

MONROE DOCTRINE

NOVEMBER 5, 2007

Volume 55, Issue 5

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MCC Plans to Complete Renaissance Square by 2011

PETER DEYO
MANAGING EDITOR

President Flynn and Executive Assistant, Richard Degus, announced the status of Renaissance Square during an Oct. 22 video-conference between the Damon and Brighton campuses.

MCC is involved with three components of the construction at the site: the transit center, the school, and the Performing Arts Center (PAC). A major issue discussed was the college moving forward with construction despite the lack of proper funding for all three components. The PAC will require funds be raised in the community that have not been secured at this point.

"Our goal is not to delay the project any longer," said Degus. "We would like to get occupancy by 2011."

In order to achieve this goal, the most likely course of action will be a staging process in which construction will begin for the transit center and the school while the funding for the PAC falls into place.

The school portion of the project will occupy floors one



photo courtesy Monroe County

The rendering is from the conceptual plan submitted for consideration by the architect commissioned for the project.

through four of the Granite Building, floors one through five of the Edwards building, and a rebuilt concourse area. Total area for the new site will be 212,000 square feet, an increase from the 200,000 square feet at the current Damon site. The transit terminal will provide the projected 6,000 to 7,000 bus commuters access to the school without the need to walk outside.

The first floor of the Granite

Building will contain the Parent Network and the Career Center, and floors two through four will most likely be faculty offices. Floors one through five of the Edwards Building will house Student Services and the Human Performance Lab, as well as some smaller classrooms. The majority of the classrooms, the library, and the computer labs will be in the newly-constructed concourse area at the center of the square.

"Our number one priority was to give the classrooms the best space," said Degus. "If we have to stage, there will be a wall to separate the PAC from the classrooms."

MCC will play an important role in this downtown reconstruction project. "We will be a cornerstone in the revitalization of downtown Rochester," Flynn said.

Environment Friendly is on MCC's Agenda

SHAREE TURPIN
NEWS EDITOR

MCC observed Sustainability Day on October 24 in an effort to encourage students and faculty to become aware of environmental implications of their consumer choices; internal and external sponsors presented information on a variety of issues.

The national day was observed in the atrium where a multitude of tables displayed different aspects of the habitat.

A light bulb exchange took place. This allowed people to swap a regular bulb for an energy efficient one. A representative of New York State Energy Research and Development Authority introduced the basic facts of compact fluorescent light bulbs (CFLs) and the more common incandescent light bulbs. He illustrated the difference between them by using models to demonstrate the difference in energy consumption between the two varieties of bulbs. He revealed that CFLs save money and energy at the same time.

Monroe County Environmental Educator, Kimie Romeo, shared her knowledge of recycling and landfills. She mentioned Monroe County's "Waste to Watts" program. The new power plant at the Mill Seat Landfill will employ methane gas production from waste to produce usable power. She also welcomed visitors to take advantage of the available tours.

In addition to Lori's Natural Foods offering samples of their products, Rochester's only community-owned grocery store, Abundance Cooperative Market, was also in attendance. The Abundance Coop Market stressed the importance of the fair



photo by Katy Burke

trade industry that benefits farmers and producers both locally and internationally. Purchases of these fair trade products benefit all parties. Professor Monshipour and her service-learning students held a presentation later in the day, which reinforced fair trade benefits and further explored the issue. Stories from around the world were shared and touched on international events.

Furthering the cause of sustainability, Campus Environment Coordinator, Clay Munnings, has recently created a proposal in order to improve MCC's trash and recycling container cross-contamination problem. He has found that a large percentage of recyclable materials are found in the trash and these instances are trending upward. According to his proposal, he hopes to implement slit-top recycle bins and place them around campus.

The event was one to remember as new ideas were brought up and old ones were refreshed in hopes for a healthier earth.

Campus Awaits Approval of New Smoking Policy

BILLY MATTHIAS
SENIOR WRITER

Monroe Community College's Heath and Safety Committee's (HSC) proposed smoking policy is awaiting a decision by MCC President, R. Thomas Flynn.

The requested feedback from the Faculty Senate and Student Government Association (SGA) is currently under evaluation. It includes a 5-2 vote in favor of the policy by SGA.

President of SGA, Dan Elliot, discussed the proposed policy in his classes and heeded students' grievances during its discussion at the September 25 Student Senate meeting. He vetoed the bill.

"I found the general consensus of MCC students is that the proposed policy is not in their best interest and that administration intervention is not necessary," said Elliot.

Elliot's veto means the Student Senate has not reached a resolution. However, approval for the policy is within President Flynn's discretion and after speaking with him, Elliot believes it will pass.

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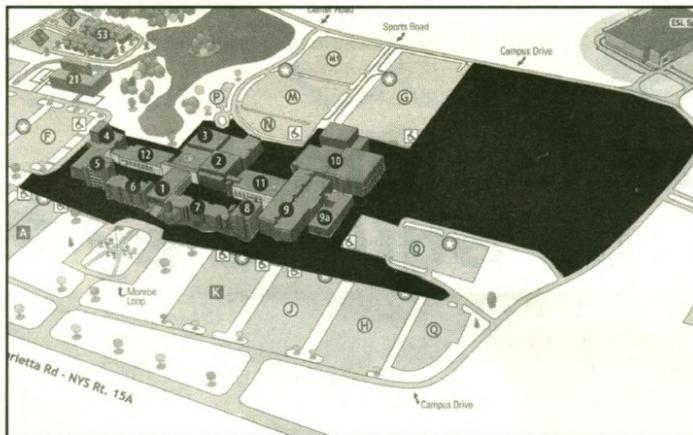
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Smoking Policy continued...



Dark areas in the above illustration indicates the "No Smoking" zone surrounding the campus.

If it is approved, the new policy would restrict smoking to sidewalks adjacent to all campus parking lots. Its timing has not been confirmed; according to Dr. Salvador, Vice President of Student Services, it could go into effect by the 2008 fall semester.

With the new policy, student smokers are worried they won't be able to smoke between classes and be punctual. Some students have questioned if the policy would meet the needs of the disabled. Little has been said in direct response to these concerns.

The HSC proclaims the new policy is needed because the existing one has a tendency to confuse students (e.g., ashtrays are placed in prohibited areas) and is difficult to enforce.

"It's just too ambiguous," said Leah Dyer, Asst. Director of Public Safety and HSC member. "The new policy would deliver a more consistent message, so over time no enforcement will be needed because the students will comply."

For more than five years now, Dyer has dealt with a number of complaints regarding poor air quality in and around the building (smoke is often sucked in through the critical air intakes when students smoke in prohibited areas). She points out a 2006 Surgeon General Report indicating there is no "risk-free level of second hand smoke exposure."

Other concerns include the mulch fires caused by the careless discard of cigarette butts, as well as unsightly smoking debris. According to Leah Dyer, the fire department is called four to five times every summer.

The HSC aims to address these problems by establishing the non-smoking proximity to the building, reinforced by ashtrays on the sidewalks, and signage mimicking that of area hospitals. These are the primary costs of the new policy, ranging from \$5,000 to \$7,000. The committee believes this to be cost-effective in comparison to building smoking shelters.



Fall Cold Season is Here

CASEY QUINLAN
LIFESTYLES EDITOR

As fall semester continues, so do the numbers of students with the common cold increase at MCC. The inconsistent changes between hot and cold days these past few weeks are partly to blame, according to Diane Olejar, a nurse practitioner at Health Services. "It will get worse before it gets better, unfortunately," Olejar said.

As temperatures fall, our body must internally build up immunity, as well as externally, so in between the change the body is vulnerable, according to the CDC. Being indoors more often can also trap the cold viruses and make the situation worse. That is why college students, in particular, are more susceptible to catching a virus.

So if in a crowded classroom, what can be done to prevent it? An obvious point of advice is to wash your hands regularly. Also, try not to get stressed out about that upcoming quiz or test; the more relaxed one is they are less likely to get a cold. It may be easier said than done, but sleeping a full eight hours every night is important for building immunity.

Are you thinking of wearing tank tops and mini skirts in November? The CDC also recommends that students dress appropriately for the weather because the immune system could be further weakened and viruses can easily enter the body.

Author of Life Story on Powerful Empires Speaks at MCC

SHAREE TURPIN
NEWS EDITOR

The Holocaust Genocide Studies Project sponsored a guest speaker, Dr. Izyaslav Darakhovskiy, to speak at Monroe Community College on October 10, describing his life living under the era of Nazi Germany, Soviet Union, and United States in the twentieth century.

Dr. Darakhovskiy examined the history of death camps during the genocide and revealing his ordeals. He was five years old when he was forced to be in a death camp and was there for two years. He spoke about his book "Under Three Empires: The Thorns and Roses of a Life," which goes into detail of his childhood, professions he took part in, and life in America. "This book is a personal story," he says.

At age 57, Dr. Darakhovskiy did not speak English at all, which he explained helped him gain determination to go forward in life. "I have two choices; to give up or do something." He then spoke about having the opportunity to work for the United Nations in which "I participated in seven projects."

His current book was written



Photo by Katy Burke

Dr. Izyaslav Darakhovskiy describes life in Nazi Germany.

in five months. The translation from Russian to English took two years.

Ending the address, Dr. Darakhovskiy mentioned the encounters on his journey from oppression to sovereignty and the hard working people he admired, saying he "was lucky to meet a lot of good people." He revealed to the audience his goal for writing the book when he stated his profound wish is that society will understand the history of such important life events and tragedies. "It seems to me that the ordinary people deserve the same recognition," he said, as he remembered those who are reminiscent in his memories. The event was one to remember.

Doubt Forum at Geva

KATHLEEN O'CONNOR
SENIOR WRITER

Following the Oct. 17 performance of the play "Doubt" at Geva Theatre, a group of leaders from the Rochester community joined the cast and director in holding a forum inviting discussion of the play. "Doubt" centered on the Catholic school and church of St. Nicholas in 1964 in the Bronx, where the principal nun blames the pastor of immoral behavior with a boy student.

After the performance, 11 chairs were set up on stage facing the remaining audience. Included in the notables on stage were the following: Rev. Daniel Condon, Chancellor of the Diocese of Rochester; the Hon. Marilyn L. O'Connor, Monroe County Family Court Judge; Father Bill Donnelly, from St. Mary's Church; Sr. Brian Madigan, SSJ, of St. Mary's Church; Richard Dees, Assoc. Professor of Philosophy at the U of R (University of Rochester); the four cast members, and the director Skip Greer. Tom Proietti, a communications professor at MCC, was the facilitator.

After introductions, everyone was given a chance to express their thoughts, with audience members participating as well. When the discussion moved to how the priest was accused without solid evidence, the impor-



photo courtesy of T. Proietti

Tom Proietti, moderator of discussion following the Oct. 17 performance.

tance of instinct was acknowledged.

The Hon. Marilyn O'Connor admitted that even though she constantly sought proof in her work, sometimes her decisions are "based on suspicions."

Judith Delgado, who played Sr. Aloysius, agreed, "You gotta trust your gut."

Even so, disaster can be caused from the wrong gut reaction, as stated by Father Condon. "It's hard to unring the bell," he commented, referring to the fact that one small allegation, even if a lie, can ruin a priest's reputation.

Lastly, Father Bill shared his experience working under a principal who was later fired because of her behavior. When asked if he had doubts about her innocence, he denied it, then paused humorously, "well..."

By the end of the forum, it was obvious that even for experts, doubts are a part of life.



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All submissions become the property of the Monroe Doctrine.

Submissions should be sent to MonroeDoc@hotmail.com

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Damon Campus Corner

Students at Damon Care

CANDACE BECK
PUBLICITY COORDINATOR

One Friday each month, starting this past September, SEGA, Student leaders, and their peers will take part in a special project, "Damon Campus Cares." The project involves spending a short period of time at a local organization to promote community service, caring for others and the beautification of Rochester.

On the September 21, DCC's volunteers spent the

morning at Rochester's Foodlink, on Exchange Street, just a few minutes away from the campus. There the team sorted canned and boxed goods, which will be shipped to local organizations where food donations are needed. In one hour, DCC's volunteers packed 45 boxes weighing from 10 to 50 pounds! Spirits are high, and the team hopes the project will be a continuing success.

Damon Keeps it "Saucy"

CANDACE BECK
PUBLICITY COORDINATOR

October's "Sauce with SEGA" and "Bingo" in the fourth floor lounge has continued the excited atmosphere created from last month's college hour events. The giant pasta bar provided penne and meatballs for 200 members of the Damon Community, students and faculty alike. A few days later the lounge was transformed into a Bingo hall, with play open to all. Five prizes of complementary movie tickets were given out to the lucky winners.

In case you're wondering how to join in on the fun, college hour is every Monday and Wednesday in the fourth floor lounge from 12 to 1 p.m. Upcoming events include the finale of DCC's got Talent on November 12. And let's not forget Fall Ball, November 16 from 7 p.m. to midnight at the Auditorium Center in Rochester!

Privatization of Nursing Homes Build Anger Nationwide

SHAREE TURPIN
NEWS EDITOR

When elderly check-in at nursing homes, there is an expected agreement to abide regulations and attend to the occupants; however, privatization of these homes is resulting in neglect.

Large investment firms have been buying nursing homes in order to "save" the business due to decline of elders living with assistance. However, it is reported that management of nursing homes in return cut costs dismissing nursing aides and employees.

A recent report done by the *New York Times* stated that incidents of death that have occurred and public knowledge of management has been denied to public for legal matters. In other words, when families have tried to contact and subpoena the facilities for mistreatment, information has been denied.

Yet, a refute of the printed material in the newspaper has



Photo by Neal C. Lauron, courtesy of MCT

just been released. The Alliance for Quality of Nursing Home care has stated that the information reported was "only a small percentage of the United States long term care ownership category," as reported on the Associated Content website.

There are currently 1.6 million residents in nursing homes. As of 2001, two-thirds are investor owned. Prominent investors, such as Warburg Pincus, are involved in 29 healthcare companies and 13 real estate corporations, some being senior living. More statistics can be found on the National Center for Health Statistics website.

Gateway to College Plays Role in Path to College



Photo by John Lok Courtesy of KRT

CONSTANCE HALL
ASSOCIATE WRITER

High school dropouts are likely to face a grim future, according to a report released by The Center for American Progress and Jobs for the Future. Predictions include: death row, prison, poverty, welfare, unemployment, poor health, divorce and children.

In an effort to combat the epidemic of high school dropouts and head off a bleak future, The Rochester City School District (RCSD) and Monroe Community College recently teamed up to implement the Gateway to College Program.

"Gateway to College will give Rochester's young people, who deserve a second chance, a real opportunity to earn a college degree and become successful in their lives and in their careers," said MCC President R.

Thomas Flynn.

The program serves students ages 16-20 who have at least an eighth grade level education. RCSD provides funds to cover tuition, books, support services and meals. Participants earn high school and college credits, ensuring their high school diploma, while progressing toward an associate's degree or certificate.

At MCC's Damon City Campus, 44 students currently participate in the program, which hopes to serve 367 students over the next three years.

The Gateway to College program is currently accepting applications for the Spring 2008 semester. For more information and an application, contact Program Director, Denise Prohaska at 585-262-1480

"Don't Call Me Anymore" Expires Soon

ELLEN BRIDGE
ASSOCIATE WRITER

Millions of people in the United States can expect to receive unwanted telemarketing calls beginning in June 2008 as the "Do Not Call" list will be expiring. The "Do Not Call" list was created in 2003 as a way for consumers to restrict unwanted calls from telemarketing companies. The list is valid for five years and currently has over 149 million numbers registered.

The Federal Trade Commission (FTC), which oversees the list, created the five-year expiration date to account for changes when people move and switch their phone number. Telemarketers are required to pay an annual subscription fee for access to all U.S. numbers on the list in order to block them from their dial-out programs. The companies must

also update their own calling lists every 31 days to ensure there are no numbers from the registry on them. Companies can face fines of up to \$11,000 for each violation. Only organizations engaged in charitable, political, or survey work are exempt from this policy, as well as companies that have established a business relationship with a customer, in which case they may call for up to 18 months after the last purchase, payment or delivery.

Consumers will be able to re-enroll their numbers when the list expires and the FTC is planning a consumer education program next spring on the re-registration process. People can register a home or cell phone number or file complaints at <http://www.donotcall.gov> or by calling 1-888-382-1222.

Public Safety Report



10/10/07

Public Display Sexual Offense Investigation

A MCC student observed public displays of sexual acts in the Bldg. 5 hallway between the 3rd and 5th floors.

10/11/07

Harassment Investigation

A MCC student accused a classmate of stealing his lap top computer.

Motor Vehicle Accident

A hit and run MVA occurred in Lot E.

10/15/07

Violation Code of Conduct

A residence hall student in 50-111 D is using the MCC computer system to send out spam e-mails.

10/16/07

Criminal Possession of a Forged Instrument

A student had a forged permit in her vehicle in the Monroe Loop.

Harassment Investigation

A residence hall student reported getting into a fight outside of Canal Hall.

Unlawful Possession of Marijuana

Marijuana and items were found in a student's room.

join the Banquet and Event Planning Class for a Mardi Gras Celebration!

November 7, 2007

5p.m.-7p.m.

Monroe A

Purchase tickets at the Campus Events Office in Building 3-111

COMMENTARY
&
OPINION

OPPOSING VIEWPOINTS ON BINGE DRINKING

Supervised Underage Drinking Causes Binging

JENNI GRAHAM
OPINION EDITOR

It is a known and obvious fact that teenagers or younger will experiment with alcohol. Also, it's known that in other countries there is absolutely no limit on the age of an individual for when alcohol can be served. The baby boomer generation grew up being able to legally drink alcohol by the age of eighteen and truthfully, that law should still be one that is fully followed. However, a new study has been conducted which states that underage children who are supervised by a parent or adult should be allowed to drink alcohol because it decreases the amount of binge drinking in the future. The last half of that statement is truly appalling.

Children and teenagers who begin their drinking careers at a younger age are much more likely to binge in the future. From personally witnessing and surrounding myself with people who have been influenced by alcohol for years longer than myself – bingeing is much more likely to occur because of the fact that they have been drinking alcohol since ages thirteen or fourteen.

According to the Centers for Disease Control and Prevention, approximate-

ly 90 percent of the alcohol intake was consumed by individuals twenty-one or younger. An organization known as SADD, Students Against Destructive Decisions, discovered that 41 percent of students have consumed alcohol by the time they reach eighth grade. By eighth grade, most of the student population hasn't even begun to go through puberty – making it much more unhealthy and dangerous for them in the future.

Whether or not an adult or parent supervises a child while consuming alcohol does not determine if they will binge in the future – but the answer is more likely to be that they will. If a student comes face to face with alcohol at a young age, with parents permission or not, they will begin to believe that it is okay to drink whenever they please and will begin to grow accustomed to the feeling that comes with it. Does any parent really want their seventh grade child taking shots alongside them or drinking glasses of wine for hours without end? The end results may not be the most beautiful or rewarding. That's a promise you can keep for good.

Drinking Early Can Help Prevent Bad Drinking Habits

JAMIE LEAST
ASST. LIFESTYLES EDITOR

When did you have your first sip of alcohol? My guess is you snuck a sip of daddy's Coors or some of mom's wine cooler when you were little and they weren't looking.

That's how most of my friends got theirs: And they are all fine. I think it is ridiculous to say that being exposed to alcohol underage will cause negative effects such as alcohol abuse later on.

"My understanding about how to make people responsible is to give them responsibility and hold them accountable," said Rod Park, chancellor of the University of Colorado at Boulder, who proposed that underage college students have drinking permits.

To expose someone to anything at a young age, in moderation of course, is to give them an opportunity to learn what is best for them in that realm.

For example, imagine a country in which the people instituted a "Say no to driving" policy, and then at age 16, teens are given a license and told to have fun.

Michael Haines, coordinator for Health Enhancement Services at Northern Illinois University, recorded a 34 percent decrease in binge drinking since he established a responsible drinking campaign campus wide.

It's not about keeping teens from drinking; it's about teaching them to do it responsibly. I'm not going to tell you to sneak the beer from your parent's fridge, but perhaps ask them politely if you deem yourself mature enough.

Grandparents Don't Stop Falling in Love

JAMIE LEAST
ASST. LIFESTYLES EDITOR



photo courtesy MCT Campus

My grandpa's in love? Yup. I found it slightly unsettling that this paternal figure who had been single nearly all of my childhood had suddenly found the perfect woman and was behaving uncharacteristically and childishly cute. At age 68.

According to PR Newswire, those who marry at more mature ages are just that. More mature. Those aging and in love have the experience to learn from past mistakes and are at a more stabilized point in life; no school, little if any work and no small children to raise.

I think it is a wonderful thing to find love at any age. The sparkle in my grandpa's eyes gives cynical me a glimmer of hope.

To find your mate and lose them could be emotionally devastating, but to learn from your mistakes, heal and move on makes you stronger. Embrace the elderly and their romance. Sure it's sort of weird to see older couples frolicking and holding hands and spitting flirtatious glances, but that could be you some day.

After never finding true love or after finding it and losing it, these warriors deserve the romance they seek. Take advice from these aging victors of the game of love. Live and learn. And don't gag when your grandma and grandpa kiss. It's cute.

Music Videos May Teach Valuable Lessons

JENNIFER GRAHAM
OPINION EDITOR

"Collect the bad habits that you couldn't bear to keep. Out of the woods but I love - a tree I used to lay beneath." Many wouldn't realize that one of Fall Out Boy's recent releases "Me and You" was not a song about sex and drugs but about war, love and the connection that many have with each other from different and unusual cultures. The song's music video was shot in Uganda and centered on a love story between two teenagers – one who must go fight in an unwanted war.

Does this music video seem like one that should be eliminated from the television because of its raunchy dance styles or unneeded curse words? Unlike many of the music videos being released on MTV and VH1 today, Fall Out Boy changed how many media researchers view societies videos and altered it into something that could teach a life lesson about love, war and peace.

"What's truly groundbreaking is the majority of the video is the story of two young African kids, and what's great about it is that it's going to humanize these people," explained Bobby

Bailey, the co-founder of an organization known as Invisible Children, a non-profit group aiding the lives of underprivileged kids. It's truly inspiring that a typical rock band, known for its black dyed hair and rowdy lyrics, would take the time to travel to Africa and concentrate on something so important and trivial to create a music video out of.

Fall Out Boy isn't the only current band that creates heartwarming videos that change the overall atmosphere of an individuals mind. Martina McBride's Concrete Angel and Avril Lavigne's I Miss You are just two examples of other music videos that may spark controversy and touch a certain nerve in someone's body and heart.

So do all music videos surround the popular concentration of sex, drugs and violence? Not all bands have those three issues on their mind. Watch Fall Out Boy's recent video "Me and You" – and make sure you grab a box of tissues beforehand. It may change your outlook on not only popular music but about other cultures as well.

Give Joey a Condom

JAMIE LEAST
ASST. LIFESTYLES EDITOR

Does art imitate life or does life imitate art? This chicken-and-egg dilemma has been debated for as long as man could put sandstone to cave-wall. These days, however, we have evolved beyond sketches of hunts and kills. Art and entertainment is all about sex. So many of the programs on television don't just openly talk about sex, but so many of the plots allude to it or suggest that sex has taken place. These more discrete suggestions have just as powerful of an impact on young viewers as an open dialogue about it.

"If everyone's talking about sex or having it, and something bad hardly ever comes out of it, because it doesn't on TV, then they think, 'Hey, the whole world's doing it, and I need to,' said Rebecca Collins of the Rand Corporation in Santa Monica, California, in an article in *USA Today*. From the obvious Sex and the City to programming like "Family Guy," "Friends," or "Seinfeld," sex is hardly a taboo topic. And what teen, younger brother or sister, cousin, or friend do you know who is not incredibly familiar (to say the least) with at least one of these shows? I thought so. It is impossible to think that impressionable virgin-esque viewers don't become socialized via the television. I know I did.

The idea is already out there, so don't bother trying to block their exposure to sex on TV. Just start using some jargon and hopefully, instead of careless carefree love making being as easy as 1-2-3, teens will add a condom or a pill into the mix. So for my sake, programmers, please throw a "Trojan" or a "Yaz" their way every once in a while. See if it helps.



photo courtesy MCT Campus

A COLLEGE COMMUNITY REACTS...

A Response From The Editorial Board

SUBMITTED BY
MANAGERIAL AND EDITORIAL BOARD OF THE MONROE DOCTRINE

Much controversy has taken place over the editorial piece published in the last issue of the *Monroe Doctrine*. Clearly same sex union is a politically and emotionally charged topic. The opinion published reflected the opinion of a writer, not the editorial staff of the *Monroe Doctrine*.

Omission of the Coming Out event held in the atrium was not a right-wing conspiracy of the *Doctrine's* editorial staff and we apologize for it being perceived as such. When the staff is examined as a whole, collectively we represent a good cross section of MCC's diversity. We are white and black, gay and straight, Christians and non-Christians.

As Americans, we have the right to hold and write our opinions by provision of the First Amendment, no matter how controversial or unpopular. As most of the *Monroe Doctrine* staff are in fact communications majors, we hold the First Amendment dear. To us, censorship is equally as offensive as intolerance.

POSTMORTEM

A photographer ventured into the atrium, saw what was happening, grabbed a camera, and took pictures. Our editorial staff was then alerted. Request for information was made via E-mail but not forthcoming. It was discovered just days

ago that the communication was bounced back. It was then decided not to publish pictures of the event with the editorial in question because the article clearly did not gel with the image. In retrospect, we submit counterpoint should have been sought for simultaneous publication.

We typically work two to three weeks in advance. This event would have been great stuff to publicize and we are constantly looking for stories. Not covering Coming Out hosted by Pride Alliance was one of insufficient advance knowledge, not overt bias.

We celebrate the successes and own the failures. This is an entirely student-run publication and a learning process for us all as there is no prior faculty review.

We are greatly saddened that one controversial opinion piece overshadowed other great work, such as the Jena Six story and the feature on kidney transplantation and Diane Dawson's family.

In the following pages, all letters to the editor that were received by the time of production were published in their entirety with misunderstandings of the event remaining intact. Two articles were omitted for space constraints and very minor punctuation changes were made in an attempt to follow Associated Press style guidelines.

A Note from the Adviser

As adviser to the Monroe Doctrine I would like to address some of the concerns and clear up some misconceptions regarding the recent opinion piece that was in the last edition of the Monroe Doctrine.

The perception that the Doctrine covered a recent MCC Pride Alliance activity and withheld, discriminated against, or "bypassed" that story for the opinion piece is incorrect. MCC Pride Alliance did not notify the Doctrine of its activities therefore the staff had no previous knowledge that the Coming Out event was taking place and no assignment was issued. However a photographer who happened to be walking through the atrium at the time did take some pictures; interviews were neither requested nor given, only names for the purpose of identification. The photographer later returned to the Doctrine office and asked the editors who were there if they knew about the event. Unfortunately it was over when they went out to the atrium. One of the editors emailed the listed contact for the club but the email was bounced back. Because there was no information in which to base a story none was written.

The piece on Gay Marriage ran in the opinion section and the byline that accompanies it is of a single individual - not the Monroe Doctrine staff nor MCC. To generalize that it "represents the feelings of the Monroe Doctrine and Monroe Community College" is as prejudicial as suggesting that every opinion piece that runs in the Democrat and Chronicle represents the opinion of their staff and the entire Gannett company. Because the Doctrine upholds the First Amendment and the right to free speech it was printed. It doesn't mean the staff agrees with every opinion.

I have been in contact with the adviser to MCC Pride Alliance and a greater understanding has been reached. It is our hope that both groups can move forward with greater contact between them.

There have been many comments, and assumptions, regarding my role with the paper in general and this issue specifically. First of all, the Doctrine is a STUDENT run paper. The decision to run or withhold a piece rests with the Executive board and ultimately the editor in chief, NOT with me.

As the adviser I do not authorize content. In fact I can not practice prior review. To do so puts myself in a position of personal liability as the law does not cover me as it does the student staff. Another reason not to practice prior review is to protect the college - as an agent of the college if I had prior knowledge the college is in a position of greater liability. This point has been stressed at every professional workshop I have ever attended.

As adviser I often help the staff develop balance and fair reporting as well as with ethical and legal issues. If the staff has a concern about a piece they discuss it with me and I can aid them in a decision that is ultimately theirs to make. If I question legal issues as they relate to the media the students are directed to call the Student Press Law Center, which has been done on numerous occasions. No one voiced concerns to me about this piece as it was an opinion piece.

The Monroe Doctrine is a learning lab. There are about 12 students actively writing for the paper as reporters and editors and they do so as volunteers. Section editors log an average of 20 hours a week on the paper, in addition to their academic work, jobs, and families. They have been here as late as 1:30 and 3 am on production nights, and I along with them.

These are not professional journalists. In fact many are not even communications majors and we have no journalism program at MCC. The Doctrine is an open enrollment organization in which any student can join. I attempt to educate as the paper is produced. This has become a teachable moment.

If you are regular readers of the Doctrine you may have noticed that we often run Opposing Viewpoints. This topic would have been fitting for such an approach but the focus of the piece was changed by the writer and came in at the wire. You would also have noticed that an invitation for opinions is also printed regularly and submission information is always in our masthead on page 2. As space allows, and in the interest of promoting free speech, submissions that are received as Letters to the Editor are printed in the Doctrine.

It is both ironic and unfortunate that the furor over this piece has diminished the front page story that chastises the discrimination over the treatment of the Jena Six. Lost too is the center spread that features the trials and triumphs of both a MCC student and a MCC staff member. The staff of the Doctrine receives little recognition for their efforts but many are quick to criticize.

I invite you all to exercise your rights as an American and as a member of the MCC community. To complain makes you part of the problem, choose to be part of the solution. Join the staff of the Doctrine and be part of the voice.

The Writer Responds...

SUBMITTED BY
ADAM GOTTSCHALK

So, here's my side, which you may notice, is yours too. I am a supporter of gay marriage; I am gay after all, and not in that Larry Craig way. I have been "out" since I was 16. My parents, well, my mom and step dad, with whom I live, are Bible-literalist, Baptists who adamantly believe the wage for sin is death, and one can expect to spend as many years in a lake of fire as there are grains of sand in the sea.

I grew up with Fox news for dinner and have spent hundreds of Sundays and Wednesdays in a church I could not agree less with. My parents are not rare specimens. There is an entire population who can justify marginalizing their equals, for the sake of God. When you allow people to say "this country is mine," you open up a door for the interpretation that this country, being yours,

should be subjected and put into accordance with your beliefs.

Anyway, the purpose of my article was not to offend people with whom I agree with, or to get my car keyed. I wanted to write a satirical piece about how people use their own beliefs to suppress others rights. The title I submitted with the article was "My Country, My Morals," along with the article summary, "My indisputable logic." If these had not been changed, more people would have understood the message I think. I didn't want to write yet another laundry list of the same reasons and arguments we have all already heard. I had hoped between rainbows and impotence people would realize that my article wasn't meant to be taken at face value.

Letters to the Editor

SUBMITTED BY
MARGARET M. MURPHY, ASSISTANT PROFESSOR, ENGLISH/PHILOSOPHY DEPARTMENT

I am extremely disappointed in the poor judgment of the editors at the Monroe Doctrine because of the piece titled "Gay Marriage is Morally Wrong in American Society Today." This piece is obviously an opinion piece, but yet it is misleading because it appears to be presented as an article due to a lack of labeling. I believe that everyone is entitled to their opinion but there is still a more proper place-- may I suggest that you publish that in a Klu Klux Klan paper next time around instead of a college publication? Dehumanizing propaganda that attempts to make a group of people seem second-rate has historically been used to justify crimes against humanity,

with the most famous example being the Holocaust.

The material presented in this piece is completely unfounded, extremely biased, ignorant, and just plain wrong-- an injustice to the LGBT community. Whether the Monroe Doctrine agrees with the author's stance or not, the content enforces a negative attitude and by including that piece in the school paper, suggests that the Monroe Doctrine endorses these beliefs. I will now examine this issue from the stance that perhaps this piece was published to stir up a little controversy. If that is indeed the case, shame on you. Attacking a minority group just to stir up controversy is a desperate cry for attention paired

with irresponsible journalism. As a result, you've made a lot of people uncomfortable, except for the real homophobes who are out there cheering and nodding their heads in agreement.

My only question is why were gays selected as the target in this ploy? Is it because we are the only group that our federal government itself still discriminates against? Whatever the reason, putting such cruel misconceptions into print is wrong. At a college campus, we all deserve to feel safe and equal. Love is experienced by everyone and we all deserve the equal rights and protections that come along with being able to express it.

A COLLEGE COMMUNITY REACTS...

Letters to the Editor continued...

COMMENTARY
&
OPINION

SUBMITTED BY

KATSIARYNA PLESHANKOVA

I read the last issue of the Monroe Doctrine (v.55 issue 4) and honestly was shocked by the Adam Gottshalk article on the gay marriage. Just to put my opinion out there, the article is absolutely improper and rude. It is written by an ignorant uneducated selfish person who has no right to spit his hatred on paper for college students to read. I regret that no one from the editorial staff stopped this article before it came out and I hope to never see any articles of this author again in the Doctrine. To the author of the article: It makes me SICK when I think about what kind of attitude towards people he teaches his adopted child!!!! I wonder what he will say if his child will grow up to be a GAY!!!

I'm sorry, but I couldn't present it in any other way.

SUBMITTED BY

BRITTANY MICHELLE DILL

I was very upset to read the article, "Gay Marriage is Morally Wrong In American Society Today." I certainly am not opposed to free speech, but I do object to the article being presented as news rather than as editorial – and therefore opinion. Ideally, given that we are an academic institution, I would have liked to see both sides of this argument presented. Perhaps even an evaluation of the arguments presented by both sides – if both sides were there.

*Note from the Editor:
The Opinion Section was on pages four and five. This article appeared on page five.*

SUBMITTED BY

PATRICIA MARTINEZ

In response to Mr. Adam Gottshalk's rant against same-sex marriage in the October 22 issue of the Monroe Doctrine, I'd like to submit my own thoughts on the subject.

First and foremost, while the expression exists "...one nation, under God..." there is no national doctrine that dictates that American citizens are obligated to live by Christian standards. We are, after all, a "melting pot" of cultures – and many of these cultures bring with them their own belief systems which are not tied in any way to Christianity. To advocate forcing Christian values on a nation as vastly diverse as ours defies everything for which our Constitution stands.

Let's not forget that the phrase "under God" wasn't added to the Pledge of Allegiance until 1954, during the McCarthy era and the fight against "godless" Communists. The concept of "Freedom of Religion" also holds that freedom FROM religion would be a freedom that American citizens would enjoy.

Mr. Gottshalk asks if we should have to rehash our morals. I think this is an appropriate question, and one that begs a response from every person who read his article and who reads this one. Yes, we do need to rehash our morals. We need to take a long and hard look at how easily obtainable divorces are these days when heterosexual couples decide they've had enough of each other. The divorce rate in this nation is approaching 60%. There is a new term out there that young heterosexual couples use – "starter marriage." I think this term amplifies the concern that young children see quitting

as an acceptable alternative and one that is a first choice rather than a last resort.

Mr. Gottshalk also asks "Can homosexuals ever have what I have?" and then answers his own question with "No," and tells us how he can hold his wife's hand and know that what he shares with her is genuine. How can he claim to know what is in the heart of another human being? How can he dare to claim that the same-sex couple that has shared 35 years of life together in every way doesn't have what he has?

Mr. Gottshalk's next point is that homosexuals can't have children and that, if they can't, it might be a sign that they are "not meant to be," yet in the same sentence he admits to impotence while stridently claiming the exclusive right to marriage, based solely on his opposite gender attraction. In fact, in any marriage, there is no requirement to procreate. Procreation is an individual choice just as much as what style of clothing to wear, what car to buy, and what religion to belong. He goes on to say that he and his wife adopted and "...love [their] son greatly, even if he isn't [theirs]." Homosexual couples adopt all the time. What makes their family inferior to Mr. Gottshalk's?

Finally, Mr. Gottshalk's "final case against gay marriage is that it taints the beauty of [his] own sacred union." This is an argument that is parroted constantly but there is never any information offered as to how my marriage to my long-term partner taints his own – only that it does. Frankly, if my same-sex marriage taints Mr. Gottshalk's, I'd

have to suggest that maybe his marriage is in trouble anyway and my same-sex marriage is just a convenient scapegoat for his own failed relationship if, in fact, that is the case.

I love my spouse – deeply. I cannot imagine my life without her and I measure my life in terms of before I found her and after I found her. We are financially interdependent and own a home together. We own a business together. We have exceptional compatibility and share our hopes and dreams with each other. We laugh together. We cry together. Sometimes we fight with each other but, even when that happens, we don't look toward the door as a means to solve the problem (the way so many heterosexual marriages have gone).

I'm sorry my marriage makes Mr. Gottshalk or anyone else "sick." I respect his opinion on the matter because we all have feelings about hot button issues. But, what makes *me* sick is that some people feel that, because they don't understand something, they have to mock it, or beat it down, even go so far as to deny civil rights to those that they don't understand. It makes me sick to see the billions of dollars being funneled into the Middle East when there are children in our own back yard without the simple necessities in life that we all take for granted. It makes me sick to watch the likes of Britney Spears get married and then get that marriage annulled two days later. It makes me sick to listen to anti-gay politicians rage against homosexuals while they enjoy their third or fourth marriage. It makes me sick to see sports take a high-

er priority in our school than academics. It makes me sick to hear about some kid shooting up a school because nobody stopped the bullies from sending him over the edge. It makes me sick to read about the killing of 400,000 people in Darfur. It makes me sick to think that our planet may be unlivable for our grandchildren. It makes me sick to think that my marriage is considered the biggest problem this world has to face.

Mr. Gottshalk doesn't make me sick. He makes me sad – for him. It saddens me to see that someone who seems to truly believe that they are good Christians would publish such a hate-filled, uninformed article, blasting a group of people that he clearly has no understanding of, and finish it up by saying that the group of people make him sick. These aren't Christian values, thankfully.

This is my country, too. I served it for 24 years because I believed in what I was doing. I also believe that every citizen in this country deserves all the rights and liberties that are afforded to everyone else, whether everyone likes it or not. That is, after all, what America stands for – "life, liberty, and the pursuit of happiness."

The argument [that permitting gay couples to marry will diminish the meaning of marriage] supposes that the culture that shapes our values is the property only of some of us -- those who happen to enjoy political power for the moment -- to sculpt and protect in the way we admire." -- Ronald Dworkin

SUBMITTED BY

BESS A. WATTS (HAPPILY MARRIED TO MY WIFE ANNE)
MCC PRIDE ALLIANCE ADVISOR

I am deeply disturbed by the overt anti-gay bias demonstrated by the editorial staff of the Monroe Doctrine in the issue of October 22. October was national Gay History Month and October 11 was Coming Out Day. To celebrate, MCC Pride Alliance, a collection of gay, lesbian, bisexual, trans gender students and their straight allies orchestrated a well received Coming Out Day awareness-raising activity in the main atrium. Spectators were invited to walk through a doorway and celebrate the full spectrum of who they were – to "come out" as gay, straight, vegetarian, Republican, soap opera fan, Lithuanian or whatever. It was great fun and there was enthusiastic participation. Because of the timing of the event (on Coming Out Day and in Gay History month) and the fact that Monroe Community College has historically cherished diversity and inclusion, this was clearly a 'news' story. With all the noise and hoopla in the atrium the Monroe Doctrine sent a photographer and two Pride Alliance students were questioned. As the Student Advisor to MCC Pride Alliance, I was enor-

mously proud of both the students and the college that day. This is how diversity is supposed to look.

I eagerly waited to see the coverage of the event and was delighted when I saw the tiny highlight picture of two dads holding their son on the cover of the October 22 issue of the Monroe Doctrine. However, when I opened to the page advertised, there was only a horridly written piece of homophobic garbage under this picture of a lovely gay family.

It is impossible to see this situation as anything other than overt anti-gay discrimination by the Monroe Doctrine editorial staff. The bias lies in the editorial choice to run only a highly offensive, inflammatory, anti-gay opinion piece bypassing any mention of the positive Coming Out Day news story that the Monroe Doctrine staff had at their disposal. An editorial staff is ethically responsible to create a climate of balanced discourse on contemporary social issues which did not happen. The editorial staff is also charged to judge pieces for civility and

value to the public debate before selecting them for publication. The article by Adam Gottshalk was not a discussion of an issue though he purported to be addressing 'gay marriage.' Instead the article was a personal dumping of hateful rhetoric designed to denigrate gay people. I was offended myself and for all the GLBT students who once again have been marginalized and unilaterally disparaged.

The Monroe Doctrine editorial staff owes an apology to every student, faculty or staff member at MCC who is gay, lesbian, bisexual or transgender (GLBT), or has GLBT siblings, children or parents, or has GLBT friends or neighbors or has GLBT bosses, employees or co-workers or who is simply an advocate of human justice and decency; in other words, most everyone.

Systematic omission of positive portrayals of GLBT people in the Monroe Doctrine is serious discrimination and must be addressed.

Letters to the Editor continued...

SUBMITTED BY
IAN ARCHBOLD

I do enjoy reading your fine paper every once in a while when school is not keeping me busy. However, in your volume 55 issue 4 I found an article that I found to be EXTREMELY offensive. While freedom of the presses is in the very first amendment, this freedom comes with a responsibility. I thought that the article "Gay Marriage is Morally Wrong In American Society Today" (Page 5) was an unfair and over biased article that does not belong in a community colleges newspaper. At least not by itself. Had you presented two articles side by side, a "for" and "against" article concerning gay marriage, this would have been allowable. This article in the same paper whose front page is a three-quarter spread about racism in Louisiana.

I looked in vain for another article that supported gay marriage, or perhaps even refuted Christianity. Anything to correct this ignominious piece of "journalism." Bah, nothing at all! Just articles detailing the dangers of smoking, conquering kidney disease adversity, and an article about Latino awareness! The gall, the gall! To have two articles about awareness and then an article such as Mr. Adam Gottshalks "tribute" to gay marriage. This offends me on so many levels.

Frankly, I think that gay marriage should be legalized. Two people of the same sex, who love each other (and are both of decent age and sound mind) should be allowed the same rights under the law as two straight people. If you don't want to allow the marriage in your church, that's cool, we wouldn't want to host it there anyway! Its an easy question to answer. I am not a Christian, why should I be subjected to their baseless moral beliefs? I don't force me beliefs on you, I am not trying to marry you Adam. So why are you trying to decide for me who I should marry? And what right do you have to say whether or not I am capable of raising a child? If I shouldn't be allowed to marry because two males or two females can't produce a child, then perhaps impotent people

shouldn't be allowed to marry too. After all, that's only fair isn't it? Can't produce children? No spouse for you!

As for my last question, how does a gay marriage violate the sanctity of your own? It's already happening in certain countries around the world anyway. Does only an American marriage count? Is there some special god given right that American Marriages have that others don't? Considering our 50 percent divorce rate, I really don't think you or anyone can say a darn thing about the "sanctity" of marriage. That idea holds weight like a brick floats in water.

And finally, I want to say, "WOW!" I got through this whole letter without swearing once, despite the fact that I was ready to strangle someone when I set out to write it. So I am going to give myself a pat on the back, and leave with a line I think puts to rest everything I have to say:

"Gays are a threat to the American family? Are you f*ckin' kidding me? *thinks* Or maybe I'm wrong. Maybe there's gay banditos. And they drive around waiting for nightfall. They drive to a suburban neighborhood, where there's one lone house, with an American family, just sitting down for their evening meal. And these queers, THESE QUEERS!, they don their black hoods and capes- and their matching pumps, very tasteful!-and charcoal up their faces and burst through the front door, and just start F*ckin' EACH OTHER IN THE ASS! And ANOTHER American family...is DESTROYED!" - Lewis Black (Because lets face it, that's the idea behind the article, that gays are a threat to the American family.)

If you are still with me, I want to say thanks! Thanks for sticking with me till the end. I want ONE OF THREE things out of this. I want a formal apology (to the LGBT community at large), or an article that is for gay marriage, or for this letter to be published in the next Monroe Doctrine. (Censor that Lewis Black piece if you want.) Not that anyone else will read it, but hey, at least we try.

SUBMITTED BY
ROBERTA MCKECHNEY, CSEA VP

I was shocked and offended to see the article on Gay Marriage on page 5 of your recent issue. I found it to be biased, hateful and personally hurtful to many people here at MCC. If this item had to be put in print it should have been accompanied by other pieces that offered a balanced viewpoint.

Your headline article for this issue focused on injustice and the Jena Six. Don't you realize that articles like this encourage and promote just this sort of injustice against another group

of people? Gays are a part of our diverse community here at the College and everyone who is part of this community should be able to expect to be treated with respect by the Monroe Doctrine staff.

As an officer of CSEA, I can tell you that we work hard to be inclusive and to be aware of the rights and needs of all of our members. That is why we made sure that all benefits possible were extended to domestic partners as well as spouses in our latest contract.

As a person, I have been

married for over 36 years and I can tell you that each marital relationship is unique to the people who are in it. No one has, or should have, the right to choose who someone loves or chooses to makes a commitment to.

I think that you all need to take seriously the power of the press and to be more responsible and judicious in your review of the articles you choose to include in your issues. I hope to never find anything this blatantly offensive in your publication again!

SUBMITTED BY
JOHN CARLOS METIDIERI

My fellow classmates and the faculty who've come to know me personally understand through my experience what it is like to suffer at the hands of patriarchal Christian moral standards. In 2003, I fell in love with a young man from overseas studying at the University of Rochester. Since 2005, we've been separated by the Atlantic Ocean because we are legally barred from enjoying the rights which come with marriage. More than two years have passed since he graduated and I've since remained faithful while longing to be reunited with him. Being told by a heterosexual that I could not genuinely have what he shares with his wife is a heartrending insult like none I've endured before.

We must remember that while the First Amendment of the United States Constitution provides each individual with Freedom of Religion, it additionally provides the individual with the freedom to not practice or believe at all. With the aforementioned in mind, it is important to maintain a purely secular code of law free of religious influence. While we are free to follow any of hundreds of faiths practiced in America today, all people must adhere to the same legal code. To codify strict Christian moral standards in our law merely because Christians represent the majority of people in our nation is to force all people living herein to live under the same standards regardless of freely chosen faith. With each religion comes a different set of moral standards. America was founded upon the

principle of religious freedom, not upon Christianity. This is essentially religious persecution of those who don't share the same moral standards and whose only crime is being part of a minority of people, the very reason settlers fled England to the "New World."

It is important to remember that we seek only the legal rights which come with marriage. The "Separation of Church and State" is a legal doctrine which would protect religious institutions from being required by law to perform such unions in their churches. Legally, churches today are still free to refuse performing ceremonies for interracial couples if such were against their religious practice, even though the U.S. Supreme Court struck down state bans depriving interracial couples of Marriage Equality forty years ago (Loving v. Virginia, 1967 - 388 U.S. 1). Government is the only institution which must recognize any lawfully performed marriage ceremony.

By demanding the same legal rights as my heterosexual acquaintances, some would say that I'm forcing my sexuality upon society. Such is not the case as nothing would change inside the homes of heterosexuals if Marriage Equality were to be enforced. On the other hand, when the standards of patriarchal Christians are enforced instead through the legal code under which I must live, it absolutely invades my home. The one person in this world whom I love most won't be there waiting for me at the end of the day.

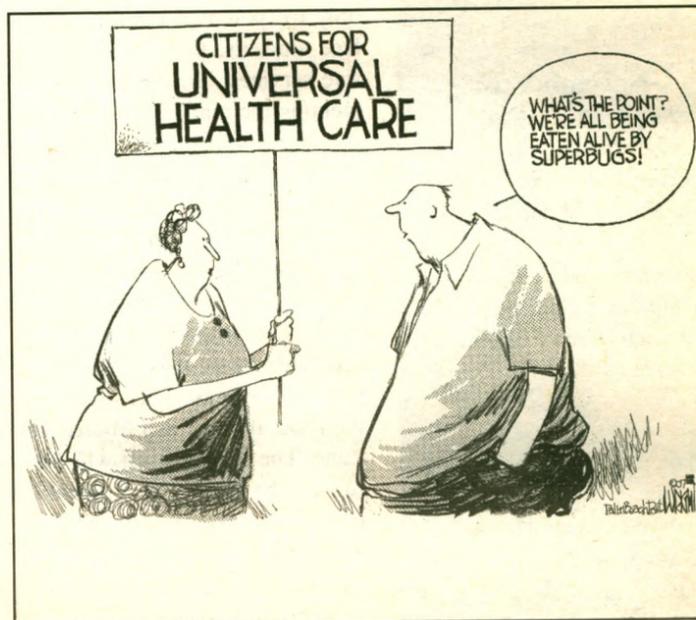


image courtesy MCT Campus

your opinion is always valued...

if you have something to say follow the submission guidelines on page 2

like to see more in the Doctrine?
then join us!

we meet every Wednesday at noon in 11-301

LIFE**St**yles

Calendar of Events

November 8, 2007

16th Annual Kristallnacht Program
12:30 pm, Monroe A and B and 7 pm, Theatre

African American Abstraction
University of Rochester Rush-Rhees Library

Burlesque Performers from the 1950s and '60s
George Eastman House

Pop Icons: Music 101
SC Fine Art

Gordon Munding
Blues Music
Beale Street Café

Lumiere Jazz Music
Little Theater Café

November 13

Jewish Literature Book Discussion
6:30pm Forum

November 16 - 18

The Forbidden Planet
November 16, 7:30 pm,
November 17, 7:30pm,
November 18, 2pm
The MCC Theatre

November 22

Sights, Sites, and Cities
Art Exhibit
University of Roch. Gallery
at the art & Music Library

Snapshots and Snippets
Impressions Gallery
320 North Goodman Street
9 am-5pm

Male and Female Art
Exhibit
George Eastman House
10 am-5pm

Scientists Consider an HPV Vaccine for Men

BETH LANE
SENIOR WRITER

Unless you compulsively, and religiously, brush and floss after every sugarless meal, you've probably had a cavity, or at least have been informed by your dentist that it is in your best oral-interest to begin a strict fluoride-filled regimen if you are planning on still housing your natural teeth by the time you're 30. Even once receiving your new toothbrush, fun-size toothpaste tube and possibly (or at least with my dentist's office) a sticker or attachable pencil eraser, you will inevitably leave the dentist's with the bleak sense that all your brushing will never be enough. You may have even left with a silver cap on your favorite molar. But what if there were a new, and pleasurable, way of being orally hygienic? Do you already chew gum like a cow chews cud? Well, you're set if you switch to Wrigley sugar-free gums Orbit, Eclipse or Extra.

According to the American Dental Association (ADA), Wrigley sugar-free gums have been proven to help prevent tooth decay and cavity creation by promoting saliva production. Saliva contains minerals useful for neutralizing acids and for the mineralization of tooth enamel. The council has looked at the body of data and concluded that there are some health benefits to chewing these products three times a day for 20 minutes, says Clifford Whall of the ADA. This is the first time that the ADA has allowed its seal to appear on gum since 1930. There remains debate by consumer advocates as to whether all sugar-free gum brands should be marked with ADA's seal of approval. Wrigley paid a fee of \$36,000 to have each of their three products evaluated. Many feel as if this action favors top brands of gum, and that all products should be tested before any seals are to be placed.

Regardless, although chewing sugar-free gum maybe beneficial, it is no substitute for brushing and flossing, but can be an additional measure in the fight against cavities and poor dentist office experiences.

Music Industry Response to Declining Market: Free Music

BILLY MATTHIAS
SENIOR WRITER

The digital age brought about a steady decline in CD sales and a surge in online piracy. Because combating millions of music pirates is impractical, the music industry is taking to a new business trend to increase revenue. This new model means people get free music, legally. It's really quite simple: Record labels back digital entertainment services in return for ad-generated dollars. The first of these services, Ruckus Network caters only to (potential pirating) college students. Other non-exclusive services, however, are augmenting the market. The newest service, Spiralfrog is currently expanding its catalog with hopes of offering any song (stored on a central server) from all four major labels. Songs are in Microsoft's DRM format so they cannot be burned. You can however, load music into compatible portable devices. This excludes the iPod, iPhone, and Microsoft Zune. The service itself will not run on the MAC OS X operating system. After registering for Spiralfrog, users have to take an online survey once a month to keep the tracks functional. More than 3,500 music videos

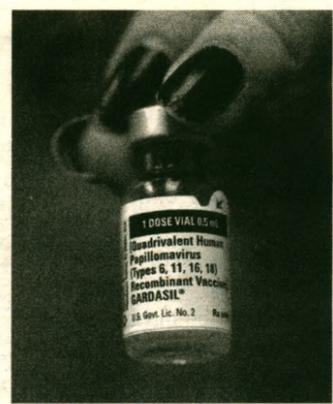


photo courtesy of MCT

Sleep is Vital to Preventing Illness

LYNDA REDDEN
EDITOR IN CHIEF

A myriad of studies in the last several years link sleep deprivation to health problems, including heart disease, obesity, diabetes, and obstructive sleep apnea (OSA).

Recent research in Britain reports that women who routinely receive less than six hours sleep per night appear to be especially susceptible to heart disease and high blood pressure when compared to women who obtain seven to nine hours sleep nightly, as reported by myheart-central.com. No clear link has been identified for men, as published in the medical journal *Hypertension*.

Experts have speculated that sleep deprivation links high blood pressure to the nervous system's accelerated state when lacking sleep, affecting the heart and its vessels, hormones, and high blood sugar levels associated with diabetes, as reported by news.bbc.co.uk. Much of this research has focused on patients with OSA, a condition where people intermittently stop breathing usually in concert with loud snoring. Soft tissues can obstruct airway passages resulting in OSA and usually

lends it self to waking up not feeling refreshed. Surgical procedures can sometimes correct this condition but often treatment consists of a machine that fills tubes with air creating gentle pressure within airways via a mask that is worn during sleep. This machine, nasal CPAP (continuous positive airway pressure), helps to keep the soft tissues at bay allowing for more restful sleep.

Yale-New Haven Hospital offers the following for good sleeping habits at www.ynhh.org: Wake up at the same time every day, even weekends. Get regular exercise but, if vigorous, at least five to six hours before bed. Reduce or eliminate caffeine. Sadly, this includes chocolate. Quit smoking. Nicotine is a more powerful stimulant than caffeine. Drink alcohol in moderation and not immediately before bedtime. Aim for quality not quantity. A good night's sleep is more restful than the equivalent in naps. Don't go to bed stuffed or hungry. Bananas, milk or cheese may help induce sleep. For persistent insomnia, consult a physician. Poor sleep can indicate an illness.

Depression: Worse Than Many Diseases

JENNIFER GRAHAM
OPINION EDITOR

The television commercials viewed daily are truthful when it comes to stating a fact about depression: depression hurts. Though many may be misdiagnosed with this horribly painful disorder, the individuals who suffer each and every day know that it tends to feel like their world is falling down before their eyes and may takes years to finally get the strength to build back up.

"We report the largest population-based worldwide study to our knowledge that explores the effect of depression in comparison with four other chronic diseases on health state," explained Somnath Chatterji and co-researchers for their study which can be read in the *Lancet* medical journal about depression versus disease. "Our main findings show that depression impairs health state to a substantially greater degree than the other diseases." Their studies continued to show that depression not only changes an individual's emotional well-being but also can alter their medical health as well.

Depression is a disorder that affects the overall outlook of an individual's life. According to an article written on September 9, 2007, on MSNBC.com, depression is the main cause of children and young adults attempt at suicide between the ages of 10 and 24.

Now does that sound like a disease to you? Diseases kill people and depression can kill people as well. However, it is up to that individual to seek professional help, such as therapy and psychiatric counseling before their time and hope runs out. Depression is not something that should be taken lightly at any form whatsoever. Just like many diseases, depression can be cured. Yet unlike many illnesses, it's up to the one feeling emotionally suffocated to seek the cure.

Lecture on Koran to be Presented

The Leroy V. Good Library has announced a lecture on November 12 at 12 p.m., "Koranic Perspectives on Interfaith Dialogue," according to a recent announcement in The Tribune.

Imam Shafiq, leader of the Islamic Center of Rochester and native to Pakistan, will

be presenting on the history of the Koran dealing with the good will of different faiths. Dr. Shaqif is alum of Temple University and holds a Ph.D.

This event is sponsored by the ETS Libraries. For more information and detail of this event, contact Lori Annesi.

RESTAURANT REVIEW

The Green Leaf Cafe

BETH LANE
ASSOCIATE WRITER



photo by Katy Burke

A new cafe on campus launched its official grand opening on Monday, October 1, followed by the announcement of the winner of the "name the cafe" contest.

Corey Layton, was the winner of \$100 for his fitting name suggestion, "The Green Leaf Cafe". The new vegetarian cafe is located in the Gilman Lounge thanks to the dedication of Phi Theta Kappa and their efforts to supply students with additional healthy options at meal time.

Tiffany Walker, an officer for Phi Theta Kappa, became interested in the possibility of offering fair trade coffee on campus as a result of her off campus employment at The Coffee Connection located on South Avenue. Founder Nancy Sawyer-Molina began the coffeehouse with the goal of supporting important social and environmental causes at home and abroad. In addition to supplying local women in recovery

with counseling and work site training, this "fair trade" business is reaching out to farmers in Peru. Fair trade ensures that these farmers, who have given up growing coca crops (the raw ingredient of cocaine) for coffee beans, are given a fair price for their beans. Fair trade coffee also has the added benefit of being "shade grown." This practice of growing beans under the canopy of existing rainforest areas helps prevent further destruction of the environment.

In her desire to promote these valuable ideals, Tiffany approached Phi Theta Kappa with the idea of selling free trade coffee on campus. "It's my cause," she explains, "It's what I am passionate about."

The organization was excited by the idea and expanded on the original concept with plans for a healthy, vegetarian cafe. After launching a campaign involving a petition and obtaining over 500 signatures, The Green Leaf Cafe

is now open for business.

The cafe operates from 9:00 a.m. - 2:00 p.m. daily with plans to expand service hours soon. In addition to fair trade coffee, The Green Leaf also serves a variety of organic, vegetarian and vegan fair including fresh salads, delicious brushetta sandwiches and Moosehead vegetarian soups. Phi Theta Kappa is also working on securing contracts with local farmers to supply fresh fruit to compliment the organic apples that are currently available at the cafe.

In their continuing efforts to support healthy lifestyle choices, Phi Theta Kappa welcomes ideas and suggestions from students. Take advantage of the opportunity to nourish your body and contribute to worthwhile causes while enjoying a wonderful meal or snack. Please feel free to send ideas and suggestions for the cafe to Tiffany Walker at er021@student.monroec.edu.

Amazon To Unveil New Electronic Reader

BETH LANE
ASSOCIATE WRITER

As of last week, both engadget.com and *The New York Times* report that after a year of waiting, Amazon will launch its e-book reader on October 15, 2007. The "Kindle," was designed to go head to head with Sony's version of a device they hope will finally hit it big with the general public.

Electronic book readers have been around for a while, but have yet to capture interest in the way that other electronic devices have in the recent past. Explanations for the failure of e-book readers are plentiful; high price and poor image resolution for example, but solutions may be right around the corner.

The Kindle is expected to retail for around \$400, which is relatively inexpensive in comparison to i-rex's Illiad, currently selling for \$800. It appears as if Amazon has attempted to combine some of the better features of other readers with a few new twists of it's own, including the ability to play audio, a USB 2.0 (mini-B connector) EVDODDMA wireless modem and superior bat-

tery life. Amazon's version is also rumored to use e-ink, which is widely thought to be the best technology for book viewing and avoiding eyestrain, a common complaint with early e-readers.

Amazon also has an advantage by owning Mobipocket books. The company's long term goal may be to publish, sell, and download e-books directly from Amazon's site to the new Kindle, a convenience that could appeal to today's busy consumers. College students may also be attracted to the Kindle, if Amazon can market the idea of downloading a years worth of textbooks onto one affordable easy to transport device.

In other reports, preliminary opinions indicate that consumers may believe the price is still too high to be tempting, and that the device is clunky and ugly. So, can Amazon's Kindle succeed in a market that has, so far, failed to catch on with the American public? Only a new, sexy design, an especially aggressive marketing strategy... and time, will tell.

GEORGE CATALLO
ONLINE MANAGER

GAMERS CORNER

FINAL FANTASY

With the highly anticipated release of the next installment of the best selling RPG series, Final Fantasy XIII - one cannot help but look back on the rich history behind the series.

Final Fantasy started out as the final game to be produced by the once highly unsuccessful Square Company. Square dumped all of their funding into the "final" game, anticipating an immediate shut down due to their lack of success.

Co-founder of Square, Hironobu Sakaguchi, was the lead developer for that project. Sakaguchi considered retiring at the project's end. The game was released for the Famicom (better known as the Nintendo Entertainment System) on December 18, 1987, in Japan. However, the game exploded in popularity and sales brought Square out of the dumps and Sakaguchi out of possible retirement.

Sakaguchi and the development team at Square quickly started work on more Final Fantasy games. Since the release of Final Fantasy, Square pumped out nine more numbered series games before merging with rival company, Enix, on April 1, 2003. The reason for this merger was Sakaguchi's resignation as executive vice president of Square. Sakaguchi then formed Mistwalker, which is the company behind Blue Dragon. Freshly merged company Square-Enix then continued the franchise.

In the twenty years of Final Fantasy more than 75 million units have been sold. There have been over 40 games made, including the numbered series, sequels, spin-offs, remakes, and compilations. There are also two animated movies branded with the name Final Fantasy.

The franchise is the fourth largest in videogame history with the only competition being Mario, Pokemon, and The Sims. The new generation of Final Fantasy games is entitled "Fabula Nova Crystallis, Latin for "the new tale of the crystal." The three games to be simultaneously released under this title are XIII (PS3), XIII Versus (PS3), and XIII Agito (mobile phone). With a little luck these new tales will be as epic and well developed as the old.

LOSING A NINTENDO STYLUS

The Nintendo DS may come packaged with two styluses, but what happens when you lose them both? Losing a stylus is all too common a problem, and when it happens it usually means not being able to play most games.

The ease of losing the stylus has been accredited to it's small size, one student joked that, "The stylus is more a choking hazard than a toy, and shouldn't be recommended for use by anyone under the age of 65!"

Instead of replacing their stylus some people have tried using their finger or the back of a pen as a substitute, it might work for a little while, but it ends up damaging the screen. In order to play your games again and not damage the screen, you will need to replace the stylus either by ordering one online from Nintendo for \$3.75 each, or stop by your favorite gaming store and buy a three pack for about six dollars. You can even buy a larger stylus if you fear the small size of the standard stylus will cause you to lose it again.

Recycle Your Electronics

CASEY QUINLAN
LIFESTYLES EDITOR

Do you want to protect yourself from identity thieves and protect the environment at the same time? Dispose your old home computers and other electronics through Rochester Computer Recycling and Recovery, Maven Technologies, or Sunking.

Most computers and televisions contain five pounds of lead and other environmentally hazardous materials. Leaving computers on the curb can be a risky move. Passwords and personal information are vulnerable to identity thieves. Recycling will ensure that all of your personal information is erased completely. Small devices such as ipods, calculators, phones, and etc will

be recycled for free at Computer Recycling and Recovery. These places will accept computers or television sets for a fee that depends on your electrical device.

Computer Recycling and Recovery
395 Central Avenue, Rochester
Maven Technologies
1144 Lexington Avenue,
Rochester

Sunking Inc.
4 Owens Road, Brockport

For more information go to Monroe County's website: <http://www.monroecounty.gov/des-electronicsrecycling.php>.

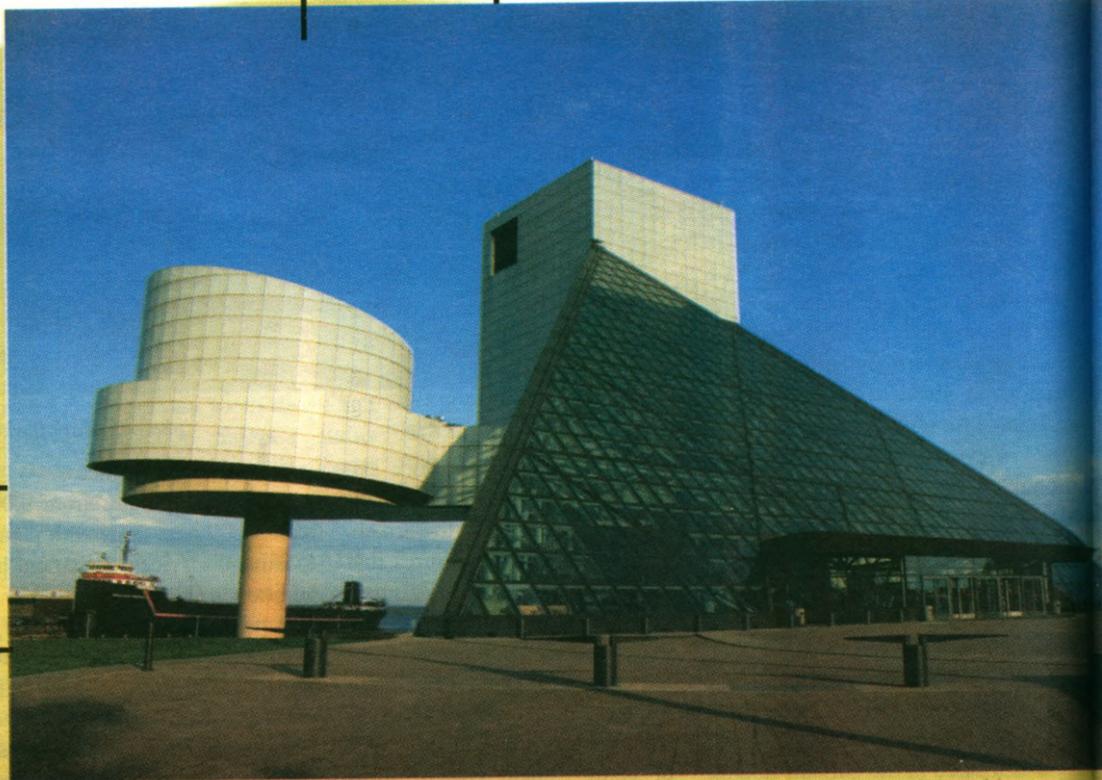
ICONIC INNOV



the Rock and Roll Hall of Fame prepares

AFRIKA BAMBAATAA

Afrika Bambaataa, one of hip-hop's true pioneers, started in 1977, influenced by other DJs and artists like Kool Herc and George Clinton of Parliament Funkadelic. After coming back from a life changing experience in Africa and watching the TV movie Chaka Zulu, he created the Universal Zulu Nation. The Zulu Nation is a mixture of hip hop pioneers, b-boys, and graffiti artists that are socially and politically mindful. His first album with the SoulSonic Force, "Planet Rock: The Album" has been sampled or covered by artists such as Rage Against the Machine, LL Cool J, and Jennifer Lopez.



CHIC

Chic, formed by bassist Bernard Edwards and guitarist Nile Rodgers, has produced most of the major hits for not only their parent company, Atlantic, but as well for other artists as Sister Sledge, Diana Ross, and Madonna, a fellow nominee. Their hits, including "Good Times" and "Le Freak," have either been sampled or covered. This will be their fourth nomination to the Rock and Roll Hall of Fame.



THE INDUCTION PROCESS

Each year, five new acts are inducted into the Hall of Fame. In order to be eligible, the act must have released their first record 25 years prior to nomination. Nominees are chosen by a committee of historians and musicologists. They are then voted on by an international group of music industry professionals, including producers, broadcasters, performers, and journalists. The chosen acts are honored at one of the most celebrated annual music award events, the induction ceremony. Following the presentation of awards are special performances, some of which are duly noted in Rock and Roll History. One of the more notable performances is the one in which Mick Jagger, Tina Turner, Bob Dylan, members of the Beach Boys and Bruce Springsteen, among others, shared the same stage. Last year's ceremony was aired live, for the first time, on VH1 Classic and MHD. Be sure and check TV listings for the 2008 induction ceremony. The event commences on March 10, 2008 at the Waldorf Astoria Hotel in New York. This year's nominees are as follows:

1. Afrika Bambaataa
2. Beastie Boys
3. Chic
4. Leonard Cohen
5. The Dave Clark Five
6. Madonna
7. John Mellencamp
8. Donna Summer
9. The Ventures

THE DOCTRINE'S PICKS

The Monroe Doctrine staff may not be a group of international music professionals, nonetheless, we have some avid rock music aficionados who'd like to cast their vote. The doctrine chooses the following acts for inclusion into the Rock and Roll Hall of Fame.

1. Afrika Bambaataa
2. Beastie Boys
3. Chic
4. Donna Summer
5. Leonard Cohen

INDUCTORS OF ROCK 'N' ROLL

to induct new members

THE ROCK AND ROLL HALL OF FAME

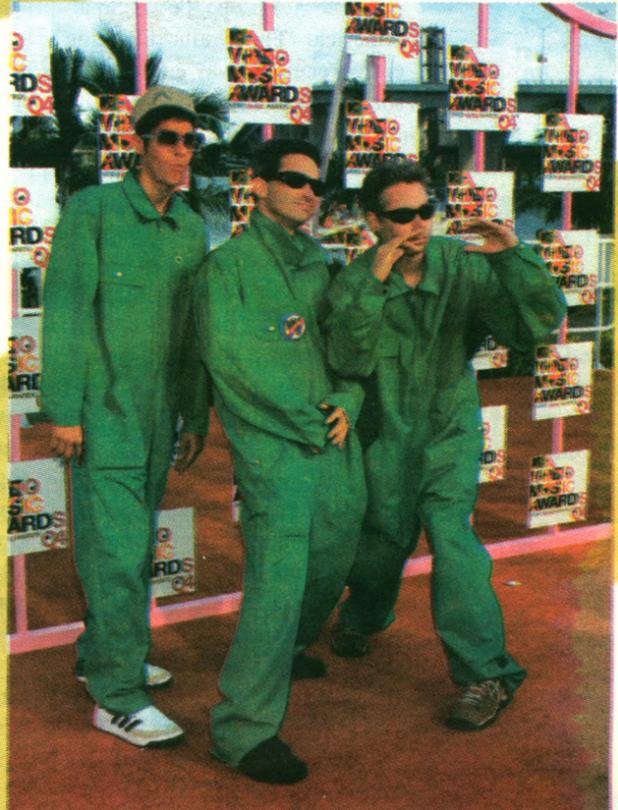
Twenty-four years ago, a group of prominent figures in the music industry came together to form a foundation that would honor reputable contributors to Rock and Roll. After 12 years plus of petitions, pleas, and planning, Cleveland, Ohio, became home of a dynamic, million dollar museum designed to hold the definitive collection of rock-related artifacts.

Since its opening, The Rock and Roll Hall of Fame and Museum have drawn in more than 600,000,000 people. Its impressionable collection preserves priceless items from legendary performers, producers, and song writers. Items include costumes, lyrics, instruments, handbills for concerts, musical scores, stage props, and personal effects.

Exhibited in combination with interactive computers and innovative film and video, these artifacts help explain Rock and Roll's origins, evolution, and enduring impact on various cultures. Among the museum's treasures are lyrics to John Lennon's *Lucy In the Sky With Diamonds*, Jimi Hendrix's 1965 Fender Stratocaster guitar, and David Bowie's *Ziggy Stardust* jumpsuit.

Exposing specific eras, styles, and milestones of Rock and Roll, exhibits offer visitors a unique journey into the genre's history. Understanding is enhanced through the highlighting of Rock and Roll's legendary artists, roots in other music (gospel, blues, and country), and prominence in major cities, as well as many themes and issues the music has addressed.

The Hall itself is a large scaled multimedia gallery featuring film footage, music interviews, animation, and photography. Displayed on three giant screens, these images help tell the story of inductees. The exhibit also contains a computerized jukebox with virtually every song from performer inductees, etched glass signatures of the inductees, and artifacts from the current year's inductees.



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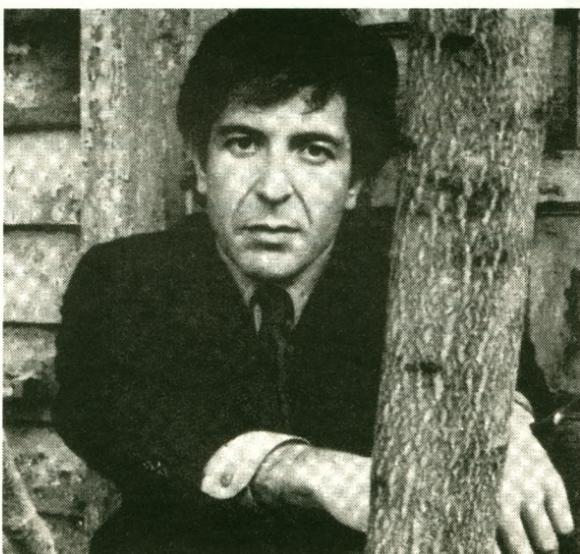
THE BEASTIE BOYS

The Beastie Boys (Ad-Rock, MCA, and Mike D) started out as a punk band then turned to rap. They have been managed by Rick Rubin, one of rock's greatest producers, and still are very relevant to hip-hop and still making hits. The Beasties have worked with hip-hop legends like Biz Markie and Q-Tip. They still work with instrumentals going back to cult hit "Paul's Boutique" and their latest album, "The Mix-Up," still rides back to their punk roots.

LEONARD COHEN

"With the 1966 release of *In My Life* by Judy Collins, containing Leonard Cohen's "Suzanne" and "Dress Rehearsal Rag," Cohen became a folk rock icon of the singer songwriter movement. Already an acclaimed poet and novelist in his native Canada, Cohen moved to New York in 1967 and released his classic album *Songs of Leonard Cohen* on Columbia Records. Its music launched Leonard Cohen into the highest and most influential echelon of songwriters. Cohen's elegiac work is widely used in film and covered by artists from Jeff Buckley to Bono to Bob Dylan to R.E.M. As Kurt Cobain said, "Give me a Leonard Cohen afterworld so I can sigh eternally."

Leonard Cohen's biography as published at futurerockhall.com.



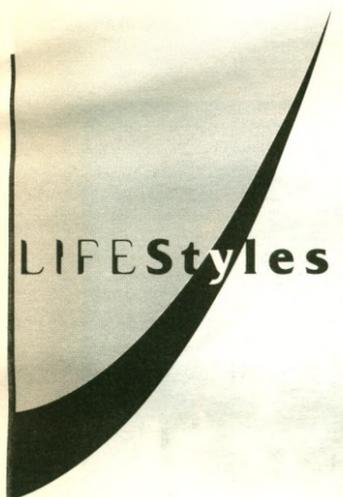
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4

DONNA SUMMER

Donna Summer earned the title of "Queen of Disco" because of her string of number one dance hits. She is the first woman to have four number one dance hits during a 12-month period. Summer's music runs into many different genres from R&B to gospel, making her one of the most successful women during the rock era.



Kiva Revolutionizes Charity

JAMIE LEAST
ASST LIFESTYLES EDITOR

Starting your own business can be incredibly risky and difficult, with legalities to watch out for, managing finances, and creating a safe environment for employees. Imagine doing so in Eastern Europe or in South America. The walls blocking entrepreneurs' way practically shadow those in the US.

Kiva.com is a new service which fits the finance allowance of Americas working class who wish to help others. These good Samaritans make loans to the working poor in need in third world countries, rather than flat out donations, as a new alternative.

A nonprofit based in San Francisco, Kiva has not yet celebrated its two-year anniversary and is already attracting international attention for its unique mission--blending the principles of microfinancing with the power of online social networking to deliver business loans to the worlds working poor, said the *Hartford Concurant* in October.

Lenders are able to pick and choose the small business own-

ers to whom they lend via credit cards. Kiva, then, sends the amount to partners based in the area to which the money is sent and distributes it as needed. Along the way, the lender is able to read an online journal log of the successes or downfalls that their chosen business has endured. After an average of six to twelve months, the debt is collected by the local partner and is sent back to the lender.

Kiva is in partnerships with numerous companies such as PayPal, Google, Microsoft, MySpace and Starbucks, to name a few. All partnerships help to aid in promoting Kiva or to help Kiva function to the best it can. For example, Lenovo, which engineers personal computers, donates PC products and laptops to qualified small business owners involved in the Kiva program.

If you have an extra 25 dollars in your pocket and want to put it to good use, I suggest visiting Kiva.com and at least having a look around.

Is Vitamin Water Good for Your Health?

SHAREE TURPIN
NEWS EDITOR

After a nice work out, an intense game of tennis or perhaps an ice-cold drink that captivates you as being healthy and delicious at the same time these days people grab for Vitamin Water. But we may have been fooled.

Vitamin Water is a recent craze for those trying to lose weight or wanting to avoid products with a high content of sugar like soda. However, it is the taste that goes along with nutrition facts of this fashionable beverage that does not seem to add up.

In a recent Q & A for a health professional in *Parenting Magazine*, it was asked if Vitamin Water had any nutritional value at all. The response; no. Because it is artificially colored and artificially sweetened, high fructose corn syrup is not too far from sugar. Also, these are said to never have been tested in children and have been categorized as "generally regarded as safe (GRAS)" said Dr. Sears of *Parenting magazine*.

With 13-14 grams of sugar involved, it is equal to half a strawberry frosted pop-tart, or even close to an apple fritter from Krispy Kreme which has 23 grams of sugar. A gimmick is what most consumers and health professionals call it. Because of the target healthy America, it seems that advertising and marketing corporations such as Glaceau, pushing the health envelope is required. Finding more nutrition facts can benefit you and your family. Visit the National Agricultural Library Website.

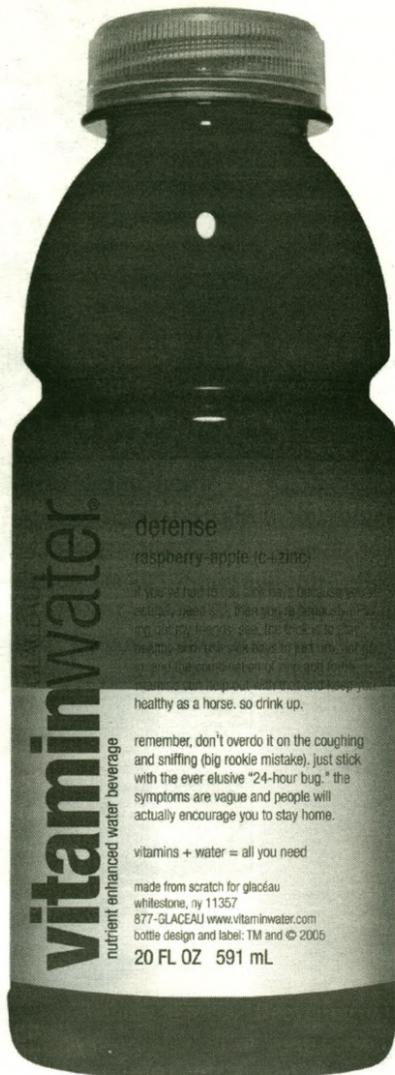


photo courtesy of MCT

Diet Soda Could Cause Neurological Damage

PETER DEYO
MANAGING EDITOR

Photo by MCT Campus

A preservative found in diet soda, when combined with Vitamin C, has been shown to cause DNA cell damage that leads to degenerative diseases, such as Parkinsons, according to a Sheffield University study.

Potassium benzoate, an ingredient used to prevent the growth of mold, yeast, and some bacteria, forms the toxin benzene when mixed with ascorbic acid. Potassium and sodium benzoate has already been associated with cancer and the subject of concern by the Food and Drug Administration (FDA) over the last 20 years. The FDA reported benzene potential in soft drinks as being safe as of 2006. But a new study in 2007, conducted by British Professor of Molecular

Biology, Peter Piper, has shown that benzene poses a danger other than cancer. He tested the impact of sodium benzoate on living yeast cells in his laboratory and found that benzoate was damaging the mitochondria of DNA.

Pipers study shows that benzene has the ability to cause severe damage to the point that the mitochondria are completely inactivated. This damage causes the cells to malfunction, leading to many neurological disorders, as well as speeding up the aging process.

This discovery may be another food additive crisis but the difference here may be the fact that potassium benzoate by itself has not been proven to be dangerous. Taking Vitamin C with diet soda is what creates the dangerous chemical benzene.

Microsoft Vies for Facebook

KRISTA MARCUCCI
GUEST WRITER

With Facebook now the second most trafficked website in America, it is no wonder that Microsoft wants part of the action.

Although denied by both companies, there is talk about Microsoft wanting to invest \$300 to \$500 million. This investment would give them 5 percent of the business, which in the previous year earned investors \$41 million. With Microsoft's investment, the 3-1/2-year-old Facebook will be valued at about \$10 billion.

Microsoft faces competition of Google, who is also willing to bring their money to the negotiating table. Two years prior, the two companies vied against each other to buy a 5 percent share in Time Warner's AOL. Google would love to keep it out of the hands of Microsoft, or at least drive up the price, said Josh Bernoff, a Forrester Researcher analyst.

Microsoft does have the advantage of already having an agreement with Facebook to deliver online ads to Facebook members in the United States. With consideration of extending the current agreement, Microsoft might just have a foot in the door, giving them leeway on Google.

For now, these investment talks are only rumor and speculation, but perhaps in the future Microsoft will be able to strike a deal. It probably would be pretty good for Microsoft since it has not had the best success in creating really hip, young-people grabbing stuff on the Web, said Kim Caughley, senior analyst at Fort Pitt Capital Group who oversees Microsoft's shares. If these investment talks escalate there are very promising rewards for the Microsoft Corporation.

Open Mic Night Attracts Talent

BETH LANE
SENIOR WRITER

Jamison Baker, owner of the popular Outflakes cereal bar and cafe, has reestablished Open Mic Thursdays on campus.

So what exactly is open mic night? Every Thursday from 6 - 9 pm, Baker provides an opportunity for anyone, students or the general public, to take the stage and showcase their talent in front of a live audience. The weekly event is free of charge and takes place at Outflakes, giving students a chance to relax, socialize and enjoy the show while taking advantage of the cafe's offerings.

Students are encouraged to share anything creative and in the past, audiences have been entertained with music, comedy and original poetry. Music is especially welcomed and a number of exceptionally talented student performers regularly entertain the crowd. Baker hopes to see the number of participants continue to grow this year.

Passionate about the possibil-

ity of attracting big name acts to campus, he believes that large turnouts on Thursday nights will show campus officials how important music and expression are to the students.

With more students occupying the residence halls, there is a real need for additional entertainment venues and social activities after hours. "This isn't about me," he says, "this is about the opportunity to create something on this campus that has been long needed. I would like to see as many people as possible coming down here on Thursday nights. It's good for the school and good for the kids."

In the future, Baker would be willing to sponsor other types of activities, such as charity concerts. Promoting attendance at open mic night is an excellent way for students to show interest and to gain the colleges support for future events.

FALL SHOW REVIEW: Big Shots

CASEY QUINLAN
LIFESTYLES EDITOR

A new ABC show, "Big Shots," debuted on September 23, featuring four businessmen who are struggling every day to keep their work and personal lives intact.

Duncan (Dylan McDermott) is the CEO of a cosmetics company. Brody (Christopher Titus) is involved in crisis management. Karl (Joshua Malina) is the CEO of a pharmaceutical company, and James, (Michael Vartan) a newly appointed CEO, is considering a divorce. The characters are likable and sometimes slightly helpless despite their powerful positions. This concept is refreshing, considering the way CEOs are usually depicted as inhuman and robotic figures. No one has a stodgy air about them.

The show seems to focus on the idea that CEOs are becoming more open minded and less antiquated. All of the wives (and one of the ex-wives) are very independent and strong-willed women, making it difficult for the men to manage them like would their companies. Brody once says to his fellow men at the spa, "Men...we're the new women. There seems to be a lot of tension between the sexes in this new series, as well as a lot of problems with the press and their business competitors. Some of the problems they face get developed and solved too quickly, but the show easily kept interest.

PLAY REVIEW: "Doubt"

KATIE O'CONNOR
SENIOR WRITER

"Doubt can be a bond," says Father Flynn from the pulpit in his opening homily. For audience members viewing the play, this bond is likely to tie them all together by the performance's conclusion.

Written by John Patrick Shanley and directed by Skip Greer, Geva Theatre's performance of "Doubt" (running until Nov. 4) is set in 1964 at St. Nicholas' church and school in the Bronx. The school principal is a rigid nun by the name of Sr. Aloysius (Judith Delgado) who suspects that the pastor Father Flynn (Sean Patrick Reilly) has committed a heinous act involving one of the male students. Caught between her two very different superiors, Sister James (Lia Aprile) is the principal's caring and youthful apprentice.

The setting of the ongoing debate between the priest and the nun is a stark stage, allowing the two larger-than-life characters to be the main focus. In Sister Aloysius' quest to force the priest to confess to something she did not see, the nun is consistently righteous, vigilant, and suspicious.

With a touch of warmth and humor, Father Flynn seems to be the example of humanity that Sister Aloysius' unbending, unsmiling character is not. Using their wits and emotions, the sister and the priest fiercely stick to their guns until the final intense showdown.

Mrs. Muller (Nikki E. Walker) the mother of the boy, complicates matters as a woman grateful for Father Flynn's friendliness toward her outcast son, while the seriousness of the play is broken up occasionally by the extreme extent of Sr. Aloysius' severity.

At the very end, the audience is left to formulate their own conclusions about who was right. A thought-provoking play, "Doubt" generates more questions and observations than answers on the nature of faith, religion, and even the benefit of doubt.

For those interested in seeing upcoming plays at Geva, they can visit www.gevatheatre.org for more information. Geva has \$5-off discounts for students, that apply to any seat in the house, except on Saturday evenings and in section C. Students must have valid identification.

Drop the Pounds, Save Some Dollars

CASEY QUINLAN
LIFESTYLES EDITOR

Do you sometimes think, "If only I could afford a personal trainer" once you step on the scale?

You don't have to be as rich as Oprah to lose weight. Sometimes saving money is the best thing you can do to drop the pounds. It isn't a radical idea that the less you purchase expensive iced coffee and desserts, the more you will lose weight. Use your penny-pinching abilities as a college student. Consider what you need and what you don't need. Do you really need a Pepsi from the vending machine? Water from the drinking fountain will quench your thirst, and its free. Water is more likely to make you feel full and become hydrated, unlike Pepsi, which is less hydration and more unnecessary calories. The jumbo chocolate chip muffin may look enticing, but remember that a bowl of Cheerios can be just as filling, and a box may cost you less than the muffins you buy, not to mention last you longer.

Focus on foods that last longer because the foods that usually don't are those sugary baked goods infamous for packing the pounds. The longer your food



illustration by Casey Quinlan

lasts, the less you will have to keep spending money on more food.

Think about how much money you spend when you choose fast food or sweets during the week when you're at school. If you keep track of how much money you spend it may encourage you not only to save your money but to lose weight as well. Who knows. Maybe you could use the money you saved to buy a new pair of skinny jeans.

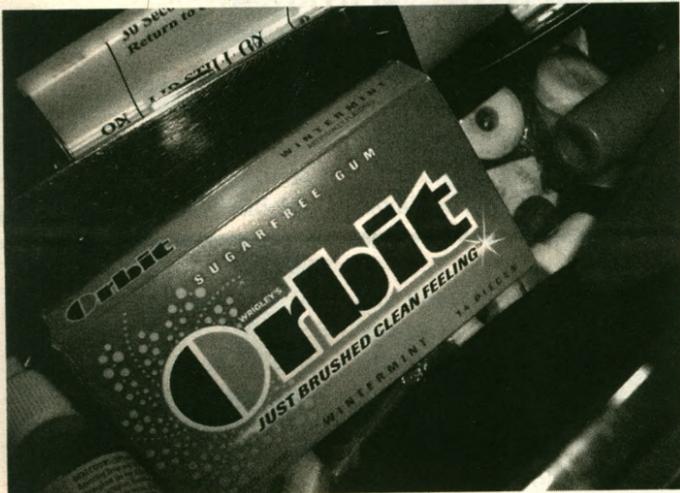


photo by Katy Burke

Truly a Good Clean Feeling

ADAM GOTTSCHALK
ASSOCIATE WRITER

Unless you compulsively, and religiously, brush and floss after every meal, you've probably had a cavity, or at least have been informed by your dentist that it is in your best oral-interest to begin a strict fluoride-filled regimen if you are planning on still housing your natural teeth by the time you're 30.

Even once receiving your new toothbrush, fun-size toothpaste tube and possibly (or at least with my dentist's office) a sticker or attachable pencil eraser, you will inevitably leave the dentist's with the bleak sense that all your brushing will never be enough. You may have even left with a silver cap on your favorite molar.

But what if there were a new, and pleasurable, way of being orally hygienic? Do you already chew gum like a cow chews cud? Well, you're set if you switch to Wrigley sugar-free gums Orbit, Eclipse or Extra.

According to the American Dental Association (ADA), Wrigley sugar-free gums have been proven to help prevent

tooth decay and cavity creation by promoting saliva production. Saliva contains minerals useful for neutralizing acids and for the mineralization of tooth enamel.

The council has looked at the body of data and concluded that there are some health benefits to chewing these products three times a day for 20 minutes, said Clifford Whall of the ADA. This is the first time that the ADA has allowed its seal to appear on gum since 1930.

There remains debate by consumer advocates as to whether all sugar-free gum brands should be marked with ADA's seal of approval. Wrigley paid a fee of \$36,000 to have each of their three products evaluated. Many feel as if this action favors top brands of gum, and that all products should be tested before any seals are to be placed.

Regardless, although chewing sugar-free gum maybe beneficial, it is no substitute for brushing and flossing, but can be an additional measure in the fight against cavities and poor dentist office ex

**SPORTS
& SCORES**

MCC WOMEN CAPTURE NINTH STRAIGHT REGIONAL TITLE

COURTESY OF MCC ATHLETICS

The MCC women's soccer team scored four first-half goals and went on to defeat Bryant & Stratton 4-0 for its ninth straight Region III title and 20th overall.

Sophomore Ayana Russell was named tournament MVP after helping lead the stingy Tribune defense to the shutout. Head coach Tracey Britton was named Region III Coach of the Year.

Monroe got on the board in the 13th minute. Amanda Cassano beat the Bobcat defense up the field and drilled a shot into the left side of the net for a 1-0 lead.

MCC added another goal less than four minutes later. Cassano's shot was initially saved by Stratton goalie Stacey Riker, but Leighana Krzyzanowski was right there to

knock in the rebound.

Meanwhile, the MCC defense, led by Russell, Jenna McIntosh and Ashley Florack neutralized Gifty Appiah Gyapong and the potent Bobcat attack.

Lindsey Cote tallied MCC's third goal. Jenelle Goff split two defenders with a perfect pass and Cote scored to make it 3-0.

Aveann Douglas finished the scoring with 8:38 left in the opening period when her shot hit the left post and trickled across into the right side of the net.

Kimika Forbes made three saves for the shutout.

The Tribunes (12-2) will now play in the district tournament. Check back to the MCC Athletics website for more information.



Calendar of Events

- Men's Basketball**
November 9 @ 8 p.m.
- November 10
Time not posted
Pavia Tourney
- November 16 @ 8 p.m.
Marketplace Inn Classic

Scoreboard

- Women's Soccer**
- September 28
MCC 1, Polk CC 5
- September 29
MCC 6, Navarro 1
- October 3
MCC 7, UR JV 1
- October 6
MCC 8, Bryant/Stratton 1
- October 8
MCC 9, Herkimer 1
- October 10
MCC 10, Alfred St. 1
- October 12
MCC 11, Arundel CC 1
- October 14
MCC 2, Catsonville 11
- Men's Soccer**
- October 17
MCC 2, R. Wesleyan JV 2
- October 20
MCC 2, Owens CC 3
- October 21
MCC 0, Findlay JV 0

Mens Soccer Team Capture Second Straight Regional Title



COURTESY OF MCC ATHLETICS

Tournament MVP Tim Knight made 14 saves, including his final stop on a direct kick with 10 seconds remaining, as the MCC men's soccer team defeated Bryant & Stratton 1-0 to win its second straight Region III title.

The championship was the 14th overall for the Tribunes, who improved to 12-2-2 on the season. MCC will now play in the Northeast District tournament next weekend with a berth in the NJCAA Division I national tournament on the line.

The game's lone goal came with just over 13 minutes remaining in the second half. The Tribunes were awarded a corner

kick, and Roberto Zevallos sent the ball through a stiff wind to the near post.

Jeff Ford was the first to the ball, leaping high and deflecting it into the Stratton goal for the game-winner.

The Bobcats actually outshot the Tribunes 21-5 on the game, but Knight came up with a handful of acrobatic saves to keep Bryant & Stratton off the board.

The defense, led by Kyle Leckinger, Justin Farr, and Ian McGimsey, kept the athletic Bobcat forwards scoreless to aid in the shutout.

MCC's Nelson Cupello was named the Region III Coach of the Year.

Volleyball Geam Goes 3-1 at Corning Tourney

COURTESY OF MCC ATHLETICS

The MCC volleyball team went 3-1 at the Corning Tournament Saturday, and in the process qualified for the Region III Tournament.

The Tribunes (13-15) will host Tompkins-Cortland CC Tuesday evening in a sub-regional match, tentatively scheduled for 6 p.m.

MCC defeated Tompkins-Cortland (30-20, 30-26), Hudson Valley CC (30-23, 30-23), and Broome CC (35-33, 30-20).

The teams' only loss came to Corning (18-30, 15-30).

Hollie Williams dished out 78 assists on the day for MCC. Nicole Gutzmer added 21 kills and four blocks, while Christina Boxler had 19 kills and 16 digs.

Kelly Maloney and Kailyn Winoski each had 18 kills, while Jen Hays added 13 kills and 29 digs. Emily Rivet chipped in with 25 digs.

Personal Trainer

Taking chances with weights

Incorrect weight lifting can cause a serious injury if you drop the weight or gradually damage your joints; avoid these unsafe practices:

- Trying a "major lift" without a spotter**
Clean and jerk ■ Power clean
Snatch ■ Dead lift
Squat ■ Bench press
Correct: Use a spotter
- Taking quick breaths or holding breath (can cause fainting)**
Correct: Breathe out during lift
- Lifting with an arched back**
Correct: Keep back straight
- Continuing to lift if you feel pain**
Correct: Do not do painful lift for a few days or use significantly less weight
- Moving weights around room carelessly**
Correct: Use safe technique whenever moving weight

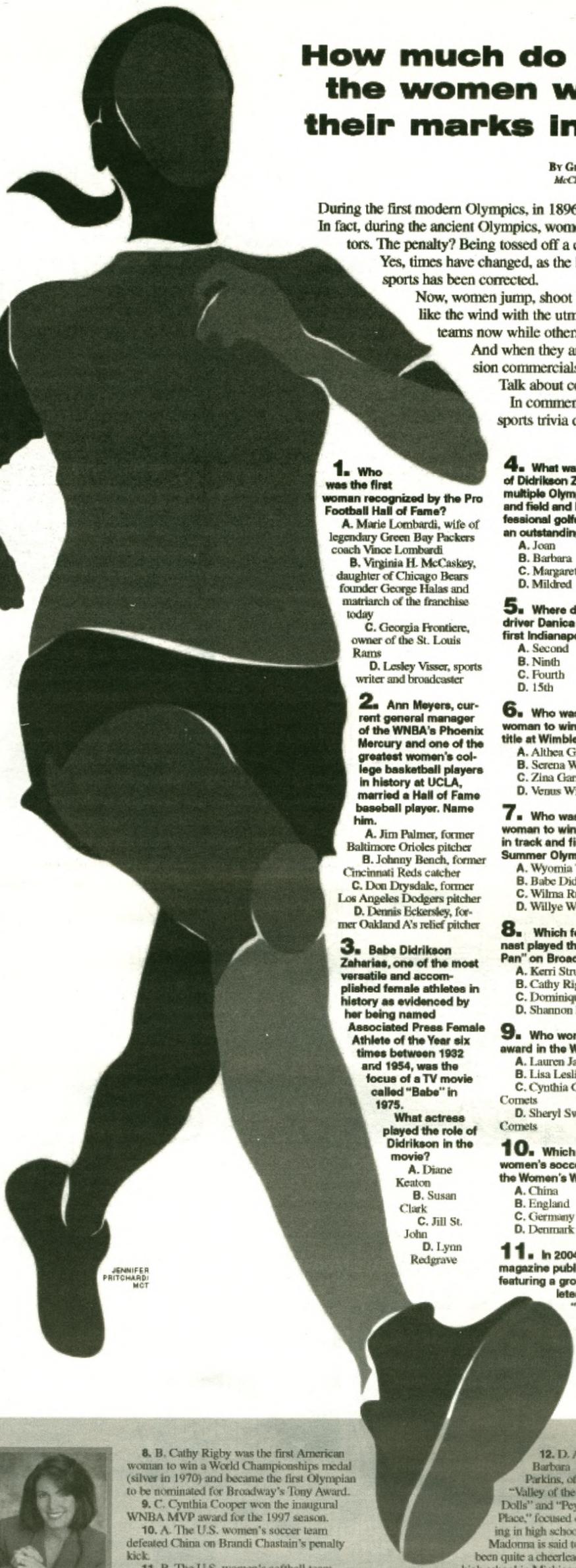
Source: American Academy of Family Physicians, National Strength and Conditioning Association (U.S.)

Graphic: Helen Lee McComas, Paul Trap

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MAKING SPORTS



How much do you know about the women who have made their marks in sports history?

By GREGORY CLAY
McClatchy-Tribune

During the first modern Olympics, in 1896, women weren't allowed to officially compete. In fact, during the ancient Olympics, women unabashedly weren't even allowed to be spectators. The penalty? Being tossed off a cliff.

Yes, times have changed, as the harsh anachronism of women's banishment from sports has been corrected.

Now, women jump, shoot baskets, kick soccer balls, throw javelins and run like the wind with the utmost guts, glory and glamour. Some women own teams now while others report on them in the sports media.

And when they are done playing, female athletes appear in television commercials — just like the men.

Talk about coming a long way.

In commemoration of Women's History Month, here is a sports trivia quiz highlighting the remarkable journey.

- 1. Who was the first woman recognized by the Pro Football Hall of Fame?**
A. Marie Lombardi, wife of legendary Green Bay Packers coach Vince Lombardi
B. Virginia H. McCaskey, daughter of Chicago Bears founder George Halas and matriarch of the franchise today
C. Georgia Frontiere, owner of the St. Louis Rams
D. Lesley Visser, sports writer and broadcaster
- 2. Ann Meyers, current general manager of the WNBA's Phoenix Mercury and one of the greatest women's college basketball players in history at UCLA, married a Hall of Fame baseball player. Name him.**
A. Jim Palmer, former Baltimore Orioles pitcher
B. Johnny Bench, former Cincinnati Reds catcher
C. Don Drysdale, former Los Angeles Dodgers pitcher
D. Dennis Eckersley, former Oakland A's relief pitcher
- 3. Babe Didrikson Zaharias, one of the most versatile and accomplished female athletes in history as evidenced by her being named Associated Press Female Athlete of the Year six times between 1932 and 1954, was the focus of a TV movie called "Babe" in 1975. What actress played the role of Didrikson in the movie?**
A. Diane Keaton
B. Susan Clark
C. Jill St. John
D. Lynn Redgrave
- 4. What was the real first name of Didrikson Zaharias, who won multiple Olympic medals in track and field and later became a professional golfer, in addition to being an outstanding softball player?**
A. Joen
B. Barbara
C. Margaret
D. Mildred
- 5. Where did upstart race-car driver Danica Patrick place in her first Indianapolis 500, in 2005?**
A. Second
B. Ninth
C. Fourth
D. 15th
- 6. Who was the first black woman to win a women's singles title at Wimbledon?**
A. Althea Gibson
B. Serena Williams
C. Zina Garrison
D. Venus Williams
- 7. Who was the first American woman to win three gold medals in track and field at a single Summer Olympics?**
A. Wyomia Tyus
B. Babe Didrikson Zaharias
C. Wilma Rudolph
D. Willye White
- 8. Which female Olympic gymnast played the role of "Peter Pan" on Broadway?**
A. Kerri Strug
B. Cathy Rigby
C. Dominique Dawes
D. Shannon Miller
- 9. Who won the first MVP award in the WNBA?**
A. Lauren Jackson, Seattle Storm
B. Lisa Leslie, Los Angeles Sparks
C. Cynthia Cooper, Houston Comets
D. Sheryl Swoopes, Houston Comets
- 10. Which nation did the U.S. women's soccer team defeat to win the Women's World Cup in 1999?**
A. China
B. England
C. Germany
D. Denmark
- 11. In 2004, Sports Illustrated magazine published a cover photo featuring a group of female athletes with the headline, "The Real Dream Team." What sport did they play?**
A. Gymnastics
B. Softball
C. Soccer
D. Swimming
- 12. Which of these actresses and/or singers was NOT a sports cheerleader in high school or college, or for a pro team?**
A. Madonna
B. Jenilee Harrison
C. Ann-Margret
D. Barbara Parkins
- 13. Who was the first woman to record a triple-double in a WNBA game?**
A. Diana Taurasi
B. Chamique Holdsclaw
C. Rebecca Lobo
D. Sheryl Swoopes
- 14. Margaret Court won all four Grand Slam tennis tournaments in 1970. What country is she from?**
A. England
B. United States
C. Australia
D. Scotland
- 15. Who created the first weekly poll of rankings for women's major college basketball teams?**
A. Dick Vitale
B. Mel Greenberg
C. Nancy Lieberman
D. Cheryl Miller
- 16. Nadia Comaneci scored the first perfect 10 in gymnastics, in the 1976 Olympics in Montreal. What is her native country?**
A. Hungary
B. Austria
C. Serbia-Montenegro
D. Romania
- 17. Who was the first American-born black woman to win an Olympic gold medal?**
A. Dorothy Tyler
B. Florence Griffith-Joyner
C. Alice Coachman
D. Jackie Joyner-Kersey
- 18. Who was the first woman to win the four Grand Slam tennis majors at least four times each?**
A. Martina Hingis
B. Steffi Graf
C. Yvonne Goolagong
D. Maria Sharapova
- 19. In which Winter Games was women's hockey first recognized as an official Olympic sport?**
A. 1988 in Calgary, Alberta, Canada
B. 1992 in Albertville, France
C. 2002 in Salt Lake City, Utah
D. 1998 in Nagano, Japan
- 20. Pat Summitt has won more than 900 games as Tennessee's women's basketball coach. How many regular-season games did her first team win in 1974-75?**
A. 21 B. 15 C. 11 D. 18

JENNIFER PRITCHARD/MCT

ANSWERS:

1. D. Lesley Visser received the Pro Football Hall of Fame's Pete Rozelle Radio-Television Award in 2006.
2. C. Don Drysdale. Ann Meyers married him in 1986; Drysdale died in 1993.
3. B. Actress Susan Clark, who is married in real life to Detroit Lions defensive tackle-turned-actor Alex Karras, who also appeared in the movie.
4. D. Her given name was Mildred Ella Didrikson.
5. C. Danica Patrick finished fourth in her first Indy 500.
6. A. Althea Gibson won Wimbledon in 1957.
7. C. Wilma Rudolph won the 100-meter dash, 200 meters and anchored the 4 x 100-meter relay team in the 1960 Olympics in Rome.



Lesley Visser
COURTESY OF ABC

8. B. Cathy Rigby was the first American woman to win a World Championships medal (silver in 1970) and became the first Olympian to be nominated for Broadway's Tony Award.
9. C. Cynthia Cooper won the inaugural WNBA MVP award for the 1997 season.
10. A. The U.S. women's soccer team defeated China on Brandi Chastain's penalty kick.
11. B. The U.S. women's softball team compiled a 9-0 record and outscored their opponents 51-1 to win the gold medal in the Summer Olympics in Athens.

Alice Coachman didn't have an opportunity to compete in an Olympics until she was 26 years old, because World War II forced the cancellation of the 1940 and '44 Games. She also never lost a high-jump competition from 1939-1948.



MCT

12. D. Actress Barbara Parkins, of "Valley of the Dolls" and "Peyton Place," focused on acting in high school. Madonna is said to have been quite a cheerleader in high school in Michigan; Jenilee Harrison was a cheerleader for the old Los Angeles Rams, and Ann-Margret was a bubbly cheerleader in high school in Illinois.
13. D. On July 27, 1999, Sheryl Swoopes recorded the WNBA's first triple-double with 15 points, 14 rebounds and 10 assists in the Houston Comets' 85-46 win over the Detroit Shock.
14. C. Margaret Court was born in Albury, New South Wales, Australia.
15. B. Mel Greenberg, a sports writer, organized the rankings in 1976 by having college coaches vote on women's basketball teams for The Philadelphia Inquirer. Then in 1978, the Associated Press began distributing those rankings.
16. D. Nadia Comaneci is from Onesti, Romania.
17. C. Alice Coachman, also a sprinter, won the gold medal in the high jump during the

18. D. Actress Barbara Parkins, of "Valley of the Dolls" and "Peyton Place," focused on acting in high school. Madonna is said to have been quite a cheerleader in high school in Michigan;



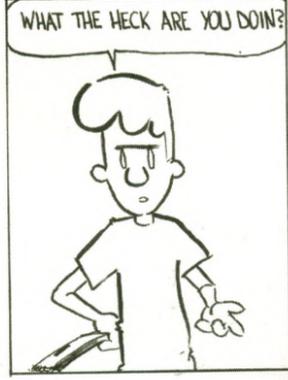
JULIAN GONZALEZ/DETROIT FREE PRESS
U.S. goalie Sarah Tueting blocks a puck during the women's gold medal match at the 1998 Winter Olympics.

19. D. In the 1998 Winter Olympics, the U.S. women's hockey team won the gold medal, Canada the silver and Finland the bronze.
20. C. Pat Summitt's first team at Tennessee compiled an 11-6 regular-season record.

SOURCES: "747 SPORTS QUESTIONS YOUR FRIENDS CAN'T ANSWER" BY THOMPSON-PETERSON'S, "THE ULTIMATE BOOK OF SPORTS LISTS," BY ANDREW POSTMAN AND LARRY STONE, INQB.COM.

COMICS

Brothers Watt



by William Wilson



"Enough about your Xbox already!"

Brothers Watt



by William Wilson



"I don't know if we can blame it on any ONE THING, but I'd like to try and I think it's you."

Welcome to Falling Rock National Park by Josh Shalek



Brothers Watt

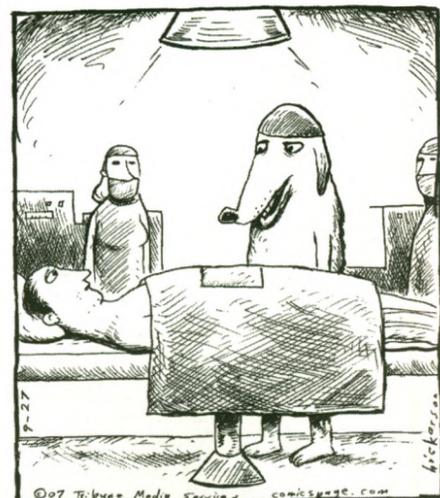


William Wilson

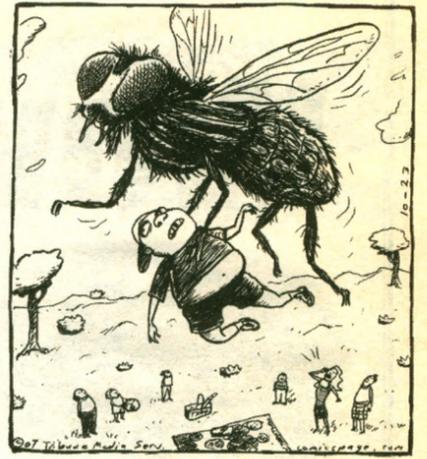
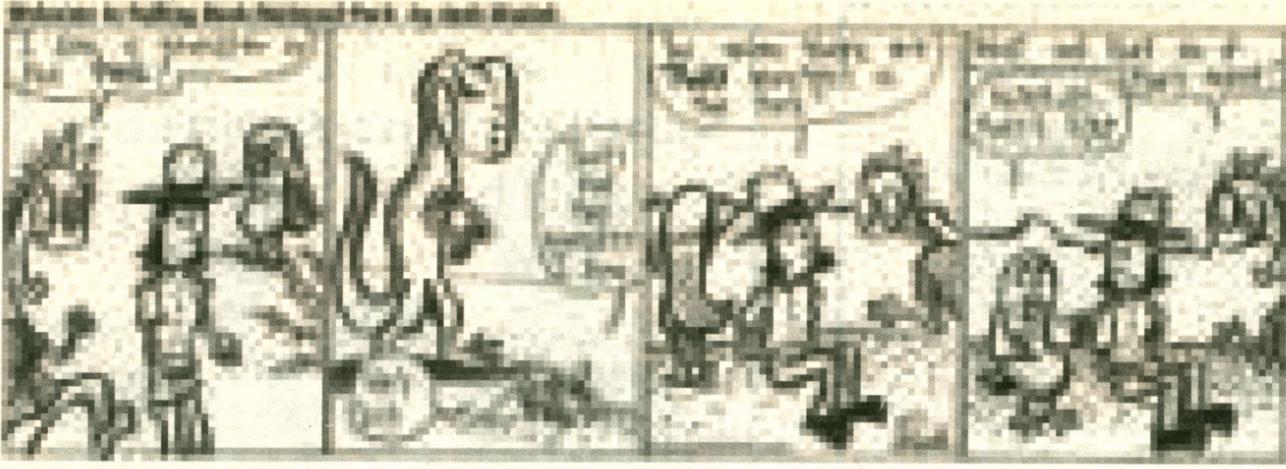


"Relax, boy. That's just God."

Welcome to Falling Rock National Park by Josh Shalek



"You're very lucky, my friend. I'm Dr. Scruffy and I originated the 'licking the wound clean' technique."



"See what happens, Billy? Next time you'll wash your hands when they're covered with jelly."

PAUL

BY BILLY O'KEEFE MRBILLY.COM/PAUL



"Thank you, Henderson, I DO feel a lot better now that you've burped me."

Crossword

- ACROSS**
 1 Plant axis
 5 Rescued
 10 Throw in the towel
 14 Employ
 15 Snapshot
 16 Help menu option
 17 Crew equipment
 18 Mythic daydreamer
 20 Suffering from strabismus
 22 Nonpoetic writing
 23 Martial art
 24 Polish prose
 26 Outrageous, slangily
 29 Cold pack
 33 Volunteer
 36 Possesses
 38 Mechanical learning
 39 Wis. neighbor
 40 Humanoid
 43 Put on
 44 Stead
 46 ___ there, done that
 47 Poetic match
 49 Posture
 51 Lake in the Sierra Nevada
 53 Pepsi, for one
 55 Adjusts to fit
 59 Leader of the Argonauts
 62 Small percussion instrument
 65 Legitimate
 67 Fly alone
 68 Ponder
 69 Blacksmith's block
 70 Leave a stage
 71 Headliner
 72 Down-and-out
 73 Character

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21							22			
23								24	25					
			26			27	28		29		30	31	32	
33	34	35				36		37			38			
39				40	41				42		43			
44			45		46				47	48				
49				50				51	52					
			53			54			55			56	57	58
59	60	61				62	63	64						
65						66					67			
68						69					70			
71						72					73			

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11/2/07

- DOWN**
 1 Jolt
 2 Pageant crown
 3 Misstep
 4 Note or letter
 5 Lymphoid organ
 6 Sailor's hail
 7 Aye or nay

- 8 Piano exercise
 9 Windings
 10 25¢
 11 "Render therefore ___ Caesar..."
 12 Bad time for Caesar
 13 Zoomed
 19 Larger-than-life
 21 Tempest
 25 Platter
 27 District
 28 Young hooter
 30 Soul mate?
 31 Bikini bomb
 32 Tunney or Tierney
 33 Artist's medium
 34 Dart about
 35 Leaping parasite
 37 Santa Maria's sister
 41 Seth's brother
 42 Wear away
 45 Bring to light
 48 Earphones
 50 Traffic diverter

Solutions

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

- 52 Not likely
 54 In unison
 56 Power of attorney
 57 Dutch export
 58 Clobbered, old style
 59 Gridlocks
 60 Touch upon
 61 Slugger Sammy
 63 Church area
 64 Parched
 66 Prohibition

Sudoku By The Mepham Group

Level: 1 2 3 4

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

Solution to puzzle

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

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.

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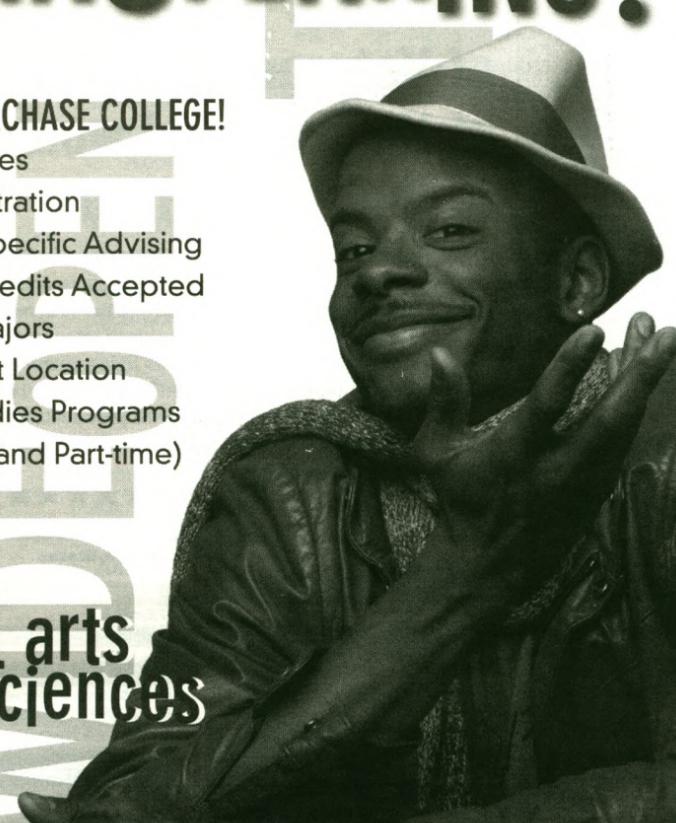
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Look for our information tables around campus.

Monday, November 12	Sports Hall of Fame	10:30 a.m. - 1 p.m.
Monday, November 12	Canal Hall Entrance	5-7 p.m.
Wednesday, November 14	North Atrium	10:30 a.m. - 1 p.m.
Thursday, November 15	Campus Center Atrium	10:30 a.m. - 2 p.m.



"I, Dwight D. Eisenhower, President of the United States of America, do hereby call upon all of our citizens to observe Thursday, November 11, 1954, as Veterans Day. On that day let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain."

— President Eisenhower's proclamation that changed Armistice Day to Veterans Day in 1954.

HONORING THOSE WHO SERVED



Soldiers put up the first flag on Mount Suribachi, Feb. 23, 1945, on Iwo Jima during World War II.

We trace the origins of Veterans Day and look at the men and women in the U.S. military

Veterans Day in the United States has its roots in World War I, when fighting between the warring Allied nations and Central Powers ended on the 11th hour, of the 11th day, of the 11th month of 1918.

Since then, Veterans Day has developed into a patriotic occasion for America to celebrate and honor its living veterans. But reaching a consensus on the date of the holiday, and its name, didn't come easily. Congress and several U.S. presidents have taken an active role in shaping the holiday that we know today.



Facts about living veterans in the United States

Nearly 24 million living men and women have served in the U.S. military.

SERVED IN WAR	
Iraq, Afghanistan	556,000
(does not include those currently serving)	
Persian Gulf	2 million
Vietnam	8 million
Korea	3.1 million
World War II	3.2 million
World War I	Fewer than 20

TOTAL LIVING VETERANS	
17.8 million	served in war
6.2 million	peace time

FACTS
About 22.3 million living veterans are men. There are 1.7 million women veterans. About 9.2 million veterans are 65 or older. The annual median income of veterans in 2005: \$33,973.



PHOTO COURTESY OF THE NATIONAL ARCHIVES
American troops go to the battle line in France, during World War I, in 1918.



PHOTO COURTESY OF THE NATIONAL ARCHIVES
Men of the 31st Heavy Mortar Company fire at enemy position, west of Chorwon, Korea, in 1953.

History

Here's a look at how Veterans Day developed:

- 1918** World War I between the Allies (France, Britain, Italy and the United States) and the Central Powers (Germany, Austria, Turkey) ends at 11 a.m., on Nov. 11, 1918. The victorious Allied nations soon begin drawing up a peace treaty with the defeated Central Powers. The agreement, known as the Treaty of Versailles, is signed in June 1919.
- 1919** President Woodrow Wilson proclaims Armistice Day for Nov.

11, to commemorate the end of World War I. The plan for Armistice Day includes parades and a suspension of business for a two-minute period beginning exactly at 11 a.m. Wilson's proclamation, however, does not make the day a formal federal holiday.

1920 France and Britain hold ceremonies honoring their unknown dead from the Great War on the second anniversary of the armistice.

1921 The U.S. Congress approves the establishment of a Tomb of the Unknown Soldier in Arlington National Cemetery. The formal interment ceremony takes

place on Nov. 11. In addition, Nov. 11 is declared a federal holiday for the year.

1926 A Congressional resolution formally recognizes Armistice Day as a day to pay tribute to the nation's veterans. But the resolution falls short of declaring the day a federal holiday. President Calvin Coolidge calls for a show of patriotism on Armistice Day.

1938 Congress formally declares Armistice Day an annual federal holiday.

1941-1945 Millions of veterans who serve in the U.S. armed forces during World War II become honorees

on Armistice Day, joining the surviving veterans of World War I.

1947 The first formal observance of "National Veterans Day," rather than Armistice Day, takes place in Birmingham, Ala., on Nov. 11.

1954 President Dwight D. Eisenhower signs legislation that changes the name of Armistice Day to Veterans Day. The Veterans Day holiday now honors several thousand more members of the U.S. armed services who fought in the Korean War (1950-53).

1968 Congress passes the Monday Holiday Law, establishing the fourth Monday in October as the new Veterans Day. The new observance date goes in to effect in 1971.

1971-1975 The first "new" Veterans Day occurs on Oct. 25. Many states adhere to the date change initial-

ly, with Mississippi and South Dakota being the exceptions. In 1972, Louisiana and Wisconsin revert back to the original Nov. 11 date. Three years later, another 16 states (California, Florida, Idaho, Illinois, Iowa, Kansas, Missouri, Montana, Nebraska, New Hampshire, Oklahoma, Oregon, South Carolina, Utah, West Virginia and Wyoming) change the Veterans Day commemoration back to Nov. 11.

1975 Congress passes legislation returning Veterans Day to Nov. 11, with widespread support from most of the states. President Gerald R. Ford signs the law, which is scheduled to take effect in 1978.

1978 The official Veterans Day observance returns to Nov. 11.

— Chuck Myers, McClatchy-Tribune

SOURCES: U.S. ARMY CENTER OF MILITARY HISTORY; U.S. DEPARTMENT OF VETERANS AFFAIRS; U.S. CENSUS BUREAU



Army medal



Navy medal



Air Force medal



Pvt. Jacob Parrott

Among the thousands of American veterans alive today, a select number belong to a special group: recipients of the Medal of Honor.

The Medal of Honor is awarded for an exceptional act of bravery. The president gives the medal on behalf of Congress. Each branch of the military has its own design variation of the Medal of Honor, and the tribute can be given to both living and deceased members of the military.

Congress created the Medal of Honor in December 1861, during the American Civil War, to honor acts of gallantry in action by members of the Navy. Congress approved an Army Medal of Honor roughly seven months later in July 1862. Since its inception, more than 3,400 people have received the decoration. Currently, there are roughly 100 living recipients of the Medal of Honor.

Did you know?

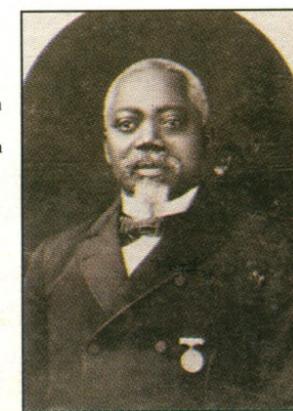
★ There are 19 double recipients of the Medal of Honor.

★ Pvt. Jacob Parrott was the first recipient of the Medal of Honor, which he earned in April 1862.

★ The first black recipient, William Carney, earned a Medal of Honor for his heroic action during the attack on Fort Wagner in South Carolina on July 18, 1863.

★ On Nov. 11, 1865, Dr. Mary Walker became the first woman to receive the Medal of Honor for her work as a surgeon in the Civil War. The medal was rescinded in 1917 when the terms of eligibility for the medal were re-evaluated. In 1977, 58 years after Walker's death, the medal was restored.

★ The Medal of Honor was designed initially for acts of heroism performed by enlisted men. It was extended to officers in March 1863.



Sgt. William H. Carney



Dr. Mary Walker

MEDAL IMAGES COURTESY OF WWW.CMOHS.ORG
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SOURCE: CONGRESSIONAL MEDAL OF HONOR SOCIETY

The Medal of Honor