollars. Once their 20,000 plus Hipsterfood followers got a hold of it, though, Chickpea exploded, bringing in \$8,500. “I remember the day that it blew up. We were getting like 10-15 orders every five minutes,” Livermore recalls. The project spread through the blogosphere and soon the pair was getting offers from companies to review vegan products and cookbooks. Kickstarter even wanted the two to come do a cooking demonstration at their headquarters in New York City, and possibly teach classes around the country. People in the Kickstarter office even have pictures of the duo as desktop backgrounds on their computers. It’s safe to say that Chickpea has made an impression.

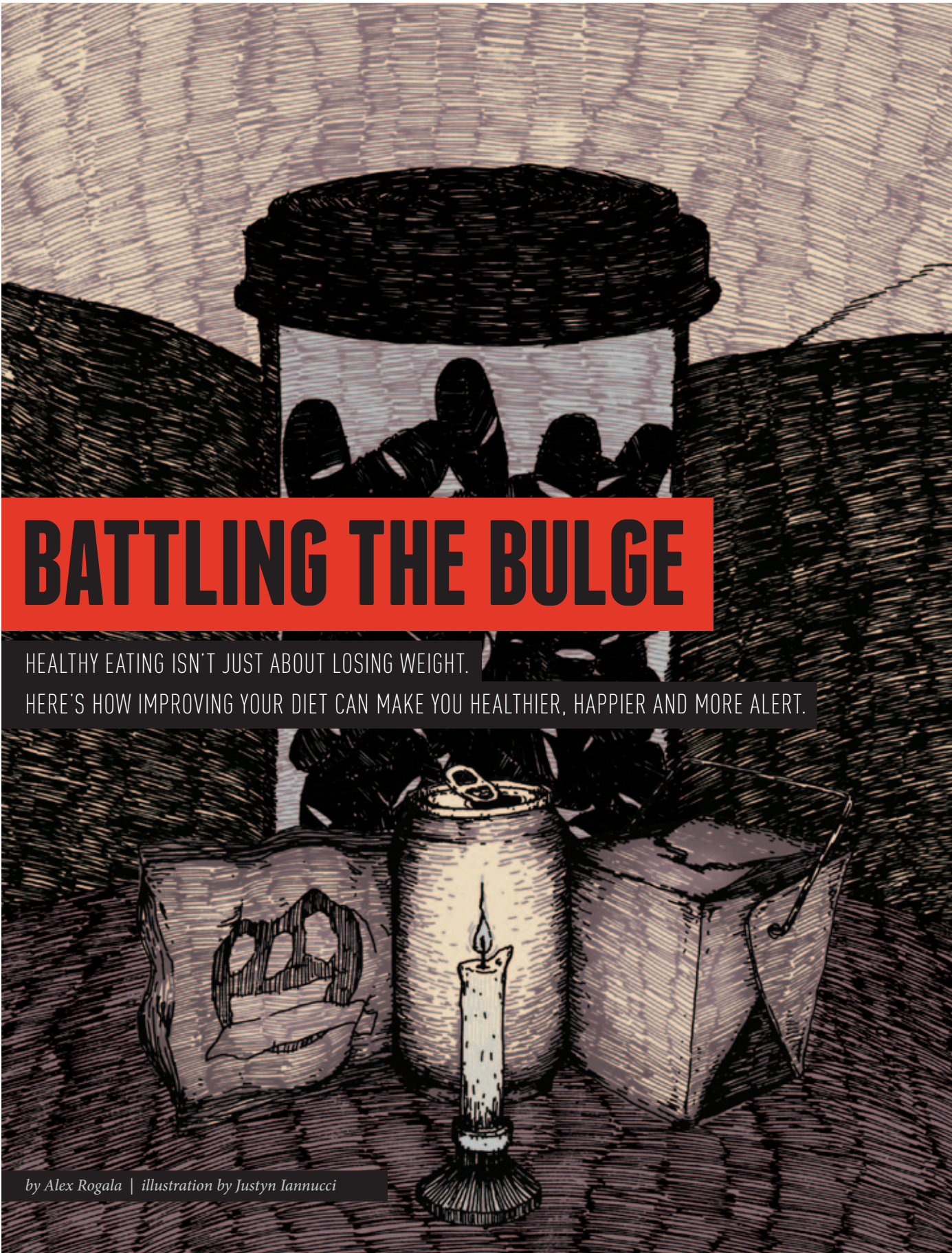
“Chickpea is an attempt to get the vegan community to come together,” said Lawton. “One thing you’ll see in the vegan community online is that they can be very critical. They like to police everything that you do.” The definition of what is or isn’t considered vegan, as well as the ethics of fake meat, are always up for debate, and things can get heated. “We want a way for people to talk about this and not be judgmental,” Livermore says. Lawton likes where the discussions have gone. “We have articles from all of these vegans and now have all these different perspectives like, ‘This is why I went vegan, this is why I stayed vegan, these are the health benefits,’ and things like that,” he adds. The two received submissions for stories from as far away as Alaska and as close as the RIT campus.

Jocelyn Lui, a third year New Media Design and Imaging major, submitted a recipe for vegan alfredo sauce. She first became aware of Chickpea through Hipsterfood and saw it as an opportunity to share something with the vegan community. “Cooking, like writing, is somewhat of a communal act to me. You put all these ingredients together and come up with something that hopefully tastes awesome,” says Lui, who is a Creative Writing minor. “Whenever I make something I always want to give it away.”

To submit, interested writers must first send in a proposal outlining what they want to write about, and if Lawton and Livermore feel like it will fit into the issue, they give the green light for a final submission. The two just finished the first ad-free, 96-page fall issue. All of the editing, design and most of the photography is done by the duo, and they relied heavily on Livermore’s artistic background. The two made a point to avoid advertising in the magazine, both for aesthetic reasons and to show readers that the focus of Chickpea is on them.

They’ve printed around 200 copies of the first issue for distribution. The magazine is currently being produced seasonally, with the winter issue already receiving submissions. This time they’re coming from around the world. Lawton and Livermore understand that a lot of hard work is in the future to keep the success of Chickpea going, but they’re optimistic. “We’re going to have to do another drive for the next issue, and another one for the next issue,” Lawton says. “But once we get more subscribers, we can think about expanding.”

*Check out Chickpea for yourself at <http://chickpea-magazine.tumblr.com>*



# BATTLING THE BULGE

HEALTHY EATING ISN'T JUST ABOUT LOSING WEIGHT.

HERE'S HOW IMPROVING YOUR DIET CAN MAKE YOU HEALTHIER, HAPPIER AND MORE ALERT.

by Alex Rogala | illustration by Justyn Iannucci

The line was immeasurably long; I can only imagine it must have spanned miles. That's how it felt at least, as a six-year-old. As I drew nearer, my goal was in sight. Trying — and failing — to conceal my glee, my lips curled into a tiny grin. **Sausage day** was finally here.

My relatives were visiting, and I stood in line, waiting my turn at the buffet my mom had prepared. As I reached the front of the line, I knew that the time for action had come: Clenching my grubby hands around the plate's edge, I made a line for the foyer. My loot in tow, I bolted like a champion athlete; like a thief in the night; like a hyperactive six-year-old with a plate full of ill-gotten sausage.

Had I attempted to steal a bowl of salad, I doubt my mom would have objected nearly as much — with a frame resembling Dudley Dursley's, I certainly could have used it. Groaning, I reluctantly returned my loot to its rightful place on the counter. I swore that next time I would claim my rightful prize.

Fifteen years later, my diet has improved only marginally. Awash in a sea of Zonies, wings and Chinese takeout, I'm just part of a continuing trend of unhealthiness in the U.S. With portion sizes out of control and obesity considered a national epidemic, our diets pose a serious risk to our health and happiness now more than ever. Healthy eating is no longer just about losing weight; by working to improve the quality of the food we eat, we can reverse the negative effects of our diets, becoming more alert, more productive and happier. And while it may be challenging when surrounded by the temptations of a college campus, it's as good a time as any to turn the sausage days into salad days.

## THE DIET AND THE DAMAGE DONE

From day one, we're wired to eat. The more we eat and the richer it is, the better — or

so our bodies tell us. As hunter-gatherers, early humans ate fatty and sweet foods out of necessity — there was no telling where our next meal would come from. While the environment we live in has changed, our genes have not. Scientists have studied this mismatch between our genetics and our environment for years. In 1962, Dr. James Neel devised the “thrifty gene” theory, which proposed that this instinct is genetically embedded within us.

Once necessary, this primal instinct can lead to dangerous health repercussions. With food just a convenience store away, most Americans don't need the same long-term preparation. While a Gallup-Healthways poll released last month shows a small decline in national obesity, the U.S. still has a long way to go. According to the Centers for Disease Control and Prevention, 33.8 percent of U.S. adults are obese.

The negative effects of an unhealthy diet span far beyond weight gain. According to Timothy Keady, associate director for student wellness, some rich foods take longer to digest and it takes the body longer to absorb their nutrients. As many rich, fatty or sugary foods don't contain enough essential nutrients, those with a poor diet often suffer their own form of malnutrition. Maintaining a poor diet can lead to decreased stamina and attention span. Students may feel fatigued earlier and have trouble staying awake.

Since many of these foods contain less of the nutrients we need, they're bound to lead to cravings. In a recent study at the Scripps Research Center, rats were fed fatty, sugary foods, such as bacon, frosting and cheesecake. After analyzing their brain pattern, researchers discovered the rats that were fed a larger quantity of fatty foods exhibited a neural reward similar to that of a cocaine user. While the researchers and their peers hesitated to classify the reaction to these foods as an addiction, they expressed concern for how poor eating can affect the brain's reward centers.

In the 18-25 year old demographic, these effects are less immediately obvious. “[Students] are more resilient; [they're] going to do better because they're so young,” says Keady. Many effects, such as grogginess, can simply be chalked up to an “off” day. “If you're up all night having a Coke, whatever you're doing, you're not going to be very effective,” says Keady. “You're going to have rebound effects from the sugar, from the caffeine.”

As the body grows, it becomes less adept at coping with a poor diet, and as people age, these effects only worsen.

## FILLING THE VOID

By eating healthier now, students can avoid worsening symptoms. However, there's an important distinction between dieting and healthy eating. Keady sees the term dieting as a misnomer, saying that when “people think of dieting, they think of certain things; dieting is always the grapefruit diet, the Atkins diet, whatever.” Diets are often short-term, more radical shifts in eating. But eating healthy doesn't require a specific diet, and it's not always about losing weight. Comparatively, it involves making less drastic, long-term changes. Often, the goal is simple: feeling better.

“You can be more efficient as a student if you're taking care of yourself,” explains Keady. He states that healthy foods can improve blood flow and alertness. One study, published in the FASEB Journal in 2009, also concluded that fatty diets have an immediate negative effect on both exercise and memory.

Keady is quick to remind that healthy eating is not a solitary endeavor — it is best when paired with exercise or other wellness activities. However, he points to an experiment where researchers used a vegan diet to reverse cardiovascular disease in patients. “That's kind of amazing ... with a plant-based diet,” says Keady.

One challenge in identifying “bad” foods is the constantly evolving definition of “healthy.” Certain trends, depending on available information, change every few decades. Keady stresses that, rather than avoiding certain foods, people should focus on quantities. Following the rise of the Atkins diet a decade ago, many dieters began to avoid carbohydrates, considering them to be unhealthy. Keady disagrees with this example, saying that they're “not bad — [they] just have to be [one] part of your caloric intake.”

A few foods, Keady concedes, are more likely to be unhealthy. “Anything that tastes really smooth and creamy in most cases is going to have a lot of fat,” he says. He mentions pizzelle cookies as a food with no redeeming nutritional value. However, if eaten as a rare occasional treat instead of as a major dietary component, Keady believes these foods are not a particular concern.

In order to eat healthy, this sort of rationing is key. Instead of the type of food, portions are public enemy number one. Portions have ballooned in the U.S. over the past 40 years. According to the CDC, the portions of snack and convenience foods began increasing in the 1970s and still continue to rise.

When presented with these larger portions, Americans embrace them. According to Reuters, the average American consumes 3,700 calories per day — the highest average worldwide. One reason is simple: As portions increase, so does our appetite. In one study, participants were randomly given four different size servings of macaroni and cheese. While those given more ate more — roughly 162 calories more — they reported similar levels of hunger to those who had received the smallest bowl.

When considering portions, Keady stresses the importance of balance. But when considering what to eat, the breakdown between food groups matters as much as the sum. Referencing carbohydrates' bad rap, Keady states, "If you have 10 bagels in one day, that's not going to be healthy — that's too many calories." If balanced with other foods, he continues, one bagel would not have a particularly negative effect on health.

In particular, Keady also singles out meat, stressing that no more than three to six ounces should be eaten in a day. When possible, he says, much of this meat should be substituted for beans or other alternatives. He supports student participation in Meatless Mondays: Citing ties between excessive meat consumption and heart disease, weight gain and increased cancer risk, the movement encourages people to skip meat one day each week.

One area where portion control tends to fall to the wayside is that of "healthy" or low fat foods. Keady points to baked potato crisps, saying, "They're better for you, so people think ... they can eat more of them."

Keady's claims are supported by a 2007 study published in the Journal of Marketing Research by Dr. Brian Wansink. In the study, participants invited to watch a movie were given packages of granola, labeled either regular or low-fat. While the granola was all the same — low fat — Wansink discovered that those with the granola labeled as low-fat ate 35 percent more — 193 more calories on average.

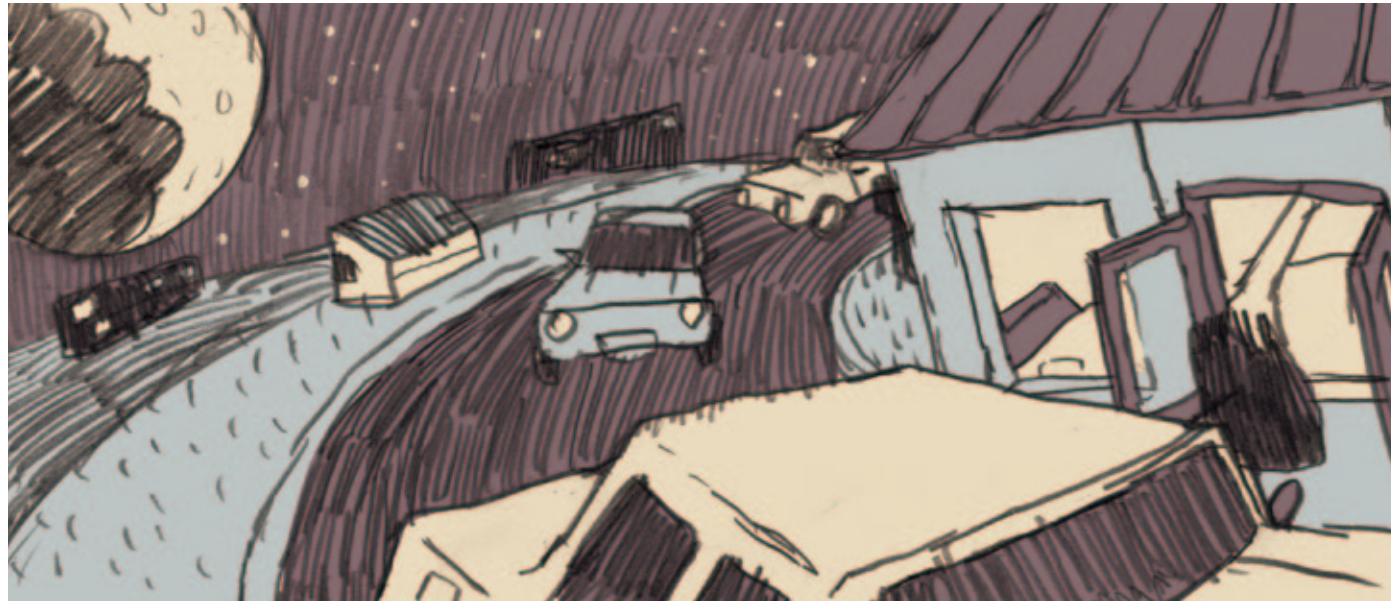
For other "low-fat" foods, the difference in calories isn't so great: according to Wansink, low-fat Oreos have only three calories fewer than their full-flavor counterpart. "Some candy bars actually have less fat than some granola," comments Keady.

And in the foods that really do have lower sugar or reduced fat, Keady advocates looking at nutrition facts. In order to keep the taste of the lower-fat item stable, manufacturers sometimes include increased amounts of sugar, or other ingredients. When considering a lower fat alternative, Keady poses a simple question: "What's it really doing to get to that lower fat level?"

“

*Some candy bars actually have less fat than some granola*

”



While some guides stress strict calorie counting and nutrition facts analysis, Keady argues that this level of detail is not necessary. Instead of complex calorie calculations, he advocates what he calls "mindful eating." The philosophy is simple: Eat less, eat only when you're hungry and listen to what your body is telling you. Often, he says, people eat simply because it's meal time.

Over time, in part due to current portions, people have become accustomed to eating more. "There's all kinds of things your body uses to tell you when you're full or not," says Keady. "We're learning not to use those anymore because we eat so much food."

Other rules are similarly flexible. Keady points to a common dieting rule forbidding late-night eating. He says that people assume that just because they're eating late, they'll gain weight quicker. "The problem becomes what you're eating after 8 p.m.," says Keady, citing high salt and high sugar content as commonplace in late night grub. "If you have a normal meal after [midnight] as a student, that's not the issue."

RIT boasts a variety of services designed to help students improve their nutrition. Through his position in the Student Health Center, Keady offers nutrition counseling. He advises any student seeking to improve their diet to schedule an appointment.

During the winter and spring, the center plans to conduct a survey of student eating habits. By profiling student health on campus, they hope to find new ways to encourage students to eat healthier.

Dining Services is also working to improve student awareness of what they're eating. Nutrition facts are currently available online for all items at RIT dining locations. However, Dining Services plans to eventually add nutritional fact labels to everything they serve. Their aim is to make students more aware of what they're eating.

One third of Americans are overweight. It's an epidemic. The statistics are bleak indeed, but fortunately, membership is not mandatory. By working to improve your diet, you can avoid becoming one of the unhealthy. By keeping Keady's advice in mind — and keeping it simple — you can improve your diet and, in turn, your life. Ultimately, the choice is yours. **R**

## THE DOS AND DON'T'S OF HEALTHY EATING

*Rather than focusing on weight loss — like strict, short-term diets do — general healthy eating is designed to improve one's quality of life.*

*By focusing on certain behaviors, you can begin working towards a better you.*

# DO

# DON'T

### EAT LESS:

Today's portions are much larger than those of the past. Be conscious of serving sizes — that 20-ounce soda is actually 2.5 servings.

### LISTEN TO YOUR BODY:

Tim Keady, the associate director of student wellness, advocates a practice called "mindful eating." Eat when you're hungry, rather than simply because it's time for a meal. Eat healthy, low fat and low sugar snacks between meals to curb hunger.

### EAT LESS FAT:

According to a recent Australian study, while people on low carbohydrate and low fat diets lost similar amounts of weight, those on a low fat diet were considerably happier than those on a low carb diet.

### SEEK HELP (IF NEEDED):

RIT's Student Health Center offers free nutritional counseling to students. If you're having trouble getting started, the staff can help you find a plan that works for you.

### EAT MORE OF HEALTHY ITEMS:

Don't assume that, just because something is healthier, you can eat more of it. According to a 2007 study, people eating foods labeled as healthy ate more than those eating regular food. While certain items may be healthier, eating too many of them can be detrimental.

### FALL FOR MARKETING:

According to Keady, some granola bars have more calories than candy bars. Before you buy an alternative marketed as low fat, check the nutrition label. Is there more of another ingredient to compensate for a lack of one? Would eating a smaller serving of the regular variety be more logical?

# WHAT KIND OF BANG

## ARE YOU GETTING FOR YOUR BUCK?

by Amanda Imperial

It had begun. Running around visiting every food market or eatery on campus was no mere chore: It was the reason; the rhyme; the task at hand. It was the quest for the best price of a pint of Upstate Farms' Intense Milk. Where was it the cheapest? The most expensive? Nobody knew... until now.

College students are beset with plenty of responsibility — they must live independently, clean up after themselves, sustain their need to eat and pay for college. A definite concern, regardless of meal plan or lack thereof, is always the cost of groceries. There are plenty of options for getting food on campus, but depending on the item, the packaging or even the brand, prices can differ everywhere. When narrowed down to identical items however, this is where the real questions come from: How much do prices for the same item vary across campus? And is it worth it to buy on campus, or can it be found elsewhere for a better price?

Take these five everyday items: Upstate Farms Intense Milk, Lipton PureLeaf Iced Tea, Vanilla Crisp PowerBars, Nature Valley Granola Bars, and Starbucks Doubleshots. These can be found most stores or vending machines around campus. The price of some of these items varies from place to place. For instance, a pint of Intense Milk is cheapest on campus at Global Village Market and Crossroads — and also Wegmans — at \$1.49, but most expensive if bought from a vending machine, with a difference of about 25 cents.

Now, consider Vanilla Crisp PowerBars. The price of this item varies everywhere on campus. The cheapest all-around price, \$0.99, is found at Wegmans. The most expensive is here on campus at Sol's Underground, for the price of \$2.99. There is a bus that services RIT for free on the weekends, so going to Wegmans via bus to buy PowerBars may be worth it — unless, of course, the travel time is too invaluable to the buyer.

So why are there these differences in pricing across campus? Pricing begins with the bidding process. Dean Engdahl, Assistant Director of Dining Services, is in charge of purchasing for all Dining Service locations. According to Engdahl, interested companies get together and make offers to cover most of their food needs. Whoever wins gets RIT's business for five years. "We look for the best price so we can keep our costs down," says Engdahl. This year, Palmer Food Services (PFS) won the bid for RIT Dining Services. PFS is a local Rochester supplier and doesn't require large vehicles to bring food to RIT from far away. The cost of diesel gas for these trucks, if needed, is included in the bid price. There are also other, smaller bids with companies for other things like paper products or dairy, but those bids happen every two years or so.

PepsiCo. is another large bidder. They've supplied to RIT for over a decade, renewing their bid every five years. "They have exclusive pouring rights to the campus, so we can't sell any [Coca Cola] products anywhere," says Engdahl, "But we can put in 15 percent non-Pepsi products in the stores."

Due to the competitive nature of this system, smaller buyers like RIT Dining Services will never be able to compete with bigger corporations such as Wegmans or Wal-Mart.

"The Corner Store or Global Village market, their pricing's more based on like a 7-11 convenience store pricing," says Engdahl. "They buy a lot of things, but there's no way they can compete with the volume of a Wegmans ... we're never going to get the pricing that they get." The reason for this, Engdahl says, is because of the amount each store buys. Wegmans buys from their own warehouse in quantities ranging in the hundreds, whereas places like The Corner Store only buy about fifteen cases of a product. When these products are placed on the shelves of RIT's local markets, the selling price at which they are sold comes from a food cost percentage that Dining Services sets in order to meet budgets. When brought up to Engdahl, he had no knowledge of the price differences. "The prices among the campus should be very similar," he stated. When presented with the difference in Intense Milk prices, Engdahl said he would investigate the discrepancy.

Price difference can also come from the means used to purchase items. For instance, there is no tax charge on food debit or meal options, but there is one on Tiger Bucks. This is because food debit and meal options are specifically meant for buying food with, whereas money that comes from Tiger Bucks or a credit card can be used to buy non-food items, which are taxable.

According to the statistics, prices vary marginally, if at all, from place to place on campus. Regardless, prices will always be cheaper — if not the same — off campus at large grocery stores. For individual items, it's not really worth the drive or the time it takes to take to bus there, get groceries, and come back. Usually, buying in bulk or larger quantities is more cost-effective than buying by the item, such as with the PowerBars — three at Wegmans for the price of one at Sol's Underground. Instead of buying by the product, this seems the way to get more bang for the buck. **B**



# 1.49

INTENSE MILK | 16 fl. oz BOTTLE

- Bytes on the Run: \$1.49
- Corner Store: \$1.55
- Crossroads: \$1.49
- Ctrl Alt Deli: \$1.55
- Global Village Market: \$1.49
- RITz/Brick City Cafe: \$1.55
- Vending Machines: \$1.75
- Wegmans: \$1.49



# 1.75

LIPTON PURELEAF ICED TEA | 16 fl. oz BOTTLE

- Bytes on the Run: \$1.75
- Corner Store: \$1.75
- Crossroads: \$1.75
- Ctrl Alt Deli: \$1.75
- Global Village Market: \$1.75
- RITz/Brick City Cafe: \$1.75
- Vending Machines: \$2.00



# 0.99

POWERBAR VANILLA CRISP | 2.29 oz

- Bytes on the Run: \$1.79
- Crossroads: \$2.29
- Ctrl Alt Deli: \$2.25
- RITz/Brick City: \$2.25
- Sol's Underground: \$2.99
- Wegmans: \$0.99



# 2.89

STARBUCKS DOUBLE SHOT | 15 fl. oz CAN

- Bytes on the Run: \$2.89
- Corner Store: \$3.59
- Crossroads: \$3.29
- Global Village Market: \$3.29



# 0.69

NATURE VALLEY GRANOLA BAR | (2 PACK) 1.5 oz each

- Bytes on the Run: \$0.69
- Ctrl Alt Deli: \$1.19
- RITz/Brick City: \$1.19
- Vending Machines: \$1.00

■ location offering lowest price



## DAN HOLOWATY

by Christina Belisle | photograph by Neal Danis

Soccer is a sport with a massive following around the globe — except the U.S. Here it has to compete in a world of baseball, (American) football and — most noticeable at RIT — hockey. But that doesn't stop Dan Holowaty from playing the game he loves.

Holowaty, a fifth year International Business and Accounting major, had an excellent season with eight goals and four assists. His soccer career started long ago, back when he was a toddler. "My uncle [Danny Zawadiwsky] in the major leagues brought a soccer ball over and I just kicked it around," Holowaty said. "I remember kicking it around in the back yard until the sun went down."

Holowaty visited RIT on a recruiting trip and played in the spring tournament with the team. "I had a good vibe [about the team] which ultimately led to my decision to come here," he said. Since then he has been playing for RIT. He has also completed an internship at Wolf Real Estate, along with studying abroad in Croatia with some fellow teammates. There, Holowaty had the chance to train with a third division professional team based in Dubrovnik.

His other passion is his family and his heritage. Both pairs of Holowaty's grandparents emigrated from the Ukraine to Buffalo, N.Y., though he and his parents eventually moved to Cleveland, Ohio. In Cleveland, he developed a deep connection to his history, taking Ukrainian culture classes. "On Saturday mornings when everyone else was watching cartoons, I was in class learning about the Ukraine."

Along with the ups of his career, there are the expected downs. Injuries have included a severe concussion, an ankle sprain, a hernia surgery and he is ending the season with a broken finger. The most crushing defeat of his college career was during his freshman year. A game against local rivals University of Rochester saw the Tigers lose with just twelve seconds left on the clock. "I felt like crying when I left the stadium," Holowaty recalled. The only thing Holowaty laments is the lack of interest for soccer in America. "Overseas, everyone plays, even if they're not professional. There's just passion for the sport; they all follow the games and the players."

With graduation only two quarters away, the future is prominent in Holowaty's mind. His best-case scenario is playing soccer professionally. During the winter quarter he will be attending several professional tryouts, including the Infosport Professional Soccer Combine and the United Soccer League. "Even if I don't make it, I'll still have soccer in my life." **B**





3 STARS


## CHRISTINA WORTH

by Jeff McKinzie | photograph by Neal Danis

The bond that siblings share is something easily understood by those who have them. It's a strong connection where one knows everything about the other — their hobbies, interests, dreams and aspirations. Although they may squabble over the small stuff, they're there to help each other be successful.

Surely that was the case for third year Visual Media major Christina Worth, who grew up with three brothers who greatly impacted her athletic career. Going into sixth grade, one of her brothers was deciding on a new sport to play and chose volleyball, a sport that Worth took up as well. She made her high school volleyball team, and has since taken after her brother with the strong mindset that she brings to the court in each game. "[My brother] knows how to compete hard even if he's not playing at the level he wants to be; he knows how to bring a team together and have that positive attitude throughout the entire season."

When Worth came to RIT, she was immediately named as a starter. In her three years as a Tiger, she has proven to be an exceptional player. She ranks sixth on RIT's career list in assists, and in 2010 she recorded 1,445 total assists — 10th most in one season at RIT. According to Worth, the biggest highlight of her career was her team's victory over NYU, occurring October 29 at the U of R tournament. "Over my RIT career we made it one of our goals to beat NYU because we lost to them earlier this season and we hadn't beaten them yet."

It has been difficult for Worth's family, who live near Los Angeles, to support her in person. Despite this, she knows that even if they aren't in the stands for her games, they are still supporting her at home. As for Worth's brothers, she made it clear that they were the people who inspired her to become the athlete and person she is today. "They all are competitive and I think growing up with them has really taught me a lot about patience and work ethic. With four kids in our family and me being the youngest, you don't settle for losing when you're fighting over the TV or ice cream." 



3 STARS

## ERIN LAFAVE


by Ali Coladonato | photograph by Neal Danis

The quick glimpse one might catch of Erin LaFave as she runs by is not enough to see what makes this third year Visual Media student extraordinary. Though her speed and her determination are apparent at every race, it's a demure but confident enthusiasm for life and competition that makes her more than just an average student-athlete.

Deaf since birth, LaFave came to RIT largely because of the Deaf community. Aside from school and cross-country, LaFave has many other interests. To fill her time, she has picked up snowboarding, longboarding and soccer, as well as expanded on her love of photography and adopted an interest in travel.

LaFave's start in cross-country began after a timed run in gym class, when a teacher suggested she join the cross-country team. With an already athletic family to support her, LaFave joined and began steadily improving. She has now fully come into her own, earning Liberty League Women's Cross Country Runner of the Week three times this year and consistently performing as RIT's top finisher this season.

But perhaps the biggest highlight of LaFave's running career has been competing for the U.S. Deaflympics Team. At the 2009 games in Taiwan, LaFave took 6th place in the 5K and 4th place in the 3K steeplechase, even after falling during the race. She still remembers the atmosphere, recalling that all of the people in the stadium were "so proud; I was proud to be representing the USA."

As far as career goals, LaFave doesn't have many specific ideas yet. Her only plans are to someday settle down with a job, a family and a house — and, of course, to keep running. When asked whether she'd be staying close to home after graduation, LaFave's reaction was fervent: "No way; I'm leaving here." With plans to live and work in either California or Colorado, travel is also a certainty in her future. The Deaflympics will be held in Hungary in 2013, giving LaFave ample opportunity to continue competing and doing the things she loves, which for her are one and the same: "I compete with everything I do in my life." 





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# Thanksgiving COMMERCIALISM

by William Hirsh & Nick Bovee

## It's that time of year again.

You walk into any department or grocery store and discover they are decked out for every holiday besides the present: Thanksgiving. Barely hyped beyond the Macy's Thanksgiving Day Parade, it seems that this lone holiday has mostly evaded commercialization. The holidays of Christmas, Halloween, and Valentine's Day are the top offenders of this trend, but the blame doesn't belong to the holidays — it belongs to us.

Christmas is arguably one of the most commercialized holidays of all time. Having origins in the Roman holidays of Saturnalia, a celebration of indulgence held from the 17th to the 25th of December; and Kalends, a holiday of giving gifts (to the emperor), Christmas was very materialistic from the start. The turning point where Christmas became the commercialized giant that it is today could be traced back to the first usage of Santa Claus in advertising, in the 1930's. The Coca-Cola Company, looking for a way to encourage soda consumption in the winter months, employed a Swedish artist by the name of Haddon Sundblom to create the now iconic Coke-drinking Santa. Over the next 80 years,

Christmas became increasingly focused on the gifts, with very little reverence to the actual message of the season.

Also long-separated from its original meaning is Halloween. Influenced by All Saint's Day and All Souls Day, it was a time to simultaneously celebrate the saints of Christianity and honor the recently deceased. Common belief held that on Halloween, spirits had one last chance to gain revenge for the ills they suffered in life. Believers would wear masks in order to escape recognition by these vengeful spirits. Over time the masks turned into costumes, and it eventually evolved into the Halloween of today: little more than an excuse for a party, a time for a good scare or a reason for kids to stay up late and eat too much candy.

Valentine's Day is almost strictly commercial in its celebration. Having roots in the life of Saint Valentine who — in legend — wrote the first valentine, the holiday of love has become more about love of materialism. Today, couples are expected to show their love for their partner by buying chocolate, valentines or other gifts on this "Hallmark holiday." In the same way that Santa Claus was used as a front to increase consumer spending, Valentine's Day has

been used to increase the sales of chocolate, flowers, and greeting cards. Again, it's in the gift-buying that we forget why the holiday is even celebrated. The holiday in its current form seems to declare that love should only be celebrated on this day.

It's understandable that the meaning of any holiday may gradually change over time. Cultures change their beliefs, and the celebrations change with them. What isn't understandable is the reason that we've allowed the meaning of holidays to be deliberately manipulated in such transparent attempts to score more profit for businesses. Yet somehow, Thanksgiving still maintains this quality of togetherness without the blatant elements of commercialization being intermixed.

So if you do one thing this Thanksgiving, remember what these holidays should mean to you. Remember that the main reason we celebrate Christmas is because it is a time to be close to our loved ones and not solely for gift exchanging. Think about the memories of those you've lost. Remember that love doesn't have to be shown through cheap gifts given on a single day. And remember to stay thankful for all of these things. **R**

## What would you want in a sandwich named after you?



### The Heart Attack Bomber

- Half Steak
- Half Italian Sausage
- Onion
- Sweet Peppers
- Provolone Cheese

**Bryan Meyers**  
fifth year Computer Engineering major



### Gentlemen's Club

- Bacon
- Turkey
- Ham
- Chicken
- Mozzarella

**Daniel Strauss**  
third year 3D Digital Graphics major



### The Super Sandwich

- Roast Beef
- Turkey
- Ham
- Mayo
- Mustard
- Lettuce
- Onion
- Tomato

**Nate Ward**  
first year Information Security and Forensics major



### The Turkey Apocalypse

- Turkey
- Lettuce
- Tomato
- Honey Mustard
- Oregano
- Toasted Pita

**Colleen Mann (left)**  
first year Fine Art Photography major

### The Moosapalusa

- Roast Beef
- Provolone
- Lettuce
- Pickles
- Black Olives
- Mayo

**Emily O'Shaughnessy (right)**  
first year Packaging Science major



### The Average sandwich

- Tomato
- Tuna
- Lettuce
- American cheese

**Alie Grant**  
third year Environmental Science major

### The Batman

- Dark roast beef
- Mozzarella
- Justice

**Ethan Herrington**  
second year Advertising Photography major





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# RINGS!

585.672.4840

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Saturday 1:13 a.m. (from voicemail)

Hey Rings, you said, "just the tip," but now I need surgery. Thanks a lot.

Wednesday 2:00 p.m. (from text)

I didn't know it was possible to hate fountains, but RIT you've made that a reality for me.

Saturday 12:53 a.m. (from voicemail)

If I jerk off to Rings, what fetish is that categorized under?

Monday 12:12 p.m. (from text)

Shear Global now offers body waxing; it's time for my yearly ass wax.

Sunday 12:58 a.m. (from voicemail)

Yo Rings, I feel like it would be awesome if David Duchovny followed me around everywhere and would fist-bump me whenever I did something cool.

Monday 5:31 p.m. (from text)

Did anyone else see two fruits riding on a tandem bike today or am I just tripping balls?



*10th Annual Faculty & Staff*

# WINTER CRAFT SALE

*Friday, December 9, 2011*

*10:00 AM to 4:00 PM*

*Student Alumni Union & Fireside Lounge*

