Top 5 Soccer Games to See

Weird Ways To Save Money

Japan
A Country in Need of Our Help

Fill the Holes in Your Resume
The Microwave Oven is a College Student’s Best Friend

Standing Time

Every microwave recipe has a specified standing time. The dish or casserole must stand on a solid surface to retain heat and finish cooking (DON’T use a cooling rack or trivet). Remember, microwave ovens cook by making water, sugar and fat molecules vibrate, creating heat. Standing time allows heat to spread, cooking to finish, and allows the temperature of the food to stabilize and moderate.

Doneness Tests

Every microwave oven will cook differently. Hot spots, differences in the stirrer blade (which circulates energy throughout the appliance), and variations in wattage all make a difference in cooking times. Pay careful attention to doneness tests as specified in the recipes. To be extra safe, use an instant read food thermometer to make sure your foods are at safe serving temperatures.

Food Temperature

Most foods are cooked starting at refrigerator or room temperature. Using frozen foods, unless specified, will change the cooking time and may affect the recipe quality.

Quantity

Microwave cooking times are directly related to amounts of food being cooked. When you double the quantity of a recipe, increase cooking time by at least 50%, and check carefully for doneness. As an example, two medium potatoes will take 5-7 minutes to cook, while four potatoes take 10-12 minutes.

Food Sizes and Shapes

Foods that are the same size and shape will cook more evenly in the microwave and will finish cooking at the same time, which means there will be no overcooked or undercooked sections. Foods with thick and thin sections should be arranged so the thin portions are toward the center of the dish. Microwaves penetrate the food from 3/4” to 1-1/2”.

Stirring

Most microwave recipes direct you to stir the foods at least once during cooking time. This helps redistribute the heat so foods cook more evenly.

Rearranging Foods

Solid foods like pieces of meat or large vegetables may need to be rearranged or turned over during cooking. Corners or sides of casseroles and dishes will receive more energy, so the foods need to be turned and rearranged for even cooking. Placing food in a ring generally assures even cooking.

Browning

Foods typically don’t brown in the microwave oven. Browning elements are available and may be a good investment if you do a lot of microwave cooking. Some foods, like meats, will turn brown because of caramelization of sugars and starches in the food. You can add browning agents to foods to increase appeal. Agents include soy sauce, Kitchen Bouquet, Worcestershire sauce, seasoning mixes, cinnamon and other spices, and glazes which use sugar.
Covering

Cover the food with microwave safe plastic or waxed paper if the recipe specifies. This helps hold in steam for fast and even cooking. Paper towels (don’t use recycled paper towels!) are used to absorb spatters and moisture. Pay close attention to venting instructions. Venting prevents dangerous amounts of steam from building up in the dish.

Sunday Night: Rice and Beef Stew

Meal Preparation
For the preparation of these meals you will need:

- Microwave-safe container
- Cutting board
- Potato peeler
- Vegetable scrubber
- Dishes that are microwave-safe
- A casserole dish
- One large bowl
- Mixing spoons
- Cutting knives (preferably not butter knives)

Prep Time: 5 Minutes

Ingredients:

- One pouch Uncle Ben’s Ready Rice (either Whole Grain or Original)
- One can Dinty Moore Beef stew (7.5 oz)

Directions:

Rice (as directed by Uncle Ben’s pouch instructions):
- Squeeze pouch to separate rice.
- Tear to vent.
- Heat on HIGH for 90 seconds.
- Remove from microwave using Cool Touch area on untorn side

Stew:
- Pour entire contents of can into the microwaveable-safe dish, covered. Heat for three minutes or until hot.
- Pour the bag of rice onto a large dish and then pour the beef stew on top.

Monday Night: Chili Dogs

Prep Time: 5 Minutes

Ingredients:

- 1 pack Ball Park Beef Franks (contains 8)
- 1 pack of hot dog buns
- 1/4 cup shredded cheddar cheese
- 1 15 oz. can Hormel Less Sodium Chili with beans
- Mustard (optional)

Directions:

Hotdogs: Wrap 2 franks individually in paper towels and heat for 30-35 on high.

Chili:
- Pour the can’s contents into a microwave-safe bowl and cover with a paper towel.
- Heat for 90 seconds or until hot.
- Place two hot dog buns onto a plate and place the franks inside of the buns.
- If desired, squirt mustard onto the hot dog. Use a spoon to dish out the chili on top of the franks.
- Sprinkle cheddar cheese on top.

Baked Potato Casserole

Prep Time: 15-20 minutes

Ingredients:

- 3 Russet potatoes
- 1/2 cup shredded cheddar cheese
- 1/4 cup sour cream
- Salt
- Pepper
- 1 teaspoon Butter or Margarine
- Chives (optional)
- 1 tablespoon Hormel Bacon toppings

Directions:

Using a potato peeler, peel three medium-to-large potatoes. After the potatoes are peeled, rinse them under warm water for 15 seconds. Scrub away any dirt with a vegetable brush. Using a fork, poke holes into the potatoes about six times all over to help them vent while in the microwave. If you skip this step, your potatoes will explode!

Place the three potatoes inches apart on a large dish. Microwave the potatoes for 7 minutes. If the potatoes still feel hard, microwave for additional time until they are to the desired tenderness. Let the potatoes cool for 1-3 minutes. Once the potatoes have cooled, cut them into medium-sized chunks as if you were preparing mashed potatoes. Pour the potato chunks into your casserole dish.

Place 1 teaspoon of butter or margarine and mix throughout (optional). Measure out 1/4 cup of sour cream (or more depending on how much you desire) and using a spoon, mix it in with the potatoes until covered. Measure out 1/2 cup shredded cheddar cheese and spread it throughout the casserole dish.

Sprinkle your bacon bits and chives on top of the potatoes.
CONTENTS

12 Japan: A Country in Need of Our Help
02 The Microwave Oven
06 Tips on Finding a Job
07 The Best Time To Buy Eggs...
08 The Top 5 Soccer Games To See
10 Weird Ways To Save Money
11 Getting Away for Spring Break
15 Fill the Holes in Your Resume
18 Overheard: Around the Campus
20 SUNYIT Football League
22 Campus Candids
Reverent Praise To
Robert Jones & the SUNYIT Print Shop

Publication Guidelines
The Factory Times is published monthly and funded through advertising revenue and a portion of the mandatory student activities fee. It is written, designed, and published by the students of SUNYIT. The articles inside do not reflect the views of SUNYIT, the Student Association of SUNYIT, or the Factory Times, but rather the view of that article's author. No part of this publication may be reproduced or transmitted in any form or by any means, except as may be expressly permitted in writing by the Publication Director.
The Factory Times staff meets every Tuesday at 12:00 p.m. in room S213 in the Student Center.
Your Resume

Your resume will most likely be your first "introduction" to your interviewer. It is important that it contains relevant up-to-date information that is both spelling and grammatically perfect. If there are mistakes in one page of type, the company will assume that you do not have enough communication skills for the job. Customize your resume to each individual company you send it to. One company may be more interested in finding a person in a more specific area than another company.

Clean up your Facebook page

None of your future employers want to see how wasted you were last weekend. Before sending out your resume, make sure to delete all of your drunken photos and any other posts that employers may not like.

If you are not sure what is "safe" or not, deactivate your account for a while (although I would still delete those bad photos). Don't worry, you can always get your profile back, with all your pictures still there.

Learn the correct way to act in an interview

There are many websites and books about how to act in a job interview. Read up on job interview do's and don'ts before you go to avoid a scary situation. Even look up how to act at a meal interview. Some employers want to have meetings over lunch so it feels more comfortable. SUNYIT's Career Services is hosting a business etiquette luncheon again on March 24 at noon. The seminar teaches a person how to sit, place your napkin, and eat your food without making yourself look like a fool. If you are interested in attending this luncheon, sign up at http://www.sunyit.edu/careerservices.students.etiquetelunch or the Career Services office by March 14.

When the interviewer asks you if you have questions...

Ask a question! If you have no questions, it seems like you do not care about the situation. Ask a question that is relevant to either the position or company.

This may require some research about the company before hand, but asking a relevant question to show your interest in the company is a positive! The interviewer will like that you took the initiative to learn about the company.

Follow up after the interview

Either call the interviewer or write a letter to the company stating how you are interested in how filling the position is going. This shows your initiative to go beyond. You will jump to the top of the pile if no one else follows up after the interview.

For more information, visit:
http://www.businessschooledge.com/35-things-to-avoid-at-your-job-interview

http://www.ehow.com/how_2292950_act-job-interview.html

http://www.fastupfront.com/blog/business/5-tips-on-getting-a-job-when-no-one-wants-you/

Written by Mary Cirillo
Designed by Andrea Dansereau
The Best Time To Buy Eggs...

Ever wondered when is the right time to do or buy something in life? Author Mar Di Vincenzo did, and wrote a book about it. His book, "Buying Ketchup in May and Fly at Noon" was published in 2007 and instantly became a New York Times Bestseller. Recently, I had the pleasure of finding and reading this very interesting and humorous book. Based upon Di Vincenzo's research with experts on each topic, here is a teaser of helpful trivia shared within his book.

Love to shop? The best time to shop at any department store, based on Di Vincenzo's research, is Saturday evenings. Why? The latest sales typically begin on Sunday, yet many managers tend to put up the sale signs on Saturday night. What is the best time to buy video games?

January through March, as many post-Christmas sales go on before new games are introduced later in the year. Getting a tattoo? Don't do it in the summer. According to the research, the best time to get a tattoo is winter due to the reduced levels of sun exposure. As SUNYIT has a number of commuter students (myself included), the best time to pump gas into your car is Wednesday mornings, due to lowered prices before the weekend.

With spring break (and summer!) just around the corner, many of us are looking to make plans for a sweet escape. According to Di Vincenzo's work, the best time to fly (as implied by the book's title) is in fact noon as it avoids most rush hour traffic throughout the day. The best month to fly is August, as it has the highest frequency of on-time arrivals out of all of the months in the year. The best month to book a cruise is April or November, just after spring break and before the major holiday or vacation period. Looking to go to Las Vegas? Recently, the best month to go is August as there are many deals presented to lure tourists during the time brutal summer heat. How about Cancun? Don't go during spring break, as the best prices come up during April or May.

Before we can all truly think about summer plans, we do have to get through the school year. Luckily, Di Vincenzo has done some research on the best times to do specific school tasks that we all may or may not enjoy. For example, the best time to make any sort of presentation is in the mid-morning, as both the presenter and the audience is more likely to be alert during that time. Same with taking a test, as research suggests that 10am is the optimal time to do so. Have to study something important? The best time is not mid-morning, but from 8pm to midnight as the nervous system tends to be aroused at this time leading to improved long-term memory capability. Attention professors: According to Di Vincenzo's work, the best time to surprise students during a lecture is every 10 minutes starting from the beginning of class. Research suggests that after the first 10 minutes, students are likely to lose focus and stop paying attention to a lecture if no new information has been presented.

You can find "Buying Ketchup in May and Fly at Noon" at any bookstore, as well as online at places like amazon.com. As for the best time to buy eggs...the answer is obvious: whenever they are on sale.

Written by Briana Gagnon
Designed by Andrea Dansereau
This weekend offers the opportunity to move away from the usual leagues in Europe with high-profile games in places like Istanbul and Athens, while in England the big-spenders meet. England's big spenders face off in a crucial clash for both sides if they are to maintain any glimmer of hope of winning the Premier League title this term.
Chelsea is currently nine points off the summit in fourth on 51 points, while the Sky Blues are third on 53 points. But with fifth-placed Tottenham snapping at their heels, this game is also about UEFA Champions League soccer for next season, with neither guaranteed qualification. The Blues have found some touch lately, but it’s hard from the wonderful form they produced early in the season. The Sky Blues bowed out of the Europa League in midweek after reaching the FA Cup semi-finals last weekend. It’s been a busy week, and it’ll all culminate in a grand finale here.

Istanbul’s two biggest rivals face off on Friday night in a clash between two clubs experiencing contrasting fortunes. Galatasaray are incredibly down in 11th, while Fenerbahce have stormed into top spot in the Super Lig to become strong title favorites. With that in mind, there’s nothing Galatasaray would like more than to halt the Yellow Canaries’ progress. But that won’t be easy considering Fenerbahce are on a nine-game winning run, while Cimbom have won just once in their past six matches. There’s a growing divide between these two clubs, but anything’s possible in an Istanbul derby.

There’s a tight title race going on in France this season and Saturday brings together two of the genuine candidates for the crown when third-placed Lyon host second-placed Rennes.

Lyon was knocked out of the UEFA Champions League in midweek by Real Madrid, so they will switch their focus fully onto Ligue 1 now. And they are in some form in France, beaten only once in their past 20 league matches. Meanwhile, Rennes lost an important game to Marseille last weekend and will feel anxious about another big clash.

It’s time for El Derbi Madrileno when the Mattress Makers play host to city-rivals Los Merengues. It may be seventh versus second, but there’s plenty on the line in Madrid. Incredibly, Real have not lost to Atletico since 1999 and given their current form (progressing to the UEFA Champions League quarter-finals in midweek) will feel confident of keeping that record alive. Atletico are unbeaten in their past five in La Liga, but Real have won all three encounters between these two sides this season.

Olympiacos are set to claim the Greek Super League title on Sunday when they play host to long-time rivals AEK Athens. Olympiacos lead the league by 10 points from Panathinaikos with four games to play and would’ve already claimed the title had it not been for a 2-1 loss at PAOK last weekend. Clinching the title at the Karaiskakis Stadium against AEK, though, would be special for Thrylos. But it won’t be a foregone conclusion considering AEK are third in the league and won through to the Greek Cup final in midweek.
Weird Ways to Save Money
There are some weird ways to make different objects last longer...

Put it in the freezer!

One main way to add longevity to household items is to put them in the freezer. Yes, I said it, the freezer. You can store things like seeds to help them germinate better, Nicad and NiMH batteries (they last 90% longer!!), pantyhose because it makes them less likely to run, and your damp laundry, which helps to make ironing easier and faster.

Another great tip is taking leftover punch, wine, etc. and freezing them in the ice cube tray. That way, you have ice cubes for the next time that will not water down your drink. Just make sure that you get the right cubes in the right drink. Also, store your non-popped popcorn in the freezer. The cold helps to make more kernels pop when you heat them. Storing brown sugar in the freezer also helps to prevent clumping.

If you do not fill up your whole freezer, fill old soda bottle half way with water and store them in the freezer. Or, better yet, make an ice pack out of rice. A freezer is more efficient when it is stuffed! Get some fabric (use old clothing you no longer can wear) and sew three sides securely, and then fill it about half way with rice and then sew the last side. The rice pack can be store in the fridge and be used on those random bumps and bruises. It can also be microwaved for three minutes and become a heat pack!

Double-check the weight of your groceries!

As crazy as it sounds, weigh produce items like potatoes and onions or anything that is prepackaged. Those 5-pound bags are not always 5 pounds. Some are 4 pounds and some are 6! So weigh pre-packaged items and grab the heaviest bag and save a few pennies.

Make your veggies last longer!

One way to make your vegetables last longer is to put a paper towel at the bottom of the crisper drawer. It will grab the excess water the vegetables rot from.

Put a few rice grains in your salt shaker.

Storing just a few grains of rice in your salt shaker will prevent the salt from clumping and its big enough to not fall through the holes in the salt shaker.

For more interesting tips, visit:
http://shine.yahoo.com/event/financially-fit/

Written by Mary Cirillo
Designed by Jessica House
Finally, it is the middle of the semester and time for a much needed break from the college schedule. While the brochures pinned on the cork boards of my SUNYIT classrooms highlight some ideas, a little searching could go a long way in finding the best places and deals to spend on a much-needed vacation.

The college travel website, studentuniverse.com, provides a wealth of information regarding flights and deals all over the world for both students and faculty. The site also features a list of popular travel destinations for college students. To no surprise, almost all of the top ten list of destinations consists of warm, tropical places like Cancun, Mexico and a nice Caribbean Cruise. Domestic locales on the list include Las Vegas and Miami Beach, FL. The sole non-warm, not-so-tropical location? Surprisingly, New York City, which offers many deals on hotel rates as well as entertainment throughout this time.

Looking to avoid the crowds? Try going against the conventional beach scene by visiting a ski resort or a wintery locale. If you are planning a trip to an amusement park, like Walt Disney World in Florida, beware of the crowds as many college students live out their childhood a little during breaks. Instead, try Europe as a less popular destination during this time.

If you are the typical college student looking to save money, it is wise to simply spend some time at home and engaging in cheaper local attractions. Of course, if you really want to save money and get ahead of the academic game, by taking a few courses over the break. It might lessen the load of classes you need to take at a later time.

Written by Brianna Gagnon
Designed by Jessica House
On March 12, 2011, an 8.9-magnitude earthquake caused a disastrous 33-foot tsunami, which washed away buildings, houses, automobiles, and people in the northern coastal cities of Japan. In less than a week, over thousands of people in Japan were injured, declared missing or dead. In addition, the struggle to control the nuclear reactors are becoming more dangerous and difficult.

As of right now, Japan is a country in need of all the help it can get from all around the world.

**Ways You Can Help Japan**

1) Donate funds to an official charity for the Japan Earthquake and Pacific Tsunami Relief. It does not matter if it is only a dollar. Your donation will make a difference and help Japan recover from this tragedy.

- RedCross

In the United States, you can text REDCROSS to 90999 to give $10.00 for Japan Earthquake and Pacific Tsunami Relief.

- Save The Children

Donate to the Japan Earthquake Tsunami Children in Emergency Fund to support Save the Children's response to ongoing urgent needs of the children of Japan.

- International Fund for Animal Welfare

Your donation to this charity will help the organization provide temporary shelters, food, water, and vaccines for the rescued animals.

2) Purchase products that states all proceeds go directly to charities and organizations helping the Japan Earthquake and Pacific Tsunami Relief.
Ladies, why don't you look fashionable as you show Japan support? At karmaloop.com, you can purchase The Rising Sun Tee, which states, "The Sun Will Rise Again" in English and Japanese. By purchasing this t-shirt, you will be donating $20.00 to the Red Cross disaster relief efforts in aiding the people affected by the 2011 earthquake and tsunami in Japan.

- Lady Gaga Japan Earthquake Relief Wristband

Represent your support with the "We Pray For Japan" [in English and Japanese] wristband, created by Lady Gaga. The $5.00 proceed for each wristband goes directly to the Japan relief effort.

3) Create your own fundraiser to help support Japan with the resources you have at SUNYIT. There are many student organizations and clubs on campus, who are willing to host and event and contribute to events upon request. If you are willing to put in this effort to help aid Japan, then contact SUNYIT Student Association, the student organizations, and student clubs to plan an organized fundraiser.

Written and Designed By Michele Chu

JAPAN'S RELIEF AID BAKE SALE
TUESDAY MARCH 29TH
KUNSELA HALL
10:30 A.M. - 2:00 P.M.

CUPCAKES - COOKIES - CAKES

At a time when a country is in need, we all should put aside all of our personal things and help the people struggling for survival.

Donations will be greatly appreciated. We will also have a donation box available!

If anyone wants to donate to this charity, you can contact Suzie email: toms@sunyit.edu

ALL PROCEEDS GO TO THE AMERICAN RED CROSS
Ladies Night Out!
Every other Wednesday Night in the ADK Lounge
@ 9pm

Wednesday, March 30th, 9pm: Guys Night Out
Come join the ladies of L.N.O for free baked goods, trivia, and prizes.
Fill the Holes in Your Resume

Now-a-days jobs are hard to come by. Without experience, advance degrees, or great references, we are likely to become couch potatoes. In order to be a step ahead of our peers we must invest our time in internships. In the fall semester of 2010, I was fortunate enough to get an internship through Professor Dorazio.

Although the internship was far from my knowledge, I decided to give this cheese making company a try. The cheese company was founded by Keeley McGarr from King Ferry in New York, who found her passion in making two unique and distinctive cheeses.

Ready for the world to know about her hand-crafted cheese, Keeley needed help with public relations. I was up for the challenge and was extremely grateful that my professor and new client were willing to give me the experience that I needed. When my peers and I teamed up for the task ahead of us, we were unsure of what to expect, but I knew we were ready.

Once we, as a team, finished the internship for Keeley’s Cheese, I could not help but feel a sense of accomplishment. I had an amazing internship experience to put me ahead of my peers on my resume and in my portfolio because I showed initiative and took on an area that I knew little about.

As a fellow student, I am urging all of you to utilize the resources around and realize the importance of what an internship can do for you. Ask your counselors, professors, advisors, or even your peers for work that you can do in your field. Don’t be afraid to take action, go out and get you an internship.

Written By Jamanda McNaab
Designed By Michele Chu

Need a Summer Job?

Check out your eligibility for Federal Work-Study job on campus this summer.

Students are paid federal minimum wage for part-time to full-time work.

Contact the Financial Aid Office at (315) - 792 - 7210 or finaid@sunyit.edu to apply.
JOIN THE FACTORY TIMES!

Position(s) Needed This Semester: Writers
Meetings are on Tuesdays at 12PM in the Factory Times Office (S-213)
Fill Out & Submit To The Factory Times Office located in the Student Center

Name:____________________________________ E-mail:____________________________________
Expected Graduation Year:____________________

What position are you interested in? Circle Your Choices.
Publication Director  Lead Designer  Chief Editor  Writer  Designer  PR Agent

What are your qualifications?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Briefly state your hobbies and interests.
____________________________________________________________________________________
____________________________________________________________________________________

Are you familiar with:
Adobe InDesign  Adobe Photoshop  Microsoft Word
____Yes   ____No
Like to Write?
Like Design?

Become a Member & Contribute to the
factory times

Meetings are on Tuesdays at 12pm in the Student Center - S 213
Overheard: Around the

"What is the chunky one's name?" - Girl 4

"Without the students, there is no SUNYIT!" - That smart lady at the podium

"Om nom nom with spicy mustard" - Girl 1

"We're having a BF moment!" - Girl 3

"I feel dirty like an old man touched me" - Guy 1
Campus of SUNYIT

"I love shampuddin!" - Guy 2

You're Asian you can do anything!

MAKE IT BETTER! - Girl 2

"You have a serious responsibility to not be that serious!"

"You know why you're not a 'gangsta'...
It's because you used 'um' and 'yo' in the same sentence." - Girl 1

Did you overhear something humourous from a SUNYIT student, faculty, or staff?

Share it with us by posting the overheard quote on our factory times Facebook page to be published in the next issue!

Concept by Jenn Klock
Designed by Michele Chu
3RD ANNUAL SUNY IT AUTO SHOW
PRESENTED BY BAJA SAE
CARS, TRUCKS, BIKES

SUNDAY, MAY 1, 2011
REGISTRATION OPENS AT NOON

SUNYIT CAMPUS | UTICA, NY
STUDENT CENTER PARKING LOT

$10 REGISTRATION | MUST REGISTER BY 2PM FOR JUDGING AT 3PM
THE KINSEY SICKS

"Riotously funny...ferociously creative...
everyone will enjoy themselves!"

IN THE STUDENT CENTER

AT 9:30PM

Monday, March 28th

Visit http://clubs.sunyit.edu/cab for more info

SUNY IT

Student Activities Board

Student Association
Earn your master’s here.

**Graduate Programs**

*Master of Business Administration*
- Health Services Management

*Technology Management*
- Concentrations: accounting and finance, business management, human resource management, marketing management

*Master of Science:*
- Accountancy
- Advanced Technology
- Computer & Information Science
- Information Design & Technology
- Telecommunications

*Master of Science in Nursing:*
- Adult Nurse Practitioner
- Family Nurse Practitioner
- Gerontological Nurse Practitioner
- Nursing Administration
- Nursing Education

*Engage the future. Change the world.*

We’re adding programs! Check out www.sunyit.edu/programs

*Call the Graduate Center, ext. 7347, or visit www.sunyit.edu for more information!*