

MONROE DOCTRINE

MARCH 16, 2015

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SUNY Presidents seek increase in State aid

BEN BOGGS

PRODUCTION MANAGER

Monroe Community College President Anne Kress, along with several other State University of New York (SUNY) college and university presidents, spoke on March 2 in the R. Thomas Flynn Campus Center about SUNY's budget request titled 'Invest in SUNY'.

The event welcomed five SUNY presidents to MCC, including Kress, The College at Brockport President John R. Halstead, SUNY Geneseo Interim President Carol S. Long, Finger Lakes Community College President Barbara Risser and Genesee Community College President James Sunser.

Invest in SUNY is an initiative sponsored by all 64 SUNY presidents to call for New York State Governor Andrew Cuomo to increase state aid given to SUNY member colleges in his 2015 Budget.

One of the goals of Invest in SUNY is the extension of

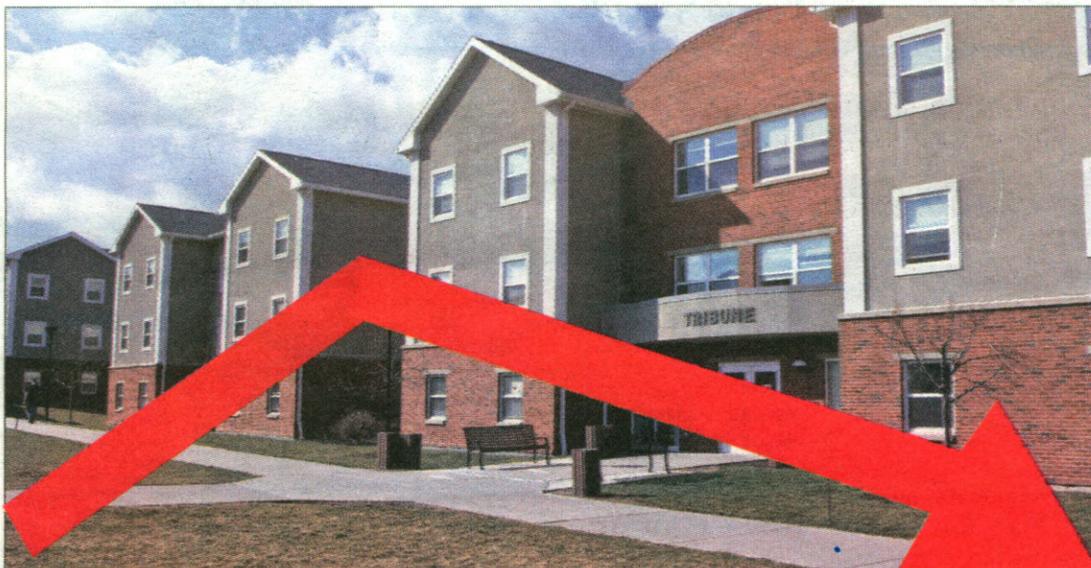


photo illustration by Zack DeClerck

A goal of Invest in SUNY is to gain more state aid for SUNY schools to help keep tuition low.

NYSUNY 2020.

NYSUNY 2020 is a grant program intended to control the cost of tuition. The program allows SUNY schools to raise tuition \$300 per year. The goal is to coordinate state funding and SUNY campus budgets to minimize

unexpected year-to-year fluctuations in tuition at SUNY member colleges.

In a press release, Kress stressed the importance of increasing state aid to keep tuition low. "We are at a critical juncture where higher education

and New York's economic development efforts are hand in glove," Kress says. "Access to affordable, high-quality higher education is a key reason why 15,000 students attend Monroe Community College. Fifty percent of our students graduate without student

loan debt. That won't continue without additional state aid for SUNY community colleges."

MCC's event was designed as a show of solidarity among SUNY presidents for the efforts announced in the State of the University Address by SUNY Chancellor Nancy Zimpher.

"We cannot plan the future of our State University on yesterday's dollars, which is why extending this legislation until 2020 is essential," Zimpher says. "NYSUNY 2020 is perhaps the smartest, most impactful legislation to support SUNY in history. Governor Cuomo and state leaders showed excellent foresight when this bill was enacted, positioning our campuses to drive regional economic development for New York while protecting our students' investment, taking tuition roulette off the table so that they are able to plan for the full cost of college without the possibility of unexpected tuition spikes."

Financial Aid aims to ease process

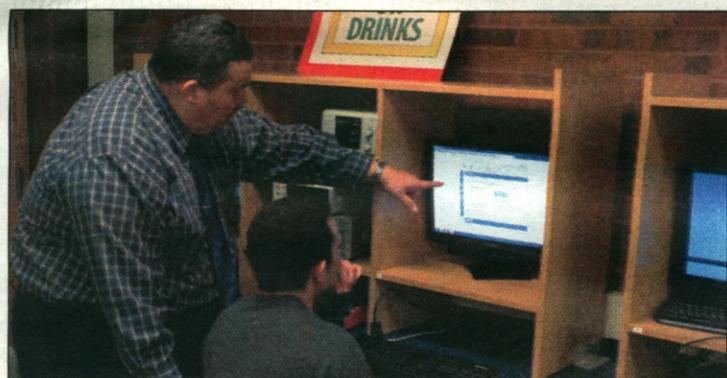


photo by Ben Boggs

Ramone L. Rodriguez aids a student with his financial aid.

BEN BOGGS

PRODUCTION MANAGER

Due to more stringent qualifications for state and federal aid, Monroe Community College's Financial Aid office is looking to ease the application process for students.

Director of Financial Aid Jerome St. Croix says many students are not aware that the Financial Aid office does not make the requirements, but that they are trying to make sure students are in compliance with the standards set by the state and federal governments.

Although academic progress requirements have been more stringently followed on a Federal and State level, there has not been any noticeable increase in Financial Aid denials.

"From our area, I've not heard anything differently other than the normal follow up or submitting an appeal for academic progress or submitting documents for use to review," says St. Croix. "The percentage of students, or the number of students, doesn't seem to have increased this semester."

Con't on p. 2

Construction continues downtown on new Damon City Campus

ALEA JONES

STAFF WRITER

Monroe Community College is in the process of constructing a new and safer downtown campus that will replace the current Damon City Campus (DCC). Development of the campus' interior design is starting this spring. The campus is expected to open in the fall of 2017.

Hezekiah Simmons, CFO and Vice President of Administrative Services, along with Downtown Campus Project Team, LaBella Associates and DiMarco Constructors have been working together to provide students and faculty with a new environment that meets students' learning needs. The new location of the downtown campus will be part of the Kodak Building 16, on the corner of Morrie Silver Way and Plymouth Street. Simmons hopes this new campus' location will make students and faculty feel more safe. Simmons believes this new facility will give the students of DCC a new "home." Simmons



photo courtesy of Monroe Community College

The new Damon City Campus is expected to be completed in fall of 2017.

also hopes that, "It will inspire [students] and that they'll have that energy they display now."

The new campus will have two more floors than the current DCC and will have its own parking space. It will add an extra 15 to 20 minute to the shuttle schedule to accommodate some routing changes.

Color schemes and furnishing will be based on feedback by MCC and DCC students and staff.

Once the students are moved to the new campus, it will completely replace the old DCC. All of the services and academic programs at the current DCC campus will also be moved to the new campus.

Work is currently being done on the corner of Morrie Silver Way and Plymouth Street.

Updates on the downtown campus are available on the MCC website.

THE INDEPENDENT STUDENT NEWSPAPER OF MONROE COMMUNITY COLLEGE



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Berg

Berg

Dowell/MCC

Berg

MCC president clarifies snow day policy

BROOKE LADUE
MANAGING EDITOR

Monroe Community College rarely closes due to inclement weather, but the college still has guidelines to follow should the question arise of whether or not to close campus.

MCC President Anne Kress is in charge of monitoring weather conditions and making the decision to close MCC campuses. An MCC Student Tribune newsletter from President Kress explains the guidelines and the questions she asks about weather conditions to determine if campus closure is necessary.

"Because we are a community college, our decision tree differs from that used at a residential college," President Kress says. Student demographics make up a large part of the decision when MCC closes.

The most important demographic characteristic of MCC students is that many of them commute. According to the Student Tribune newsletter from President Kress, 40% of MCC



photo by Christian Ramirez

Snow is no match for numerous area plowing companies

students use public transportation to get to school while many others drive or carpool, so travel hazards or restrictions are a main concern in inclement weather conditions.

President Kress asks additional questions about the weather conditions besides those about transportation. "Having as much information as possible to guide

"Having as much information as possible to guide and explain the decision-making process is important."

— MCC President Anne Kress, Ph.D.

and explain the decision-making process is important," President Kress explains.

Other important information that determines if MCC campuses close includes if many or all public schools have closed, if power outages are impacting the college and if there is a declared state of emergency.

The Fall 2014 Public Safety report from MCC states that should campuses close due to weather conditions, students and faculty will be notified by the SUNY NY-ALERT system. However, when MCC closed on Feb. 2 due to blizzardous conditions, the SUNY NY-ALERT system was not used to notify anyone of the closing.

Cynthia Cooper, Assistant to the President, explains why the SUNY NY-ALERT system was not used for the Feb. 2 closing. The Fall 2014 Public Safety report lists severe weather conditions as a circumstance to use the SUNY NY-ALERT system, including blizzards. "While [the] snow certainly impacted travel, it wasn't categorized as a blizzard," Cooper explains. "SUNY NY-Alert might be used if classes were already in session and approaching severe weather prompted an evacuation or sheltering in place."

MCC uses a number of outlets to communicate closings due to weather, such as the college's website, Facebook and Twitter.

CLEP exams allow MCC students to gain credit towards degrees

BEN BOGGS
PRODUCTION MANAGER

The College Level Examination Program, or CLEP, is designed to allow students to get credit toward their degrees for their knowledge of a subject even if they have not taken a formal class in it.

Many students, especially adult students and those from the military, find that they already have the skills taught in some introductory classes. CLEP exams offer students the opportunity to prove their knowledge in many introductory courses in order to avoid having to take the class.

CLEP offers 33 different exams in introductory Math, Science and Humanities courses.

Many students appreciate that the exams can help them graduate faster. William Sigismund, Director of Experiential and

Adult Learning, says, "These tests are designed for people who are interested in getting credit outside the classroom. They may have self-studied, they may have general knowledge but they know enough that when they take the test, they can pass it."

Monroe Community College accepts credits from English, Humanities, Social Sciences, Natural Sciences and Mathematics tests. To receive credit, students must achieve a minimum test score. The suggested passing score set by the College Board for a CLEP exam is a 50 on a scale between 20-80. Generally, MCC follows these suggestions.

When a student receives a passing score on a CLEP exam, it is up to their school to decide toward which class that credit will count. CLEP credits are accepted by 2,900 colleges and universities. For transferring students, this means it is likely that your trans-

fer school will also accept these credits. "They're approved by the American Council on Education which is the national standardizing agency," said Sigismund. "ACE is well respected all over the country as a credentialing agency."

MCC is in the process of reinstating the exam back at the MCC campus so students can take the exam in the Accuplacer Lab.

"We did administer these through Damon City Campus at one time; we stopped that," said Sigismund. "We are reinstating the CLEP program at MCC [Brighton Campus]. I would think [in the] summer or fall. Right now we're sending people to Roberts Wesleyan [College]."

Preparation for the exam varies greatly depending on the student, but Sigismund recommends buying and studying a textbook and making sure you are aware of what is going to be on the exam.



photo by Dan Bartletti/Los Angeles Times/MCT

MCC experienced problems with overlapping classrooms in the beginning of the spring 2015 semester.

Four rooms, eight courses affected by classroom overlap

HANNAH WEBSTER
SENIOR WRITER

At the beginning of this past semester, there were 4 rooms and 8 courses out of 2,800 courses offered at Monroe Community College that had room conflicts on the first day.

Two rooms of these four involved the same faculty member. MCC does not typically have so many conflicts. If they do occur, conflicts would normally only occur in one room.

Fortunately, the room schedulers were able to find the problem and fix it promptly.

The conflict was found when a misunderstanding occurred with one of the new room schedulers and the type of software that is used to schedule classes.

In her previous position, the institution used the Ad Adtra O

Code software differently than it is used at MCC.

Betsy Ripton, the Director of Registration and Records, explained that there was a transition in staff since their previous room scheduler retired after 25 years.

"It's a big school and we have an administrative team that focuses on different things and only one person working on a class," she says. Betsy joked that after twenty two years of being in her position (not solely at MCC), there are some fun stories to share about room problems.

Those in charge try to keep everything positive after such events since it is really all that they can do. "It was a mistake and that's all it was," Ripton explained.

FINANCIAL AID (con't p.1)

The Financial Aid office suggests that various tips to improve student experiences. One common issue the Financial Aid office encounters is students not checking their student email.

"Our communication method is to send [information] to their student e-mail address, so we strongly encourage them to be active with that and not all students are, so that creates a dilemma," says St. Croix.

Often the information students provide in application has to be verified by the Financial Aid department, and students not using their college e-mails can

slow down the process of students replying to the request for information and delay their refund.

For students having trouble with their financial aid applications, St. Croix recommends scheduling an appointment or attending a workshop.

"If you have questions, we have advisors that want to help students; that want to see students," said St. Croix. "We want to be looked at as a resource to help students. Not as a place that they don't feel comfortable dealing with."

**Join The
Monroe
Doctrine
Today**

Come to rm. 3-134 to
pick up an application

**Board of Trustees meeting minutes:
February 4th, 2015**

1. Accepted the interim Financial Reports as of August 31, September 30 and October 31, 2014.
2. Authorized the purchase of items over \$20,000 as listed for the months of August, September and October, 2014.
3. Approved the Annual Financial Report to SUNY for the fiscal year that ended August 31, 2014.
4. Approved the annual audit of Monroe Community College for the fiscal year ended August 31, 2014, as approved by Bonadio & Co., LLP.
5. Approved the sale of .92 acres of land improved with a single story building located at 1285 East Henrietta Road (also known as 2420 Brighton-Henrietta Town Line Road) in the Town of Brighton, New York for \$240,000. The property is no longer needed for college purposes; total funds received as a result of the sale will be used toward the purchase of a property adjacent to the Brighton Campus.
6. Adopted the "MCC Employee and Visitor Conduct Policy" effective December 1, 2014.
7. Approved the following A.A.S. degree, subject to the approval by the State University of New York: Surgical Technology, A.A.S
8. Approved the following A.S. degree, subject to the approval by the State University of New York: Liberal Arts and Sciences: Biology, A.S.
9. Robert Healy, AIA, President,

LaBella, PC and Gerard DeRomanis, Associate AIA, Architectural Designer, LaBella, PC gave an update on the design concept for the new downtown campus.

10. The Salute to Excellence was held on November 13. Over 400 guests and a record number of corporate underwriters combined to generate \$57,000 in net proceeds, including \$5,000 in scholarship support and critical unrestricted support for Foundation operations. Mr. Burns thanked the trustees for their attendance and support.

11. Expenses are up \$500K or 2.6% YOY. The major contributing factors were the "Inspiring Every Day" Scholarship awards and timing of network storage services and licenses (October this year vs. November last year).

Corrections

The Monroe Doctrine Staff apologizes for the following unseen errors in the Feb. 9, Vol. 62 issue 8 edition.

The front page erroneously did not include the date and, volume and issue number.

Photographer Christian Ramirez' name was misspelled in our center feature pages 6 and 7.

The headline for the State of the State article on page 2 was misspelled.

The headline for the MCC Swimming and Diving article on page 10 was misspelled.



meeting minutes

1. The meeting was called to order at 12:15 p.m.
2. Police Brutality Panel event on 2.25.15 in the 4th floor lounge. This event was reviewed and went well.
3. Mr. Young would like permission to add a position to the Future Educators Club Constitution. The current secretary is very busy, trying to keep up with the work load. Ms. Reynolds shared with Mr. Young that he needs to rewrite their Constitution and return to SEGA.
4. Ms. Reynolds expressed to the SEGA team of some budget cuts that may affect future events
5. Mr. Wilson- Just a friendly reminder for Ms. Hamilton and Mr. Kenyon to attend the Board of Trustee meeting on Monday 3.2.15 at the Brighton campus in building 1 room 321. Attendees for the SUNY conference in Binghamton on April 10-12th will be as follows: Ms. Abdullah, Mrs. Hamilton, and Ms. McKinney, Mr. Kenyon along with Student Services staff.
6. Dr. Kenneth Humphrey- "One measure of your success will be the degree to which you build up others who work with you. While building up others, you will build up yourself." – James E. Casey
7. The meeting adjourned at 12:39 p.m.

SEGA meets Fridays at 12:15pm in room 4146 (Damon)

The Board of Trustees meets periodically according to a schedule posted online: <http://www.monroecc.edu/depts/trustees/meetings.htm>

Public Safety Report



1/24/15

- A student had a disturbing phone call.

1/25/15

- A student was discovered to be using another student's ID to gain access to the residence halls.

1/26/15

- A student was arrested for stealing a book from the bookstore.

1/27/15

- The Director of Public Safety was notified by the DCJS of a registered sex offender being enrolled at MCC.
- A student accidentally punctured himself with a pencil.

1/28/15

- Brighton Police responded to the MCC campus for a Mental Hygiene arrest.
- A student's laptop computer was stolen from his locker.

1/29/15

- An employee found marijuana in another employee's bookbag.
- Suspected counterfeit bill found in bookstore

1/30/15

- Animal control called for dog locked in vehicle

2/13/15

- A student was injured while in class at the ATC.

2/15/15

- A faculty member reported a suspicious person in building 5.

2/19/15

- A resident student was transported to Strong Memorial Hospital for an elevated heart rate.

Save the Date!

Wednesday, April 15
11:00am - 1:30pm

Career Fair

R. Thomas Flynn Campus Center
Atrium and Brick Lounge

Sponsored by the MCC Career and Transfer Center. For information please call 292-2248.

Compiled by M.D. staff from official reports. Minutes may be edited for space & clarity.

MONROE DOCTRINE

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Submissions

Editorial submissions from students, faculty, and staff are welcome and will be published at the discretion of the editorial staff. All writers may express their views on almost any topic that directly impacts the Doctrine's readers. Writers will assume full responsibility for any libel or lawsuit that may occur.

All submissions become the property of the Monroe Doctrine. Submissions should be sent to MonroeDoctrine@me.com

Circulation

4000 copies on four campuses.

Major Warren speaks at State of the City address



photo by Hector Medina

High gas prices in Rochester are primarily due to higher taxes.

AMANDA BERG
EDITOR IN CHIEF

On Feb. 12, Mayor Lovely Warren spoke out to Rochester in the annual State of the City address.

Warren brought up many key elements and plans for the city. Her overall message and theme for the night was that "our best days are ahead." Some of her primary concerns focused on more jobs, safer streets and better schools. She said, "We need to be a place that retains our young professionals, that embraces our elderly, a place that educates our children, a place that revitalizes our neighborhoods and a place that holds people accountable for the crimes they commit."

The Mayor also spoke on expansion in Rochester, including the revitalization of Main St. in Center City. She also referenced the opening of Costco and CityGate, two expansions in the

Mt. Hope corridor of the city. Both of these projects will create more jobs and focus on bringing more commerce to the southern sector of the city.

Further in job creation, the city received \$2.2 million "for essential dredging at the Port of Rochester." The Mayor also announced that they broke ground on a "new and improved" Regional Transportation Center. This will be utilized by Amtrak, Greyhound, Trailways, local taxis, RTS, shuttles, rental centers and more.

Mayor Warren shared that streets are indeed becoming safer as Rochester now has the lowest violent crime levels in 10 years. The city is also providing educational info to parents on parenting to further children's learning at a younger age.

To see a full transcript of the event, visit cityofrochester.gov or contact the Mayor's office.



photo by Hector Medina

High gas prices in Rochester are primarily due to higher taxes.

Gas prices fell and now on way back up again

HANNAH WEBSTER

SENIOR WRITER

Recently, gas prices in the Greater Rochester area have dropped under \$3.00 per gallon for the first time since June 2009. However, the city still has some of the higher gas prices in the state.

Rochester's gas prices are high primarily due to large state taxes. New York is among seven other states that require citizens to pay both sales and gasoline taxes. The national average on all gas taxes combined is 48.29 cents.

As of March 6th, 2015, Wyoming holds the lowest gas price (all taxes included) with \$2.15. Among the top of the list sits New York, at \$2.62. Hawaii and California are the states holding the highest average prices with Hawaii at the top at \$3.11 and California right below them with \$3.44. The national gas average is \$2.46

Tax on gasoline isn't the only factor in price. Takes come sec-

ondary to the supply and demand of crude oil in the United States and also the world. Gas prices are mainly dropping due to the decline in global prices since summer.

Since Jan. 15, 2014, Rochester area drivers are paying \$0.99 less than they did the previous year. Sam's Club on Marketplace Dr. near Hylan Dr. and Valero on the corner of Clifford Ave and Lawndale Ter., are the gas stations with the lowest prices in Rochester at \$2.44/gallon.

"Gas prices do depend on how the product is supplied and priced at the local level. In the past, we have been told by OPIS (Oil Price Information Service) that WNY prices are often higher than in other parts of the state because of fewer suppliers/retailers and less competition. However, specifics regarding prices should be asked to the retailers themselves," says Steve Pacer, a Public Affairs Specialist for AAA.

UPCOMING EVENTS

MCC High-Tech Exploration Night

Students, parents and other community members can learn about careers from Rochester-area high-tech companies and meet industry representatives

- 🌐 <http://bit.ly/1G9bNzb>
- 📞 585 292 3725
- Bldg. 3 Monroe A&B (Brighton)
- 🕒 March 18 6:30-9:00pm
- 🆓 Free

HGRHP Film Festival #1

The HGRHP film festival will include screenings of selections from Human Rights Watch's traveling film festival; titles to be announced!

- 🌐 <http://bit.ly/1Fnun6x>
- 📞 585 292 2060
- 3-130 (Brighton)
- 🕒 March 24 6:00pm-8:00pm
- 🆓 Free

Planning for the Future of Agriculture by Monroe County Towns

The public is invited to participate in a meeting at Monroe Community College to help guide the future of local agriculture. The event will feature presentations and a discussion of agriculture and farmland protection funding opportunities.

- 🌐 <http://bit.ly/18YIUmc>
- 📞 585 292 2720
- ✉ swamer14@monroec.edu
- Bldg. 3 Monroe A&B (Brighton)
- 🕒 March 25 6:00pm-8:00pm
- 🆓 Free

6th Act Student Playwriting Competition

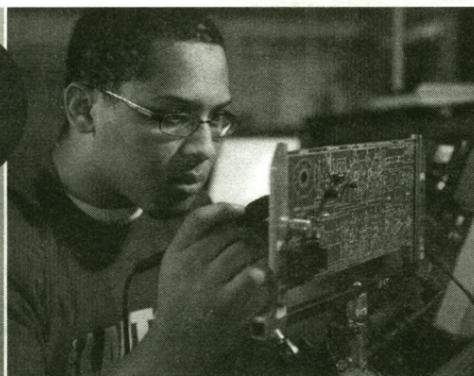
Once again, we are proud to announce MCC's playwriting competition sponsored by The 6th Act. Plays should be submitted electronically to Tina Woodruff by noon on April 10th.

- Campus-Wide Competition
- 🌐 <http://bit.ly/1MdqCD2>
- ✉ twoodruff4@monroec.edu
- 🆓 Free

Information about events at or of interest to MCC should be submitted to monroedoctrine@me.com

ADMISSIONS SPRING OPENHOUSE

APRIL 25



SUNY CANTON

GREAT MAJORS, GREAT CAREERS.

BACHELOR'S DEGREES

*AVAILABLE ONLINE

- ALTERNATIVE AND RENEWABLE ENERGY SYSTEMS
- APPLIED PSYCHOLOGY
- CIVIL AND ENVIRONMENTAL TECHNOLOGY
- CRIMINAL INVESTIGATION
- CRIMINAL JUSTICE: LAW ENFORCEMENT LEADERSHIP*
- DENTAL HYGIENE*
- ELECTRICAL TECHNOLOGY
- EMERGENCY MANAGEMENT*
- FINANCE*
- FUNERAL SERVICES ADMINISTRATION
- GRAPHIC AND MULTIMEDIA DESIGN
- HEALTH CARE MANAGEMENT*
- HEALTH AND FITNESS PROMOTION
- HOMELAND SECURITY*
- INDUSTRIAL TECHNOLOGY MANAGEMENT
- INFORMATION TECHNOLOGY
- LEGAL STUDIES*
- MANAGEMENT*
- MECHANICAL TECHNOLOGY
- NURSING*
- SPORTS MANAGEMENT
- VETERINARY SERVICES MANAGEMENT*
- VETERINARY TECHNOLOGY



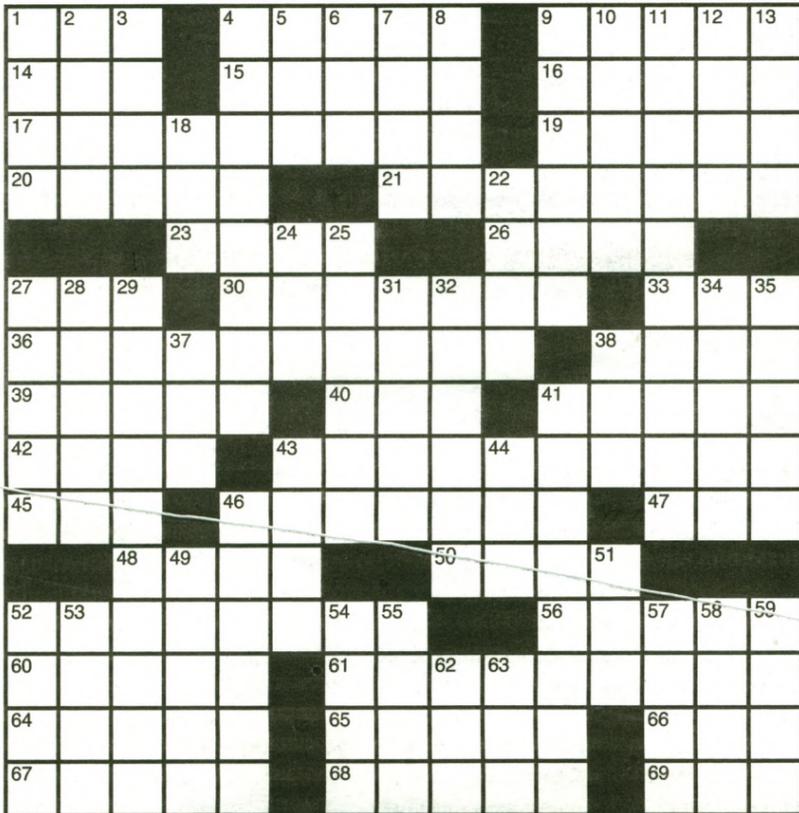
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L.A Times Crossword

Edited by Rich Norris and Joyce Lewis

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- Across
- 1 Gear tooth
 - 4 Scotch whisky brand
 - 9 Apples, e.g.
 - 14 Sushi bar tuna
 - 15 "Inside the NBA" analyst Shaq
 - 16 Scary bacteria
 - 17 *Dots-and-dashes system
 - 19 Charged toward
 - 20 Long Island airport town
 - 21 "Divergent" star
 - 23 Robber, to cops
 - 26 Join the game
 - 27 Electrical unit of resistance
 - 30 Fish market offering
 - 33 Revolutionary Guevara
 - 36 *Entrée
 - 38 Linen fiber source
 - 39 Statesman Stevenson
 - 40 Part of UNLV
 - 41 Fly like a parasailer
 - 42 Weed-control tools
 - 43 *Boxy British economy car
 - 45 "Take your pick"
 - 46 Ironed
 - 47 Grounded fast jet, briefly
 - 48 Affordable ___ Act
 - 50 "This ___ unfair!"
- Down
- 52 Car thief on a pleasure spin
 - 56 Car wheel shafts
 - 60 Offensively pungent
 - 61 *Venue for hypothetical legal cases
 - 64 Stop to think, say
 - 65 Alma ___
 - 66 Word in itineraries
 - 67 Tricky road curves
 - 68 Roast host, and a hint to the answers to starred clues
 - 69 Wild blue yonder
 - 64 Stop to think, say
 - 65 Alma ___
 - 66 Word in itineraries
 - 67 Tricky road curves
 - 68 Roast host, and a hint to the answers to starred clues
 - 69 Wild blue yonder
 - 24 Vintage vehicle
 - 25 One of Tony Soprano's henchmen
 - 27 Mutual of ___
 - 28 Was wearing
 - 29 *Hannah Montana portrayal
 - 31 Fiber-rich cereals
 - 32 St. Francis of ___
 - 34 Greek god of the underworld
 - 35 Use, as influence
 - 37 ___ in November
 - 38 Showman Ziegfeld
 - 41 Devout term for a churchyard
 - 43 TV "neigh" sayer
 - 44 These, in Nice
 - 46 Lion family units
 - 49 Roll out of the sack
 - 51 Kitchenware brand
 - 52 Bit of mockery
 - 53 Andean stew tubers
 - 54 Buxom one-named supermodel
 - 55 What the buffalo do, in song
 - 57 Disposable diapers brand
 - 58 "CHiPs" star Estrada
 - 59 Time at a motel
 - 62 Non-Rx
 - 63 Golfer's gadget ... or where it's used

Trivia

1. Eskimo kissing is when two people rub each others noses together as a show of affection.
2. The world largest snowflake on record was 38 centimeters wide and 20 centimeters thick.
3. In Rochester, it is against the law to throw a snowball towards someone's head
4. The average temperature here in Rochester this February was 12.2 degrees Fahrenheit.
5. The most snow to ever have fallen in Rochester is 76 inches.
6. 80% of all freshwater on earth is frozen.

Sudoku

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

Solution

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

Cartoon By Kadeem A Blackman



M	E	D	I	C	I	N	E	H	A	T	T	S	P
O	N	E	M	O	R	E	T	I	M	E	A	T	E
P	O	L	A	R	V	O	R	T	E	X	X	E	R
E	L	E	C	T	N	U	M	B	Z	E	E	S	
S	A	S	S	E	D	R	E	A	R	A	X	L	E
			Z	U	N	I	S	I	N	E	W		
G	A	S	P	P	E	A	R	L	I	M	O	S	
P	I	E	R	C	E	S	S	L	E	E	P	O	N
A	R	M	O	R	T	I	V	O	S	T	L	O	
		J	A	N	I	S	O	P	E	C			
L	O	N	G	B	O	M	B	B	A	R	T	A	B
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S	D	I	N	A	V	E	L	O	R	A	N	G	E
S	A	C	E	L	E	C	T	R	I	C	I	A	N
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Silver family shows us value in service

BEN BOGGS

PRODUCTION MANAGER

Hidden amongst the humble buildings of Rochester's Downtown lies a quaint Minor League baseball stadium. It's industrialized architecture stands in opposition with the rather old-fashioned values of the team that has called it home since 1996.

That stadium has not only held the original minor league baseball team it was built to house, but a separate minor league baseball team, a lacrosse team and a soccer team. This is a testament to the commitment of the Rochester Red Wings and it's President and CEO, Naomi Silver, to her community.

"I think we all have a place in this world and some people are meant to do things for their community," Naomi said. "And I think that's what this organization is all about, it's not about making more money than any other team in the country. This team is about giving back to the community."

Naomi began working with the Red Wings in the accounting and bookkeeping department 25 years ago. "I got involved when I was a young woman, I came into the office and started working for free, kind of like an internship," Naomi said.

Slowly, she worked her way up inside the organization. "The business was very interesting so I kept getting more and more involved and then I became an employee, I've gotten involved in many aspects of the business," Naomi explained.

For Naomi, the Red Wings are almost like a family business. "My father was involved with the red wings when I was quite young, before I was born he was



photo courtesy MCC Foundation

Naomi Silver has served as President and CEO, of Rochester Community Baseball, Inc. since 1989 (26 years).

really involved," she said.

When many Red Wing fans hear the name Silver, they think of Naomi's father, Morrie. Morrie Silver is the music store owner that single-handedly led a stock drive to save baseball in Rochester for generations to come. He convinced 8,221 people to purchase a share for \$10 a piece, and together they purchased the Red Wings from the St. Louis Cardinals for \$500,000. This stock drive would later be called the '72 Day Miracle.'

"We're talking the 1950s when Baseball was more popular than it is now," said Jim Mandelaro, who has written a column for the Democrat and Chronicle covering the Rochester Red Wings since 1991. "The newspapers were all over it, this was big news. This would be like today if the Buffalo Bills were going to leave town, you wouldn't need to go door to door. If I said 'Hey the Bills are going to leave town unless

you give me \$10 for a stock' I wouldn't need to go door to door."

Although this may be how many fans know her father, to Naomi this doesn't define his memory. "That made him famous I guess, but it was a tangible example of the type of person he was," Naomi said. "Defined him in the public eye. His family was important to him. Education was important to him. Those are the times that define him to me."

Part of understanding Morrie Silver's legacy is that the '72 Day Miracle' wasn't an isolated incident. "He was very beloved, he cared about the fans, he cared about the players, and mostly he cared about the community of Rochester," said Naomi.

He was so beloved, in fact, that the Red Wings organization decided to rename their stadium, which was simply called Red Wings Stadium, Silver Stadium in August 19, 1968. "My father was a very warm, caring and

charismatic individual who would do anything for anyone," said Naomi.

Morrie Silver passed away in 1974 with a lasting legacy and many grateful Rochester baseball fans, but Naomi's involvement with the Red Wings came a significant number of years after he passed. "My dad had been gone for many years at that point; He had passed away. My involvement came independently of that," she said.

Although very few fans may know it, Morrie and Naomi weren't the only civic-minded people in the Silver family. Naomi credits her mother with inspiring her to work for the Red Wings so many years after he father passed. "Very strong woman who was dedicated to keeping my father's dream for continuing baseball in the Rochester community. And that's what motivated me," said Naomi.

More than just community minded, Naomi is quick to credit her mother with pushing her to the heights she has reached. "She always kept me on the right path, was tough on me but wanted to help me accomplish all I was capable of," said Naomi.

Over the last few years this organization has taken a noticeable leap forward on the baseball diamond. Mandelaro gives credit for this to the quality of the team's management. "They're a great organization. They know how to market themselves. They have loyal fans, they have tradition. They really have everything. They have history, tradition, loyal fans and good people running them," said Mandelaro.

One of the biggest undertakings that Naomi's taken

as CEO may have been one of the biggest in the organizations history. The Red Wings had called Silver Stadium, originally Red Wings Stadium, home since May 2, 1926. But shortly after Naomi took over as President, it became clear that it would need major renovations that the team couldn't afford to make. The team had to get a new stadium.

With her new challenge in mind, Naomi set her sights on creating the stadium that would later become Frontier Field. "New stadiums are always built after a long struggle to get the political support and the financial support," said Naomi. "Accomplishing this was very big for our city. And it's been a tremendous asset in our community."

The dream of continuing baseball in Rochester has brought thousands of people to the city of Rochester. More importantly, it has become intrinsic to the 'Rochester Experience.' Naomi has been a key part of this organization since she began working there, even when she wasn't CEO. Like every member of the organization, she represents a continuation of community-driven baseball in Rochester. "[Naomi has] kept the Red Wings as a legacy. If you named five things that people think about when they think of Rochester the Red Wings would be one of them."

The Silver family has made devoting their lives to a cause bigger than themselves a family tradition. They've each worked to erect the Rochester community through the power of baseball by creating a community.

The Red Wings kick off their 2015 season on April 11.

A growing in sub-culture in Rochester - LoL



ANTHONY RICKETTS

SPORTS EDITOR

E-sports are a growing trend around many colleges, including Monroe Community College. Video game competitions, also known as e-sports, have taken off on campuses nationwide, including Harvard and Florida State University. More than 10,000 students now play in the biggest college league. This is 4,400 more than last year and 4,600 more than the number of men who play on Division I college basketball teams.

Two U.S. colleges are now offering actual scholarships for e-sports athletes who play the video game League of Legends in organized competitions. E-sports scholarship recipients are treated like other athletes and are expected to maintain a certain GPA to remain in the program.

A gamer is trained the same way that physical athletes do. Like other sports, the team has a head coach. Gamers spend time practicing their skills and studying their competitors' tactics.

Anthony Costanza, Liberal

Arts major and gamer at MCC, explains, "E-sports is almost like football - you have to qualify. It's like any sports but it is different in that it is accessible to anyone including those with disabilities."

As the phenomenon of e-sports and its appeal grows in popularity, few gamers earn enough money to live comfortably. This leaves amateur and semi-professional players struggling to make ends meet while finding the time to build a career. Despite this, the sub-culture sport has been growing and is expected to gain more popularity over time.

Students may be interested in this year's League of Legends (LoL) Championship Series. LoL is adding a mid-season invitational to their competitive calendar this year. The event is set to take place in Tallahassee, Florida from May 7-10. Last year, students received over \$1,000,000 in scholarships from LoL.

If you are interested in e-sports and like more information, contact MCC's electronic gaming society or email monroedoc@me.com.

No. 1-seed Defeated

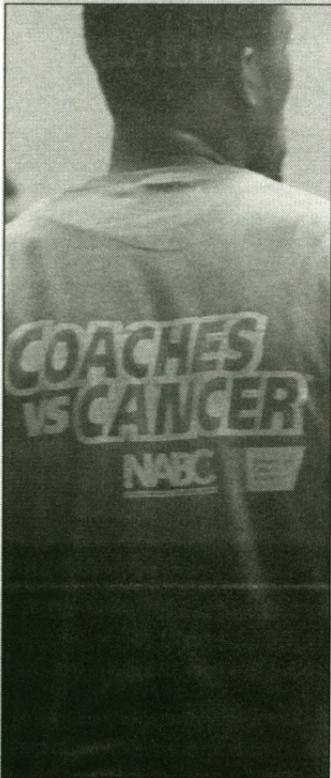


photo by Amanda Berg

ANTHONY RICKETTS
SPORTS EDITOR

Genesee Community College Cougars defeated the No. 1-seed Monroe Community College Tribunes, 75-74 to claim the 2015 Region III Division II men's basketball championship.

"We got stagnant on offense," MCC Coach Jerry Burns said. "We got hesitant for the first time. On a couple of big possessions I thought we were looking more for the foul than we were for the basket. That was uncharacteristic of how we've been playing the whole year as attacking the basket and finishing."

Genesee outscored Monroe on points off turnovers (21-15), second-chance points (12-9) and free throws (17-9).

The loss snapped a 14-game MCC winning streak including a perfect 12-0 record in the WNYAC regular season.

Monroe defeated Genesee, 79-74 in the 2014 final.

We are always interested in writers.

MCC claims several awards at NJCAA Championship

ANTHONY RICKETTS
SPORTS EDITOR

The Monroe Tribunes Swimming and Diving Team finished third overall at the NJCAA Region III/Northeast District championships finals.

They completed the event in fine style with the women holding second place and the men finishing in third-place. Tamara Milar holds the individual Region III National Title.

MCC were recipients of a number of individual and group awards. Head coach Dan Dubois was honored with the Dr. Jack Cistriano Service Award. Additionally, Tamara Milar and Mike Klugo are recognised as NJCCA's Non-Scholarship Swimmers of the Year. Group recognition included being named The Al Zamsky Men's Non-Scholarship champions and Women Swimming Coach of the tournament.

Miler earned her second individual national title by cruising to a convincing win in the 1,650 freestyle. Her time of 17:01.49 was more than 43 seconds better than the runner-up finisher. Miler sets new school, Region III, and Northeast District marks, and took 16 seconds off the national standard.

Klugo, wrapped up his stellar MCC career by being awarded Non-Scholarship Swimmer of the Year after adding a third-place finish in the 100 free style relay (45.82). He had finished fourth in the 50 free and second in the 200 free earlier in the meet.

The Tribunes finished with 1,106 total points, second only to longtime reigning champion Indian River State College which had 1,534. Monroe also reclaimed the Spyke Johnson Non-Scholarship title, and finished runner-up for the fourth time.

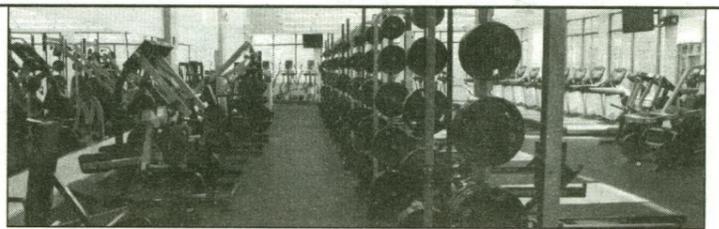


photo Anthony Ricketts

Workout begins early at PAC

ANTHONY RICKETTS
SPORTS EDITOR

You asked for it, and now it is here. Not only will students be able to enjoy the PAC Center gymnasium, but they will also be able to workout as early as 5 a.m. to 7:30 a.m. at the PAC Center Gym.

Natalie Ramachar, Anthony Ricketts and Dennis Thomas, students of MCC, have collaborated with the Athletic Department to have the PAC Center open early for students who like to start their days off with a good workout. Their actions have resulted in the extended opening hours of the basketball gymnasium from 6 p.m. to 9 p.m. when games are not being played and the gym being open early from 6 a.m. to 7:30 a.m on Mondays through Fridays. Students, alumni and faculty with a valid MCC ID will be able to use the public lockers to store items and locker room showers to prepare for class or work.

"The school's PAC center is primarily operated by students. We utilize student workers who man the facility at particular time, without them it may be impossible to offer these additional times. Furthermore, many students are not willing to get up that early to open the gym," says Coach Nelson Coupello, head of the Gym Facilities.

"Opening the gym early makes sense for many reasons. Some students and faculty members may prefer working out early

in the morning as opposed to 11 a.m. to 2 p.m. or 6 p.m. to 9 p.m.," says Aisha Wilson, a work study student with the department.

In a study published by Psychological Bulletin, researchers analyzed 70 studies on exercise and fatigue involving more than 6,800 people. The study showed that when you exercise early in the morning, it "jump starts" your metabolism and keeps it elevated for hours, sometimes up to 24 hours. It increases mental activity, helps with regulating diet, hormones, blood pressure, heart rate and blood flow to muscles.

For many students, that appointed time every morning becomes something to look forward to. It's time they've set aside to do something good for themselves--to take care of their body,

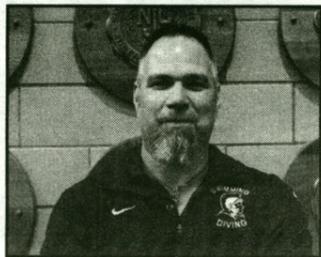
mind and soul. Many find that it's a great time to think clearly, pray, plan their day or just relax mentally.

The new opening times for the PAC Center are only temporary and will change based on the season. A pool of work study students are needed that are willing to work the early shift. Furthermore, the times may change due to seasonal changes where athletes may utilize the gym for training. Students will be informed if there are any changes via MCCTribune.

You may contact nramacher@student.monroecc.edu for additional information.

Tribune Interviews

"So now we must go and do our best, it's up to us to pass this test. Whatever the outcome, victory or defeat, I just thank you Lord for making me an ATHLETE!" Mellissa A Smith



COACH DUBOIS

Entering his 19th year as head coach Dan Dubois and his staff provide a TEAM coaching environment that has resulted in numerous regional and national accolades.



TAMARA MILER

I eat so much chocolate you just can't imagine. I am just kidding - but I do. I think I am happy all the time. I like fashion a lot. I am in love with clothes. I want to own a charity in London.



MIKE KLUGO

I have an obsession with cruise lines, the cruising industry on a whole, instead of browsing Facebook he spends time browsing the internet looking at cruise lines.



ROSE LOUK

My career goal is to be a Army Officer. That's the path I am taking right now. I am really dedicated to academics. Last year I had 4.0 GPA and this year this year I have a 3.9 GPA.



GUSTAVO RAMOS DOS SANTO

When I am swimming, you know when guys talk about soccer with the commentaries, I do that to myself. I kind of talk to myself like a commentator watching me swim.

photos courtesy MCC

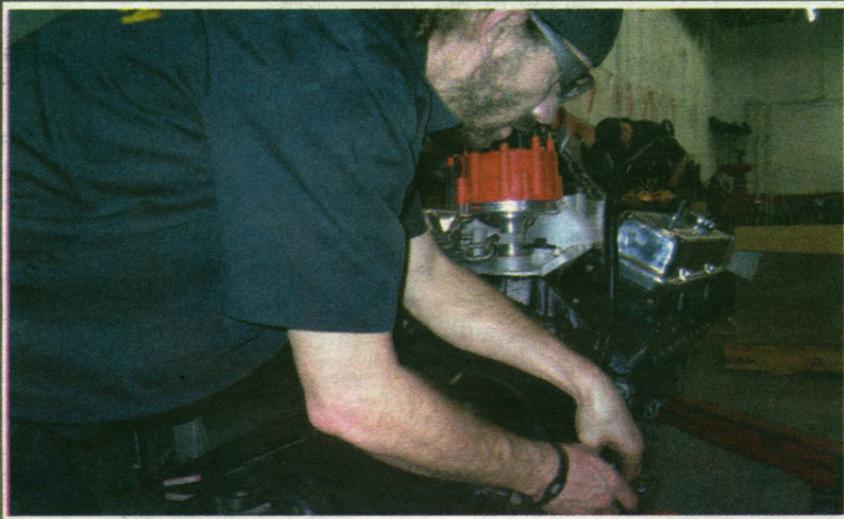
For a copy of the full interview email: monroedoctrine@me.com

Not just 'weightlifting'
Weight training is a wide range of exercises that people of all ages and all fitness levels can do - with significant health results.

- 1 Define your goals**
Realistic, achievable goals, reached by small steps, are essential for beginners
- 2 Choose the right equipment**
Expensive resistance machines are nice, but simple hand weights can have the same effect
- 3 Do not do it alone**
Find a trainer, exercise advisor or workout buddy
- 4 Go slowly**
Take small steps toward improved strength to prevent burnout and injuries
- 5 Rest and recover**
A rest day lets your body prepare for muscle growth the next day
- 6 Eat enough protein**
Weight control and a healthy diet are good, but building muscle requires protein foods.

Source: WebMD Weight Loss Clinic Graphic: Helen Lee McComas, Paul Trap © 2009 MCT

Tips and Tricks fo



Robin Goodwin

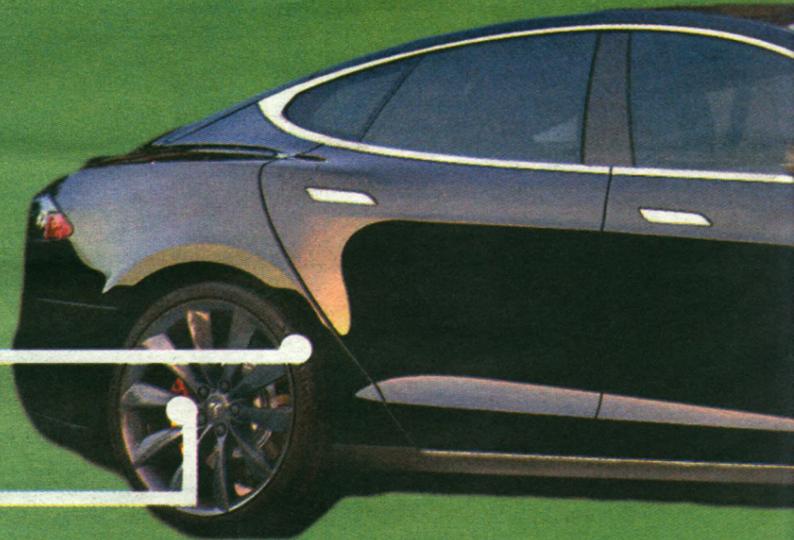
TIRE TIPS

Tires that don't have enough tread can be unsafe to drive on. The easiest way to test the tread of a tire is to insert a penny into your tire's tread groove with Lincoln's head upside down and facing you. If you can see all of Lincoln's head, your tread depth is less than 2/32 inches and it's time to replace your tires.



DEFROSTING

Defrosting your windshield is n getting to you. The best tip is t outside. When considering wh in the winter can help defrost y



Monroe Doctrine File Photo

BRAKES

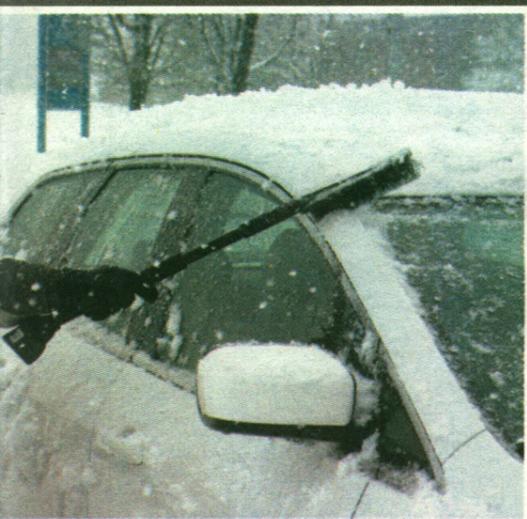
Of all the hundreds of parts on a car, you don't want your brake pads to be neglected. The signs and symptoms to be aware of are squealing or chirping, grinding noises, flashing brake lights, shaking steering wheel or increased stopping distance.



DEALING W

After the dentist, the mechanic is the least. The best way to make th communicating clearly. The better better they can address the proble it happens. This can be very helpfu

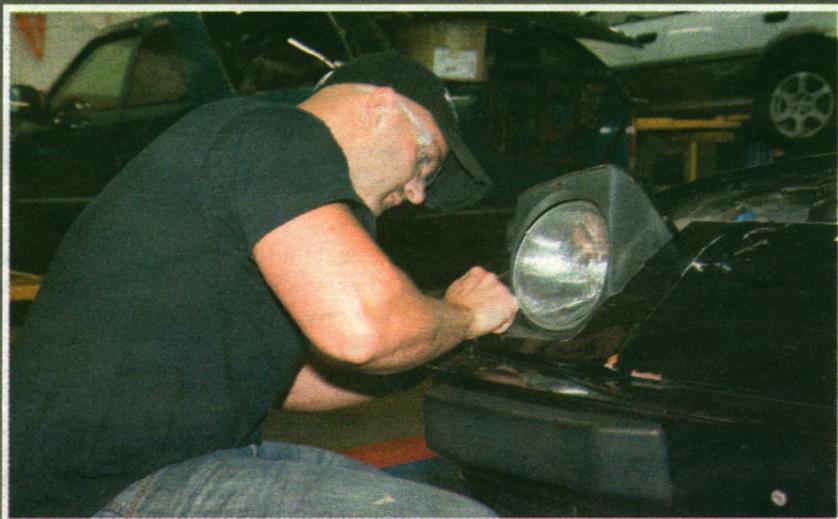
Car Maintenance



Christian Ramirez

SCRUB YOUR WINDSHIELD

...necessary but can be difficult when the cold starts
...buy a good window scraper to minimize your time
...to park, consider that facing your car toward the east
...windshield in the mornings.



Monroe Doctrine File Photo

HEADLIGHTS

Most people understand that headlights allow others to be seen, but sometimes forget that they their own lights to be seen as well. A lot of new cars use daylight running lights to help other drivers differentiate between a car coming their way, a bush or a mound of snow. Avoiding an accident is worth more frequent bulb changes.



Robin Goodwin

GET UNDER THE HOOD WITH MECHANICS

...probably the person people want to see
...interaction easier is to make sure you're
...u can communicate what is wrong, the
...Keep notes about how happens and when
...or mechanics.



Monroe Doctrine File Photo

OIL CHANGE

Doing your own oil changes can save you about \$15 (varies depending on the person) but most people go to mechanics because it requires sliding under your car. Doing an oil change yourself means you can make sure most of the dirty oil is drained out before you add your new oil, meaning a more effective oil change.

Racism and privilege prevent U.S. from moving forward, speaker Tim Wise says

ARIANA HIGHSMITH
STAFF WRITER

On Feb. 10, speaker Tim Wise gave a presentation on racism and white privilege in the United States as Monroe Community College. Wise highlighted some main issues surrounding racism and white privilege that are prevalent today.

Wise commented often throughout his speech about the U.S. being locked in a mode of self-commemoration. He stated, "We get stuck in that mode looking backwards, forgetting to move forward." Although the country has done much to move past racism and privilege, Wise reminds us of the racism African Americans and Latinos still face today.

Issues such as the criminal justice system and African Americans that have lost their lives as a result of police brutality were also discussed. Multiple stories were told, including John Crawford, Mike Brown, Eric Garner and Tamir Rice. Wise explained that the first question people seem to ask is, "what did



photo by Aaron Lavinsky/Minneapolis Star Tribune/MCT

Tim Wise offered insight on the issues of racism and privilege in the United States when he spoke at MCC on Feb. 10. He stated that such issues will prevent society from moving forward.

they do to provoke?" He spoke about how the U.S. is too quick to believe the police, which questions what we know about our justice system.

Self-commemoration may prevent society from moving forward from these issues, Wise said. He gave the example of the weakening of the Voting Rights Act of 1965. The changes made to the early voting and registration would affect the minority voters negatively. Wise closed with bringing attention to how

the country is focused on history rather the present and future.

Tim Wise offered insight on this country's present issues. He discussed how he believes young people may become the driving force against issues of racism and privilege. Wise acknowledged that knowing the country's history will only help the future, but in order to slay the elephant in the room we cannot get stuck in the roundabout of commemoration.

Piracy on MCC campuses will result in suspended internet privileges

ALEA JONES
STAFF WRITER

Internet piracy is not to be confused with the practice of attacking and robbing ships at sea, but those who remember Napster or who have watched a movie online for free may understand the comparison. Internet piracy occurs when individuals illegally upload or share music, movies or other copyrighted files with others across the Internet.

We have all seen the FBI warning at the beginning of every DVD. It tells viewers that distributing copyrighted content from the DVD is unauthorized and results in severe civil and criminal penalties, (according to Title 17 of United States Code, Sections 501 and 506). While that warning is not shown often on music files, it still applies to all sources of entertainment.

Piracy is not a recent issue. In 1999, brothers John and Shawn Fanning and Sean Parker founded Napster, a peer-to-peer file sharing website for music. When the song I Disappear by Metallica started to circulate on Napster before the song was ever released, the band filed a lawsuit against the Fannings and Parker for copyright infringement. The website was later hit with legal threats from rap artist Dr. Dre, along

with numerous record companies.

Napster was shut down in 2001, but online piracy did not end there. Since the scandal, other websites have formed to provide people with illegally uploaded content. Internet pirates are risking five years of jail time as well as a \$250,000 fine to share music or movies illegally for people to download.

Monroe Community College's Public Safety Department has methods to prevent piracy on campus. Public Safety officers hold educational sessions on piracy awareness and explain to students how piracy affects the people who produce music and movies. While it may be convenient to have access to free music, it is actually hurting the people behind the scenes of the entertainment industry.

Public Safety officer Charles Disalvo expresses how piracy takes a toll on the songwriters, audio engineers, talent scouts and marketing agencies that provide the music for the public. The impact is the same for actors, directors, producers, camera crew and movie production companies that make movies.

Anyone caught committing piracy on MCC's campuses will have their internet connection and privileges suspended.

BROOKE LADUE
MANAGING EDITOR

Monroe Community College is home to the Sustainable Living Club, a student-led organization that focuses on promoting living sustainably in order to preserve a healthier environment.

According to the Sustainable Living Club's mission statement, the purpose of the club is to "inspire innovative behavioral changes in order to create a more balanced relationship with the natural world."

The club is currently in its beginning stages at MCC, but the members still have a strong sense of what they wish to achieve throughout this semester and in the future.

"One of our main focuses this semester is to gain membership and create a community," says Sustainable Living Club President Ashley Kuscsik. The Sustainable Living Club is currently comprised of about 20 members, so club promotion is certainly a goal for this semester. "Promotion is strictly off hearsay right now," Kuscsik explains.

By "creating a community," Kuscsik means that the Sustainable Living Club looks forward to uniting more MCC students for the sustainable living cause, and to offer new perspectives on living clean and

QA A DOCTRINE INTERVIEW

Do you prefer Rochester over your hometown?



"I love Rochester. I have opportunities that I've never had in my entire life, like access to jobs in my field and studying in college."

Bimala Biswa • Nepal

"No. New York never sleeps; there's just so much the city has to offer, there's just so much to do there."

Ben Miles • The Bronx



"Yeah, it's a lot different here, I like the culture, and studying here in school is better than my country."

Salisa Chainarongsingha • Bangkok

"Yes, very much. I'm from a small town, there's almost no culture. Rochester is a city that supports the arts."

Candice Grimes • Arkansas



photos by Josh Girard



CLUB SPOTLIGHT Sustainable Living Club

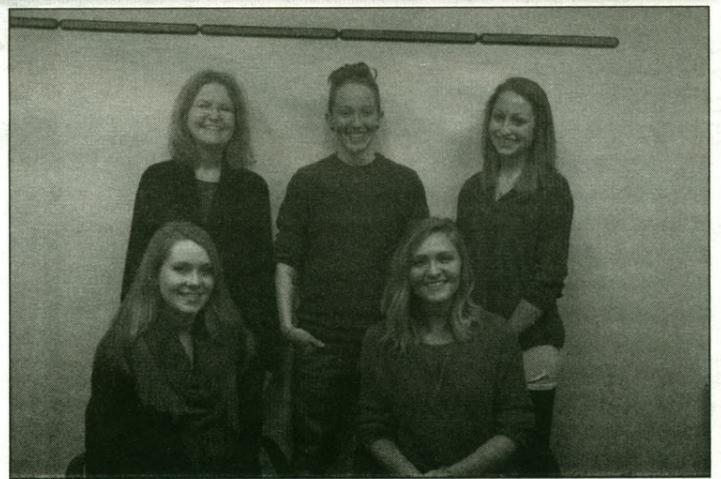


photo by Kaitlin DeFranza

Top row: advisor Glenda McPherson, founder and president Ashley Kuscsik, vice president Rebecca Wright. Bottom row: treasurer Sabrina Lessing, secretary Hayley Murphy.

sustainably politically, socially and locally. "I think it's important to understand your impact on and off campus, and broaden horizons about sustainability," Kuscsik says.

Another focus of the Sustainable Living Club for this semester and beyond is volunteering. Volunteering is a big part of living green, so the members of the Sustainable Living Club are planning on some volunteering activities, such as planting trees and helping out at local farms.

The Sustainable Living Club plans to host other events on cam-

pus that are open to all students. The club is planning an upcoming campus movie night where the documentary Symphony of the Soil will be shown.

As an addition to the Sustainable Living Club's main purpose, President Ashley Kuscsik leaves us with this thought, "If you don't have an understanding of how to treat the world around you, you won't have one for much longer."

The Sustainable Living Club meets bi-weekly on Thursdays at 3:30 p.m. to 4:30 p.m. in room 6-425. Their office is located in room 3-138J.

Therapeutic graffiti program encourages healing

SOPHIE YEOMANS
PROVISIONAL WRITER

WallTherapy was started by Dr. Ian Wilson and aims to bring art to Rochester through therapeutic graffiti programs.

Through street art and graffiti, Wilson's aim is to give back to a city that he says has "given him so much". With the goal of changing the perception of graffiti and providing art-therapy to the community, the initiative will showcase local and international urban and street artists around Rochester.

The artists, referred to as 'therapists', featured in the most recent program included local talents Shawnee Hill and John Perry, as well as a feast of international guests including Jarus from Canada, Addison Karl from Germany and Alice Pasquini from Italy.

Rochester tops lists of investment in technology and liveability, yet the city has suffered with recent annual budget shortfalls and a lack of employment opportunities.

WallTherapy highlights the healing powers of art and murals for both the city and its residents.

Since its conception in 2012, WallTherapy has begun to change opinions regarding graffiti, banish the thoughts of its contribution to crime and disorder and establish a more positive view of street art.

With more than 30 murals throughout the city, ranging from the aesthetically pleasing to the academic and intellectually challenging, WallTherapy is looking to extend its reach with this summer's event.

For more information on WallTherapy, visit www.wall-therapy.com.



photo by Amanda Berg

WallTherapy aims to establish a more positive view of street graffiti by highlighting the healing power of art and murals throughout the country and the city of Rochester.



LIVING GREEN

Conscientious Consumerism

ASHLEY KUSCSIK
PROVISIONAL WRITER

If you are still considering taking on a few new resolutions this year, look to incorporate some consumer habits that could reward more than just your wallet. As 'All Things Healing' defines it, "...conscious consumerism is all about giving yourself the power to decide how to spend your money in a way that will help not just the environment, but the world." This can be easy to accomplish if you are mindful of your buying habits.

Purchasing locally made or raised goods is not only beneficial for the environment, but the local economy as well. By supporting local businesses, you are investing in your community and ensuring that jobs are sustained here at home. Building a relationship with your local farmer or local craftsmen protects the integrity of the product and the community.

You can find many treasures secondhand and oftentimes for a much smaller price tag by carefully shopping. Thrift stores not

only offer unusual and interesting products, but the money spent will often support charity. Donating is an even better way to ensure that unwanted goods can avoid the landfill and be recycled to others.

Where and how a product was manufactured, as well as the values of the company that creates it, are important factors to be considered when you want to ensure your dollars are contributing to values in which you believe.

Conscientious consumerism is not just about choosing, it can also be about refusing. By intentionally declining the purchase of particular goods or services from certain companies, you are discouraging their production and their associated actions or values of the company that creates them.

Supporting environmental and economic sustainability can sometimes feel like a lofty goal, but as Juliet Schor of The New York Times notes, "the pathway to activism does run through retail" and you can "be the change you want to see" if you start by viewing your dollar as a ballot.

Vintage sound, collectible value pique recent interest in vinyl records



photo by Alea Jones

The collectible value of vinyl records has caused a spike in interest in the vintage medium.

GLENN TOLLE
CARTOON EDITOR

What once was considered by many to be a dying format is making a great comeback in sales. Vinyl records are on the rise, and their return to popularity is having quite the effect on local businesses.

Though typically enjoyed by a niche market of dedicated collectors, sales in vinyl records has risen 52%. According to Nielsen SoundScan, the largest sales tracking system for music, 9.2 million units of vinyl records were sold last year.

Russ Torregiano of Needle Drop Records, located in the

South Wedge in Rochester, says, "I think the biggest thing with the rise in vinyl sales, at least from a personal standpoint, [is that] I like the artwork. It's a lot bigger, it's a tangible object where a CD is a little five inch square versus a 12 and a half inch piece of artwork."

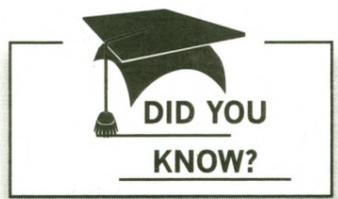
Torregiano also sees the collectible value of vinyl records. "Also, in the public's eye, it's more collectible and cooler than a CD at this point in time," he explains.

The Record Archive head of vinyl records, Mark Rapone, thinks that the renewed interest in vinyl records will continue to grow. "I'm assuming that that

some people will get into it or get out of it like with any trend," Rapone says. "And I also think CDs will eventually go away and come back as everything else does. I think nostalgia brings everything back."

The rise in interest in vinyl records did not occur spontaneously, however. The promotion of records during special events, such as the annual Record Store Day, may have helped vinyl make its comeback. "[Vinyl record interest has] exploded lately and I think the record store days have helped it too. Which is when they put out those limited releases 3000 for the whole world or so it's kind of neat," says Armand Schaubroek, one of the owners of the House of Guitars.

Another explanation for the increased popularity of vinyl records could be that they may simply sound better than other more modern music formats. Some say that vinyl records sound richer than their digital counterparts. "If you've got a mint copy of a record and you play it through a nice stereo, it actually sounds better and you get more of the sound than on a CD," says Ian Downey at The Bop Shop.



MCC

Acronyms Explained

VaPA	EOP	STEM	ESOL
Visual and Performing Arts. It is the department at MCC that includes all art fields such as musical performance, theater, photography, communications, graphic design and fine arts.	Educational Opportunities Program. EOP is a SUNY program designed to provide academic support and financial aid to students who would probably otherwise never be able to attend college. These students must be able to show that they have potential to excel in college but do not have the proper support needed in attending.	Science, Technology, Engineering and Math. STEM emphasizes the idea of engaging students so that they are interested in joining these fields as there are high demands for fruitful careers. It is very common that scholarships are offered for STEM majors.	English for Speakers of Other Languages. ESOL is a program for students who have trouble with English in order to prepare them linguistically and culturally so their school experience is easier and will guide them to their future goals.

Caffeine boasts health benefits and disease prevention, researchers say

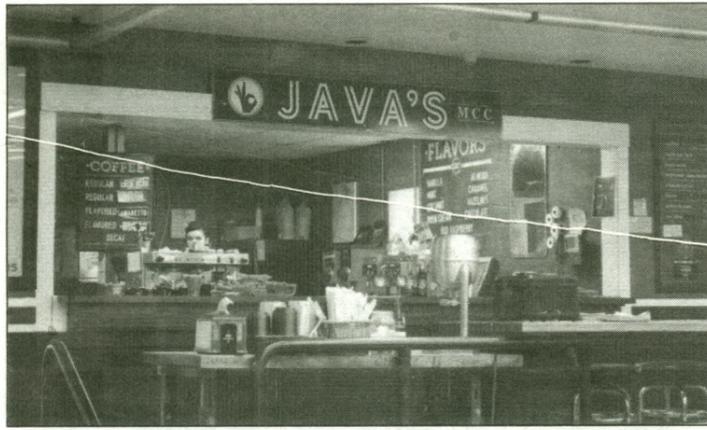


photo by Ben Boggs

Researchers say that coffee can actually benefit health by protecting the body from type 2 diabetes and liver disease.

RACHEL COUTANT

PROVISIONAL WRITER

There is a recurring question among Americans, researchers, and health specialists: "Is coffee good or bad for your health?" Recent studies still show that both seem to be true.

According to Donald Hensrud, M.D.'s article on Mayo Clinic's website, "Studies have shown that coffee may have health benefits, including protecting against Parkinson's disease, type 2 diabetes and liver disease, (including

liver cancer). It also appears to improve cognitive function and decrease the risk of depression."

These results correspond with a Harvard Medical School article that also states similar health benefits, adding details such as, "coffee may reduce the risk of developing gallstones [and] discourage the development of colon cancer."

However, these benefits can also be dependent on certain factors. Dr. Hensrud writes that "[h]igh consumption of unfiltered coffee ... has been associated

with mild elevations in cholesterol levels. And some studies found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific genetic mutation that slows the breakdown of caffeine in the body."

Also, when considering the average coffee drinker, most are not consuming it black. Many add fattening creamer and sugar into their coffee cups leaving their bodies feeling tired and heavy.

When asked about the noticed effects of coffee on her body, MCC alumni Amy, an avid coffee drinker, states that the drink wakes her body up but does not always make her mentally alert.

Her response seems to contradict the statement that coffee increases cognitive performance, however she is only one individual. She also shares that she gets headaches when she deprives herself of coffee.

While coffee's health benefits are considerable, the popular hot beverage seems to have some drawbacks as well.

Sodexo rolls out 'Mindful,' a new, healthier menu



photo by Amanda Berg

Sodexo hopes to encourage healthier eating among MCC students and faculty with their new menu, Mindful.

ARIANA HIGSMITH

STAFF WRITER

Sodexo has introduced a new set of recipes for healthy eating called Mindful. This will give Monroe Community College students and faculty more options for a healthier start to the new year.

Creating a healthy environment as well as a healthy and nutritious diet is the goal of the new program. Sodexo's hope is that Mindful will help make choosing healthy foods daily not only easier, but also more common.

Mindful has recently introduced recipes to the Brighton Campus Marketplace. Some dishes on the Mindful menu include Italian Wedding Soup, Dijon Turkey Burger with Apple Chutney, Rotini Shrimp Alfredo and a Herbed Grill Chicken Thigh.

Sodexo took into consideration the needs of the MCC community when creating the menu for Mindful, including the students with special dietary and nutritional needs. Customary menus and additional information were brought in to account for these needs.

The meal parts featured in Mindful have limited calories. Fewer than 30% calories are fat, and sodium and cholesterol are restricted.

The effects of the new menu have already hit the MCC Brighton Campus. Students are taking notice of the alternative choices and appreciating the healthy outlet that Sodexo has introduced. Sodexo's main goal is that the MCC community is aware of their choices and that they are not only making healthy choices for their diet, but also healthy choices for their lives.

Buffalo retains title of 'Dyngus Day Capital of America'

HANNAH WEBSTER

SENIOR WRITER

In addition to major worldwide holidays, there are several obscure holidays that are commonly celebrated by certain groups of people from different cultures and religions. These holidays are often taken very seriously by the groups that celebrate them.

Dyngus Day is a Polish-American celebration held the Monday after Easter. Polish descendants have been practicing the traditions of water and pussy willow chasing since 966 A.D, according to the official Dyngus Day website. It began with the first Prince of Poland, Prince Mieszko I, being baptised into the Christian faith the day after Easter, thus bringing catholicism to Poland.

Since that day, Polish boys and girls chase each other with pussy willows and water. When Polish immigrants came to America, it became a celebration with the immigrants all in the same area celebrating the traditions together.

Buffalo is the official "Dyngus Day Capital of America," but it is also largely celebrated in heavy Polish cities like Chicago, Cleveland and Pittsburgh.

Other holidays include Litha and Yule (Summer and Winter Solstice) which celebrate the longest day of the year and the lon-



photo by Tish Wells/MCT

A fountain in Washington, D.C. is surrounded by pussy willows, hydrangeas and Easter lilies. Dyngus Day is celebrated the Monday after Easter.

gest night of the year. Litha is the celebration of the Goddess manifesting as Mother Earth and the God as the Sun King on June 21st. According to the University of Missouri's Diversity Community, this celebration unites the God and Goddess in marriage creating the harvest's fruits.

Yule is celebrated from Dec. 20 to Jan. 1 and marks the longest night of the year. Throughout the rest of the winter, the sun

becomes reborn and each day lengthens. In some traditions, Yule is the beginning of the new year.

Both Yule and Litha are celebrated by a variety of religious groups, including Wiccans and Druids. While each faith has their own name for the holiday, it is still considered one of the eight major annual festivals.

Eighth Annual Sixth Act Student Playwriting Competition

CALL FOR ORIGINAL ONE-ACT PLAY SCRIPTS

Submission Deadline:
April 10, 2015

Winning scripts receive staged reading at an Awards Ceremony on May 7, 2015.

Winning playwrights receive cash awards.

SUBMISSION GUIDELINES

- Playwright must be an MCC student during Fall 2014 or Spring 2015 semester
- Only one-act stage plays accepted (3000 word limit)
 - All submissions must include a title page with author's name, M number, home address, campus address, e-mail address, and phone number
 - All materials submitted must be original and previously unpublished in any but college publications
 - Author's name should appear nowhere on the script itself

Please submit materials electronically to twoodruff4@monroec.edu.

Please direct questions to Maria Brandt (mbrandt@monroec.edu).

Sponsored by The Sixth Act and The Creative Arts Committee

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A NEW PERSPECTIVE

BY BEN BOGGS

When the Monroe Doctrine is deciding what opinion pieces to run, it's often more a discussion of what we feel qualified to talk about. Our writers are students; none of them are experts on any topic other than those that affect students. That seems as if it would be a small category of topics to discuss, but it's actually quite large in practice.

Every good rule has its exceptions, and our rule against talking about topics that are too lofty for us has been broken many times throughout the history of the Monroe Doctrine.

Sometimes through hubris and sometimes through foolhardness, we find topics that we feel the MCC student body would appreciate hearing our opinion on.

We try to avoid topics that may can be considered taboo just because they're taboo, but the reception of an article is often considered as well.

More often than not the job of an opinion piece writer is to make an argument. Whether that argument's intended goal is to persuade, criticize or something else varies piece by piece.

The idea that you can persuade a student on a topic and change their view was one of the reasons why I wrote my first opinion piece. (Which was

'Paper money an outmoded albatross';

Vol. 60 Iss. 7, published April 8, 2013 for those interested.)

There's value in having multiple voices in a conversation. The value of a conversation is often defined by the variety of voices included.

The Monroe Doctrine has created an avenue for those interested in making their voices heard. Interested parties can have a 'Letter to the Editor' published in our paper.

It's important to note that responses and rebuttals to any opinion or article we've published is very likely to be published as well. These help readers find other perspectives from students or faculty who are not a part of the Monroe Doctrine staff.

On the opposite end of the spectrum, any letter that is written with intention of self promotion or to advertise will not be ran.

The Monroe Doctrine reserves the right to choose which pieces fit into which category.

'Letters to the editor' can be submitted to the Monroe Doctrine email address at monroedoctrine@me.com.



photo by Hector Medina

The "Cheeseburger Plate" of Henrietta Hots serves up a messy competition for local hotspots

Plates have shaped the Rochester food landscape

HECTOR MEDINA

STAFF WRITER

Rochester, New York has fought over the best places to eat for the last 75 years and there is not an end in sight

You will never understand the City of Rochester, until you've experienced the

"Garbage Plate." Seeded deep in history, Nick Tahou's has been the staple of Rochester's popularity since the 1940's. Serving the ever-so-famous dish of two hamburger patties with cheese, macaroni salad and home-fries, topped with a seasoned meat sauce, chopped onions and spicy brown mustard.

Named after himself, Nick Tahou's is one of Rochester's biggest names in the restaurant industry. Visitors come from all over the state to experience this box-of-goodies, with its reach entering the realm of southern states like Georgia and Florida. Unfortunately in January of 1997, the beloved owner Nick Tahou passed away after being ill for quite some time. Although he had passed, his locations both downtown and in the village of Gates, remained to do business, and have since then continued to boom even when Steve T., Nick Tahou's business partner and nephew, re-opened the Gates location under the name "Steve T. Hots & Potatoes."

Though equipped with superiority in originality, these Garbage Plate locations

had a weakness. Locations and hours of operations have worked against their establishments for some time. With the highly favored downtown location closing their doors at 8 p.m. Monday through Saturday, the Gates location remained a 24-hour business, though it being on the somewhat "outskirts" of the city.

With this realization that similar businesses can "spin-off" the highly demanded meal, local restaurants began creating "plates" of their own to mimic the Tahou creation. Locations all around Rochester, including Greece, Irondequoit, Charlotte and Henrietta began to capitalize on this replication, creating a city-wide arena of

competition. Through the smoke of it all, two locations in particular have gained equal notoriety, and continue to engage in an endless tug-of-war between Rochester residence for the title of "King of The Plates."

Located on the outer edge of Henrietta's biggest stretch of commercial stores and restaurants, Henrietta Hots has been the underdog in Rochester, quickly becoming Tahou's/Steve T.'s biggest contender. Opened in 2007, Henrietta Hots has served up its own variation of the "Plate," along with other notable favorites such as pulled pork, steak and cheese and chicken fingers. With its eccentric menu, Henrietta Hots has quickly become a crowd favorite, increasing the debate of "who is better."

Diverting from the routine diet, the Garbage Plate and the Henrietta Hots "Cheeseburger Plate" was put to the test. The patties were well cooked, thick and juicy. The macaroni salad for Tahou's, though delicious, was a bit blander than Henrietta Hots, where a hint of spice helped to bring out the Cheeseburger Plate's quality. Tahou's home-fries were very well made, as well as Henrietta Hots, but Tahou's methodology behind home-fries may be adding to its decline in its preference amongst Rochester residents. Henrietta Hots preserves its home-fries in a cooler, and is cooked in a "made to order" style, keeping the fries softer, less dry, and a delightful outside crunch. Tahou's keeps their fries under a constant cooking and warming process, which has occasionally been met with criticism.

The fate of both of these plates and its superiority rests upon the hands of its topping, the spicy meat sauce. For most fans of the "Plate," the meat sauce is not as "spicy" as one would think. It's a meat sauce comprised of spices to give the plate a sudden but smooth "kick." In this comparison, the Tahou meat sauce, as famous as it is, was very oily and devoid of flavor, where its competitor, was thick, smooth and enveloped the entire plate, unifying each of its components.

From this experience alone, Henrietta Hots is earning its rightful place of mastering the "Plate" in Rochester. The overall meal quality for both locations are rather equal, but what sets them apart are the smaller, fine details that glue the ingredients together. Hail to Henrietta! Overcoming its odds, seeded deep in history.

Cartoon by Glenn Tolle



Class, today we're going to learn about the rise and fall of the retirement age.

The views expressed within are not necessarily the views of this paper or of Monroe Community College. The opinions expressed are those of the writers indicated in the bylines.

FIFA corruption and imperfect decision making could tarnish 2022 World Cup

BEN BOGGS

PRODUCTION MANAGER

The announcement that FIFA would choose to hold the 2021 Confederations Cup away from Qatar, the 2022 World Cup site, should sound the death knell for the world governing body of soccer.

The Confederations Cup is like a mini World Cup hosted by the nation that will host the World Cup as a tune up. Instead of the 31 teams that the World Cup hosts, the Confederations Cup hosts a much more manageable 8 teams.

By having the Confederations Cup in the same nation with many of the same stadiums that will host the World Cup, it's thought that it would provide host nations with a framework on how to prepare for the cultural explosion that is the World Cup.

Everything from groundskeeping to security gets one big stress test before the eyes of the world fall upon the host.

But Qatar has forced FIFA to change course.

FIFA's decision to allow Qatar to host the World Cup has been challenged over and over again. As the challenges have become obvious FIFA has continued their inexorable march toward disaster.

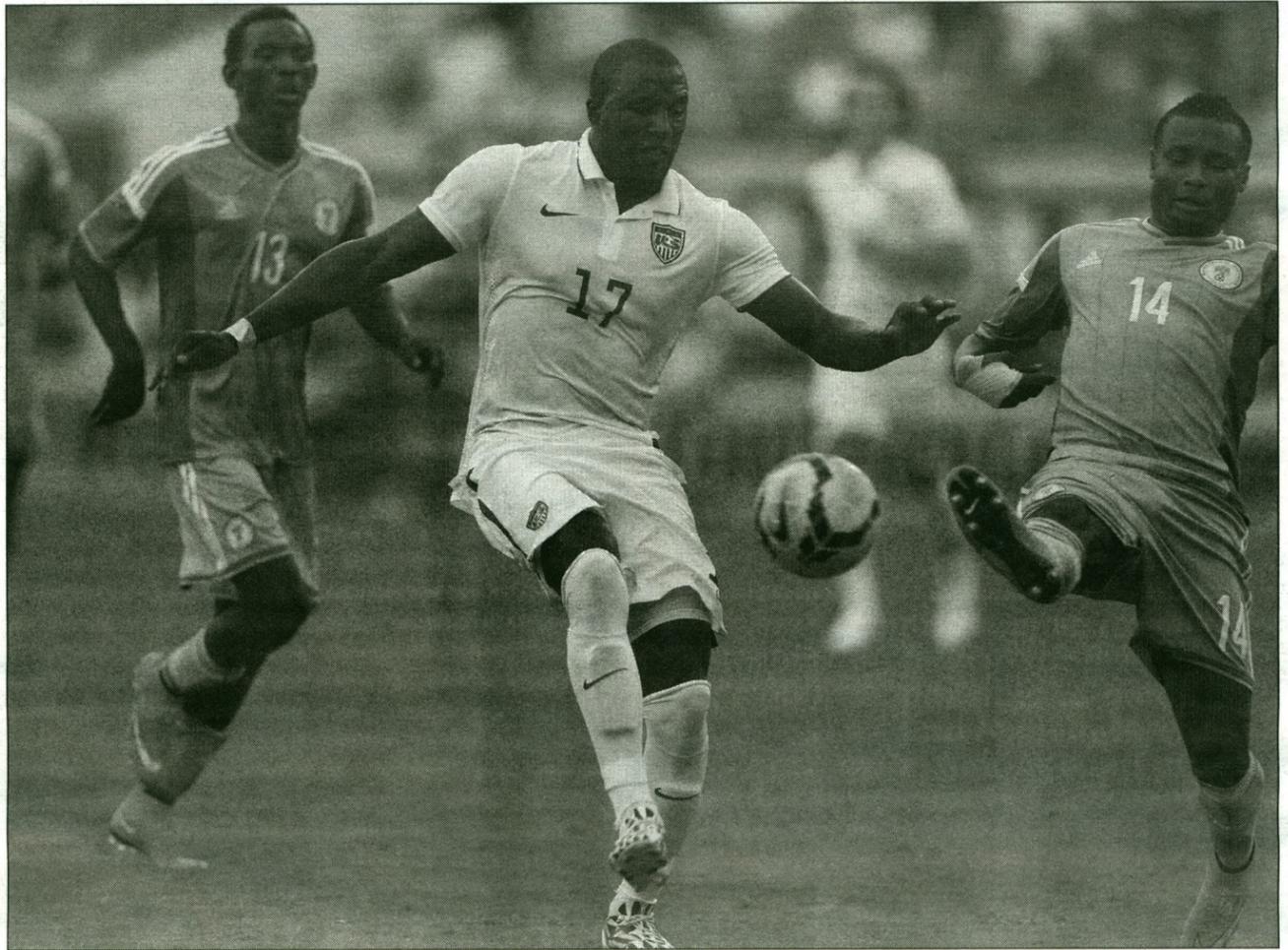
The 2022 World Cup has forced FIFA to change many of their traditional practices.

The biggest of these issues has been that of the Qatari summer. Brazil hosted the 2014 World Cup between June 12 and July 13. But in June and July temperatures in Qatar can reach a sweltering 106 degrees Fahrenheit. Even at night, temperatures often stay in the 90s.

As you might have guessed, these temperatures are far too hot for professional soccer matches. This means that FIFA will have to move the traditionally summer tournament to the winter months of November or December.

Just getting the major European leagues to agree to these dates that will fall during their seasons and require them to release their players for a month long tournament will be a challenge. But that's all fine in the end. What's a few million between billionaires, right?

Having the Confederations Cup in another country is the first real conces-



Stephen M. Dowell/Orlando Sentinel/MCT

The United States' Jozy Altidore (17) advances the ball against Nigeria in a friendly in preparation for the World Cup, at EverBank Field in Jacksonville, Fla., on Saturday, June 7, 2014. USA won, 2-1, with Altidore scoring both goals.

sion that FIFA has made to the reality that we all know is true: Qatar is not fit to host the biggest sporting event in the world.

All that is without mentioning the near slavery that Qatar is using to build their stadiums and infrastructure improvements. Many Middle Eastern nations, including Qatar, use the Kafala System to verify migrant workers. Due to their wealth and appetite for grandiose construction projects, Qatar often finds itself short on workers.

The potential for high wages brings many Nepalese, Pakistani and Indian workers, but when they get there they realize that there's no way home. One aspect of the Kafala system that many Human Rights activists criticize is that it often requires workers to use their

employer as a sponsor for their Visa's. This means the employers gain complete control over their workers. And because the workers are non citizens, the government has no incentive to change or address this system.

The controversy surrounding Qatar hosting a World Cup should be unending. But to this point, no country has truly and/or passionately spoken out against Qatar hosting.

Qatar's World Cup bid in an estimated cost of \$200 billion and signed off on this farcical list of lavish fantasies.

FIFA has forced many nations to change laws and ordinances in order to allow them to host a World Cup but they have never done it for good. It has helped it's sponsors and it has definitely helped themselves but they've never done it to

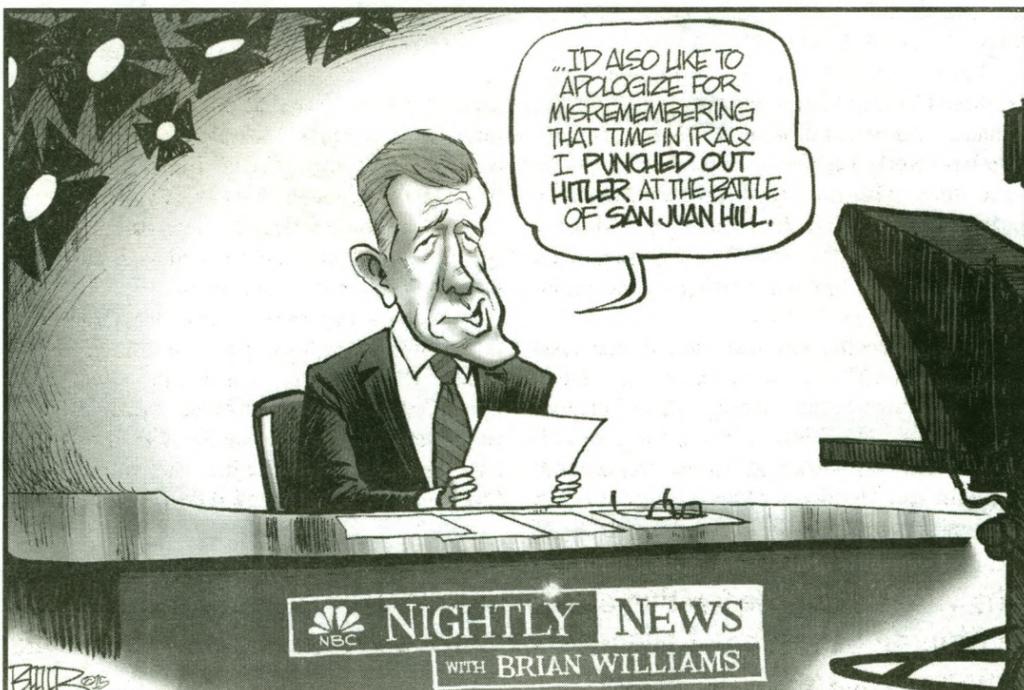
help or even to mitigate the damage to citizens of the nations they're great tournament visits every four years.

This isn't the first time FIFA has had questionable decision-making in terms of host nations, but generally the bad decisions were more on the side of the nations dumb enough to host this tournament.

FIFA could be a force for good; instead millions of fans condone their money-grubbing ways by constantly supporting the World Cup.

FIFA shouldn't be allowed to maraud through the world bankrupting countries to fill their coffers. The fool dust that trials in their wake is an affront to the beautiful game and all of the millions of fans that make it great through their support.

Cartoon from MCT



CHEERS AND JEERS

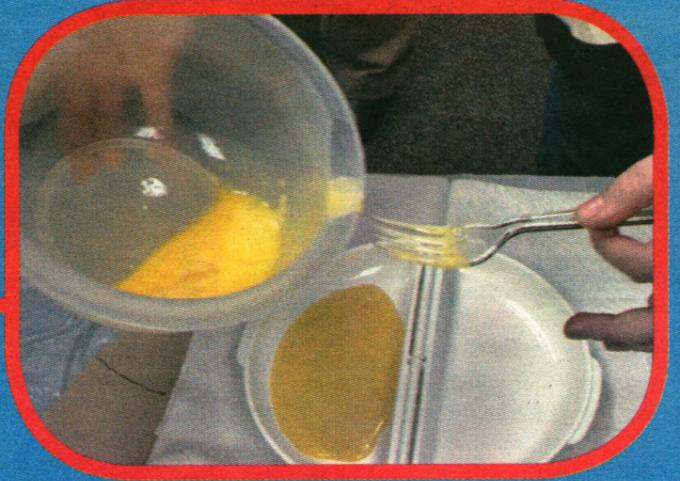
- Spring is hopefully right around the corner!
- Spring means fun outdoor activities can resume
- 16-page Monroe Doctrine is biggest in quite awhile
- Netflix releases episodes of Friends on their instant steaming service
- House of Cards Season 3 has managed to live up to the expectation of the first 2 seasons
- Automatic flushing toilets show us how annoying technology can be
- Why do we have free condom events but no free printing event? No significant other but tons of essays
- Punxsutawney Phil predicted six more weeks of winter
- We listened to a ground hog instead of a meteorologist about weather

AS SEEN ON
TV

Testing the EGG N' OMELET WAVE



STEP ONE:
Crack and beat two or three eggs in a bowl.



STEP TWO:
Pour the egg mixture (with salt and pepper if desired) evenly into the Egg n' Omelet Wave.



STEP THREE:
Be sure to evenly distribute the egg mixture between both sides of the Wave.



STEP FOUR:
Microwave egg mixture for approximately 1:15 to 1:30 minutes.



STEP FIVE:
Pull eggs out of the microwave and add any desired fillings.



STEP SIX:
Microwave the eggs and filling for an additional 15-30 seconds, then the omelette is finished.

FINAL VERDICT:
Microwaving omelette certainly saves time, but actually cooking is probably the better option.

0 min(s) in

:30 min(s) in

1 min(s) in

1:30 min(s) in

2 min(s) in

2:30 min(s) in