

# MONROE DOCTRINE

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Volume 55, Issue 3

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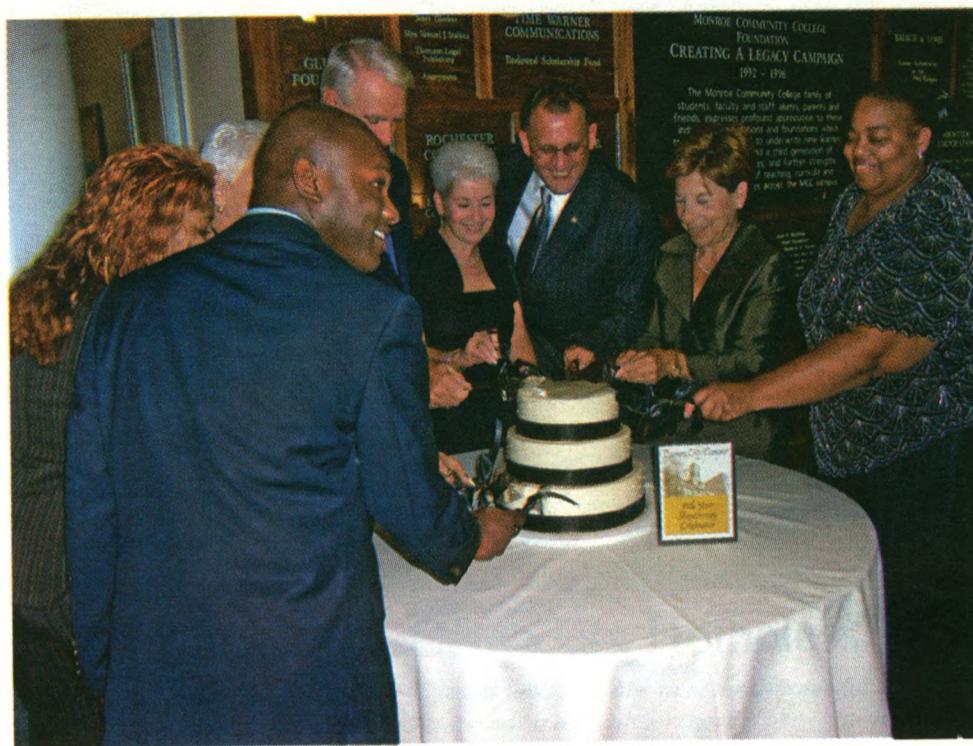


photo by Sharee Turpin

On Wednesday, September 19, faculty and students celebrated 15 years of achievement and success at the Damon City Campus (DCC) located in downtown Rochester.

The evening began with scattered Alumni getting acquainted over light refreshments and music. As the gold and black balloons and decorations spread throughout the atrium, a reminiscent setting awaited the guests

for the dinner to begin. "I am very excited and proud to be a future Alumni of MCC," said Zena Chambers, a current student at DCC.

As the invitees took their seats, Megan Zieger, a student vocalist, began to sing the Alma Mater of MCC, which was followed by a greeting from Emeterio Otero, Ph.D., Executive Dean, Damon City Campus.

### SHAREE TURPIN

NEWS EDITOR

President Brenda Babitz of the Monroe Community College Foundation extended her remarks to the crowd, reminding them of DCC's dedication. "The MCC Foundation is especially proud to call the Damon City Campus home," she said. Before the dinner and the cutting of the anniversary cake took place, MCC's President R. Thomas Flynn acknowledged the crowd and Michael Johnson, a counselor at DCC, performed an invocation.

However, the occasion was not quite complete until Barbara Connolly, Dean of Academic Services, addressed her audience with a few words and related her experience at DCC with a title from a world-renowned author Robert Fulghum, stating that "All I need to know I learned at Damon." "We have a responsibility to service our urban neighbors," she said. "I learned about the true meaning of community."

Alumnus Rodney Asse from the class of 2003 who is currently earning an MBA, received a standing ovation as he told the story of exactly what Damon City Campus meant to him. "I believe this institution is vital to our community," he said. "I can honestly say this is the first place I learned about family." The night ended with a content feeling, proud memories, and a bright future of Damon City Campus to continue.

## MCC Proposes New Restrictive Smoking Policy

LYNDA REDDEN

EDITOR IN CHIEF

Monroe Community College's (MCC) Personal Health and Safety Committee recommended revision to the smoking policy on the Brighton Campus, relegating approved areas to sidewalks surrounding parking lots.

Numerous complaints have been received concerning smoking in courtyard areas and doorways, as well as by ventilation intakes that contaminate classrooms and walkways littered with cigarette butts. Fires have been started on campus with careless discard of cigarettes in mulched areas requiring fire department response.

Feedback has been requested from the Faculty Senate, as well as Student Government Association. This was discussed at the Faculty Senate Meeting on September 20 and the Student Government Association's Senate Meeting on September 25. Disposition on this issue is currently pending.

## MCC Breaks Ground on New Field House

SHAREE TURPIN  
NEWS EDITOR

photo by Katy Burke

\$1.5 million in matching donations. With the project estimated at \$12 million, \$6 million has been granted by the State of New York and \$4.7 million has been raised in private funds. The center is in need of \$1.3 million dollars to meet its goal.

To support the PAC campaign, commemorative bricks and pavers are available for donations of \$150 and \$250, respectively. These bricks and pavers can be inscribed with names or messages. Further information can be found at [www.monroec.edu/go/pac](http://www.monroec.edu/go/pac).

"As students, we are ecstatic to see our Tribunes practice on the synthetic turf field," said Speaker of the Senate, Matt Lawson, at the event's close. The Big Dig wrapped up with Executive Board members posing with shovels and preparing for a new beginning.

"The victory for the community will be when we open the doors of this state-of-the-art facility," said Richard Warhoff, Trustee and MCC Foundation Director.



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# Prisons Ban Books of Faith Nationwide

**BRANDON PROVO**  
GUEST WRITER



photo courtesy of MCT

Before the attacks on the World Trade Center, religion was loosely watched throughout the American prisons. In recent times, the prisons system has started to watch those who are religiously conscious and the books, tapes, CD's and videos that are paid attention to.

This act is meant to prevent radical texts, specifically Christian, Islamic and Jewish ones, from falling into the hands of violent inmates, according to a recent article in *The New York*

*Times*. In order to prevent chaos, many ask how something like this could take place if it goes against the First Amendment. Aside from the fact that an amendment would be broken, it is almost an impossibility to get rid of religion within the prisons. However, monitoring the religious books and people that follow them is now in effect, and all religion within the prisons that have more than seven members are watched and recorded on tape for safety reasons. This

new watch has outraged people in and outside the prisons and lawsuits have been made, mostly by prisoners. The Religious Freedom Restoration Act has also been questioned in whether or not it is being violated. A statistic report by the Bureau of Prisons revealed that up to 150 book titles from a variety of religions were produced; these books are considered acceptable. So far, there is a current standing on books to be bought for the prisons libraries.

## Locals Walk for Sickle Cell Disease

**SHAREE TURPIN**  
NEWS EDITOR

The National Association for Sickle Cell Disease (NASCD) of the Rochester/Finger Lakes Chapter held its first annual walk at the Medley Center on Saturday, September 15, "Tip the S.C.A.L.E for Sickle Cell," a campaign to raise awareness for the disease.

Participants were welcomed from all over the Rochester area. Starting at 9 a.m. at the Medley Centre, children and young patients with their families showed their support. Among the attendees were staff from the Hematology Clinic at the Golisano Children's Hospital at Strong. The purpose of the event encouraged Rochester residents become aware of the ordeals patients with (SCD) experience throughout a simple daily life.

Sickle Cell Anemia Disease is a blood disorder that causes a variety of health problems. With the red blood cells being of an abnormal shape and stiff compared to the round and soft cells, severe pain is caused and damage to organs also can occur. According to the National Association for Sickle Cell, more than 60,000 Americans, mostly African-Americans, have the disease and about two-thirds of these have SCD Anemia. There is no cure for Sickle Cell Disease but promising bone-marrow transplants have seen results in eliminating the ailment.

For the details on these facts and more, visit the NASCD website.

## Canada in Conquest for North Pole Territory

**ALEXIS ARMSTRONG**  
GUEST WRITER

The North Pole is believed to have potential oil, gas and mineral wealth, about a quarter of the world's oil reserves, according to estimates from the US Geological Survey. Russian President Vladimir Putin is looking to claim what Canadians believe to be theirs.

Five years ago, Russia attempted to claim Arctic territory, but the mission was rejected by the United Nations Commission. However, Russia placed a Russian flag on the seabed on Aug. 2, 2007.

Canadian Prime Minister, Stephen Harper, took a three-day trip a few months earlier this year and said that Canada would build two military facilities on Resolute Bay.

In 1982, the United Nations developed protocol to govern activities on, over, and below the surface of the ocean, according to heritage.org. This means that a country's exploitation rights

extend 200 nautical miles from its shores.

The growing tensions between Canada, Russia, Denmark, and the United States have some officials watching with a raised eye.

Each country can benefit from the addition of the North Pole.

## SUNY Geneseo to Become Honors College

**PETER DEYO**  
MANAGING EDITOR

Students who are planning to transfer to SUNY Geneseo will face an admission process that is becoming even more competitive. In a proposal before the state last December, Geneseo put forward its intentions to cut student enrollment, while increasing faculty members, to become SUNY's official "honors" college.

The plan calls for reducing the number of full-time students from 5,100 to 4,600, while adding 83 faculty members, stating student-faculty ratio as a key area since it lags behind some of the nation's best liberal arts schools. The goal of these changes is to enable Geneseo to offer a level of curriculum publicly at the level of private liberal arts schools, such as Oberlin or Bucknell.

These changes will add to an already impressive reputation that Geneseo has built. The college has been repeatedly recognized for its academic excellence, especially in conjunction with its low tuition. In 2006, the *New York Times* characterized the school as one of the county's "hidden gems" and declared it an inexpensive alternative to the Ivy League schools.

To offset decreased income created by fewer tuition-paying students, an "Honors College Fee" will be added to the student burden. The fees will begin at \$200 per year and climb to \$1,000 in five years.

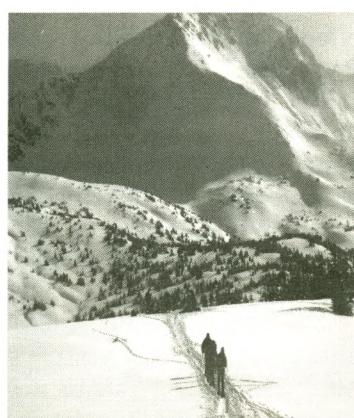


Photo Courtesy of MCT

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Submissions should be sent to MonroeDoc@hotmail.com

### Circulation

4,000 copies on four campuses

## Artist Alums from '67 Exhibit in Mercer Gallery

**SHAREE TURPIN**  
NEWS EDITOR

The Mercer Gallery of MCC, located on the first floor of building 12, once again opened its doors to an anticipated audience. From September 14 through October 12, visitors got a chance to see this year's 'Class of 1967' exhibit.

This year it featured the works of four alumni of MCC; Ed Buscemi, Margot Macaully, Peter Monacelli, and George Wegman, who were classmates and students of Jacque Clements, according to the Mercer website. A total of 42 pieces lined the walls and gave a sense of each artist's personal motivation. Some of the pieces were

sculptures, and others were the usual oil canvases and paintings. Two in particular caught the eye of many with what looks to be real money incorporated in the artwork, and another with a comic book-like dialogue.

With the purpose of the gallery to provide contemporary artwork, there is much more to come in the future. An Animator's Show will take place starting October 19, 2007, that will attribute well established animators that have shown their around the country. For more information, visit [www.monroecc.edu/go/mercer](http://www.monroecc.edu/go/mercer).



Photo By Scott Loiacano

## Tuition Increase Announced, MCC Still Lowest

**SHAREE TURPIN**  
NEWS EDITOR

Students returning to MCC next fall can expect an increase of \$100 to their tuition. The SUNY board approved an average 3.5% increase for community colleges across the state. This marks the largest increase since 2004 when state community colleges increased their costs by an average of \$114 per year.

## Public Safety Report



9/07/07

### Fire

*There was a small mulch fire behind Canal Hall*

9/8/07

### Petit larceny

*Suspect used victim's M number and financial aid to purchase items at the bookstore.*

9/9/07

### Violation MCC Policy

*Res student seen with case of beer in Lot T*

9/10/07

### Assist Outside agency

*Student observed a non student in Bldg. 3 who she has an order of protection against*

9/11/07

### Violation MCC Policy/Coonduct

*Two students caused a disturbance in the terrace*

### Harrasemtn Investigation

*An assault was reported to Brighton police. After investigation, the victim did not want to report incident*

9/12/07

### Suspicious condition

*An unidentified person stated that they had knowledge of parties being held at the MCC res halls*

### Criminal Trespass Investigation.

*Two non-students entered Alexander Hall and one was arrested*

9/13/07

### Unlawful possession of Marijuana

*Marijuana stems were found in 53-305B*

### Found Contraband

*Contraband was found in the common area of 53-207*

9/17/07

### Motor Vehicle Accident

*Two car MVA with no injuries in Lot G*

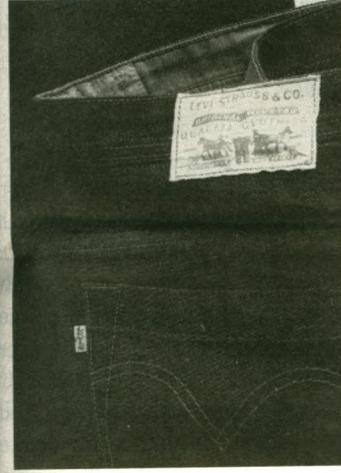
9/18/07

### Violation MCC Policy

*Faculty member and student were in a verbal confrontation in 3-172*

## Organic Clothes New Fashion Fad

**DANIELLE HUADAK**  
GUEST WRITER



pesticides seep into our plants, air, soil, water and essentially our own bodies. According to the Organic Exchange Organization, 53 percent of cotton fields are on irrigated lands, leaving groundwater susceptible to pollution. Right now, over 18 countries worldwide are growing cotton organically, and use the production of weed control and pest control by using predator insects and manual labor as a substitute for the chemicals, according to the Organic Consumers Association.

With out the use of harmful pesticides and fertilizers, used in the growing process, those toxins are not present to be harmful to our skin. International organic standards make sure that a field where the cotton is grown has been pesticide free for at least three years. The entire eco-friendly growing process uses less fuel and energy and emits less green house gases than ordinary cotton. Popular stores such as Nordstrom's, H&M, and American Apparel, are offering a selection of organic clothes. For more information on this subject, visit the organic consumer's website.

Many manufacturers are begging to follow the popular "green friendly" trend. Not only can you get organic food and home supplies, but organic is moving on to a humans most common necessity, clothing.

Recently, organic cotton is putting up a tough fight against the traditional cotton. It is grown with natural fertilizers and is free from toxic chemicals, as compared to the harmful growing process of traditional cotton. Out of the 25 percent of pesticides that are used to grow cotton, only 10 percent of it gets the job done while the rest of the

## Housing Laws Leave Some Sex Offenders Homeless

*Current laws in place in several states for convicted sex offenders have made it difficult for them to obey housing regulations, possibly compromising due process.*

**BETH LANE**  
GUEST WRITER

Tough restrictions on housing and registration have forced Florida authorities to sanction a group of sex offenders to be housed beneath a bridge. In Georgia, a lawsuit is pending in the case of a homeless offender receiving a life sentence for failing to register a legitimate address for the second time.

Although the specifics of housing restrictions vary from state to state, all sex offenders must register an address that conforms to state regulations. In many urban areas, finding housing is virtually impossible as offenders may not live within an average 2,000 feet of schools, parks, bus stops, and even swim-

ming pools where children may congregate.

Many homeless shelters are unable to house sex offenders as the offender's presence could put children at risk. Officials fear that some sex offenders are taking advantage of the few shelters that will house them by registering at these shelters when they are in fact living in a residential area that is off limits to them.

As sex offenders become unable to secure suitable housing and, in some cases, jailed for being homeless, many are being driven into hiding. This loophole confounds housing and registration regulations and the protection of children.

## Addiction Counseling Program proposed

**SHAREE TURPIN**  
NEWS EDITOR

There will soon be a new program offered for MCC students coming this fall. An Addictions Counseling Program will be offered in the future which is directed towards those interested in the field of counseling or human services. Human Services Chairperson, Anthony Caiazza, says that it is because of the community this program will be implemented. "More trained people in Human Services in the community were needed, so we responded," he said.

It is a program that gains students an Associates Degree in Liberal Arts, as well as a national certification in human services called a Credentialed Alcohol and Substance Abuse Counseling Certificate (CASACC). The degree would transfer in a social work program at many four-year colleges. For more information, contact Anthony Caiazza at [a.caiazza@monroecc.edu](mailto:a.caiazza@monroecc.edu).

## Financial Aid Workshops Announced

If you need assistance applying for financial aid, then come to Monroe Community College's Financial Aid Online Application Workshops for 2007-2008

Brighton Campus - Building 7 Room 101

Wednesday, October 10

3:30- 5:00pm

Friday, October 12

12:30- 2:00pm

Wednesday, October 17

3:30- 5:00pm

Friday, October 19

12:30- 2:00pm

COMMENTARY  
**& OPINION****Only The Best To Be Shown Off****CARL ROSS**  
SENIOR WRITER

Louis Vuitton, Versace, Guess, Dolce and Gabbana are all amazing items to have but in this society, where bigger is better and better is pricier, more focus is on the name of the brand than the actual quality of the product. Why is this? What does it mean?

Of course, America is a society of wanting the best for cheap. They want it now, so sometimes just finding that new Prada bag may just be only a street corner away. Realize that those new purses and shoes may just be the rejects that fell off the "back of the truck" or just the rejects that a store will buy so they could still profit without losing too much money.

My brother is one of those kids who like his Nikes, too. One time, he went to one of those street-corner clothing stores in the hood and bought a pair of Ups. In a month or so of wearing them, he noticed they were rejects by looking at the soles of the shoe. The original had a different design than normal Ups after the wear and tear.

Don't get me wrong though I love wearing my own Shelltoe Adidas every now and again but that doesn't mean that every new design for Shelltoes will be owned by me in the future. Think about it. Just to know what styles are out there doesn't the true fashionistas or fashionistas check the Internet for where they can buy them and know how to get a knockoff of great quality so to not break the bank.

Style is one of the greatest things that makes us become individuals but to go to high prices or trying to grab a poorly made knockoff to seem like the rest was so 1994.

**Drug Abuse: A Continuing Struggle Among Students****KRISTA MARCUCCI**  
GUEST WRITER

Parents of young children have the responsibility to begin teaching a child basic motor skills of walking, talking, and eating. When the child becomes a teenager, a parent then begins to teach them the proper way to deal and cope with extraneous events in their lives. However, what happens when this mentor isn't there to guide the child?

For Nick, a recovered drug abuser, this absence of parenting put him in a rehabilitation center at the young age of 18. He recalls from his earlier teenage years, "I didn't have my dad as a father figure, and my mom was always working, so I didn't have anyone to look to for support when dealing with everyday stresses."

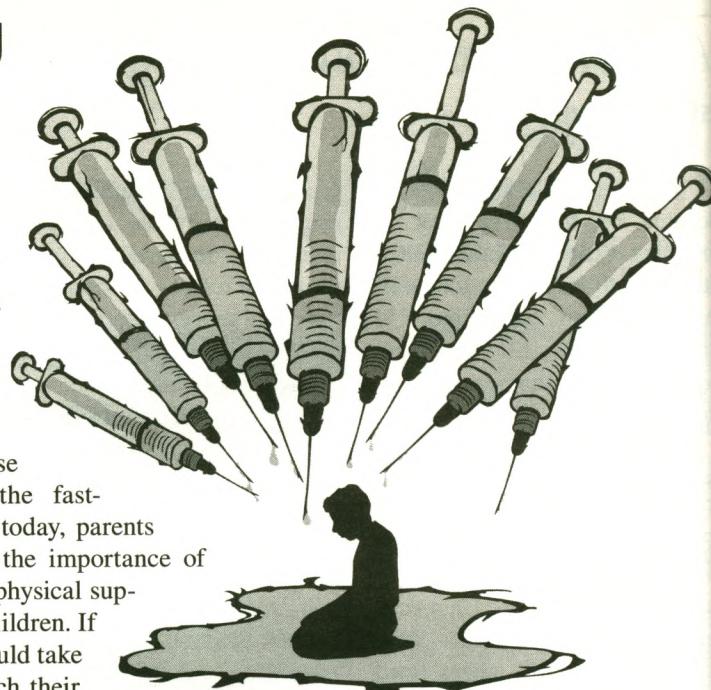
As a result of this, Nick, along with other teenagers in similar situations, became involved with drugs at a young age. "All my friends' parents were either divorced, workaholics or something, which is probably why we all shared a tight bond, which resulted however with drug experimenting at a very young age," Nick said. This isn't uncommon either.

According to the 2006 Monitoring the Future study, 20.9 percent of eighth graders have reported

the use of illicit drugs. Where were these young teenagers' parents when they used these drugs? With the fast-paced lifestyle today, parents have forgotten the importance of emotional and physical support for their children. If only parents could take the time to teach their children the right way to deal with stress and the pressures of peers, perhaps these teens could have been followed a different path.

"I was the lucky one out of my friends. All of them now are either still addicted, in jail, or who knows where," Nick said.

Is this just a coincidence that all these children's parents were emotionally absent in their lives? I think not.



graphic courtesy of MCT Campus

**Absent Fathers Create a Devastating Impact on Daughters****JENNIFER GRAHAM**  
OPINION EDITOR

Margaret Atwood once stated, "A divorce is like an amputation: you survive it, but there's less of you." During this generation, divorce has seemed to become, sadly, a quite popular trend. This trend that many parents have continued to follow, is not only painful for them but more times than not, is much more painful for the children that have to suffer through the idea of losing a family and losing the place they once called home.

As of 1997, there are approximately 1 million divorces that are finalized according to the National Center of Health

Statistics. Also, 9.2% of the households ended up being run by a mother figure. Why is it that mothers, more than fathers, end up taking practically full responsibility for the family that they once both partook in caring for? Why is it that the father figure seems to usually be the one to disappear and does the disappearance cause any turmoil in the children's actions?

"Among U.S. girls, a father's absence was associated with his daughter's sexual activity before age 16," explained Bruce J. Ellis, a psychologist at the University of Canterbury during a study focusing on the actions of daugh-

ters after a sticky divorce had occurred.

This can only be one thing: the ultimate truth. In society today, sex is something that everyone either admires or despises. However, if you took the time to look at the number of divorces occurring in the United States and the absent male figure in a young female's life – you would be able to, without a doubt, discover that they are sexually rampant. This is mainly because they haven't grown up with a father and truly do not know what men are capable of, except lies, heartbreak and the need to find someone to take

their father's place.

So what can be done to halt this widely known statistic about divorce? In truth, nothing much can be helped except when the couple is standing at the alter before they say their 'I-Do's.' Should they turn and run and save their children's life before it becomes a scar? Or become a trustful companion – an individual that is a much needed figure in today's generation.

And if a trustful companion is the final verdict, there will be less need for a male hero in a female's life.

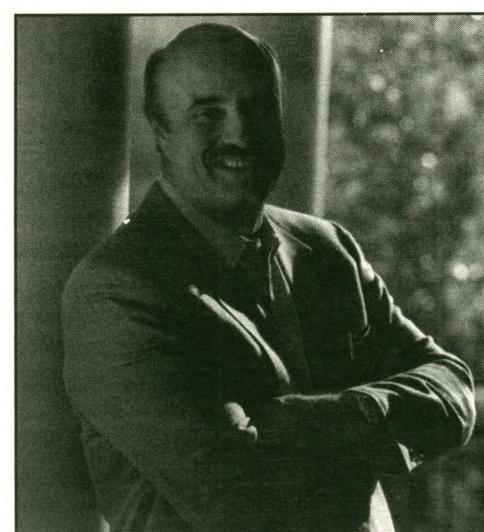


photo courtesy of MCT Campus

**Is Dr. Phil Qualified to Tell Me What I Should Do With My Life?****JENNI GRAHAM**  
OPINION EDITOR

Oprah started her talk show when I was a child. So I do not remember a time in recent history where a woman held so much power. When one woman was the person people turned to for information and guidance when deciding on what to do or what to buy. And not just a woman. One single American does not come to mind with so much pull. Not a mayor, senator, or even a President.

But should we really look to someone on television for advice? While this is a free country and we are allowed to have our own opinions on politics, books, television, music, and life in general. People like her, her protege Dr. Phil (who was recently discovered as a fake), Sue Johanson, Montel

Williams, Maury Povich, and so on are there for pure entertainment. Nothing more and nothing less.

Oprah started in the news, which led to her own talk show. Dr Phil was one of her advisors in a trial in Texas. So how does that equal enough of a background to tell us how to shop, think, vote, and feel. In this time of social and political indifference. I do not believe we should be looking towards television personalities, who are far from the economic standings than their target audiences, for what we should do in life. We should instead, do what we want and think the way we want to think. As for television. I am sticking to Ellen and Rachel Ray.

# Is Dodge Ball Acceptable In Today's Society?

RYAN MOSES  
OPINION EDITOR

Dodgeball is a favorite activity young students love to play in gym. Though in recent times it seems that this is happening less often than you think. Many school districts are banning dodgeball. A classic Physical Education activity -that even our grandparents used to play- is being slowly shut out of our society.

The question I ask is why? This game is a favorite of students. I can't remember how excited I was when I learned we would be playing dodgeball in gym class. Trying to fling those rubberballs with precise accuracy to try and get an opposing player "out." It was the thrill of a lifetime back in middle school. There were many variations that could be played also. With basketball hoops, bowling pins to knock down to get your whole team tagged in, and there was even a game with "rescuers" in it to retrieve "drowned players."

I don't understand schools

and parent's arguments for the reason of getting rid of these games. Some argue that it is teaching kids wrong values such as values of violence and degradation. This is wrong. At least what I get out of dodge ball is teamwork, strategy, and fun. There is nothing like knowing you just caught the ball and knocked an opposing player out while renewing a teammate. Another concern critics have, are injuries. They claim it is too dangerous to play. Ok. If that was true then I guess that means no more football, soccer, baseball or any physical sport known to man. When was the last time someone was seriously injured from a flying rubber ball that was not caused by human error and because of how the game was played? You can be injured doing anything physical.

What 'cracks' me up is parents trying to make it politically correct. In my old school, they changed the name to dodging



photo courtesy of MCT Campus

games to human target games. Human target games? I mean come on what sounds less like a serial killer game, dodge ball or human target games? To me this is a ridiculous trend that needs to be stopped in order to save one of the gym classes' favorite games. What I would like to tell the parents who are afraid of letting their children to play, as quoted the movie Dodgeball; "Grab life by the balls."

## "Real World" vs. Real World

ADAM GOTTSCHALK  
STAFF WRITER

Has America lost its morals due to reality television? Yes, it has. Reality shows began innocently as human experiments, bringing together strangers with different ethnicities and values. Today's reality shows do nothing more than exploit sexuality and immorality.

The America of today bears little resemblance to the America of only a few decades ago when reality shows were born. The America where the ideal man was cultured, civilized, polite and chivalrous, and the ideal woman was subtle, clever and well versed in etiquette are long gone. Today's American sexuality is about numbers of partners, physicality, and the pursuit of the next perfect 10. Reality shows, by portraying and gratifying the smut of society, rather than the ideal or even realistic members, carry the message that this behavior is not only

normal, but also acceptable.

Reality shows feed on the insecurity within us - the fear that we may not be normal. Programs such as "The Real World," indoctrinate viewers into believing that a night well spent is a night at the bar, quality exercise consists of a drunken fight with a few smashed chairs, and a love triangle can be worked out through manipulation or a threesome.

Reality shows are also notorious for portraying people as different stereotypes. People, most people at least, are complex creatures and should be portrayed as such. If reality television wants to show diversity, as they claim, then they could start by showing the diversity within each character, like someone accomplished, someone unattractive, someone insecure, or someone with morals.

## Pro-Eating Disorder Websites are Giving Wrong Ideas

JAIME LEAST  
GUEST WRITER

Take a moment to picture a young girl. No more than ten years old. She bows above the porcelain, steadily prodding at the back of her throat until every single muscle in her body tightens in a courageous effort to rid herself of her lunch-time sin.

According to the Eating Disorder Association, more than 400 Pro-Anorexia (Pro-Ana) websites exist, fueling the hunger for emptiness in the young audience who read them.

These websites contain journal entries, routines, tips and tricks on how to get and stay thin, and, most disturbing of all, photo galleries which are festering with the images of emaciated women, and sometimes men, referred to as "Thinspiration."

Sure, it's true, many sufferers of an eating disorder feel alone; the doctors say some are "not anorexic enough," or their peers simply say "Go eat a cheeseburger." The lack of ties with others may be difficult, but the ostracization that the suffering go through may be exactly what could help to cure the afflicted.

I'll be the first to admit that when I was sick with an eating disorder, or rather two, I learned how to distract myself from the hunger, how to hide the drastic changes in my body from my peers and I learned that I was not alone.

I learned how to be anorexic from the internet.

Ultimately the primary personality trait in an anorexic female is that of perfectionism. The so-called "community" that is found amongst these pages is realistically a model for competition. "They are trying to be the best anorexic ever," said Vivian Hanson Mehan of the National Association of Anorexia Nervosa in an article by Jeanie Davis.

The public admission and support of eating disorders only furthers the drive of the young men and women who visit them.

Now, look beside you. Who is near you? A friend, a relative or a complete stranger? Chances are, he or she, or even yourself have seen these, and worse: learned from them.

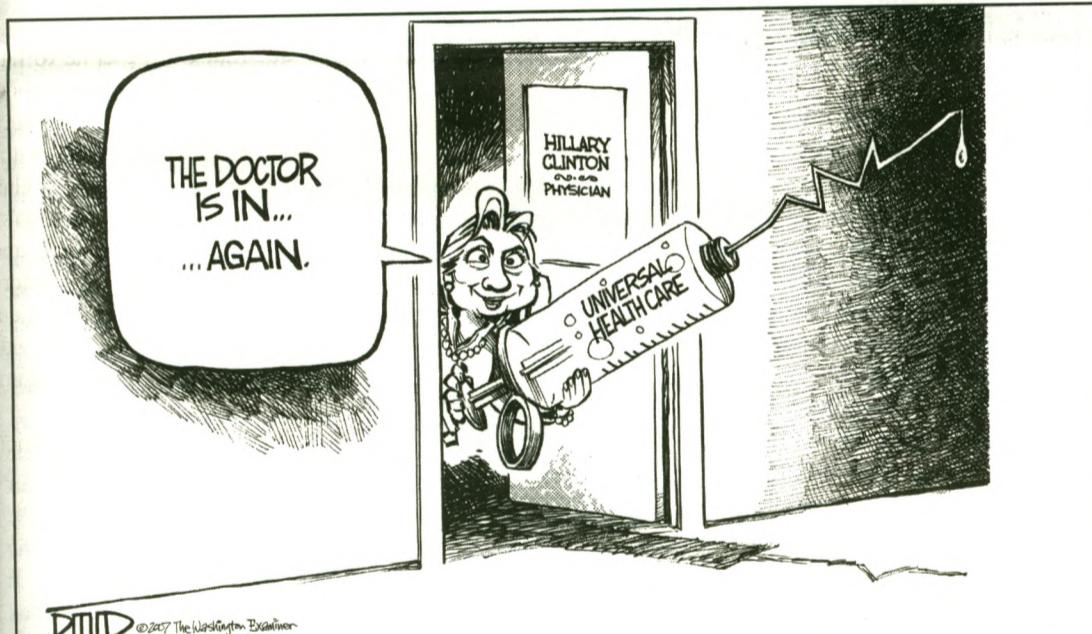


photo courtesy of MCT Campus

## Pale Skin Will Never be the New Tan

CASEY QUINLAN  
LIFESTYLES EDITOR

"Excuse me," said the woman, "I don't mean to be rude...but you're really pale."

"Oh that's okay," replied the girl, "I'm allergic to the sun." I was told this story waiting for environmental science to begin, and boy I was insulted.

What is to blame for this lack of sensitivity and social in acceptance of people who are born pale?

I am Irish and proud of the skin color I was born with. Black men and women are encouraged to be proud of their skin color because they should be proud. It's their part of their individuality, and individuality should be celebrated.

However, it seems much more socially acceptable to approach someone and tell them that being pale is not a good thing. According to a lot of young girls especially, being pale is something to be ashamed of.

Why is this? Because so many high school and college age girls are drastically changing their skin color in order to be tan. It is in a way, a refusal of their individuality and in my opinion rather

contrived in appearance as well.

It isn't hard to tell when an originally pale woman has been excessively sprayed tanned or otherwise. This is their notion of beauty, and as much as I disagree with the fake orange tone, it is their personal choice.

What I don't understand is why the general public does not see these drastic measures as equal to Michael Jackson making himself pale. It's also damaging to your skin to lie out in the sun to roast yourself, absorbing rays that will ultimately increase the appearance of aging.

For these reasons, I am astonished as to why more people haven't been present in the debate, standing up for the right to be proud of the skin they were born with and to protect it. So when pale women reject the stifling of individuality that is taking place, as well as the ignorance of those sun worshippers, I think all ethnicities should celebrate that strength and help strengthen each other's pride as well.

## Have an Opinion?

Email our Opinion Editors with your ideas or attend Wednesday meetings in room 11-301 at noon.

Email all submissions to monroedoc@hotmail.com

## LIFE Styles

## DAMON CAMPUS CORNER

### Student Events and Governance Association (SEGA) Starts the Year Winging and Singing

Chicken wing eating contests and MP3 giveaways are just a small taste of what's to come from the weekly college hour at MCC's Damon City Campus. College hour events happen regularly in the fourth floor lounge on Mondays and Wednesdays at noon. Organized by the Student Events and Governance Association, the opening ceremony for the fall events kicked off Monday with a treasure hunt, name that tune, and the popular chicken wing eating contest. Winners from each competition received MP3 players. Club and organizations from the campus were present to promote student involvement.

"DCC's Got Talent," was the headliner for Wednesday's events. The lounge was decked out in a night club theme, complete with stage and lighting, as students strutted their stuff in the first of three talent shows this semester. A poet, vocalists, and a yo-yo extraordinaire are some examples of what students brought to the stage. The three finalists were audience selected and will perform again at the finale on November 12. Prizes are awarded to the first place winner of each segment, and an overall finalist will be named in the final performance. Everyone is encouraged to come join the fun!

## Wal-Mart Attempts to Go Green

LYNDA REDDEN  
EDITOR IN CHIEF



photo by Byran Patrick/courtesy MCT

**Joe Sanders** store manager at Wal-Mart SuperCenter in Dixon, California, looks toward the roof that has incorporated several of the company's efficiency initiatives.

Wal-Mart. Love it or hate it, this mega retailer has launched a green campaign.

In addition to two prototype "green supercenters," Wal-Mart has carved out the goal to increase the efficiency of their truck fleet by 25 percent over three years, doubling it in 10 years. In the same three-year period, they aim to reduce solid waste by 25 percent and reduce energy consumption by 30 percent, according to *Fortune Magazine*. Also noted is that they have become the number one retailer in the world for organic milk and cotton.

Indeed, Wal-Mart has been recycling cardboard and shopping bags for many years. However, a consumer would find little evidence of eco-friendly products on the shelves considering the green initiative has been underway for a year.

Concentrated products are found amongst stock, including many varieties of detergents, reducing energy consumption in packaging and transportation. Recycled printer paper is also readily available with savings passed along to the consumer. However, the staples for a college student's book bag, such as loose leaf papers, spiral notebooks and folders, as well as basics for any household, including paper towels and toilet tissue, appear to be lacking recycled content.

A staggering amount of baked goods and dairy products in containers numbered three through

seven likewise line shelves, which are not recyclable in Monroe County under the current program.

When taking a critical look through any store's shelves, the amount of material used on packaging is impressive, much of it petroleum-based. Particularly troublesome is the molded plastic that surrounds many electronic items and children's toys.

As the nation's largest retailer, kudos go to Wal-Mart for the attempt. Hopefully a trickle-down effect from suppliers will eventually be seen across-the-board. However, the ultimate responsibility for wise consumption rests with the consumer in the three R's: reduce, reuse, recycle.

## You Tube Changes the Face of Media

CATHERINE FEOLA  
GUEST WRITER

It is sure to shock some readers but there was a time where people used to have to be on television or in the theatres in order for their talent to be seen, from the "Tonight Show" with Johnny Carson—the host before Lenato Robert Redford's Sundance Film Festival. But those days are far behind us. Sure the "Tonight Show" is still on the air. Sundance is still rocking Utah. But with the advent of the internet, and a little known website started in 2005. Maybe you have heard of it. It is called YouTube.

While, since it has become a cultural status symbol, one website has sent established performers running for the hills in fear of humiliation. With millions that connect to it each day, it has given us 'regular Joe no names' a chance to share our views on topics from Britney Spears to who would make the best Presidential Candidate. It also gives us the people a chance to share our talents with millions of people around the world. We can share our talent for making musical montages for different reasons. Also, we could post a clip or an entire movie we always wanted to make but didn't have the resources to make it big.

That is the great thing about the YouTube website; not the ability to watch famous people screw up over and over again, or the ability to watch a rarely found clip repeatedly. Though it helps with the enjoyment. What is really great about YouTube is that those struggling to make a name for themselves can present themselves worldwide. In other words, those unable to make the High Falls or the Sundance festivals and unable to make it to the networks can just make a video, upload it, and become a bigger star and reach more people than they could the old fashioned way. You know, before the internet.

## Flip Flops Damage Feet

CASEY QUINLAN  
LIFESTYLES EDITOR



photo courtesy KRT

heavier people. The little cushioning without arch support can force the wearer into an unnatural state, with a toe gripping, foot slapping gait. It can cause heel calluses, hammer toes, and irritation between the toes... which can lead to fungal infections.

It need not take much imagination to understand why flip flops are not a supportive shoe. They've been cut out of a foam-like board and are inserted with a cheap plastic thong. Part of the reason flip flops became an important trend with manufacturers is obvious. It's so easy to reproduce!

One could also look at the history of the flip flop. It was invented only as transition item, from beach to the house, from

pool to locker room. The flip flop was never intended as an everyday shoe, because the foot needs at least a half inch of support for your heels and arches.

If you like heels or wedges, two inches or less is recommended for everyday wear. The best solution overall is to change heel heights every so often. And if you still can't bear to part with your flip flops, consider this: flip flops wear out much faster, so they may be cheap, but they get replaced often and are easily dirtied. The best flip flop you can find is the Peche Blue, designed with athletes in mind, whose flexible soles provide stability and comfort, according to *American Fitness Magazine*.

## Calendar of Events

Careers in Health Studies Forum, 12 to 12:50 p.m. Oct. 10, Monroe B

ATC Night of Racing at NYIRP Oct. 12, 5:30 p.m. Discounted admission with MCC ID NYIRP.com for details

Haunted Hayrides of Greater Rochester Oct. 12, Williamson, NY Hauntedhayridesrochester.com

AHL Hockey: Rochester vs. Providence Oct. 13, BC/BS Arena Amerks.com

Walk a Mile in Her Shoes Benefiting Alternatives for Battered Women Bishop Kearney High School, Irondequoit October 13, Registration 8:30 a.m. to 9:30 a.m. Info: (58) 615-0595

Lecture: Sustainability in Architecture, Art, and Design, Oct. 15, noon Leroy Goode Library, Second Floor with Mercer Gallery Exhibit, 6 p.m.

Parents Without Partners Singles Night, Oct. 19 Wishing Well, Chili Ave. groups.msn.com/pwp0633

Fear at Frontier Field Thurs. through Sunday through Oct. 28 www.hauntedrochester.com

You're sitting on a bench outside class, when boom! A class has just ended and the sound of flip flops slapping against the floor is heard fifty times over. Podiatrists would call it a plague of unstable shoes which are now responsible for the increase in foot problems among younger adults and teenagers.

The foot problems that young people are now facing are generally found in much older and



courtesy KRT

Being the owner of three web design and development studios, I am forced to look at a computer monitor for many long hours that take up most of my day. This has lead to many different eyestrain problems including fuzzy or blurry images or text, headaches, and in the worst of cases, migraines. But there are many things that you can do to help minimize these problems.

The number one thing to do is don't look at a monitor for more than two hours at a time. Even when writing a paper that is due the next morning, you should take breaks at least every thirty minutes and just look out a window at something in the distance for a few minutes. If you have been looking at your monitor for two hours or more, you need to get away from your screen for at least ten minutes to allow your eyes to regain their normal vision. If you do not take frequent breaks and you go to sleep directly afterwards, you will wake up with an awful headache.

Have plenty of ibuprofen, Tylenol, or whatever pain reliever you have handy. This is not by any means a long-term solution as you can only take one dose every six to eight hours. If you use this as a long-term solution, your headaches will continue to get worse and worse, and in the worst-case scenario you may end up with a migraine, which will not allow you to look at your monitor at all.

If your eyes feel a strain while looking at your monitor and you

## New Tax on Bottled Water

**ELLEN BRIDGE**  
GUEST WRITER



photo courtesy KRT

Many students and teachers carry bottled water as they travel between classes. Would as many people still buy water if there was a tax on every bottle that you bought? Recently, many major cities in America have proposed the possibility of taxing bottled water.

In August, Chicago Mayor Richard M. Daley verbally endorsed a proposal to place a tax of up to 25 cents on every bottle of water sold in the city. Alderman George Cardenas brought up the idea since the bottles are not environmentally friendly and are filling municipal landfills. Other cities, including New York City, are following suit by encouraging residents to use tap water instead of buying bottled water.

There are misconceptions that bottled water is cleaner and healthier than tap water. They both have similar standards set by The Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) in testing for contaminants. Also, sources for bottled water companies, including Dasani and Aquafina, are often times reprocessed tap water from cities around the country. With the exception that bottled water sometimes contains fluoride, it is the same as tap water.

So why pay extra for bottled water? Many people say it's for the convenience and portability of plastic bottles. However, if you are worried about paying extra tax, or if you want to help protect the environment from excess plastic, consider buying one reusable drinking bottle and using tap water. This will help cut down on wasted plastic and still give you the benefit of carrying water wherever you go.

## Computer Use Can Cause Eye Strain

*Simple Ways to Prevent Morning Headaches after your Research Paper All-Nighter.*

**STEVE MCBRIDE**  
GUEST WRITER

haven't been looking at it for more than five minutes, take your eyes off the monitor, close your eyes and rub them with either your palms or make a fist and rub them with your thumb and pointer finger.

Other than physical solutions to eyestrain after looking at a monitor for too long, you can also do a few things with the monitor that you use.

First off, the best size monitor is a 17" LCD screen on the highest resolution that it can go.

To set your resolution on a Windows PC, right-click the desktop and choose "Properties," then under the "Settings," tab, move the slider all the way to the right. For the normal non-widescreen monitor, this setting should be 1280x1024; for widescreen monitors it should be 1440x900.

On a Mac, go into "System Preferences," and select "Displays," and you'll see a list of the available resolutions, scroll all the way to the bottom and choose the very last one.

At first, the new resolution may be a bit awkward, but it will help in the long run.

If you do not know what your maximum resolution for your monitor is, visit the manufacturer's homepage and look up the display, or for laptops, the computer. Look for a link called "System Specs," or "Tech Specs," and search for "Display Resolution."

Hopefully these tips will help with your eye strain problems, but if they don't, contact your doctor to see what you can do to help solve the problem, or visit the ever so helpful Google and see what other

## Mineral Based Makeup Good For Skin

**BETH LANE**  
GUEST WRITER

Advertisements promoting the miraculous powers of mineral makeup read like the resume of a wannabe makeup super hero. Companies claim the products heal skin, fight acne, provide sun block and are so pure; you're encouraged to go ahead and sleep in it.

Can mineral makeup really leap tall buildings in a single bound?

Dermatologists have been recommending mineral makeup to patients with acne scars and Rosacea-a common facial diagnosis that presents a rash- since the early 90's. In addition, the low instance of sensitivity and natural camouflaging properties make it a perfect choice for cancer patients and women recovering from plastic surgery.

Today, mineral makeup is being touted by cosmetics companies as not only as an all natural cover up for existing skin problems, but they also promise to help heal and control future acne and breakouts. Zinc oxide and titanium dioxide, the key ingredients in most mineral makeup, do seem to offer scientific support for some of the claims. There have been several clinical studies have documented the medicinal benefits of both minerals in regards to skin care. Zinc oxide is widely known for its use as a sunscreen, but it also possesses anti-bacterial and inflammation reducing properties that are useful for combating acne. In addition, both zinc oxide and titanium dioxide possess drying qualities similar to those found in salicylic acid, a common anti-acne treatment.

Because mineral makeup is made from naturally occurring minerals that are mined from the earth, claims that it's all natural are basically true, but for "purity", check the ingredients. Women with sensitive skin should steer clear of products containing dyes, fragrances and mineral oils, all common allergy triggers. If irritation develops, itching around the nose and mouth in particular, it may be sensitivity to bismuth oxychloride, a filler used in some brands of mineral makeup to give it pearlescent qualities. In reality, women can have allergic reactions to mineral makeup, but instances of occurrence are fairly rare.

While mineral makeup may not be 100 percent hypoallergenic or faster than a speeding bullet, for now, it does appear to live up to many of its super claims.

## The Frenemy Syndrome: *when friends become enemies*

**CARL ROSS**  
SENIOR WRITER

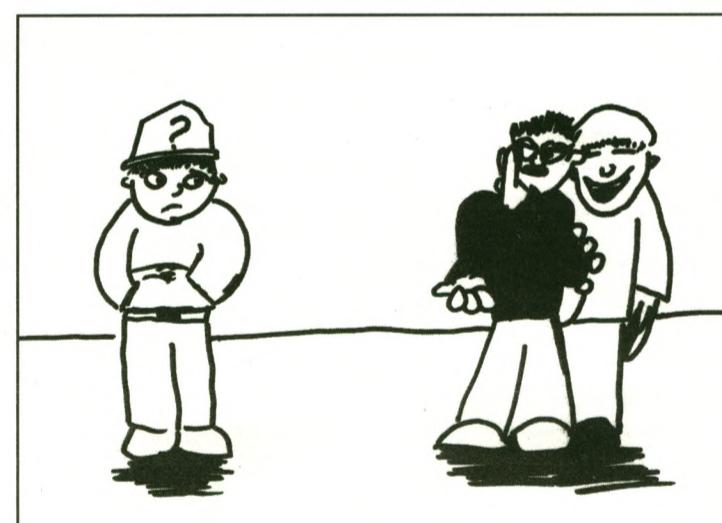


illustration by Stephan Granz

Have you teamed with another intelligent person who seems to be a great colleague just to find out that everything you both do to make the presentation a success is basically a ploy for them to tear down everything you did and make themselves look so good?

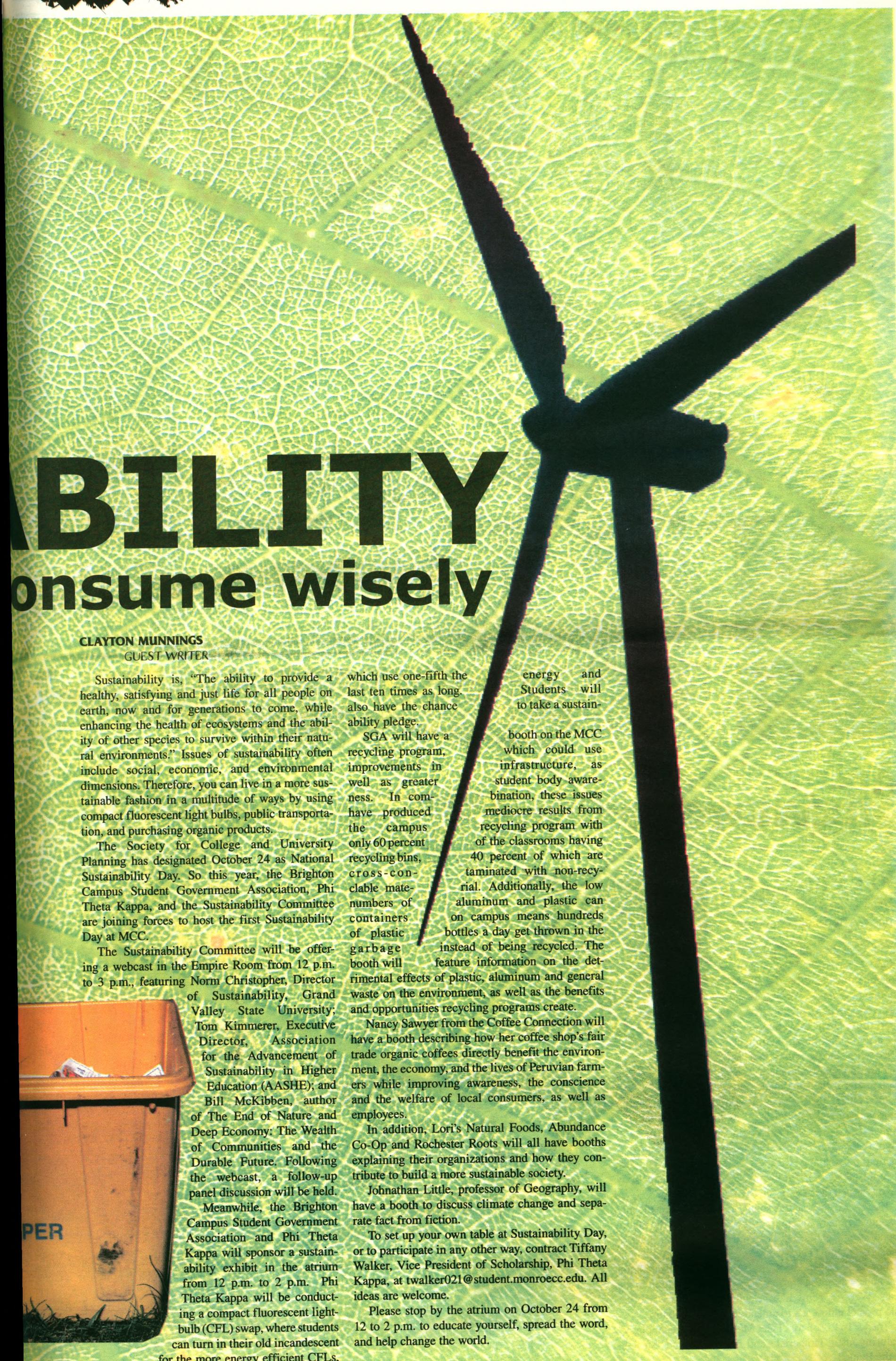
Well, you have just met a "frenemy," a person who is a friend as well as an enemy only in the sense that the both of you need each other's assets to make perfect projects. Most likely, they are at places where teamwork is a staple like jobs and school. Huge corporations and even countries use this type of relationship. This phenomenon is ever present in Hollywood with the best sample of Nicole Ritchie and Paris Hilton. Of course, there are other samples and goes across the board with everyone.

Even males will have frenemies but it is more consistent in females. It's really all due to the love-hate relationship with the hate not really being hate but more of jealousy. Often the relationships with females are supposedly loving and caring ones and there would be no competition. Yet, that isn't always the case.

Now to make sure that this type of love-hate relationship doesn't happen too often, Liz Ryan of Business Week gives a few pointers. Don't get too comfortable with them. These are guys that always have to have the edge. Don't let them be able to compare themselves with you. Or request a meeting with your "frenemy" and confront them with the behavior they show. Remember, they need you as much as you need them so try and stay as civil as possible while doing it. Once it's been realized to them that you're not a pushover they'll back off.



photos from left to right:  
Lynda Redden, Trek Bicycle Corp/courtesy of MCT, and Scott Loiacono



# ABILITY to consume wisely

CLAYTON MUNNINGS  
GUEST WRITER

Sustainability is, "The ability to provide a healthy, satisfying and just life for all people on earth, now and for generations to come, while enhancing the health of ecosystems and the ability of other species to survive within their natural environments." Issues of sustainability often include social, economic, and environmental dimensions. Therefore, you can live in a more sustainable fashion in a multitude of ways by using compact fluorescent light bulbs, public transportation, and purchasing organic products.

The Society for College and University Planning has designated October 24 as National Sustainability Day. So this year, the Brighton Campus Student Government Association, Phi Theta Kappa, and the Sustainability Committee are joining forces to host the first Sustainability Day at MCC.

The Sustainability Committee will be offering a webcast in the Empire Room from 12 p.m. to 3 p.m., featuring Norm Christopher, Director of Sustainability, Grand Valley State University; Tom Kimmerer, Executive Director, Association for the Advancement of Sustainability in Higher Education (AASHE); and Bill McKibben, author of *The End of Nature* and *Deep Economy: The Wealth of Communities and the Durable Future*. Following the webcast, a follow-up panel discussion will be held.

Meanwhile, the Brighton Campus Student Government Association and Phi Theta Kappa will sponsor a sustainability exhibit in the atrium from 12 p.m. to 2 p.m. Phi Theta Kappa will be conducting a compact fluorescent light-bulb (CFL) swap, where students can turn in their old incandescent for the more energy efficient CFLs,

which use one-fifth the last ten times as long, also have the chance to take a sustainability pledge.

SGA will have a recycling program, improvements in well as greater ness. In com- have produced the campus only 60 percent recycling bins, cross-con- clable mate- numbers of containers of plastic garbage booth will

energy and Students will to take a sustain-

booth on the MCC which could use infrastructure, as student body aware- bination, these issues mediocre results from recycling program with of the classrooms having 40 percent of which are taminated with non-recy- rial. Additionally, the low aluminum and plastic can on campus means hundreds bottles a day get thrown in the instead of being recycled. The feature information on the det- rimental effects of plastic, aluminum and general waste on the environment, as well as the benefits and opportunities recycling programs create.

Nancy Sawyer from the Coffee Connection will have a booth describing how her coffee shop's fair trade organic coffees directly benefit the environment, the economy, and the lives of Peruvian farmers while improving awareness, the conscience and the welfare of local consumers, as well as employees.

In addition, Lori's Natural Foods, Abundance Co-Op and Rochester Roots will all have booths explaining their organizations and how they contribute to build a more sustainable society.

Johnathan Little, professor of Geography, will have a booth to discuss climate change and separate fact from fiction.

To set up your own table at Sustainability Day, or to participate in any other way, contact Tiffany Walker, Vice President of Scholarship, Phi Theta Kappa, at [twalker021@student.monroec.edu](mailto:twalker021@student.monroec.edu). All ideas are welcome.

Please stop by the atrium on October 24 from 12 to 2 p.m. to educate yourself, spread the word, and help change the world.

## LIFE Styles

# Nail Salon Popularity Growing in Rochester

LYNDA REDDEN  
EDITOR IN CHIEF

It would seem as though Starbucks has invaded Rochester, though the truth of the matter is that nail salons outnumber the famed coffee vendors by more than eleven to one amongst the listings found at yellowpages.com.

All these salons are competing for your fingers and your wallet. Price wars have been a problem in large metropolitan areas, such as New York City, undercutting competitors' prices while cutting corners in the process with poor working conditions.

Often the tools of the trade are sharp implements that can draw blood, thereby making it important to maintain clean facilities and hygienic practices to prevent transmission of diseases, bacterial infections, and adverse reac-

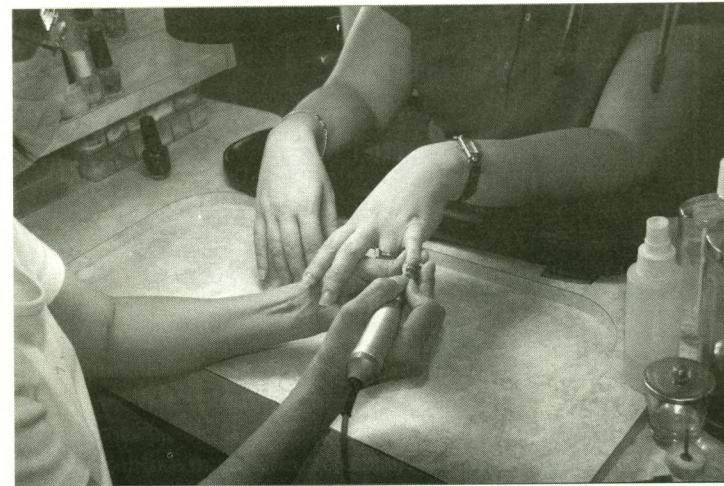


photo by Scott Loiacono

tions to chemicals.

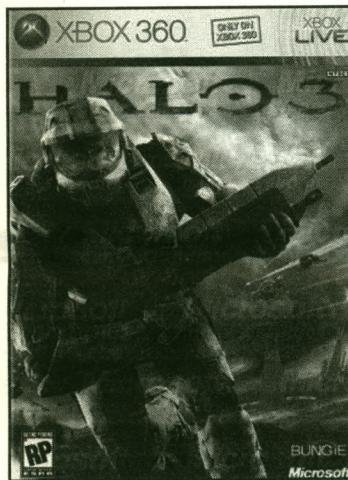
To ensure safety, New York State (NYS) requires all spas and salons be licensed to operate. A business license should be prominently displayed, as well as your technician's license that should include a picture and the services they are allowed to

perform. As a consumer, you have the right to request seeing these documents. If they cannot be produced, you may wish to verify that the salon is operating legally by contacting the NYS Division of Licensing; an online database can be found at [www.dos.state.ny.us](http://www.dos.state.ny.us).

Things to keep in mind while patronizing a nail salon by NYS guidelines:

- General cleanliness and repair of the facility.
- Hot and cold running water, toilet facilities, and covered waste containers.
- Hand washing is required by nail care clients and providers prior to rendering services.
- All tools that may pierce the skin should be immersed in EPA-approved disinfectant for at least 10 minutes after each use.
- Porous manicuring instruments, such as emery boards or block buffers that cannot be immersed in disinfecting solution, should not be reused on other clients.
- Fluids, creams, and powders should be stored and dispensed in containers that minimize contamination.

# Halo 3 Completes the Epic Video Game Trilogy



Master Chief became the undisputed champion of the video game world last week when first day sales of Halo 3 brought in a record \$170 million, with over 1.7 million advance copies sold. The game brought high reviews from critics and gamers, and many lined up at midnight to become first to jump into battle against the Covenant. Matt Hughes, a liberal arts major at MCC, obtained and finished the game on the morning of its release, playing the game in the atrium on equipment brought from home.

"The ending brings the trilogy to an end," said Hughes, "and there is a secret ending if you win in on the legendary level."

Bungie Studios, which is part of Microsoft, created Halo 3 and brings mind-blowing graphics with advanced technology, such as high dynamic range lighting with real time reflections, and depth of field effects that create cut scenes that can be enjoyed repeatedly.

Second year MCC student, Chad Trate, also played the game the day of its release.

"It's worth buying for the details and

landscape alone. The omnipresent camera angles are amazing," said Trate.

New features include an online storage and game save option, the ability for players to view a replay of their games, and forge, which allows gamers to customize levels. With this new ability to add or delete weapons, vehicles and interactive tools, many gamers feel that forge is the most important addition to the Halo series.

Both Trate and Hughes rate the game at 9.8 out of 10.

PETER DEYO AND  
GEOGE CATALLO

## CD REVIEWS

CARL ROSS  
SENIOR WRITER

### 50 Cent

*Curtis*  
Shady/Aftermath/Interscope

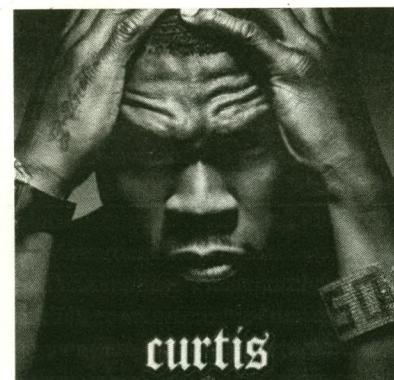
50 Cent has put out his third album, "Curtis," and the only question in mind is: Why did "Fiddy" challenge Kanye West with this piece of crap of an album? The only good thing about this album is that it's a pop star's dream album. It is filled with catchy hooks and lines that are so memorable that it doesn't even matter if the song made sense.

Of course, there are a slew of artists who lend their vocals to the album such as Justin Timberlake, Timbaland, and Robin Thicke on back to back tracks "Ayo Technology" and "Follow My Lead." The production is amazing with tracks supplied by Dr. Dre ("Come and Go"), Eminem ("Peep Show") and Tony Yayo ("Touch the Sky").

However, most of the songs make reference to only sex, guns, money, and murder. That fact makes the album sound so much like his last two releases, "Get Rich or Die" Tryin' and "The Massacre."

For a very talented MC, his was a poorly made album that makes even the biggest "Fiddy" fan only listen to the beats. Well, it seems like he will never release another solo project unless it's to amend for this sad album.

Tracks To Listen to: "I Get Money," "Ayo Technology" featuring Justin Timberlake and Timbaland, and "Straight to the Bank."



2½

### Kanye West

*Graduation*

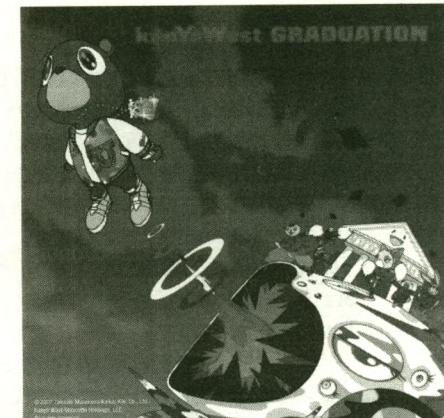
Roc-A-Fella/Hip Hop Since 1978

Kanye West, the Louis Vuitton Don, is back and shines on his latest release, "Graduation." His album is a genius mix of rhymes, vocals, synthesizers, electric guitars, and awesome samples. He will soon take the title from Diddy, if he hasn't now.

Samples from Elton John's "Someone Saved My Life Tonight," Steely Dan's "Kid Charlemagne," and Daft Punk's "Harder, Better, Faster, Stronger" on back to back tracks "Good Morning," "Champion," and "Stronger" shows his versatility to incorporate pop, rock, or French house (Techno) into hip-hop rivaling only the Neptunes.

Lil' Wayne joins him on the track "Barry Bonds" and West, learning from "Touch the Sky" featuring Lupe Fiasco and "We Major," featuring Nas and Really Doe on Late Registration, gains some glory on the track alongside him. It's also amazing to see Mos Def (now free from Geffen Records) outside of rhyming once again and lending his vocals on "Drunk and Hot Girls" over a sample of "Sing Swan Song" by Can, a German art-rock band.

T-Pain's vocals added on "The Good Life" gives that kick to make you feel like partying because of the hope to make it big in our lives. "Flashing Lights" features Dwele's smooth vocals with West speaking on love while being in the spotlight. Production that was made for Common is used on "Everything I Am" which about everything that the media has exaggerated on him really shows his other side, a laid-back style and



4½

scratching by DJ Premiere makes the track that much the more special.

Even a couple of the songs show his love to the ones that made him on tracks "Homecoming," a letter to his hometown of Chicago with vocals and piano by Chris Martin of Coldplay, and "Big Brother" referring to JAY-Z. But the track that lets us know how he truly feels is "Can't Tell Me Nothing" which he's talking about how his fame has gotten to him: the big headed monster, the lustful desires, and waste of money. Thankfully, he's at least looking back on his life until now.

The only track I have a problem with is "The Glory" which features a sample of "Save the Country" by Laura Nyro. I think if the vocals provided were at normal pitch instead of being high-pitched the track would be truly robust.

Tracks To Listen to: Just Listen to the Album,

SPORTS  
&  
SCORES**Lady Tribunes are Hard at Work**

**SCOTT LOIACONO**  
GUEST WRITER



Photos by Scott Loiacono

**Calendar of Home Games**Womens' Soccer

Oct. 8 at 4 p.m.  
Oct. 16 at 4 p.m.  
Oct. 20 at 1 p.m.

Womens' Volleyball

Oct. 9 at 6 p.m.

Mens' Soccer

Oct. 13 at 2 p.m.  
Oct. 17 at 4 p.m.

**Tribunes'  
Scoreboard**Womens' Soccer

Sept. 22  
MCC 6, CCRI 0

Sept. 20  
MCC 11, Erie CC 0

Sept. 15  
MCC 6, Wm. Smith JV 0

Womens' Volleyball

Sept. 27  
MCC 0, Corning CC 3

Sept. 25  
MCC 1, Alfred State 3

Sept. 23  
MCC 0, Mohawk V. CC 2  
MCC 2, SUNY Cobleskill

Sept. 22  
MCC 2, CCRI 1  
MCC 1, Mohawk V. CC 2  
MCC 2, Fulton CC 0

Mens' Soccer  
Sept. 26  
MCC 3, Alfred State 0

Sept. 22  
MCC 7, CCRI 1

Sept. 19  
MCC 12, Erie CC 0

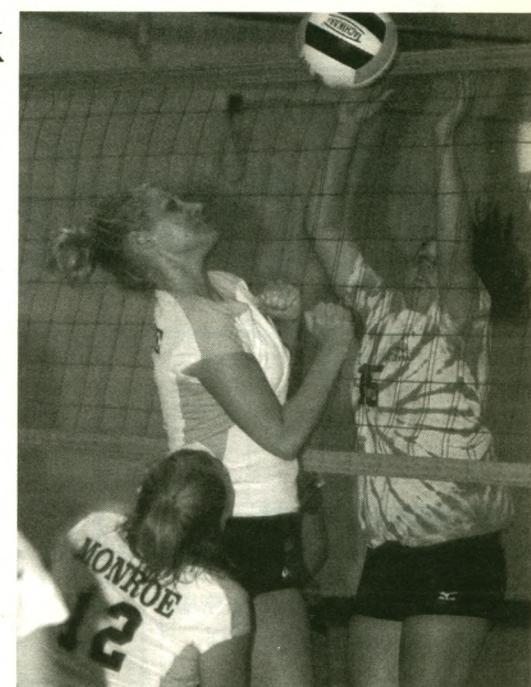
Sept. 16  
MCC 2, Essex CC 1

Sept. 15  
MCC 1, Mercer CCC 2

Sept. 12  
MCC 1, GCC 0

The opponents were tall, spiked the ball hard, and they had one thing on their minds—victory. And that they did. The visiting team from Genesee Community College defeated the MCC womens' volleyball team in four games 30-24, 30-17, 26-30, 30-17. The leading scorer for the Lady Tribunes was Hollie Williams of Syracuse with 28 assists, 10 digs, and 2 kills. Jen Hays of Canandiagua had 12 kills; Kailyn Winoski of Marcellus, NY, had 8 kills; and Christina Boxler of Varysburg, NY, chipped in with 12 digs for the Tribunes.

The next home game for the women's volleyball team is Oct. 9 at 6 p.m. against Onondaga Community College. Come out and cheer on your Lady Tribunes.

**SOCKER ROUNDUP**

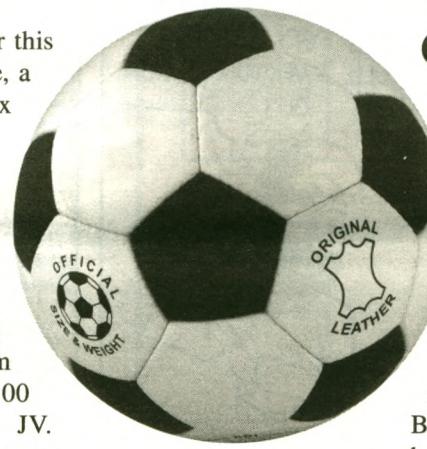
**SCOTT LOIACONO**  
GUEST WRITER

**MCC Womens'  
Soccer Undefeated**

It must be déjà vu. The mens' soccer team, coached by Nelson Cupello, took his team to a 7-1 victory over Community College of Rhode Island on September 22. Coach Cupello is in his 18th season with the mens' soccer team. With an impressive 230 wins, 72 loses and 18 ties, can the coach bring a title home this year? The team currently has a 6-1 record and is ranked 15th in the nation. The leading players on the

mens' soccer team so far this season are Stephen Coke, a forward from the Bronx with 8 goals, 2 assists and 18 points, and Dom Colaprete, hailing from Spencerport, has 6 goals, 4 assists and 16 points this season.

The next home game for the mens' soccer team is Saturday, Oct. 6, at 2:00 p.m. against Medaille JV. Come on out and show your support for your home team.

**MCC Mens'  
Soccer is  
on a Roll**

The Lady Tribunes stopped The Community College of Rhode Island 6-0 during MCC's homecoming game on September 22. The MCC womens' soccer team is currently undefeated with a 6-0 record. The women's soccer team, lead by Tracey Britton, is in her 9th season as head coach. She has an impressive record with 159 wins, 9 loses, and 9 ties. It is noteworthy that the women's soccer team is ranked number two in the nation in soccer.

The soccer team's leading player as of this writing is Casey Reinhardt from Rochester, with 6 goals, 3 assists, and 15 points. Another leader in points is Leighana Krzyzanowski of Ontario, NY, with 5 goals, 3 assists and 13 points.

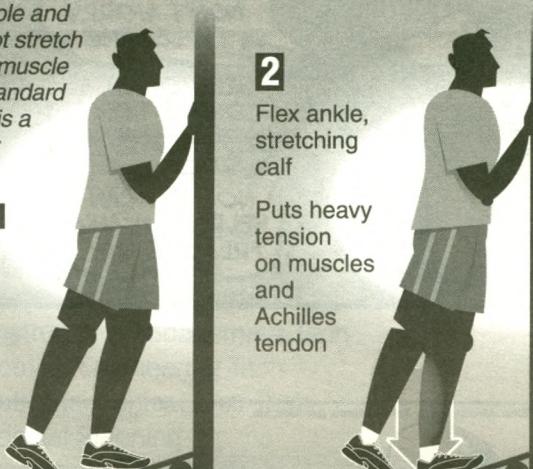
Their next home game is Wednesday, Oct. 3 at 5:00 p.m. against University of Rochester's JV. Show your spirit, come out and cheer on the women's soccer team.

**Personal Trainer****A safer calf stretch**

*Overweight people and those who do not stretch often can suffer muscle injury doing a standard calf stretch; this is a safer alternative:*

**Conventional stretch**

**1** Stand with front of foot on step, box or slanted surface



**2**

Flex ankle,  
stretching calf

Puts heavy  
tension on muscles  
and Achilles  
tendon

**Low-  
impact  
wall  
stretch**

**1** Put one foot at 45-degree angle against wall

Ball of foot  
against wall  
Heel on floor



**2**

Bend both  
knees slightly  
and lean  
toward wall

Hold stretch  
for 30  
seconds

Repeat  
several times  
on each side

Feel mild  
stretch in calf

Graphic: Helen Lee  
McComas, Paul Trap

Source: Brent Feland of Brigham Young University, Prevention magazine

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# COMICS



Brothers Watt



by William Wilson

Brothers Watt



by William Wilson

PAUL



BY BILLY O'KEEFE MRBILLY.COM/PAUL

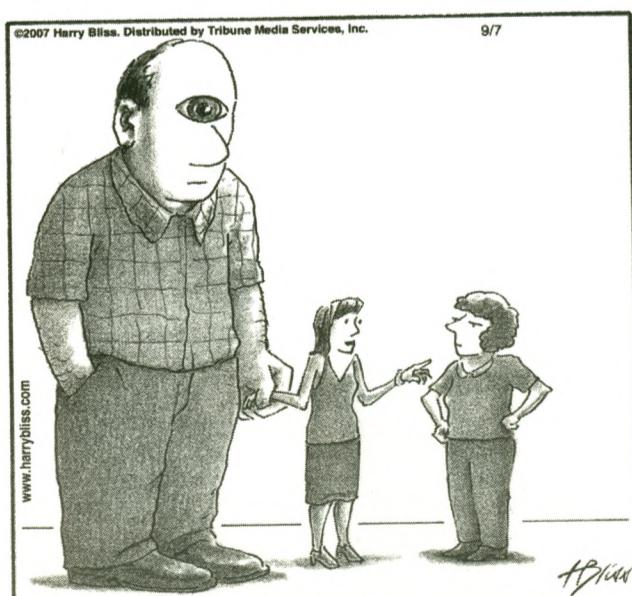
... And the best thing about Harold is,  
he only has eye for me.

illustration by Stephan Granz

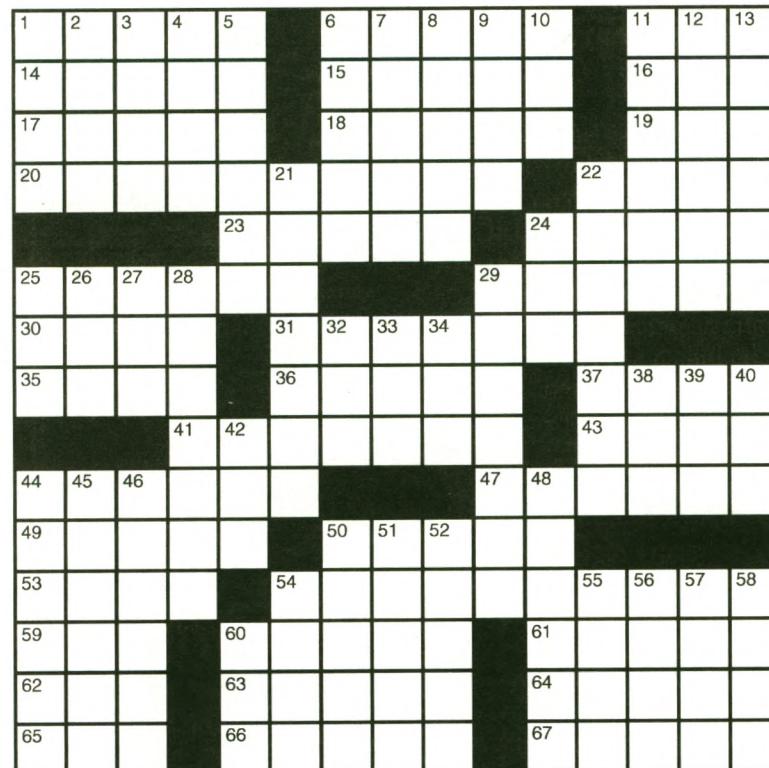
## Crossword

**ACROSS**

1 More liberated  
 6 Held tightly  
 11 Cot or crib  
 14 Insect stage  
 15 Sweetheart  
 16 Cassowary's cousin  
 17 More aloof  
 18 \_\_\_ salts  
 19 Little bite  
 20 Memphis man  
 22 Stock optimist  
 23 Too particular  
 24 \_\_\_ Lee Curtis  
 25 Henry VIII's Anne  
 29 Chapeau container  
 30 Bedazzles  
 31 Announce  
 35 Lease figure  
 36 Fire remains  
 37 Cry like a kitten  
 41 Le Champs \_\_\_  
 43 African plant  
 44 Strainers  
 47 Grunted like a hog  
 49 Meara and Murray  
 50 Upright  
 53 Folksy Joan  
 54 Collapses in tears  
 59 Goof up  
 60 Humorous remarks  
 61 Composer Blake  
 62 Word with prayer or throw  
 63 Napoleon Solo's org.  
 64 Trotsky and Uris  
 65 Pen on a farm  
 66 Signals thumbs-up  
 67 Warship grouping

**DOWN**

1 Flutter about  
 2 Humanity grouping  
 3 Actress Moran  
 4 Uniform  
 5 Make more refined  
 6 Kasparov's game



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10/6/07

### Solutions

S	T	Y	O	K	A	Y	S	F	L	E	E	T
R	U	G	U	N	C	L	E	L	E	O	N	S
E	R	R	Q	U	I	P	S	E	U	B	I	E
B	A	E	Z	B	R	E	A	K	S	D	O	W
A	N	N	E	S	E	R	E	C	T	O	I	N
S	I	E	V	E	S	O	I	N	K	E	D	
R	E	N	T	A	S	H	E	S	M	E	W	L
A	W	E	S	D	E	C	L	A	R	E		
B	O	L	E	Y	N	H	A	M	I	E		
T	E	N	N	E	S	S	E	A	N	B	U	L
I	C	I	E	R	E	P	S	O	M	N	I	P
L	A	R	V	A	H	O	N	E	Y	E	M	U
F	R	E	E	R	C	L	U	N	G	B	E	D

7 Runs easily

8 Retract

9 Light gas

10 Phys. ed. room

11 Anesthetize

12 First name of 28D

13 Two-family house

21 A month of \_\_\_

22 Actress Justine

24 Clash

25 Cake of soap

26 Be overdrawn

27 Actor Cariou

28 "St. Elmo's Fire" star

29 Footstool

32 Last letter of plurals?

33 Revolutionist Guevara

34 Bruce or Spike

38 Rockies grazer

39 Misfortune

40 Showed the way

42 Guitarist Paul

44 Cavalry swords

45 Routinized

46 Pep

48 Reflexive pronoun

50 Writer Jong

51 Answer

52 Slackens

54 Sailor's bed

55 Affair of honor

56 Orchestral reed

57 Chianti or Burgundy

58 Hatching place

60 Status \_\_\_

### Bachelor degrees offered

- Architectural Technology
- Computer Technology
- Construction Management Engr Tech
- Construction Management Tech
- Electrical Engineering Tech
- Electromechanical Engr Tech
- Financial Planning
- Information Technology
  - Applications Software Dev
  - Network Administration
  - Web Development
- Manufacturing Technology
- Mechanical Engr Technology
- Surveying Engr Technology
- Technology Management

## Sudoku By The Mepham Group

Level: **1** **2** **3** **4**

9		8			7		1	
			2		9			
5				1			3	
		5		2		9		
2			7	6		5		
	3		4		6			
4			3				8	
		8		4				
6		1			4		7	

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9.  
 For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk).

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## Alfred State College

SUNY College of Technology

# Visit us.

[www.alfredstate.edu/transfer-students](http://www.alfredstate.edu/transfer-students)

Then decide.

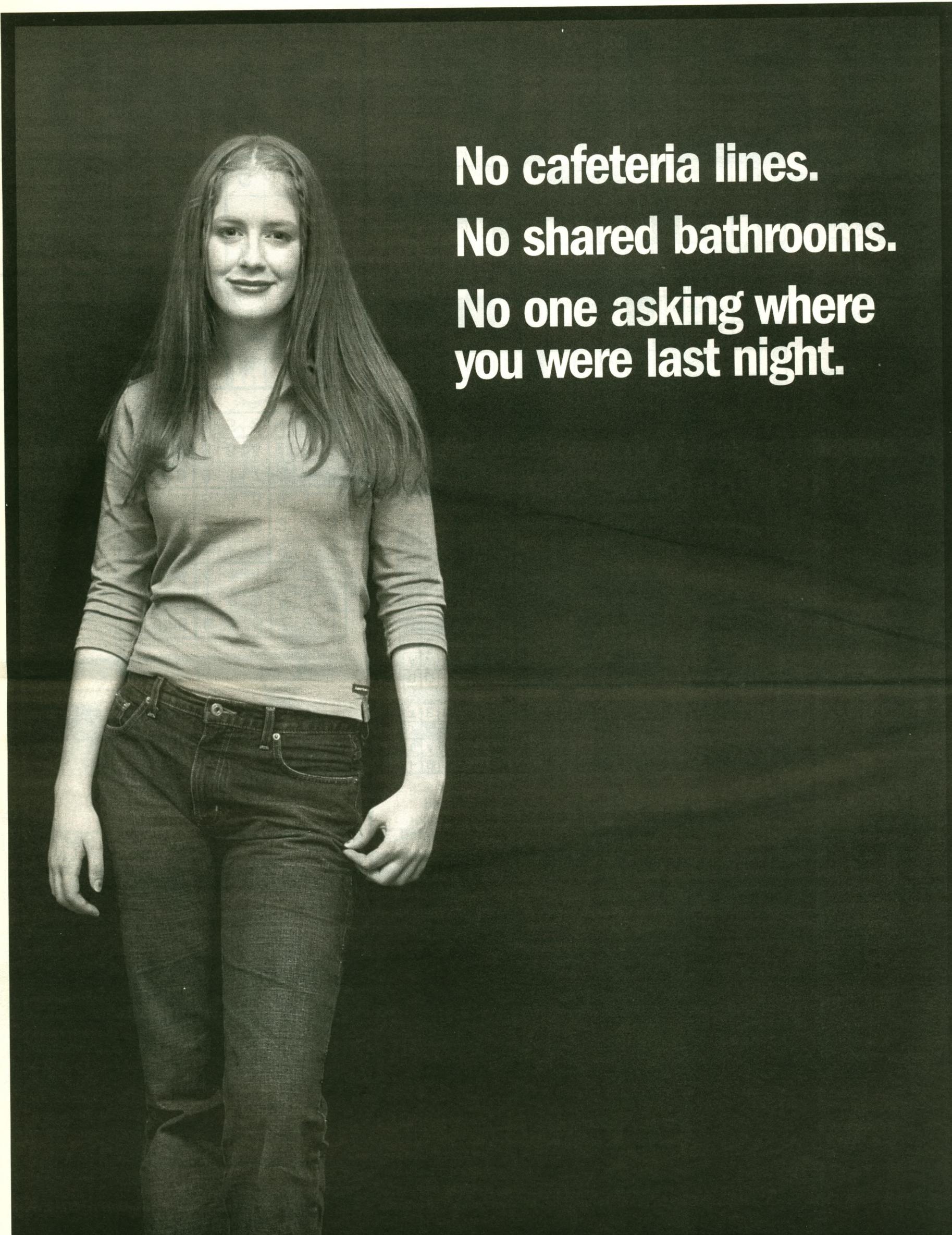
Open House dates:

Fall 2007

Sunday, Oct. 21

Saturday, Nov. 10





**No cafeteria lines.  
No shared bathrooms.  
No one asking where  
you were last night.**

After a few years cooped up in a dorm, it's hard to remember what a full-size refrigerator even looks like—not to mention your own shower stall. Farash has all that plus pools, tennis courts, fitness rooms, and 72 channels of free cable. Yeah, you can actually sign a 12-month lease for your privacy. Just check out Farash.com or Time Warner channel 441.



**FARASH**  
Living Spaces and Workplaces

**Join us for this panel discussion where you'll hear from local professionals in a variety of film related careers. They will discuss the different opportunities in film that are out there, how to get started in the business and how to find the path that's best for you.**

**EXPLORE CAREER OPTIONS AND NETWORK WITH PROFESSIONALS AT THIS VALUABLE SESSION!**

**Panelists Include:**

**Fred Armstrong**

Owner/Producer/Director  
Animatus Animation Studio

**Tim Beideck**

Film Director/Producer/Writer  
Pillen's Farm Pictures

**Nora Brown**

Executive Producer  
Artemis Productions

**Matthew Ehlers**

Founder  
Eggwork, LLC

**Rosie Taravella**

Executive Director  
Rochester/High Falls International Film Festival

## Navigating Careers in Film

Wednesday, October 24, 2007

7:00-9:00 PM

The Forum

Building 3, Room 130

*Free and open to MCC students, faculty, staff and the public.*

SPONSORED BY THE MCC CREATIVE ARTS COMMITTEE



The MCC Campus Center and Anthropology/History/Political Science/Sociology Department Announces:

## 7th Annual Model United Nations

Simulation Program, Class & Conference

- Earn 4 credit hours (Social Science or General Elective)
- Travel to the National Collegiate Model U.N. Conference in New York City to compete with 400 U.S. and International colleges and universities at the United Nations Headquarters and the Sheraton Hotel (expenses are supported by MCC's Student Life Fee)
- Learn dynamics of multilateral diplomacy and international relations by taking on the role of a diplomat from another country
- Understand the inner workings of the United Nations
- Apply classroom knowledge to real-life solutions

**POS 234**

Training Starts Fall Semester,  
Class Meets Spring Semester

**Conference held from  
March 18 - 22, 2008**

For more information, please visit the Campus Center Office 3-126.

100% of our students graduate



No Dental Insurance?

MCC's Dental Hygiene Clinic offers complimentary dental cleanings.

Don't wait any longer!

*Call 292-2045 to schedule your appointment*

## Science and Communication Exploration Night

**October 9, 2007**

**Career Forum Discussion**

**6:30 to 8:00 p.m.**

**Warshof Conference Center, Monroe A**

You will have the opportunity to hear professionals speak about combining careers in science and communications.

Questions are welcome.

*This program is co-sponsored by the Career Development Committee, the Visual and Performing Arts Department and the Biology Department.*

## Interested in a career in CHIROPRACTIC?

Learn more about Western States Chiropractic College when we visit Monroe Community College on October 5th.

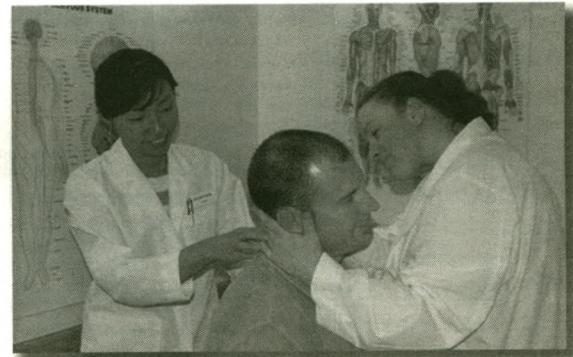
**Our WSCC rep can answer questions such as:**

**What can Doctors of Chiropractic treat?**

**What can I expect from my education at WSCC?**

**What is life like as a Doctor of Chiropractic?**

**What are the WSCC prerequisites?**



E-mail [jlauderbaugh@wschiro.edu](mailto:jlauderbaugh@wschiro.edu) for more information.



[www.wschiro.edu](http://www.wschiro.edu)

# HONE YOUR SAFETY AWARENESS

Experts share campus safety tips that should be on the radar of every first-year college student

BY JESSICA MILCETICH  
*McClatchy-Tribune*

It's your first semester at college, and chances are it's the first time you've been away from home for an extended period of time. You want to hang out with friends, go to parties and explore the new world of opportunities that is available to you. But there are safety risks that go along with being on your own.

To help protect yourself, we talked to experts from campuses all over the country to find out what you can do to avoid some of the dangers associated with many common college situations. Our guide gives you tips and advice you can use to stay safe and still have a good time.

## NIGHT SAFETY

Whether you're walking back from a late-night study session or coming home from a hard night of partying, campus can be a completely different place when the sun sets. Students can decrease their chances of being victims of crime at night by following these tips.

- Get to know your campus and the services available, says Jon Ahola, the director of public safety at Michigan Technological Institute, in Houghton. Most schools have some form of a shuttle service or an escort service that operates at night to get students home safely.
- Know where the emergency phones are and keep your cell phone in your hand in case you need to use it quickly, Ahola says.
- Keep your keys in your hand so you don't waste time digging in your purse or pockets to find them. They also can make a good weapon if necessary, Ahola says.
- Travel in groups when you can, says Steven Healy, the president of the International Association of Campus Law Enforcement Administrators and director of public safety at Princeton University, in New Jersey. "There's safety in numbers."
- Pay attention to areas that could be safe havens. Look for areas or buildings with lots of people if you need to duck in somewhere quickly, says Jerry Matthews, the director of public safety and emergency management for Rensselaer Polytechnic Institute, in Troy, N.Y.



## AT A PARTY

It's a common college experience — students are going to go out, drink and have a good time. If you're a freshman new to the party scene, follow this advice to keep safe when you're out and about.



- Go out in groups, especially if you're a female, Healy says. Go to the party and make sure you leave the party with all the members of your group.
- Watch out for your friends at the party. If it looks like they've had too much to drink, make sure they don't accept any other drinks people may offer them, Healy says.
- Make sure you know where your drink came from, Healy says. Don't drink it if you didn't pour it yourself.
- Have a game plan before you leave, Matthews says. Set a fixed number of drinks (whether it be zero or three) for yourself and stick to it. Before you leave for the party, plan what you will say if you are offered more drinks than you want.

## CAMPUS EMERGENCY

After the tragedy at Virginia Tech, many schools are re-evaluating their emergency response plans. Should there be an emergency situation on your campus, here are some rules to follow:

- First, make sure campus authorities can notify you of any potential problems, Healy says. Many campuses are implementing programs that send alerts via e-mail and text messages. If your campus offers the service, sign up.
- Have emergency numbers programmed into your cell phone, including campus security, Healy says.
- If you're in a building with a shooter, lock and/or barricade the door and call 911, Ahola says.
- If you're in an open space and have to run from a shooter, stagger your directions, he adds. You'll be harder to hit than something moving in a straight line.
- Follow the advice your school is giving, Healy says. They may need you to stay in your dorm room, or they may need to evacuate the entire building.



## THEFT PROTECTION

With our cell phones, iPods and BlackBerrys, we've become a society that's in love with our handheld devices. They're small, portable and carry all the information we need. But their size makes them easy targets for theft. On a campus with tons of new people, leaving your backpack on your seat while you make a bathroom run could be a costly mistake. The pros offer some suggestions on how reduce your chances of being a victim of theft.

- Keep your dorm room door locked at all times, Ahola says. No matter how long you're going to be gone — even if you are just going to the bathroom — shoo and lock the door. Don't leave your property unattended in libraries or lecture halls either. Thieves are opportunists; if they see something sitting unprotected, they will be more likely to snatch it, Matthews says.
- Secure your laptop with a lock and inscribe an identification number on your other small devices, Ahola says. These ID numbers make items hard to re-sell, Healy says.
- For expensive items, there are tags, such as the STOP ID tracking tag by Secure It (\$25, [www.secure-it.com](http://www.secure-it.com)). These are difficult to remove from the items, Healy says, but if the tag is taken off, it leaves an unnoticeable identification that can be tracked if the item is stolen.



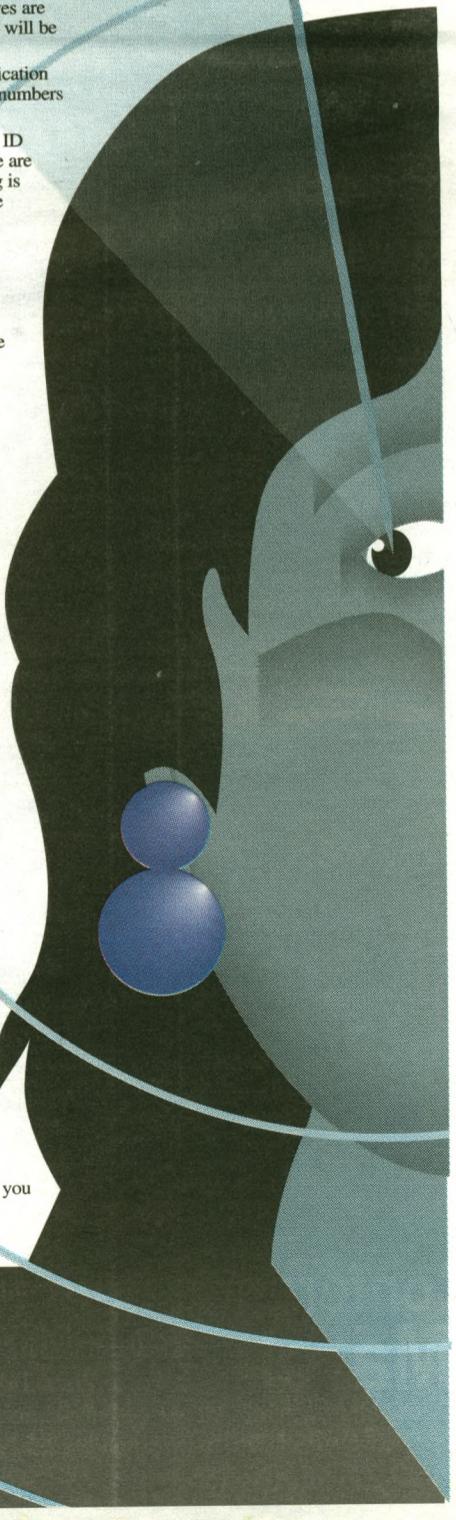
## RELATIONSHIP VIOLENCE

According to a 1996 study, one in five college students experience some type of relationship violence in the form of physical, economic, emotional or sexual abuse, and those numbers still hold true today, says Shalise Bates-Pratt, the director of student leadership and the Women's Resource Center at Randolph-Macon College, in Ashland, Va. By being aware of some red flags, you could protect yourself or a friend from being a victim of an abusive relationship.

- If someone has a past history of multiple failed relationships, it may not be a sign of an abuser, but it should at least pique interest, she says. You should wonder why so many of the person's other relationships failed.



- Trying to downplay past violence is a definite red flag. Saying things like, "I used to hit my girlfriend, but she aggravated me," is a sign that this person could abuse you, Bates-Pratt says.
- Look for outright threats of violence and more subtle signs as well. If a partner threatens to tell an embarrassing story or share private information in exchange for something, that behavior could lead to worse problems, she adds.



- The tendencies to break things, throw things or grab you physically during arguments are all signs that point to an abuser.

- Controlling behavior (constant phone calls and text messages and showing up unannounced) as well as jealousy and not allowing you to hang out with other people could signal the potential for abusive behavior.
- For students who know others who are in a relationship that they suspect is abusive, Bates-Pratt recommends speaking with your friend in private, in a nonconfrontational manner. Express your concern and make your friend aware of resources that are available. However, do not give your friend a business card or flier that the abuser could find sitting around. This has the potential to cause the behavior to escalate.

- The Red Flag Campaign Web site ([www.theredflagcampaign.org](http://www.theredflagcampaign.org)) has a list of resources if you or a friend is the victim of relationship violence.