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THE FACTORY TIMES

short stories
& POETRY

EVENTS ON CAMPUS

march - japanese film festival & more!
It’s that time of the year again; Super Bowl XLVII. This year we had the Baltimore Ravens against the San Francisco 49ers. This certainly was an interesting game; when it seemed that the Ravens had the game, the 49ers started closing the gap making the game much more interesting. But at the end the Ravens came out victorious with a score of 34 to 31.

The Super Bowl started off with Alicia Keys singing the national anthem, not traditionally but on her piano. After the national anthem several students from Sandy Hook Elementary School, accompanied by Jennifer Hudson, sang “America the Beautiful”. The game would then start with the 49ers kicking off.

The first half was in the Ravens favor as they made a total of 21 while the 49ers only had 6. Performing the half time show was Beyoncé with a special appearance of the other two members of Destiny’s Child, Kelly Rowland and Michelle Williams. Shortly after the half time show the Ravens’ Jacoby Jones caught the kick off and became the first player to run a receiving touchdown during a Super Bowl with a total of 108 yards.

Then things got hectic when half of the stadium lost power. For 35 minutes the players had to sit around and stay loose while stadium officials try to fix the problem. New information tells us that the power went out because stadium equipment had been set up wrong. This power outage seemed to have taken away the Ravens’ winning spirit because once the power went on the 49ers started closing the big gap.

The 49ers made up 17 points without the Ravens scoring. The Ravens only got to score two more times since the power outage, and both of them were field goals. But even though the Ravens had a lot of pressure on them they still ended up victorious with a safety.

As for the commercials, there were ones that made us laugh, feel touched and some that just grossed us out. As always we could count on Doritos to deliver a funny commercial; as for godaddy.com they grossed out most people with their “nerd kisses hot girl” commercial.

Have you ever wondered what ever happens to those socks that get lost in the wash? Everyone just assumes that the sock slipped into the crack between the frame and the tub of the washer. But know, I know what happens to all of your missing socks.

You see, there is another world pressed up against ours, and there are creatures who can slip into our dimension and steal things. These creatures cannot make their own items of clothing, so they steal ours. Normally they take the things we throw into the back of our closest, or the things we grow out of. These creatures only take what is no longer wanted.

However this is one particular creature... I like to think of him as a troll. I’ve seen him, and is the one responsible for the missing socks. This little monster sneaks into our world, and jumps into the wash and collects one sock for every matched pair. He actively collects these socks, he has even fashioned himself a little crown out of a bright yellow sock with smiley faces on it. He stands about eighteen inches with dark gray brown lumpy skin, he has tied a set of long socks into a kilt like skirt and he runs around stealing more and more socks. This troll calls himself. The King of socks, he has dedicated himself to forever stealing the left sock to every pair.

In his world, he has stacked all of his spoils into a neat little pyramid. On the top of this structure is his throne, of course made out of socks filled with dryer lint. He sits upon his sock throne mapping out every washing room in our world. He calculates when use humans wash our socks so he can come in and steal them. The sock king is out there... waiting, waiting to steal our socks!
Friday March 1st and Saturday March 2nd, a free-to-the-public Japanese film festival will be taking place in the Student Center. With more than just film showings taking place, both days have exciting events for participants to take place in.

On Friday, March 1st, Kurosawa’s Stray Dog will be shown in the Multi-Purpose room at 8:00 PM with a panel introduction to the film at 7:30.

The main events for Saturday, March 2nd include a Keynote Address by Eiko Siniawer at 12:30PM, a panel introduction and then showing of Ozu’s Early Summer, 12:30PM & 2:15PM, Dance ‘Art of the Jo’ at 4:30PM, a Personal Japanese Video by Tomonari ‘Crazed Fruit’ at 6:15PM, a showing of Nakahira’s Crazed Fruit at 7:30PM, with ongoing anime films being shown from 2:00PM-6:00PM.

SATURDAY ACTIVITIES

With more than just films to see, there will be plenty of activity during the second day of the festival.

- Calligraphy with Aiko Kane 1:00-2:30
- Meditation with Tim Kohlbrenner 2:00-3:00 ***
- Hanafuda Cards with Ibrahim Yucel 2:00-3:00
- Karate Demonstration with Utica Karate 2:30 and 3:30
- Geisha Make-Up Booth 3:00-5:00
- Cosplay Contest (100$ Prize!) ***
- Sumi-e exhibit by Jane Taylor
- Nintendo Game Station 1:00-6:00

*** - Sign up for these events prior to the date at the Student Activities Office in the Student Center.
We all know how snow forms. If the weather is cold enough the water in the atmosphere freezes and we get snow. Simple and easy, Cold + Water = Snow. However did you know that the current temperature and humidity affects the shape and size the snow forms and falls in?

There are two classifications of snowflakes. The physicist Ukichiro Nakaya was the first to start the classification of snow crystals. The two main types are plates and columns. When plate snowflakes form, they appear in the typical hexagonal arrangement. These are the classic flakes you think of when you are thinking of snow.

Now when column flakes form, they make blocky elongated crystals. They are more like chunky lines than patterned flakes.

The first set of ranges for plate formation is when the temperature in the cloud is between 32-23 degrees Fahrenheit. After this plates don’t form until the temperature drops to below 14 degrees Fahrenheit. The flakes that form this time are significantly larger than the ones that form at higher temperatures. The amount of moisture also affects how large these flakes are, so the more moisture the larger the flake.

The other type of flakes typically only form when the temperature ranges from 23-14 degrees Fahrenheit. This is why there are different sorts of snow depending on how cold it is outside. When the temperature hovers around temperatures that produce both sorts of flakes, we get a collection of both shapes falling from the sky. So if you are caught out in the snow, and are curious about what the temperature is, just look at the shape of the snow flakes and you will have a good idea.
The 55th Annual Grammy’s aired on February 10th, 2013, bringing many great performances and a certain trend of winners. Hosted by LL Cool J for the second year in a row, the show was extremely successful and better than it has been in years (apart from Adele’s big moment last year). There was a wide range of nominees for each category. For Song of the Year there was Ed Sheeran, Fun., Carly Rae Jepsen, Kelly Clarkson, Florence and the Machine, and The Black Keys. Best Pop Vocal Album included Kelly Clarkson, Florence and the Machine, Fun., Maroon 5, and Pink.

However, when it came to winners, only a small group of artists dominated each category. The top winners of the night turned out to be The Black Keys and Fun, with The Black Keys taking trophies for Best Rock Performance, Best Rock Album, and for lead singer Dan Auerbach, Producer of the Year, Non-classical. Fun., after being nominated for six categories, accepted Best Pop/Duo/Group Performance with Kimbra, and also Best Alternative Music Album as a solo artist. Adele managed to pick up an award herself, despite not releasing any new albums since her ground breaking wins at last year’s Grammy Awards. She won the award for Best Pop Solo Performance for her live rendition of “Set Fire to the Rain” from her concert at The Royal Albert Hall in 2011. Even when Adele takes a career break, she wins awards. Although there were many well-deserved nominees, it seems as though the same artists kept winning awards. The only real break in trends were Mumford and Son’s win for their album “Babel” in the Album of the Year category (which was rightly earned). Many radio-frequent artists surprisingly didn’t win awards in certain categories. Take for example Taylor Swift: she was nominated for Record of the Year alongside her more Grammy-successful opponents for “We Are Never Ever Getting Back Together”, but despite the impression of her popularity (based on annoyingly repetitive plays on radio stations), did not take home the award. Same goes for Ed Sheeran. His single, “The A Team,” could be heard numerous times a day on the radio, and his popularity seemed to be skyrocketing since summer. However, he lost out in his category to Fun.’s “We Are Young.” Do you think there should have been a wider range of winners in this year’s Grammy Awards? Or did the right artists earn their trophies?

The film “Warm Bodies,” directed by Jonathan Levine (50/50), is about a post-apocalyptic world where an infection has turned over half the population into zombies. There is a small band of humans still unaffected that have barricaded themselves in a small section of a nearby city, and have taken arms to reclaim the Earth for themselves. Based off the novel of the same name written by Isaac Marion, the film is a good watch for some gruesome zombie action, with a touch of romance to soften the cold, barren world the zombies inhabit.

The film is about R, a teenage zombie that sets himself apart from his corpse-like brethren, and Julie, the teenage daughter of the human resistance’s leader. They meet when R is on a food hunt with some fellow zombies, and his group stumbles upon Julie’s group of foragers, who are looking for medicine in an abandoned hospital. R falls for Julie immediately, and saves her from his group. Throughout the movie, we see R and Julie’s relationship develop, and perhaps the reanimation of R’s lifeless body.

Overall, the zombie aspect of the movie is slightly overshadowed by the budding romance between R and Julie, but there are plenty of nasty zombie-chomping scenes to gross anyone out. However, the dark and light humor makes the movie as much of a comedy as it is a romance or horror. The narrations throughout the movie by R put the audience in his head, and what he is thinking, which really spices up the plot. It’s interesting to see what a zombie sees, and how conflicted he actually is about eating people.
A few years ago, with the growing popularity of Rock Band, I started to become interested in classic rock. While there weren’t many classic rock songs on Rock Band, I realized that I liked all of them. When I played Rock Band with my friends, I would always want to sing “Roxanne” by The Police, “Carry on my wayward son,” by Kansas, “Tom Sawyer” by Rush, and “More Than a Feeling” by Boston. These are just “feel good” songs.

The lyrics from “Tom Sawyer” were a reflection of Ayn Rand’s philosophy portrayed in her books “Atlas Shrugged”, “Fountainhead”, and “Anthem”(three of my favorite books). I didn’t realize this until I really listened to the lyrics in “Tom Sawyer.” It’s safe to assume that most of us know this line: “No his mind is not for rent, to any god or government.” Ayn Rand grew up in communist Russia. In her novels, she talks about the minds of the competent feeding communist Russia. In her novels, she talks about the minds of the incompetent, while they aren’t doing anything to carry their weight. I don’t want to give anything away, but the great minds don’t let this go on for much longer. Today’s Tom Sawyer will not let others use his brilliance for their advantage.

There are more classic rock songs with meaningful lyrics than there are pop songs. Throughout the years, my classic rock collection has grown quite a bit, and now includes, in alphabetical order, AC/DC, Aerosmith, Alice in Chains, The Allman Brothers Band, Bad Company, The Beatles, Bob Dylan, The Clash, Cream, Derek and the Dominos, George Thorogood, Jimi Hendrix, Led Zeppelin, Pink Floyd, Queen, The Rolling Stones, Stevie Ray Vaughan, and The Yardbirds.

While I do enjoy some pop on occasion, there are a few over rated pop stars out there and we all know who they are. Nicki Minaj and Lil Wayne are, perhaps, THE two most over rated pop stars. With lyrics like: “Even when my dad was on crack I was crack/ now the whole album crack,” and “Hang it up, flatscreen…plasma… hey Nicky, hey Nicki…asthma,” Nicki Minaj is so intelligent I can hardly handle it. My sarcasm is SUBTLE! Meanwhile, Lil Wayne is saying “I’m a diamond in the rough like a baby in the trash” (“Immigrant song, “The Ocean, “ and “Over the Hills and far away.” “The Ocean,” has such an incredible guitar riff, one of my favorites.

I’ve always loved Queen, but I got my first actual Queen CD in the summer of 2010. I played that CD almost every day. That CD was the soundtrack to my summer, and from now on will always be associated with that summer feeling. Sometimes I put it on in the winter to make it feel like summer! As far as Queen goes, what’s not to like? Freddy Mercury can do just about ANYTHING with his voice. My favorite Queen songs are, “Killer Queen,” “Crazy Little Thing Called Love,” and “Good Old Fashioned Lover Boy.” The most obvious, best song to display Freddie’s vocal talent is “Bohemian Rhapsody,” another favorite.

Anyways, lets get back to classic rock. What about the Beatles? They are number one on every top 100-artist list that I have seen. With such incredible lyrics like “All the lonely people, Where do they all come from?” It’s such a simple statement, but within the context of the song, it strikes you with such immense emotion. “Ooh Bla Di, Ooh Bla Da,” is a folk song in a way. It is such a happy, feel good song. When I hear, “Desmond has his barrow in the market place…Molly is the singer in a band… Desmond says to Molly “Girl, I like your face “And Molly says this as she takes him by the hand,” I can’t help but smile. With lyrics like these, and bass lines, like the ones in “Come Together,” along with many other Beatles songs, I can see why they are the world’s most loved band.

I’ve come to the realization that good music is hard to come by today. Good music is hiding! I’ve told you why I like my three favorite classic rock bands: The Beatles, Queen, and Led Zeppelin. These bands were so widely liked that they were eventually considered to be pop. If you take a look at what is popular today, it’s clear to see that there isn’t much substance to it. With the increasingly common use of auto tune, and repetition in lyrics, pop music has become less original. Despite all of this, I can always take comfort in knowing that I can listen to classic rock, with a more unique sound, and meaningful lyrics.

Led Zeppelin was a band that was introduced to me by my boyfriend. I liked a couple of Zeppelin songs at the time, but I wasn’t very interested in them. After hearing them a few more times, they quickly grew on me. Of all eleven Led Zeppelin albums that I own, “Fool in the Rain” is my favorite, and most played song. I tend to go for the songs with a love story. Some other favorite Led Zeppelin songs of mine are “Black Dog,” “The Crunge,” “D’yer Mak’er,” “Heartbreaker,” “Immigrant song,” “The Ocean,” and “Over the Hills and far away.” “The Ocean,” has such an incredible guitar riff, one of my favorites.

So as I have let you in on the story of how I fell in love with classic rock, this brings me to my conclusion. I’ve come to the realization that good music is hard to come by today. Good music is hiding! I’ve told you why I like my three favorite classic rock bands: The Beatles, Queen, and Led Zeppelin. These bands were so widely liked that they were eventually considered to be pop. If you take a look at what is popular today, it’s clear to see that there isn’t much substance to it. With the increasingly common use of auto tune, and repetition in lyrics, pop music has become less original. Despite all of this, I can always take comfort in knowing that I can listen to classic rock, with a more unique sound, and meaningful lyrics.
Glancing over the images in this article, you’re probably under the impression that this is a guide for a diet plan. You may be expecting me to prescribe you five baby carrots for lunch, and a one square inch piece of salmon for dinner. However, this article is not meant to be an all-encompassing guide to exactly what you can and cannot eat. There are many other foods that make up a healthy diet than what is listed on the adjacent page. This article is only meant to outline the key plant-based micro nutrients that people tend to get too little of.

These plant-based micro nutrients are essential for a range of functions in the body from cell growth and regulation to roles in the nervous system. When the body is deprived of essential micro nutrients many unpleasant effects can develop.

References:
http://orthomolecular.org/nutrients/micronutrients.shtml
http://nutrition.about.com/od/nutrition101/a/why_nutrition.htm

**Calcium**
- Bones are made up of calcium and require additional calcium for regrowth. Calcium is also necessary to maintain a regular heartbeat. Calcium is utilized in the nervous system to send chemical messages.

**Chromium**
- Along with Iron, Chromium in our blood transports protein through out the body.

**Copper**
- Once absorbed, Copper aids in the formation of bones. Copper also contributes to the absorption of Iron.

**Iron**
- Iron in the body makes up hemoglobin in the red blood cells. Hemoglobin in the blood carries oxygen through out our body. Hemoglobin also delivers carbon dioxide out of the body.

**Magnesium**
- Has a variety of roles in the body from contributing the maintenance of a stable heart beat to contributing to the functions of the liver.

**Manganese**
- Contributes as a cofactor in bone formation and the absorption of carbohydrates and proteins. Too little Manganese in your system as this can result in fainting.

**Molybdenum**
- Molybdenum is most concentrated in the liver, skin, kidneys and bones. With too little Molybdenum you may experience skin lesions and soreness in the gums.

**Phosphorus**
- Works with calcium to produce strong, healthy bones. Without enough phosphorous, calcium will do nothing for our bones. Phosphorous also helps the body absorb vitamin B.

**Potassium**
- Plays a role in nerve transmission as well as maintaining a steady, constant heart beat. Aids in the breaking down of food by producing enzymes.

**Selenium**
- Contributes to the creation of an enzyme that protects red blood cells from free radicals.

**Sulfur**
- Sulfur is found in all of our cells. Sufficient sulfur levels allow our cells to hold oxygen and use oxygen during energy production. Sulfur also contributes to healthy connective-tissue.

**Zinc**
- In our muscles, zinc contributes to cell regrowth and repair. This mineral is particularly helpful after strenuous activity.
Here are five great PC games you can download and play for free.—

Publishers releasing hit games for free online is a recent trend in the industry. This seemingly altruistic act is typically an attempt to build up the market for soon-to-be-released games. Regardless, I think everyone can appreciate these classic PC games that won’t cost you a penny!

**Battlefield 1942**

Battlefield 1942 is a world war II-based first person shooter originally released in 2002. The most outstanding part of the game is the online mode, in which up to 50 players battle in large cities and environments based on actual WWII battles. Players can defend themselves with a variety of guns as well as piloting tanks and aircrafts from the WWII era. Earlier this year, Electronic Arts released the game for free on the Origin distribution service.

**Team Fortress 2**

Team Fortress 2 is a team-based first person shooter. Players compete in a variety of game play types ranging from Capture the Flag to the standard Team Deathmatch. Unlike traditional first person shooters in which the player picks up new weapons, players are asked to choose from one of nine character classes determining their role for the team. After reaching critical acclaim and high sales, Valve released their first person shooter for free on the Steam service in 2011.

**F.E.A.R Combat**

F.E.A.R is a survival horror game that was released in October of 2005 by Monolith Studios. Along with the psychologically thrilling single player mode, Monolith included a well polished multiplayer mode. Through patches that were released for the game, Monolith provided 6 different multiplayer game play types. These 6 multiplayer game types were repackaged, and released for free under the name FEAR Combat. FEAR Combat can be downloaded at www.fearcombat.org.

**Mech Warrior 4**

MechWarrior 4 is a first person simulator placing the player in the seat of tank-like robots equipped with an arsenal of weaponry. The player takes the role of a mercenary, playing through various missions. At the end of the mission, the player is paid based on the completion of the mission. The money is used to purchase armor and weapon upgrades for the Mech. Once you’ve completed the single player objectives, Mech Warrior 4 has a vast multiplayer mode offering hundreds of maps and missions for download. MechWarrior 4 can be downloaded at microsoft.com/games.

**Command and Conquer**

Command and Conquer are real time strategy games that were at first published by Virgin Interactive and later by Electronic Arts. For those who don’t know, real time strategy games put the player in the position of a militant leader. The responsibilities of this role include constructing buildings, creating an army and defending your army’s base. The first Command and Conquer, originally released in 1995 was released as freeware in 2007. In 2008 Command and Conquer Red Alert was released for free. Following this trend, Command and Conquer Tiberian Sun was released for free in 2010. These three, free Command and Conquer games can be found at download.cnet.com.
The Unspoken Words of Chiquita

I have underestimated my strength
My strength to hold-
To HOLD what they call
a “natural response.”
However, I’ve held it for so long-
My grip has now become
Numb like the ice that floats
In the ocean of tears I have gathered
and hidden
just to keep a neutral response.
So numb, I can no longer feel
Feel a natural response.

My feelings have now been processed
Industrialized after this war,
All for the sake of our wealth,
So how is that I am still poor.

These changes triggering a reaction
Causing my hands to become fragile
Like the glass I now walk on.
I have underestimated my strength,
Where these environmental changes
And individual variation
Are sparking a process of natural selection
right before my eyes.
My internal environment has now
produced a gene.
Where I am able to physically survive.
But emotionally decease.
If I can no longer be me
Then who do you claim to want?
Who is it that you claim to see

Right before YOUR very eyes?
Me or the person that you have created?
I ask: Where can I find the man who washed
Away the tears with the shine of his smile?
Where can I find the man who made me laugh
Once in a while?
But damn it: I really ask: How?
How can I get this one man to show me
How his care is conceived for me?
How can I get this one man to think about
How he effects ME!
How can I get him to understand that
His prevention
Is causing the failure
To our connection.
How can I get this man
To believe what I feel
Within in me?

The answer is I cant.
I can no longer feel
I can no longer move,
Not me
not you
not us.
All I can do,
All I will do...
Is Wait...
wait for your-natural response.

Written by: Melissa Vargas
March Events

Town Hall Meeting
February 28
Student Center MPR
12:00 PM

90's Social
March 1
Student Center Pub
8:00-10:00PM

Japanese Film Festival
March 1-2nd
Student Center

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