Christmas!!
Fairy Tales!!
MORE!!!
So a little while ago, a friend of mine invited me to see a guest speaker named Helen Sperling in the lecture hall in Kunsela. My friend told me that this woman was a 93 year old Jewish survivor of the Holocaust and that it was a moving event well worth my seeing. So I did, and through her story, I, and everyone else watching, was taken back to a moment in time when the world was burning with hatred, torture, and almost complete despair. But because of that context of horror, her story of survival was inspirational beyond belief. For no other reason than to refuse the Nazis the satisfaction of taking her spirit, she was able to hold onto life and keep whatever dignity that had not already been taken from her. She said that no one can survive something like that without holding on to some dignity. She managed to do that, not knowing if the Holocaust would ever end. It’s one thing to be strong knowing that the cavalry is coming; it’s quite another thing when you have no idea who is winning the war or if there were any nations even trying to defeat the Third Reich. Moreover, she didn’t come off as bragging that she had survived.

Most self-help gurus we see today pat themselves on the back for “surviving” being overweight or “surviving” being lost in the woods for a few days. Her story was on a whole other level and we all knew it. In fact, the audience was probably one of the more incredible aspects of the evening. Before she came in, people were joking, perfectly content in their lives, and busy on their cell phones. After she started, no one said a word. I’ve never heard a more completely silent audience before. It was beautiful how much respect was given. I’d like to think that the audience was truly motivated by what they saw; I know I was. That was the whole point after all, not just to tell us about what happened to her, but to teach us something about the world and about life.

These days, we all live our experiences through video games, TV, or some other escapism, but this woman has lived a real experience. She witnessed probably the most horrific moment in history and has spent her life telling others of what she saw and experienced. If you’ve seen Helen Sperling, then the one thing you should take home is to keep an eye on what’s happening in the world, but more than that, become a part of the world.

Helen Sperling
By Matthew Handzel
Designed by: Carles Lojano
Most Important Meal of the Day

Written by Matthew Handzel

Designed by Zach Handzel

So what exactly is the most important meal of the day? Does it depend solely on what kind of food you like? Does it come down to your daily routine? Or is it just based on some primal predisposition?

Breakfast is considered, by most, to be the most important meal of the day, and when you look at how many restaurants are out there that only serve breakfast, like Denny’s or IHOP, it’s hard to argue otherwise. And who doesn’t appreciate starting their day with a nice plate of bacon, eggs, and toast, with a side of pancakes or maybe some waffles, or some bagels, or some muffins? Aw, hell, just put it all together.

However, humans originally had to spend the whole day hunting and gathering. In which case, they wouldn’t be eating until late in the day after they had collected and prepared their food, hopefully in that order. If you’re someone who really enjoys a good meal, then wouldn’t you want to save the best for last? Say you come home from a really bad day at work; you kick off your shoes to a fine course of steak and potatoes, or how about some liverwurst with some fava beans and a nice Chianti. Sounds good, doesn’t it?

Personally though, I don’t think lunch can be replaced, just from a practical point of view. It’s located in the center of the day, so from the time you wake up to the time you go to bed you never have to go more than say seven hours without eating. Plus, you have so many options with lunch. You can take breakfast’s eggs and put them into a sandwich, or you can take last night’s turkey and put it into a sandwich. If you have enough time to enjoy it and the weather is nice, then you can’t beat a good off-fashion American burger while on a picnic. Also, look at the sheer amount of fast food restaurants whose menus are pretty much centered only on lunch. KFC, McDonald’s, Wendy’s, Subway, and Burger King all made billions by franchising lunch.

All that aside, there probably isn’t just one single most important meal. Most likely it comes down to what your schedule is like, your energy level throughout the day, or what kind of food agrees with you. I guess vegetarians and vegans have it the easiest, because there aren’t really that many options for them. But for everyone else, ask yourself, “If I could only eat once a day, when would I eat?”

So what exactly is the most important meal of the day? Does it depend solely on what kind of food you like? Does it come down to your daily routine? Or is it just based on some primal predisposition?
Seasonal affective disorder (also called SAD) is a type of depression that occurs at the same time every year. If you’re like most people with seasonal affective disorder, your symptoms start in the fall and may continue into the winter months, sapping your energy and making you feel moody. If you get depressed in the winter but feel much better in spring and summer, you may have SAD. Anyone can get SAD, but it is more common in:

- People who live in areas where winter days are very short or there are big changes in the amount of daylight in different seasons.
- Women.
- People between the ages of 15 and 55. The risk of getting SAD for the first time goes down as you age.

Fall and winter seasonal affective disorder (winter depression) symptoms include:

- Depression
- Anxiety
- Loss of energy
- Social withdrawal
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating
- Low motivation to be active
- Feelings of hopelessness
- Difficulty concentrating
- Memory problems
- Trouble making decisions
- Feelings of worthlessness
- Thinking about death or suicide
- Increased feelings of nervousness or restlessness
- Overeating
- Difficulty sleeping
- Fatigue
- Sensitivity to sunlight
- Irritability
- Lack of interest in others
- Difficulty concentrating
- Changes in appetite and weight
- Changes in sleep patterns
- Changes in energy levels
- Changes in sexual interest
- Changes in mood

Those with SAD may not experience every symptom. For example, energy level may be normal while carbohydrate craving may be extreme. Sometimes a symptom is opposite the norm, such as weight less as opposed to weight gain.

The specific cause of seasonal affective disorder remains unknown. It’s likely, as with many mental health conditions, that genetics, age and, perhaps most importantly, your body’s natural chemical makeup all play a role in developing the condition. A few specific factors that may come into play include:

- Your biological clock (circadian rhythm). The reduced level of sunlight in fall and winter may disrupt your body’s internal clock, which lets you know when you should sleep or be awake. This disruption of your circadian rhythm may lead to feelings of depression.

- Serotonin levels. A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in seasonal affective disorder. Reduced sunlight can cause a drop in serotonin that may trigger depression.

- Melatonin levels. The change in season can disrupt the balance of the natural hormone melatonin, which plays a role in sleep patterns and mood.

Treatment for seasonal affective disorder may include light therapy, medications and psychotherapy. Increased exposure to sunlight can improve symptoms of SAD. This can be a long walk outside or arranging your home or office so that you are exposed to a window during the day. If your depressive symptoms are severe enough to significantly affect your daily living, light therapy (phototherapy) has proven an effective treatment option. In light therapy you sit a few feet from a specialized light therapy box so that you’re exposed to bright light. Light therapy mimics outdoor light and appears to cause a change in brain chemicals linked to mood. Some people with seasonal affective disorder benefit from antidepressant treatment, especially if symptoms are severe. Although seasonal affective disorder is thought to be related to brain chemistry, your mood and behavior also can add to symptoms. Psychotherapy can help you identify and change negative thoughts and behaviors that may be making you feel worse. You can also learn healthy ways to cope with seasonal affective disorder and manage stress.

It’s normal to have some days when you feel down. But if you feel down for days at a time and you can’t seem to get motivated to do activities you normally enjoy, see your doctor. This is particularly important if you notice that your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or find yourself turning to alcohol for comfort or relaxation.
Most of us are familiar with the “happily ever after” versions of fairytales that Disney has adapted into its well-known and child friendly movies. Have you ever wondered what really happened in some of the original stories………….?

CINDERELLA:

The part where Cinderella tries on the glass slipper and lives happily ever after is true. However, in the Grimm’s fairytale version, the evil step sisters make a gruesome attempt to fit into the glass slipper first by cutting off their own big toe and heel to fit. After having the blood on their stockings pointed out to the Prince, the step sisters are condemned to having their eyes picked out by enchanted birds and are forced to live as blind beggars.

SNOW WHITE:

In the brothers Grimm tale of Snow White, the evil Queen orders a hunter to bring back Snow White's lungs and liver as proof of the Princess's demise. The huntsman brings back the entrails of a pig and the Queen, believing them to be the liver and lungs of Snow White, greedily devours the glistening organs. The Queen tries to kill Snow White three times in all: First she pulls Snow White's corset so tight that she passes out. Second she brushes Snow White's hair with a poisoned comb, which causes her to fall into a deathlike sleep; the dwarfs remove the comb and she awakens. Finally, the Queen poisons an apple which Snow White eats and apparently dies. The dwarfs place her corpse in a glass coffin where a passing Prince finds her and decides to take her home with him. As the coffin is moved, the piece of apple falls from Snow White's throat and she awakes. At the wedding, the Queen is put into red hot iron shoes and made to dance until she dies.

THE LITTLE MERMAID:

In Hans Christen Anderson's story the sea witch, Ursula, splits Ariel's tail in two and cuts her tongue out, and then the mermaid goes on land and proceeds to bleed absolutely everywhere. The prince, finding this delightfully amusing, commands her to dance for him while she grins and bears the excruciating pain. The Prince is supposed to marry another woman, if this happens Ariel will be turned into sea foam. She must either convince the Prince to marry her or kill him. The Prince never falls in love with her and she can’t bear the thought of killing him. She dies and turns into sea foam.

SLEEPING BEAUTY:

In Charles Perrault's version of the tale, “Sun, Moon and Talia”, this was the earliest written version of Sleeping Beauty, it is prophesied at Talia’s birth that she will one day face great danger from a chip of flax. Talia manages to get a splinter of flax stuck beneath her fingernail, and falls into a deathlike sleep. Talia falls pregnant and, without waking, eventually gives birth to twins. While the babies try to find her breasts to suckle, one starts sucking on her finger and the flax splinter is loosened. Talia wakes up, and finds herself the mother of twins, which she names Sun and Moon. The king returns, but instead of finding a comatose girl, he finds Talia awake – the mother of his children.

THE HUNCHBACK OF NOTRE DAME:

Frollo doesn’t try to drop the deformed baby down a well like in the Disney movie. In Victor Hugo’s dark original Frollo actually rescues the baby from being burned alive by four women who think it is a demon. Frollo is eventually driven mad with lust to dominate a beautiful fifteen year old gypsy girl called Esmeralda and makes Quasimodo kidnap her. Quasimodo is caught in the act and arrested by the handsome soldier Phoebus, whom Esmeralda falls in love with. Quasimodo is publicly tortured and left exposed in the pillory. Overcome with jealousy, Frollo emerges from the shadows, stabs Phoebus in the back and flees into the night. Esmeralda is charged with the attempted murder, tortured into giving a false confession in a subterranean dungeon, and sentenced to hang. Quasimodo rescues her and hides her in Notre Dame, where Frollo tries to rape her. Frollo watches as Esmeralda is executed, and laughs hysterically as she writhes at the end of the rope. Quasimodo then throws Frollo from the heights of Notre Dame and then crawls into the crypt where the corpses of executed criminals are left to rot and wraps himself around Esmeralda’s decaying cadaver. Eventually their two skeletons are found, wrapped in an eternal embrace.
Mariah Carey and Waler Afanasicoff

“All I Want for Christmas is You”

Don’t want a lot for Christmas - there’s just one thing I need
Don’t care about those presents underneath the Christmas tree
I just want you for my own, more than you could ever know;
Make my wish come true! You know that all I want for Christmas is you.

I won’t ask for much this Christmas, I won’t even wish for snow
No, I’m just gonna keep on waiting underneath the mistletoe
There’s no sense in hanging stockings there upon the fireplace
Cause Santa he won’t make me happy with a toy on Christmas Day
I just want you here tonight holding on to me so tight;
Girl, what can I do? You know that all I want for Christmas is you.

And all the lights are shining so brightly everywhere
And the sound of children’s laughter fills the air
And everyone is singing; I can hear those sleigh bells ringing
Santa won’t you bring me the one I really love
Won’t you please bring my baby to me?

I don’t want a lot for Christmas; this is all I’m asking for
No, I just wanna see my baby standing right outside my door
I just want you for my own more that you could ever know;
Make my wish come true! You know that all I want for Christmas is you.

SpongeBob SquarePants -- “Very First Christmas”

It’s shaping up to be a wonderful holiday: not your normal, average every day.
“Sounds like someone filled my old coral tree.
Spongebob, Patrick, why’d you do this to me?”
The world feels like it’s in lovely! “Go away before I harm you bodily.”
This Christmas feels like the very first Christmas to me!
There’ll be shopping, decorating, and plenty of snow.
Hey, Patrick, who’s that under the mistletoe?
“What? Who, me? Would you look at the time, I should go!”
People seem a little more brotherly!

“Here’s a little something to you from me!”
“Even all the trash on Christmas it smells so sweetly.”
This Christmas feels like the very first Christmas to me!
“What do you want? Can’t you see that I’m busy?”
Step outside, we’ve got something for you to see!
“Spongebob, take this stuff down immediately!”
Chestnuts roasting and burned to the third degree;
Tonight, things are as good as they seem to be.
A star on top will complete all the scenery...
This Christmas feels like the very first Christmas to me!
FINAL PORTRAIT WEEK FOR THE 2014 YEARBOOK

DATES - NOVEMBER 18 - 21
MON & WED - CAMPUS CENTER 12 - 2PM
TUES & THURS - STUDENT CENTER 12 - 4PM
FIRST COME, FIRST SERVE!

SPOTS LEFT
FRESHMEN - 14
SOPHOMORE - 15
JUNIOR - 11
SENIOR - 14
GRADUATE - 16

CONTACT: GENESIS@SUNYIT.EDU
WWW.FACEBOOK.COM/GROUPS/PHOTOSATIT
Upcoming Events

Blood Drive
Thursday, 11/21
10:30AM - 3:30PM
Student Center

AHAB Holiday Arts and Crafts
Friday, 11/22
9:00 PM - 11:00 PM
Student Center Pub

Thanksgiving Holiday Recess
Thursday, 11/28
- Monday, 12/2

Men’s Basketball game vs Utica
Sunday, 12/1
2:00 PM
Campus Center Gym

Top Secret Santa
Friday, 12/6
9:00 PM
Student Center MPR

Winter Recess
Friday, 12/13
- Tuesday, 1/21

Do you want your club’s events to be advertised in our next issue? Send us the event name, time and date to factorytimes@sunyit.edu