The Factory Times

The Sexy Edition

Saturday Night Live
New Cast Members

Caffeine Dreams
The Science Behind Coffee

Plus:
Fashion Week
Hockey
Melissa Vargas
Marvel Avengers

NBC's Hot New Fall Show

Issue 1 | October 2012
Although New York fashion week for the spring and summer of 2013 has already past, many people are still curious about the fall fashions that are coming up on the scene for 2012. One particular accessory is making a splash both in men’s and women’s fashion. The hat, has been an accessory for centuries, and it is making a comeback like Tiger woods...ok, not a good analogy. Making a comeback like Michael Jordan, there that’s better. So get out your grandfathers felt bowler hat or pick up your new fedora at the mall as soon as possible. I would leave the viking hat at home, but pretty much anything goes to keep your noggin warm and styled.

In my personal opinion, the current style is not very original and went from one extreme of the bold mismatched colors that just “go,” to muted boring tones. Women, wearing men’s clothing such as oversized coats, pressed collars and sweater or suit vests is in. Not sure if it’s my cup of tea, but this is what the people want! One feminine touch added to the new masculine style is a defined waist, which is a very elegant and classy way to add femininity to any outfit.

One last trend that is rising up for the fall is all-over leather. A leather jacket here and there...Fancy. Head to toe leather? Or pleather?! Look, it’s catwoman!!!

All joking aside, in the right combination, any of these trends can be pulled off. Create your own look and stand out or be comfy or quirky. Do whatever your fashion heart desires, except for maybe the leather suit at the interview.
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Living in such a fast-paced, interconnected culture, we may find ourselves consumed by the anxieties inherent in our daily routine. We can attempt to hush these anxieties with simple pleasures, however these pleasures seem to naturally progress to obsessions, creating more anxiety—consider how many times you check your Facebook feed per day or reload your favorite subreddit.

While I would never condemn these social mediums, from time to time, we could all benefit from enjoying the very essence of living rather than getting caught up in these artificial worlds. This concept of “living in the now” or “mindfulness” is nothing new and has been the goal of buddhists for centuries through a practice known as meditation.

Meditation was originally a way to further understand the sacred and mysterious forces of life. Recently, however, meditation has been used as an effective relaxation technique.

Although there are a wide variety of meditation styles, these instructions will be based on the very simple, yet effective technique of focusing exclusively on your breathing. Although there are a wide variety of meditation styles, these instructions will be based on the very simple, yet effective technique of focusing exclusively on your breathing.

“Meditation is a lot like cultivating a new land. To make a field out of a forest, first you have to clear the trees and pull out the stumps. Then you till the soil and you fertilize it. Then you sow your seed and you harvest your crops. To cultivate your mind, first you have to clear out the various irritants that are in the way, pull them right out by the root so that they won’t grow back. Then you fertilize. You pump energy and discipline in the mental soil. Then you sow the seed and you harvest your crops of faith, morality, mindfulness and wisdom.”

Meditation was originally a way to further understand the sacred and mysterious forces of life. Recently, however, meditation has been used as an effective relaxation technique.

Firstly, find a very quiet place where you know you won’t be distracted. This is key because you don’t want to spend 15 minutes getting into a pleasant state of mind only to be shaken out of it by a friend or relative’s interruption. When you first begin the practice, you may find yourself being easily distracted, the easiness of distraction will be reduced with time.

Although you can sit directly on the floor, if you have hard wood flooring I recommend using a thin matt. It isn’t necessary to tangle your body in the full-lotus or even half-lotus position, just cross your legs. It is however necessary to keep your back entirely straight during the practice. Once in the right position, you should feel your upper body holding itself up, with little tension on your muscles.
Now, breathe! Attempt to contract your diaphragm as much as possible, expand your stomach so that air is forced into the lungs. As the air enters your body, become completely aware of it, without letting your mind wander any further than just knowing that oxygen is coming in and carbon dioxide is being expelled. If done properly and for a long enough period of time, the inner chatter that makes up our anxieties will be soon mute and we can achieve the natural happiness of just being alive.

Once you feel comfortable sitting in this position with only your breathing on your mind, try the next step of meditation. That is, think about nothing at all. While this takes an enormous amount of self-discipline, it is also one of the most beneficial things we can do.

In his book, Mindfulness in Plain English Henepola Gunaratana, a buddhist monk likens meditation to cultivating a field.

The first four pages of Mindfulness in Plain English can be found at www.urbandharma.org/udharma4/mpe1-4.html

Written by Mitch Eklum
For some, the very act of getting out bed in the morning without a cup of coffee seems daunting. Without their caffeinated drink, daily consumers can even experience debilitating headaches. Statistics show that over half of the adult population in the United States consumes coffee. Whether you indulge in coffee or abstain, it can be agreed that the bitter, brown drink has become a salient aspect of our culture.

The very first uses of the coffee plant have been debated by historians. However, the earliest credible evidence of coffee drinking points to 1400's Ethiopia. From its place of discovery, the coffee bean spread quickly. Within 100 years, the entire world would be riding the caffeine buzz.

After ingesting a serving of coffee, the consumer will feel energized, alert and happy—this benefit of coffee quickly becomes a daily necessity for some consumers. Although it is considered the world's most widely used psychoactive, the unique mechanism of coffee remains a mystery for a great number of coffee drinkers. An enormous amount of information regarding caffeine can be found online, and this article is merely an introduction to caffeine's affects on the brain.

The brain is made up of a massive network of neurons. These neurons communicate by releasing chemicals known as neurotransmitters into the synaptic cleft between each neuron. This generates an electrical impulse in the receiving neuron and the signal continues down through the network.

Every waking moment, our neurons are communicating by releasing neurotransmitters into the clefts. One byproduct of this transmission is the production of the inhibitory neurotransmitter, adenosine. The brain is constantly detecting levels of adenosine through adenosine receptors. When these receptors detect enough adenosine, they are activated. The activation of the adenosine receptors leads to a slowing of the neural activity in the brain by preventing the release of the excitatory neurotransmitters. This is the body's natural way of pushing you towards sleep.

Did You Know That?

The Effects of Coffee were first recognized by Ethiopian Shepherds who noticed their goats were getting frisky and "dancing" when they ingested coffee berries.

In 1675, the King of England banned coffee houses, claiming they were places where people met to conspire against him.

Coffee is the second most traded commodity on Earth, only behind Oil.
The main reason for caffeine's stimulant effects—

it has a similar structure to adenosine. Once the caffeine is consumed and reaches the brain it fits perfectly into the adenosine receptors. By filling the receptors, the actual adenosine is blocked from entry and the receptor fails to activate. By preventing the adenosine from entering the receptor, the neural activity remains unhindered. This explains the feeling of energy and excitement that we receive from drinking coffee. Also explained is the reason why drinking excessive amounts of coffee won’t result in excessive amounts of euphoria (such as stronger stimulants like amphetamine and cocaine). With coffee's effects being provided only by the hinderance of an inhibitory neurotransmitter, the potential extent of the stimulation and euphoria is greatly reduced.

However, caffeine still has a high potential for addiction. While active in the nervous system, caffeine will decrease lethargy and give the consumer a sense of well being. Once the effects of caffeine wear off, the neurons will release less neurotransmitters than at the baseline level to compensate for the exhausted excitatory neurotransmitter levels.

A unique symptom of caffeine withdrawal is the onset of head-aches. When caffeine is consumed the speed of blood flow in the brain is slowed. Within a few weeks of drinking coffee, the regulation of blood flow in the brain is knocked off-balance and abstaining from a cup of coffee will cause the speed of blood in the brain to speed up.

With coffee being such a socially accepted and widely consumed product, it's easy to forget that it is still in fact a drug. Even considering the unique mechanism of action which provides caffeine's stimulation, this is a drug that should be used in moderation. While I won’t recommend anyone entirely stop their caffeine intake, remember that hindering the function of adenosine in the brain can have negative consequences.

Written by Mitch Eklum

To first understand how caffeine affects the mind, one must first understand a few key terms

Neuron- This is a specialized nerve cell which has the capacity to send and receive electrical signals. The brain is made up of network of 100 billion of these cells.

Excitatory Neurotransmitter- These are the chemical messengers that allow nerve cells to communicate. Without them no signal could be sent.

Inhibitory Neurotransmitter- This is a neurotransmitter which prevents a neuron from firing

Synaptic cleft- The small gap between nerves. Neurotransmitters are released from the transmitting neuron into the synapse and picked up by the receiving neuron, continuing the signal.
With the fall season almost here, the long awaited premieres of shows like “Glee,” “Once Upon a Time,” “Modern Family,” “Parenthood,” and many others are upon us. However, this year there are a few new shows being added to major network lineups. Some include “Go On,” “Animal Practice,” “Ben and Kate,” “Chicago Fire,” and “The Mindy Project.” With all the new shows crowding the primetime slots, it’s hard to tell which ones are worth watching over others. However, there is one show that is definitely one to watch over the others: “The New Normal.”

“Glee” creator Ryan Murphy has done it again with bringing this comedy series to NBC. Not only does this show have snappy one-liners, it has heart-warming moments and not-so-normal characters. No, this is not a “Glee” replica, though the general message of acceptance is still there.

“The New Normal” is about a young mother named Goldie Clemmens, played by Georgia King (“One Day”), and how she decides to make her life more meaningful by becoming a surrogate for a gay couple, played by Andrew Rannells (“Bachelorette”) and Justin Bartha (“The Hangover”). Goldie was raised by her grandmother, Jane Forrest, because her mother ran out on her after becoming a teen mother. Jane, played by Ellen Barkin, is a snappy and offensive bigot who takes matters into her own hands when it comes to Goldie’s life, as well as the life of Goldie’s daughter, Shania Clemmens (played by Bebe Wood). When Goldie and Shania escape to California as a result of Goldie’s husband’s adultery, Jane is quick to follow.

While there are moments where intolerance brings down the mood of the show, the characters’ bright and strong personalities make it impossible to stop watching. One character that stands out is Bryan Collins. His bubbly demeanor and amusing sense of self-righteousness makes him a fan favorite. While he is usually the one throwing sarcastic comments, his passion and emotion bring viewers into his world, creating nothing but love and appreciation.

Ryan Murphy and NBC risk raising the hairs of those who are not very tolerant of gay relationships, but it’s clear that this show is going to do very well. If Ryan Murphy can make a phenomenon out of “Glee,” he can certainly make a phenomenon out of “The New Normal” – and rightfully so.
When the late night sketch comedy show “Saturday Night Live” ended its 37th season last spring, many devoted fans were saddened to know that a few key cast members were leaving. With legends like Kristen Wiig and Andy Samberg departing the show for good, it was evident that whoever joined the cast for the 38th season would have some big shoes to fill. Luckily, that might just be the job for new cast members Aidy Bryant, Tim Robinson and Cecily Strong.

Aidy Bryant has a Melissa McCarthy-esque personality. Coming from a stint with the Second City comedy troupe, she is known for her sarcastic and awkward attitude, and physical comedy. What’s different about her is that she will be the first plus-sized female actress to grace the SNL stage, but telling by her fearlessness, she will fit in very well.

Also from Second City is Tim Robinson, who like Andy Samberg, can whip out a hilariously distorted face at any given time. He’s not afraid to dance like Chris Farley when he danced in the infamous Chippendales skit, and he is also reminiscent of Charlie Day from “It’s Always Sunny in Philadelphia” with his random high-pitched voice episodes. Although Robinson can certainly charm audiences with characteristics of past loved cast members, can he stand out and make a name for himself?

Cecily Strong will be the spitfire of the newbies. Telling from the few skits she has been in with, of course, Second City, she is not afraid to push boundaries. Her wide range of spot-on accents will benefit her, since Kristin Wiig left a hole in that area. Strong is definitely not one to play the part of a goody-goody, and that edge might be what SNL needs right now. SNL is a late night show, so why shouldn’t there be skits and characters that get down and dirty?

Before the start of the 38th season, there was skepticism about whether or not SNL was going to plummet into the ground or stay afloat. Even before Kristin Wiig and Andy Samberg left, the path of the show was not a good one. Perhaps a major recast is what the show needs to get back to what it used to be. It doesn’t hurt that Seth McFarlane, creator and voice actor of “Family Guy,” “American Dad,” and “The Cleveland Show” hosted the season premiere. With his writing input, the sketches will surely help present the new cast members in an effective way. We shall see how the show progresses throughout the season, and how the new cast members make a name for themselves.

Written by Courtney Couture
Now, not many people would complain about a six figure or more salary. We are the 99%, just kidding, it’s not that kind of article. My point? I’m getting there, I promise.

Here we are again in the start of the NFL regular season with the drama diverted from Vick to the professional referees on strike and the replacement referees eh-hem...sucking. They, however are not the only ones stomping their feet for higher pay, I mean, “equal rights,” whatever you want to call it. Here's the point I said I was getting to...a repeat of the 2004-2005 NHL lockout is being decided on as I type this article.

The players are not the only factors of this drama. The league itself, the team owners and the commissioner, had their fair share of junk to add to the pile. The league threatens players that if they do not take another pay cut, there will be no further negotiations and there will be a lockout of the entire season.

As for the team owners, they are the slave drivers of the whole operation. They’re complaining about hemorrhaging money to support their teams, yet the profit margin is the highest it’s been in years for each of the teams; hmmmm, seems legit. May I remind you they are saying this after a salary cap and a pay cut of 24% has already been applied to the players pay. If this was any other job, clearly a quarter of your pay pay-cut would seem ridiculous, actually it probably wouldn’t happen.

Especially with your company earning the highest profits in years, but since some departments are not as profitable as others, your company thinks you are getting paid too much and there you have it.

There is still heck to pay from the 04/05 lockout for players and owners, but Bettman the NHL commissioner is trying to work out a partnership with teams to erase those past issues and work through the current issues. How nice, he must not be getting a pay cut. Oh that’s right, he received a 4 million dollar raise three years ago. Ah, irony at it’s best!
This is an opinion: I can see how hockey players would be upset with baseball players making 120 million in five years compared to their 500K or One million a year. Although injuries occur in baseball, let's all be honest with ourselves, whether you like hockey or not, it's brutal. Hockey is one of the lowest paying sports and you want to decrease their salary by, well, a lot? Imagine how long they are away from their families and how much they practice. Sidney Crosby has permanent brain damage at the age of 25. In any event, it is to a certain extent unfair. Just think about my earlier example related to any other job on the planet.

On a more controversial note, again entirely my opinion. A hockey player is away from home getting injured and beaten, but what about our soldiers. They are in the line of fire, away from their families for months or years with some of the lowest salaries in the country. I don't see them refusing to fight in a war unless they get paid more. Honor, bravery, duty and pride are more important to them. So in the grand scheme of things a hockey lockout doesn't seem that important.

The worst part of this debate is the let down fans and there doesn't seem to be a resolution in sight. This calls for a national mourning day in Canada I'm sure. My advice to Canada, don't let America run your national sport, since it's headed towards the ground like oh, I don't know, our economy but that's another article. Hockey players unite...eh?!

Written by Nina Stoecke
I have found a Facebook game that is different from every other one that I have played. Normally, I find that I become obsessed with a Facebook game and then move on within a month or two. I have been playing Marvel Avengers Alliance since the middle of last semester and have continued to play over the summer and into the current semester. I enjoy this game so much that I do not seem to get bored with it after a short amount of time, as is the case in every other Facebook game I have played in the past.

Avengers Alliance is a turn based game where you recruit Marvel characters to help your team bring peace and justice back to the afflicted area. You start off by choosing your gender and naming your agent. You are working with a group called S.H.E.I.L.D., which if you have never heard of S.H.E.I.L.D., working with shield means that you are working with super humans to battle and counteract the mischief and evil that other super humans are restlessly committing. You start out at level one at chapter one and earn experience points from battles, fighting bosses, PVP (Player Versus Player combat) and completing side missions. Experience is awarded by completing missions throughout the chapter. There are six types of missions that are available. Three of these are three basic types of fights, usually that have some sort of plot within the overall mission and chapter plot. These fights are classified by their difficulty level and are referred to as low, medium, and high threats. Then, on top of those types of missions, there are mini-bosses and boss fights. The last type of mission is called a deploy mission. A deploy mission is where you send out a character you have recruited that you are not planning on using in the upcoming battle to get a chance to randomly get weapons and items of all types.

These missions may either request any hero/heroine, a specific type of hero/heroine, or a specific hero/heroine. Outside of the types of missions I just explained, there are sometimes epic bosses. These are unlocked by completing every mission; including all deploy missions, within the level. Unlocking an epic boss is not easy, and defeating the epic boss is even more difficult. The rewards for beating an epic boss are significantly better than rewards for completing other bosses. Within the game, there are eight chapters that are up currently available to play, and chapters nine and ten are in development. In each chapter, there are a total of six missions, five of which are available to everyone. These missions usually have an overarching
plot line that follows from the first mission of the chapter to the fifth. The sixth mission has to do with character recruitment.

Each chapter has a final mission that requires the recruitment of a specific character to unlock. For example, in order to fully complete Chapter 1, you need to have recruited the Hulk. In Chapter 2, it is easier because the hero is Ironman, who you start off the game with. This last mission always scales to your current level and is difficult to master, but there is a weapon that you get for fully completing all six missions within a chapter. Occasionally, there will be special missions available that are based on completing a number of requirements within a certain time period.

This is called the Special Ops and so far, there have been two distinct special ops missions that through completion unlock a new character. These characters cannot be unlocked any other way, and the missions have a deadline before the character will never be available again. If you are looking for an attention grabbing game, and like Marvel heroes and heroines, I would highly recommend this game. If you are a procrastinator like me, I do not recommend this game because I enjoy it so much that it has taken over my life. It is very effective at stress relief during the semester, and can easily be used as a rewards system for completing work, one example being telling yourself to read this paragraph before you can choose another battle move.

Written by Megan Landstrom
One of my favorite things to do on the internet is to look up make up tutorials and watch how different random strangers that I don’t know put on makeup. I have no idea why I spend hours doing this, but I do. I even have certain videos that I watch over and over again.

For example, I love watching Jenna Marbles’s three make up videos. She has one that is goofy called Tricking People into Thinking You’re Good Looking, and then she has one where she seriously shows her techniques, and finally a video where she lets her boyfriend apply her makeup for her. These videos provide a great distraction against whatever else I am supposed to be doing at the time.

There is this other girl on the internet who posts videos of her using make up to transform herself into celebrities. She uses contouring and shows an intense amount of technique and skill to actually make herself look like the celebrity she sets out to look like. I think I like to watch the transformation from beginning to end of all sorts of makeup videos, I love watching the Honey Boo Boo video. My favorite video is under the title of “Worst Mom of the Year Trolloes and Tiaras.” I discovered this video in a class I was taking because we were being shown a clip that demonstrated a type of learning. It starts out with the six year old and her mother throwing rolls of paper towels at one another and progresses in weirdness to some of Honey Boo Boo’s best phrases. This video makes me feel like no matter what I do wrong in life, I will never be as messed up as either of these people. Plus, I think that this is hilarious, so it always boosts my mood for whenever I get around to that homework that I have to do.

Then of course there is the Gangnam Style video that has been everywhere lately. This video is so much fun, and always puts me in a good mood. It always makes me want to learn how to do the dance. The first part doesn’t seem too hard, but I want to learn how to do the crazy sideways walk/hop thing he does with his legs. Every single time I watch this video it makes me wish that I was that flexible.

All of this is better than homework, that’s all I’ve got to say.

Written by Megan Landstrom
You

Where have I seen you before?
Because I know I have.
I remember that sparkle
the one that captivated the essence and natural glow of your presence.
I remember it because it was posted
onto the surface of my eye
with a side note
highlighting the special details.

Was it in my early beginnings?
Or was it in the journey
I struggled upon
each time I discovered a
new destination?
I have had these effects before,
where the feeling of full speed
like the rush hour of NYC
amps up the pace of
my flashbacks
that I had no control over.
But then I come to a stop..., where I have landed into the story
that's never been told.
Where my struggles were the daily vitamins,
my necessary element of survival.
Where being parched consisted of
consuming
a cold glass of motivation.
Where the fear of failure wasn't an option
and
the results of isolation wasn't an obstacle.

And then...
I turned the page
and saw something,
the shapes that displayed your figure so strong and clear,
as you floated in my presence,
my cells were recollected
and reassurance secured me.
I was not alone.
I was not alone in the production
of my life’s struggles.
I was convinced that pain was not
the enemy but the ignition to
a new movement.
The key to the door of success.
The vibrant energy of your soul
brought me back,
back to the memory when our eyes first glanced
back to where I
fell in love with progression
where you reported my progress,
and you saved my life
like the memory to a card,
These files were never going away.

But where have I seen you before?
I saw you through my struggles
I saw you in my past
I saw you in my first memory and now in my last!
You were the person I would always see
the one that instilled faith into my seed
who would’ve thought that person
was always me.

Written by Melissa Vargas
October Events

Breast Cancer Awareness Mural
October 19, Friday at 9:00 PM
Express your mind and show your support for Breast Cancer Awareness!
Student Center Lobby

Roller Skating Event
October 20, Saturday at 4:15 PM
Sign up sheet in Eleanor’s Office
Seats are limited
Shuttles departing at 4:15 from the Student Center

Save a Life Tour
October 22, Monday 10:00 AM - 4:00 PM
Student Center Multi Purpose Room

Casino Night
October 24, Wednesday 8:00 PM - 11:00 PM
Student Center Multi Purpose Room

Halloween Party
October 26, Friday
Student Center Multipurpose room
Prizes for best costume!

Do you want your club’s events for the month of November to be advertised in our next issue? Send us the event name, time and date to factorytimes@sunyit.edu
Have a Concern With SUNYIT?

Come and have your voice heard!

Town Hall Meeting
Student Center Multipurpose Room
12:00 PM - 2:00 PM
Tuesday, October 30
With the long-awaited and highly anticipated birth of the iPhone 5, Apple users everywhere scrambled to obtain their own piece of what was thought to be turn of the century technology. However, many were disappointed to find that the upgrades to this new model were not as mind-blowing as previously thought. Although there are many new physical changes, the software, iOS 6, was the major selling point. Thing is, iOS 6 was almost immediately made available as an upgrade to previous iPhone models, including iPhone 4S, iPhone 4, iPhone 3GS, fourth-generation iPod touch, iPad 2, and the new iPad. Having the new software available with other devices doesn’t make the new iPhone 5 seem as exclusive, but fortunately the new iPhone 5 has improved battery life, and physical design (increasing the length of the phone while making it thinner). Still, most changes are held within the new iOS 6 software, and they add some nice new features to all devices involved.

First off, Siri, the female personality of the iPhone 4S that can answer most questions and grant most requests, has increased in knowledge. Siri can now give football game score reports, as well as baseball, hockey, and more. Also, Siri’s restaurant database has increased, and can even make reservations when applicable.

With the new iOS 6 came the demise of all Google apps that were once a necessity to apple devices, including Youtube and Google maps. Apple has replaced the well-known Google maps app with Apple maps, which has a reputation for having inaccurate data. Looking beyond that little detail, Apple maps does have some improvements from its Google counterpart. Instead of having to manually advance to the next step with the GPS directions, Apple maps has a system that works more like the kinds of GPS devices that are mounted on the dash of a car. The
next step is displayed in a bright green box with bold white letters, so it’s hard to miss when glancing quickly at the screen, and there is a female voice vocally telling the user where to go, while automatically advancing.

Another new feature if iOS 6 is the “do not disturb” function. When activated, this function blocks calls and texts from the iPhone, and sends calls straight to voicemail. Pretty useful when studying or taking that much needed afternoon nap.

There are many other small additions and changes to the new iOS 6, including the coloring of music lists and the player itself, and also the keypad for dialing numbers. While some of the changes are positive, some were not required, but added a new flare to the overall appearance. The fight going on between Apple and Google has led to some casualties, mostly dealing with the missing Youtube app and the unreliable Apple maps, but hopefully with time, Apple will deal with these glitches and make future software updates worth the wait.

Written by Courtney Couture
THE FACTORY TIMES