Publication Guidelines

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The Factory Times staff meets every Tuesday at 12:00 in room S213 the Student Center.
Neutral Milk Hotel’s 
In the Aeroplane Over the Sea

Reviewed By David Deeley

This album is without a doubt one of the most beautiful, haunting and interesting pieces of music I have ever listened to. Released on February 10th 1998 by the band Neutral Milk Hotel, this album has existed for nearly two decades, yet its influence is still present and its raw power and beauty never seems to fade. From the opening guitar chords of King of Carrot Flowers Pt. 1 to the final soft, gentle hums of Two Headed Boy Pt. 2, this album is something like a story; a non-linear story about Anne Frank, WWII, mortality, morality and sexuality. And it is an intense journey to go on.

Anne Frank was a huge influence on the creation of this album. Neutral Milk Hotel’s lead singer, Jeff Mangum, was known for being almost obsessed with Anne Frank’s story, and this is made quite apparent throughout the album. On the song “Holland, 1945” Mangum sings “The only girl I’ve ever loved / Was born with roses in her eyes / But then they buried her alive / One evening, 1945.” He goes on to sing about how she was buried with her sisters at her side and how her father had survived and found her diary after the war. He also alludes to the idea that Anne was reincarnated as “…a little boy in Spain / playing pianos filled with flames” which could be a metaphor for the way her story has lived on beyond her life, with her diary being the piano and the story of the pain she felt during WWII and then her eventual death being the flames.

He mentions Anne again in the song “Oh Comely” which is a slow, acoustic song with a lot of vivid sexual imagery. “And pluck all your silly string, bend all your notes for me / Soft silly music is meaningful, magical / The movements were beautiful, all in your ovaries.” And lines like this are all over this song, describing the beauty and the crudeness of sexuality. And again he references Anne Frank, further showing his admiration and the role she plays in the album. “And I know they buried her body with others / Her sister and mother and five-hundred families / And will she remember me fifty years later? / I wished I could save her in some sort of time machine.” It kills him that he can’t help her and that she didn’t get to live her whole life out, exploring all the facets of life that we all get to experience, should we be lucky enough to live that long.

The three best parts of this album, in my opinion, come in three different songs; “In the Aeroplane Over The Sea”, “Two Headed Boy Pt. 1”, and “Two Headed Boy Pt. 2.” The chord progression in “Aeroplane” is mesmerizing, as is the singing saw that wobbles throughout the track, materializing the imagery presented in the lines “Anna’s ghost all around / Hear her voice as it’s rolling and ringing through me / Soft and sweet / How the notes all bend and reach above the trees.” The lyrics are incredible and poignant throughout this entire track, my personal favorites being “What a beautiful face / I have found in this place / that is circling all round the sun” and “Can’t believe how strange it is to be anything at all.” It’s difficult to put into words the kind of emotions you feel when Mangum sings these lyrics with such carefreeness that the possibly scary ideas he contemplates in this song sound almost magical and comforting. When he says, “And one day we will die / and our ashes will fly from the aeroplane over the sea”, you’re unafraid. You can embrace the thought that one day you will be gone and the memories you leave behind will be but ashes in the sea.

“Two Headed Boy Pt.1” and “Pt. 2” continue this beautiful imagery and lyricism. Pt. 1 describes a boy trapped inside of a jar who is in love with Anne Frank, trying to build her a radio “just for two” so he can convey his love to her through music. The Two Headed Boy says “And in the dark we will take off our clothes / And they’ll be placing fingers through the notches in your spine” at first sounding like they are going to get intimate with each other, until it is interrupted by something foul, possibly referring to the Nazi’s finding Anne and taking her away. Pt. 2 describes the Two Headed Boy again, this time having to let go of Anne because he knows he cannot escape his jar and must let her move on with her life. Mangum sings “And when we break we’ll wait for a miracle / God is a place where some holy spectacle lies / When we break we’ll wait for a miracle / God is a place you will wait for the rest of your life.” This line gives two possible meanings, one being that death is desirable and that when one of them dies the other will wait for them and eventually be reunited. The other possible meaning, of course, is that God doesn’t exist and waiting for the rest of your life means to waste your time on earth hoping that something better will come in the afterlife.

There are too many fantastic moments on this album to mention all in one paper, and I urge you to check the album out yourself, because my abysmal descriptions don’t do it justice. The only way you can truly feel the emotion in these songs is to listen to them yourself. I promise you won’t regret it.
Ways to Wellness
From your friends at the Health & Wellness/Counseling Center
It is important for you to continue to educate yourself daily on ways to improve your personal wellness. Here are 50 tips and ideas in which you can take small steps to implement change in your daily habits to improve your overall quality of life :)

1. Smile at a complete stranger and say hello
2. Listen to yourself breathe, concentrate on every breath
3. Turn on your favorite music; dance and sing out loud
4. Take a walk
5. Call someone you love and write them a thank you card (put a stamp on it)
6. Forgive someone for something that holds heavy on your heart
7. Wear sunscreen
8. Get your yearly physical and/or pap exam and pay attention to symptoms, no matter how small
9. Don't smoke and limit your use of alcohol and cut back on caffeine
10. Get one extra hour of sleep each night (allow between 7-9 hours by counting back from the time you wake up in the morning)
11. Use protection when engaging in sexual activity
12. Never get behind the wheel of a vehicle under the influence of any alcohol or other substances
13. Get a massage, practice yoga and stretch to keep your body flexible
14. Respect your elders
15. Indulge in laughter (check out fun animal videos, Babies Behaving Badly or Impractical Jokers)
16. Be grateful for those who listen and assist you
17. Spend time with family when you have the chance
18. Eat your fruit and vegetables (attend a Farmers Market and try something new)
19. Cut back on your consumption of empty calories
20. Create a timeline for achieving your goals (make it realistic) and reward yourself when you reach a milestone
21. Read food labels and research ingredients you aren’t aware of
22. Use only medications prescribed by a physician and use as directed
23. Take a daily probiotic
24. Wash your hands with soap and water before and after handling food
25. Clean your mouse and computer keyboard

26. Put money in your savings account (even if it is minimal)
27. Learn to say NO sometimes
28. Focus on what is happening in the present
29. Volunteer in your community
30. Properly hydrate your body with water every day; instead of buying bottled water, use tap water and fill up a reusable water bottle adding a little lemon, lime or cucumber to jazz it up
31. Familiarize yourself with your health insurance policy and check your medical bills for error
32. Check your credit report
33. Do not text and drive, it can wait
34. Cough or sneeze into your elbow sleeve
35. Keep a healthy snack (fruit or granola bar) in your backpack, purse or coat pocket in case you need a quick energy boost or for when you are on the go
36. When you go out to eat, ask for a to-go box when the meal is served and pack half of it away. This will allow for portion control and another future meal.
37. Always take the stairs instead of the elevator
38. Keep your living space clean and remove unnecessary clutter
39. Be aware of your posture, sit up straight
40. Don’t be reckless with other people’s hearts
41. FLOSS and brush your tongue
42. Enjoy your body and don’t pay attention to what others think of it
43. Don’t expect anyone else to support you
44. Take a peek at your pee for the color (darker urine may indicate dehydration, urine should be pale yellow or clear).
45. Take off your shoes at the door (shoes carry an array of germs)
46. Boost immunity with saline nasal spray
47. Turn your devices off long before bed (to reduce blue light exposure)
48. Color to relieve stress
49. Eat mindfully and chew your first bite of food for 30 seconds
50. Tackle difficult situations in person, not through text messaging (interpretation can be subjective and lacks respect and integrity)
Survival and inner strength are emphasized in the newest film, The Revenant. It is heavily inspired by the true experiences of Hugh Glass, a renowned fur trapper in 1823. The film begins with wise words of survival, encouraging its listeners to live even in the worst of shape. Back in the present, a party of trappers are attacked by Native Americans who slaughter a vast majority of people as a small party of survivors escape on a boat. Hugh Glass, their most experienced hunter, recommends that they abandon the boat and go on by foot to their outpost. A fair handful of arguments ensue and it’s revealed that Hugh’s son, Hawk, isn’t particularly adored due to his half native heritage. However, Hugh is overly protective of his son, as he had lost his wife in an ambush, only leaving their son and words of encouragement to survive. As Hugh scouts ahead, he disturbs two cubs and is attacked by their mother. Though he manages to kill the grizzly bear, he is badly mauled and lacerated. His party finds him and is in conflict on how to proceed as Hugh presents himself as a dangerous liability. The captain, Andrew Henry, offers extra payment for men who decide to stay with Hugh until his eventual death. Hawk, unwilling to leave his beloved father behind, is accompanied by John Fitzgerald and a young hunter, Jim Bridger. Fitzgerald is convinced that Hugh’s chances of survival are null and attempts to kill him to save time but is interrupted by Hawk. To silence Hawk, Fitzgerald kills him in front of a Hugh, who is unable to do anything. When Bridger returns, Fitzgerald fabricates a series of events to convince him to leave Hugh behind, reassuring that the chances of Hugh’s survival are impossible. Reluctant but naive, Bridger flees with Fitzgerald, leaving behind his odd canteen. Betrayed by his own teammates and stripped of his meaning to live, Hugh Glass is left to die in the bitter hands of Mother Nature. Haunted by the vision of his deceased wife and son, raw revenge fuels Hugh Glass to do the impossible—survive the harsh lands and find the man who killed his son.

The film is heavily praised by for Leonardo DiCaprio’s stunning performance as he executes Hugh Glass’ unwavering dedication to survive with brilliance. Though playing a tragic role yet again, the overall film depicts a much darker tone than DiCaprio’s usual characters. It’s definitely not recommended for the faint-hearted in spite of its rewarding performance and execution. For those who cannot stomach gore, torture, violence, really mean people and brief nudity, stray far, far away from this movie. However, due to its dark nature, the sequence of events that occur truly illustrate the inhumanity in man. When gifted with luxurious goods—especially material ones—people seem to lose sight and touch of morality but, when stripped of all beloved ones, there’s only one instinct that is left behind—survival, even when deemed impossible to all.
February

Wednesday 2/17
Illusionist
Elliot Zimet
Student Center
Multi-Purpose
Room
9:30 P.M.

2/22-2/24
Straight Outta Compton
Student Center
Movie Theater
9:30 P.M.

March

Monday 2/29
Street Performer
Snap Boogie
Student Center
Room
9:30 P.M.

Tuesday 3/29
Multi-Dimensional
Performer
Xclusive
Student Center
Multi-Purpose
Room
9:30 P.M.

April

3/21-3/23
Movie Night
Student Center
Movie Theater
9:30 P.M.

4/04-4/06
Movie Night
Student Center
Movie Theater
9:30 P.M.

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SUNY POLY
STUDENT ASSOCIATION

Apocalypse Week 4/17-4/23 Info Coming Soon!
Influential Books of the 60s

By Sara Waldeck

Our school was established during a very influential decade when it comes to books. It seems to be a common occurrence for English teachers to pick books that came from that time period, so you may have read some of the titles that I picked (or at least have seen the movie version), but it would never hurt to reread them. Just think, reading older books gives you the ability to go back in time and see how people of that era thought and in this case, it’s people who were in your exact position in college 50 years ago.

Starting with the book first published, One Flew Over the Cuckoo’s Nest came out in 1962. While this was made into a movie, like with most everything else, the book is significantly better. Psychology majors would most likely enjoy this book, but it definitely is not limited to them. The narrator is Chief Bromden who has been a patient in Oregon psychiatric hospital for ten years. The patients at that hospital are under the control of Nurse Ratched who is a former army nurse and is cruel in everything she does, especially when it comes to the unethical treatments. Before Randle McMurphy was transferred there, everyone let Nurse Ratched rule as the all-powerful one, but once McMurphy sees how much of a “ball-cutter” she is, it becomes his mission (mostly because he made a bet and refused to lose) to get out from under her tyrannical rule and help the rest of the patients.

Flowers for Algernon, published the same year our school was established, is similar in regards to the genre of One Flew Over the Cuckoo’s Nest, so normally I would talk about another book, but I read this 6 years ago and to this day, its message has stuck with me; it’s quite influential. Charlie Gordon is a 32 year old with an IQ of 68 (keep in mind that the average IQ is 100) and suffers from phenylketonuria which causes intellectual disability and other serious health issues. Researchers Dr. Nemur and Dr. Strauss perform a surgery on a mouse, Algernon, which allows its intellectual level to dramatically increase. As a result of the success, they want to try the new surgical technique on a human and they choose Charlie. It is a success and his IQ increases up to 185. Soon though, Algernon’s health and intelligence begins to decline and all Charlie can do is watch what will soon be in store for him.

Don’t skip over this one just because it is the last book on this list because it is probably one of the best ones I have ever read. Despite having to read it a couple of times to be able to pick up all of the symbols, meanings, and hidden jokes, it’s most definitely worth it. Slaughterhouse Five was written by Kurt Vonnegut in 1969. Don’t expect to read it and find a beginning, middle, and end, because it jumps all around in time and is written in a nonlinear sequence. Billy Pilgrim is a fatalistic and ill-trained American soldier who is captured by the Germans and is present for the bombing in Dresden during the Second World War. After surviving and being honorably discharged, he is diagnosed with PTSD and claims to have been abducted and taken to a planet called Tralfamadore billions of miles away from Earth, but later on arrives back on Earth and tries to tell his story. Throughout the course of the book, the scene changes and Billy is transported either forward or backwards in time. His thoughts are jumbled and he is an unreliable narrator, but through the use of flashbacks, Vonnegut is able to make the whole story line clear and understandable.

These books are all similar in nature, but ultimately have a much different meaning in the end. They make the reader think and feel in abnormal ways and are books that no matter your age are still enjoyable. Students just starting out at this school were around when these books were published, so you reading them gives you the ability to sit in their seats and get an idea of what the author’s thought processes were.
February

Friday - 5th
Science Fair
7:00 pm
Student Center Lobby

Saturday - 6th
Open Mic Night
8:00 pm
Student Center Pub

Saturday - 13th
Anti-Valentines Day
8:00 pm
Student Center Multi-Purpose Room

Saturday - 20th
Food Fest
8:00 pm
Student Center Multi-Purpose Room

Friday - 26th
Game Show Night
8:00 pm
Student Center Multi-Purpose Room

Saturday - 27th
National Strawberry Day
8:00 pm
Student Center
Most of the things we do nowadays are done online; whether it is talking to friends, watching television shows, shopping for clothes or playing games. One of the most beneficial things that we can do on the computer, now that we are in college, is taking an online class. In some cases you can take entire degree programs online and get a diploma from your home. While these classes seem very convenient because you can do the work at your convenience there are some dangers with these courses. Let's look at the pros and cons of these classes.

The best part of online courses is how flexible they are with your schedule. It is very convenient to not have to go to a class and do the work whenever you choose. One of the hardest parts of college in my experience is actually making it to class. There have been a lot of times when I woke up and just didn't feel like going to class so I just didn't. Without parental supervision we are completely responsible for ourselves. This may seem like the best thing in the world but it is hard to get used to when we first start school. That's why it's a lot easier to take an online class. You don't even need to get out of bed. I don't like getting out of bed so that's great for me. Also, there are a lot of courses that you need to take in order to graduate, but they conflict with other classes that may not be offered online. So classes that are online are extremely helpful for when you need to graduate.

Even with the convenience of these courses there are drawbacks. When you are taking these classes they get looked over by the teacher. The first online class that I took, I almost failed because I would always forget about it and miss deadlines. It is also way easier to get distracted while taking these classes. There have been many times when I was getting ready to start work for one of those courses and then ended up shopping or doing anything else. This made it really hard to do the work even when I remembered it. It's easier to pay attention when you have a teacher in the front watching you to make sure you are pretending to learn. Learning during these classes is also more difficult because it's mainly just you teaching yourself the information. They require you to read a book and get all your knowledge from there. For me, at least, it's easier to learn when the teacher is pushing me to learn the information and challenging me with questions to answer on the spot. These courses aren't made for everyone. Only certain people can take learning into their own hands and be responsible for getting all the information.

There are a lot of great things about online classes. But if there is anything I have learned from college it's that you have to learn what way is best for you to learn; whether you can learn just from reading the material, writing it down, or learning from examples and real situations. It is so important to learn which way to learn so that in your future career you can learn the skills you need in order to achieve.
A war is coming
Choose your side

Sat
March 19
7pm

In
Donavon Hall

STUDENT CENTER MOVIE THEATER
Time: 9:30pm

Tuesday, February 23rd
or/and
Wednesday, February 24th

Sponsored by:

STRAIGHT OUTTA COMPTON

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WAR

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SUNY POLY
Finding A Home
A Brief History of SUNY Poly, 1966-2016.

Adopted, with permission, from John Swann’s book
"From the Mills to Marcy: The Early History of the State
University of New York Institute of Technology at Utica/Rome."
Photos from Genesis Yearbook, ‘75, ‘85, ‘86.
Assembly & Design by Kira Gregory.

1966
SUNY "Upper Division College at Herkimer-Rome-Utica" is officially born,
but exists in name only. No campus, no president, no faculty, no students.

1970
First transfer students arrive at the Upper Division’s temporary campus in West Frankfurt.

1971
Upper Division moves to a new, more spacious temporary location:
the former Globe Mills Factory in West Utica. Still no president or resident faculty.

1973
First name change: Upper Division becomes the State University College at Utica-Rome.
First undergraduate course offered, in Computer Science.
William R. Kunsela voted first president of the College.
First full-time undergraduate student applies, named Ronald Doty.
School colors chosen: brown and gold.

1975
First formal commencement held at the Stanley Theater.

1977
Second name change, to the
State University College of Technology.

1979
Intercollegiate athletics established: women’s basketball, women’s softball,
men’s basketball.

1982
Peter J. Cayan becomes the College’s second president.

1985
The College moves from the Mills to the permanent Marcy campus, which
then consists of the Administration-Library-Classroom Building (later
known as Kunsela Hall).

1986
Construction under way for the Health-Physical Education-Recreation Building (Campus Center)
and the Arts-Sciences-Technology Building (Donovan Hall).

1989
Third name change, to SUNY Institute of Technology at Utica-Rome.
The Arts-Sciences-Technology Building formally opens.

1991
First residential students move into the newly constructed
Adirondack Residence Hall.
The Arts-Sciences-Technology Building is dedicated to James H. Donovan.
The Institute of Technology celebrates its 25th anniversary with events
and performances throughout the year.
New school colors: blue and grey.

1995
Nascent website created at www.sunyit.edu.
Groundbreaking for Mohawk Residence Hall.

1999
Construction begins on the Cayan Library.
New logo created by Michael De Cicio.
New unofficial identity: the Institute of Technology becomes SUNYIT.

2003
First freshman class admitted.

2011
Student Center and Wildcat Field House are complete.

2013
Construction continues on the Computer Chip Commercialization Center
(Quad-C) at the Marcy site.

2014
Fourth name change: SUNYIT becomes SUNY Polytechnic Institute after
merging with the College of Nanoscale Science and Engineering in Albany.
Ready to start your heart-healthy diet? Here are seven tips to get you started and prevent heart disease.

**CONTROL YOUR PORTION SIZE**
How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should. Use a small plate or bowl to help control your portions.

**EAT MORE VEGETABLES AND FRUITS**
Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber.

**SELECT WHOLE GRAINS**
Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health.

**LIMIT UNHEALTHY FATS**
Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease.

**CHOOSE LOW-FAT PROTEIN SOURCES**
Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. But be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken.

**REDUCE THE SODIUM IN YOUR FOOD**
Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease.

The Department of Health and Human Services recommends: Healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon of salt) and People age 51 or older, African-Americans, and people who have been diagnosed with high blood pressure, diabetes or chronic kidney disease have no more than 1,500 mg of sodium a day.

**PLAN AHEAD: CREATE DAILY MENUS**
Create daily menus using the six strategies listed above. Choose lean protein sources and healthy fats, and limit salty foods. Watch your portion sizes and add variety to your menu choice.

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The Office of Career Services offers students a wide range of career planning services to include resume writing and interviewing workshops, mock interview sessions, job search and internship assistance, and individualized career counseling. Students are strongly encouraged to register with Career Services as soon as they are admitted to the college. Registering upon admission allows students to take full advantage of these services and to gain access to the comprehensive web-based student/employer database, College Central Network. Students who create an account receive targeted e-mails regarding internship and employment opportunities available throughout the academic year. Information is also available regarding graduate school admissions procedures and graduate school standardized testing through the Career Services Office.

**Upcoming Events include**

- Career Services Workshops
- Career & Graduate School Fair, Tuesday, March 15, 2016, 12-3, Campus Center Gym
- There are currently 80 organizations registered
Check out SUNY Poly's Radio Station online at
https://sunypoly.edu/student-association/wildcat-media/
Email Song Requests to Nick at kowalcn@sunyit.edu

Food Fest
February 20th
Root Beer Floats
Cupcake Decorating
Wing Eating Contest
Chopped Competition
(Sign Ups Required)
8-10pm
Student Center MPR