Senate to fill vacant seat

The selection of a new Senator reveals a need to revise the SA Constitution

BY JUSTIN TROMBLY
OPINIONS EDITOR

“Unfortunately, this decision, though well intended, raised some constitutional concerns,” ACJC Chief Justice and senior Wesline Manuelpillai explained in an email interview. “Is it constitutional to select an elected position? By implementing a selection committee, are we violating the rights of students to elect their representatives?”

What about the other eligible candidates, all sophomores, who were passed up for the opportunity to serve?

According to Holloway, SA leaders again challenged the constitutionality of the plan during discussions prior to the Senate meeting held Sept. 14. An apparent discrepancy between the SA Constitution, which was last updated in 2005, and the SA Bylaws, which were revised last semester, contributed.

SEE SENATE PAGE 4

URMC study disputes benefits of gluten-free diet for autism

BY SARAH TEITELMAN
SENIOR STAFF

A new University of Rochester Medical Center (URMC) study published last week has found that gluten-free diets are not an effective way to treat autism. The study, which was published in the Journal of Autism and Developmental Disorders, represents the most controlled research on autism and dietary intervention to date.

Dr. Susan Hyman, the study’s lead author and chief of the Division of Neurodevelopmental and Behavioral Pediatrics at URMC, stated that the research found no evidence that gluten-free diets are effective in treating autism.

The study, which tracked a group of children under the age of five over the course of 30 weeks, strictly implemented a gluten-free, casein-free (GFCF) diet eliminating the daily intake of gluten and casein.

The children’s attention, sleep patterns, bowel movements and activities were recorded as the foods were reintroduced. A nutritionist monitored all of the foods were reintroduced. A nutritionist monitored all of the foods.

Throughout the course of the study, these foods were then reintroduced into the children’s diets as a double-blind placebo-controlled challenge.

The children’s attention, sleep patterns, bowel movements and activities were recorded as the foods were reintroduced. A nutritionist monitored all of the foods were reintroduced. A nutritionist monitored all of the foods.

In the first phase of the study, participants were fed a GFCF diet and enrolled in a behavioral intervention program. For the next 12 weeks, the children were given snacks containing gluten, casein, both gluten and casein.

GARBAGE PLATES: A SUMMARY

An overview of where you can find and enjoy Rochester’s finest delicacy, the garbage plate.

PAGE 10 FEATURES

Students lobby for return of library tables

BY SAM PASSANISI
NEWS EDITOR

The large wooden tables adjacent to the circulation desk in Rush Rhees Library QQ&I, which were removed from the area in preparation for future renovations to the space, will be returned to the area Sept. 28th and will remain there for the duration of the 2015-2016 academic year, Dean of River Campus Libraries (RCL) Mary Ann Mavrinac said in an email.

Starting in May, the Rush Rhees QQ&I will be remodeled into Evans Lam Square, an active collaborative space.

Evans Lam ‘83, ’84 M.B.A. is a member of UR’s Board of Trustees. He also did his undergraduate studies at UR, graduating with a B.A. in Economics in 1983. Earlier this year, Lam and his wife Susanna donated $1 million to rename and redesign the space.

Lam Square will feature ‘an approximate 30 percent increase in study spaces using predominantly table and group seating,’ Mavrinac said.

In addition, Lam Square is intended to be a hub of ‘the latest technology,’ with support for applying technology to classwork and studies. Most of the currently available services in QQ&I will remain, including the public computers; printers, scanners and copy machines; the magazine and newspaper racks; and the circulation desk.

The University is currently working with architects to design a floor plan for Lam Square, Mavrinac explained. Construction is expected to be completed over summer 2016, and Lam Square is scheduled to open for the Fall 2016 semester.

There are two presentations planned to inform students about the project. The first will be held during the Students Association Senate meeting on Oct. 12 at 8 p.m. in the Gowen Room; the second session will be held in the Gandhi Room.

SEE TABLES PAGE 3

INSIDE THIS CT

THE NUANCE OF THE POPE

In the debut of his new opinions column, ‘No Comment,’ Jesse Bernstein questions the veracity of Pope Francis’ progressivism.

PAGE 6 OPINION

UR FOOTBALL TRiUMPHANT

The Yellowjackets crushed Alfred State last Saturday, winning 61-0.

PAGE 16 SPORTS

NATIONAL YOUTH ORCHESTRA OF IRAQ’S FOUNDER SPEAKS

Zuhel Sultan, the 24-year-old founder of the National Youth Orchestra of Iraq, spoke about her experiences growing up in Baghdad, seeing music bring people together and overcoming ethnic differences. For the story, see page 7.

SEE PAGE 10 FEATURES
Man arrested for cutting bike lock at Rush Rhees

**BY ANGELA LAI**
**NEWS EDITOR**

1. On Sept. 18 at 2:12 a.m., Department of Public Safety (DPS) officers responded to the exterior of ITS along Library Road after a report of a male attempting to cut bike locks. Responding officers located a male who matched the description exiting Library Road from Rush Rhees Library. He was stopped and identified. Officers found a pair of wire cutters in his possession. The male stated that he carried the wire cutters for protection. Officers checked the nearby bike rack and found a bike with a cut lock. The owner was located and confirmed the lock was intact when he secured the bike about three hours earlier. A witness was located who observed the male cutting the lock on the aforementioned bike. The 46-year-old non-affiliated male was arrested for trespassing, possession of burglar’s tools and criminal mischief for cutting the lock. The male was processed and transported to Monroe County jail by the Rochester Police Department.

Smoke and no fire at Hutchison Hall

2. On Sept. 17 at 5:22 p.m., DPS officers responded to Hutchison Hall after a report of smoke on the third floor. When officers arrived, they found that the hall was filled with heavy smoke. A pull station was activated to evacuate the building. The Rochester Fire Department (RFD) and Rural/Metro ambulance responded. RFD was able to use a thermal scanner to locate a HVAC unit in the ceiling as the cause of the smoke. It was determined that the HVAC unit burned out, which led to smoke but not fire. Facilities responding to immediately repair the HVAC unit. The alarm was reset and RFD and Rural/Metro cleared the area. There were no injuries reported and nothing was damaged besides the HVAC unit.

**WEEKEND FORECAST**

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**PUBLIC SAFETY UPDATE**

Man arrested for cutting bike lock at Rush Rhees

**Correction:**

An article in last week’s issue titled “Outbreak of art starts in library with ‘Staff Infection’” (A&E, Page 12) incorrectly stated that the Joywave and other digital prints were created by Randy Cook. They were actually created by Travis Johansen.

**Correction:**

If you are sponsoring an event that you wish to submit for the calendar, please email news@campustimes.org by Monday evening with a brief summary, including the date, time, location, sponsor and cost of admission.

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On Tuesday, Sept. 22, UR’s Active Minds placed 1,100 pinwheels on Wilson Quadrangle to raise awareness of the fact that 1,100 college students commit suicide every year.

**THEME OF THE WEEK:**

**GARDEN OF HOPE** RAISES COLLEGE SUICIDE AWARENESS

On Tuesday, Sept. 15, 2015, URAS hosted its second annual Garden of Hope celebration on the Wilson Quadrangle. The event was sponsored by the UR chapter of Active Minds, a national nonprofit that informs, educates and empowers people to prevent and provide resources for the treatment of mental illness. The event included live music, dancing, food, and art activities.

In addition, the event featured a memorial garden with 1,100 pinwheels planted in honor of the 1,100 college students that die by suicide each year. The pinwheels were placed on the Wilson Quadrangle near the Cherry Avenue entrance.

The event also featured a speech by Elyse Boudreaux, a senior at the College of Charleston and a survivor of a suicide attempt. Boudreaux shared her story of recovery and the importance of suicide prevention.

The event was part of the national observance of Suicide Prevention Awareness Day, which is observed on Sept. 10. For more information about Suicide Prevention Awareness Day, please visit the website of the American Foundation for Suicide Prevention.

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**HISPANIC/LATIN AMERICAN HERITAGE DAY**

Celebrate music, art and fashion with bands, vendors, performance art, a sidewalk chalk contest and refreshments.

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**OBESITY BIAS AND STIGMA**

2-7:00 MEDICAL CENTER, NOON - 1:00 PM

Contemporary Grace, full@urmc.rochester.edu to register.

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**HUMANITIES LECTURE SERIES: GERALD EARLY**

RUSH RHEES HAWKINS-CARLSON ROOM, 5:00 PM - 6:00 PM

On Tuesday, Sept. 22, UR's Active Minds placed 1,100 pinwheels on Wilson Quadrangle to raise awareness of the fact that 1,100 college students commit suicide every year.

**STUDY ABROAD GENERAL MEETING**

WILSON COMMUNITY, 7:00 PM - 8:30 PM

Learn about the opportunities for international study, internships and service learning, and find information on choosing a program, scholarships and transferring credit. All majors can study abroad.

---

**EID DINNER**

WILSON COMMUNITY, 7:00 PM - 8:30 PM

Muslim Students Association and ADITI will host the first annual Eid Dinner, celebrating the Islamic holiday Eid Al-Adha. Tickets are $5 for students and $10 for faculty and staff at the Common Market. They will be $10 at the door. Thali of India will cater the dinner.

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**CHINESE MID-AUTUMN FESTIVAL**

STROMG AUDITORIUM, 7:30 PM - 9:30 PM

Come celebrate the Chinese Mid-Autumn Festival with an event sponsored by the Chinese Student Association.

---

**PRINCIPAL BRASS QUINTET**

EASTMAN ROUBURN HALL, 3:00 PM - 5:00 PM

Five principal brass players of the New York Philharmonic will perform pieces including Leonard Bernstein’s “On the Town Suite” and Eugene Bozza’s “Sonatine.” Tickets are available at eastrmrochester.edu/concerts for $20 to $30.

---

**DECEMBER 3-110C, 3:00 PM - 4:00 PM**

Learn about the opportunities for international study, internships and service learning, and find information on choosing a program, scholarships and transferring credit. All majors can study abroad.

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**SPORTS EDITORS**

SEMINAR SERIES: TRAVIS JOHANSEN

ROCHELLE COLLEGE TOWN, NOON - 6:00 PM

Philadelphia.” This talk is free and open to the public.

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**WOMEN’S STUDIES SEMINAR SERIES: JENNIFER STINTZ**

COLLEGE TOWN, NOON - 5:00 PM

Contemporary Grace, full@urmc.rochester.edu to register.

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**BIOLOGY SEMINAR SERIES: GERALD EARLY**

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Popular tables will remain until renovations begin in May

FROM PAGE 1

in Rush Rhees on Oct. 13 at 5 p.m., at the meeting of the RCL Student Forum. Mavrinac also noted that some students had been invited to contribute ideas over the summer.

“The new space requires tables that are sturdy, but not as difficult to move as the wooden tables,” Mavrinac said. She noted that each of the old tables required six people working together to move them, and that this was not a feasible option for Lam Square.

“We wish to continue to learn more about the types of tables that students prefer,” Mavrinac added. “I will be hosting a special student forum on Thursday, Sept. 24 from 4-5 p.m. in the Gleason Theatre in Gleason Library. The forum is open to all students who would like to discuss this topic.”

A student petition to bring the tables back was left in the Q&i area to gather signatures, and was submitted to Q&i on Sept. 20. Mavrinac cited this as the reason library staff decided to return the tables to Q&i. A separate petition on the Students’ Association (SA)’s Impact website, titled “Bring Back Large Tables to Circulation,” had 79 signatures at press time, but has not been reviewed by SA.

“We are always appreciative of students’ feedback and we are open to hearing students’ concerns,” Mavrinac said. “The tables will remain in Q&i until May, when construction begins for Lam Square.” After that, they will be permanently removed to other locations in Rush Rhees.

Passanisi is a member of the class of 2017.

Photonics Institute will be headquartered in the Sibley Building & Legacy Tower

PHOTONICS FROM PAGE 1

the Sibley Building will house the workforce development and incubation of new businesses. Eastman Business Park, on the other hand, will be where the project’s manufacturing occurs.

The decision, made last Thursday, is a pivotal step towards the next phase of the project, as it resolved earlier conflicts amongst advocates, regarding the exact locations of the headquarters.

“The Finger Lakes Regional Economic Development Council unanimously supported locating the various headquarters activities in Downtown Rochester and viewed the Sibley Building, which has received $23 million of state support in response to earlier Finger Lakes Regional Economic Development recommendations, as a desirable location for all headquarters activities,” University President and co-chair of the Council Joel Seligman said in an email.

The Photonics Institute project, led by SUNY Polytechnic, favored the Legacy Tower.

In a guest essay published in the Democrat and Chronicle, Seligman called the arrangement "seriously good news for Rochester. Eastman Kodak and Bausch and Lomb were the most significant optics corporations in our country," Seligman said. He added that in the nine counties of the Finger Lakes there are over 26,000 optics, photonics and imaging jobs and over 100 firms. I anticipate that both the number of jobs and the number of firms will grow thanks to the substantial support the Department of Defense and New York state will provide to our region."

The Institute will also be a boon for UR students, especially those in the Optical Engineering major, as there will potentially be new courses offered in photonics and many opportunities for careers in the region.

The New York state press release also announced the creation of a seven-person governance board to oversee the program under Cuomo’s supervision. Seligman revealed that he has already requested Robert Clark, Senior Vice President for Research and Dean of the Hajim School of Engineering and Applied Sciences, to be appointed to the board, representing UR along with other government officials and representatives from SUNY Polytechnic and RIT.

Many other details of the project are yet to be determined, such as the timeline for construction or the spending decisions regarding the $600 million public and private investment. Further announcements are expected over the next few months.

Wang is a member of the class of 2017.
Sena Senate interprets Constitution; available options for finding a replacement senator are ‘murky’

Sena Senate interprets Constitution; available options for finding a replacement senator are ‘murky’. Several SA government officials, including Sen. Ethan Bidna and Speaker of the Senate Ethan Bidna, indicated that they believe the senior class would not be properly represented with only two voices.

The Bylaws also state that if there is a Senate vacancy, the next eligible candidate would automatically fill the role. ‘Eligible candidate’ is defined in the Bylaws as ‘any official executive officer, security officer, or senator who received at least 50 votes.’ Manuelpillai confirmed that the next eligible candidate was ‘the person next in line for the seat who received a minimum of 50 votes.”

In the interpretation of this clause, which was discussed in multiple interviews with SA leaders, the next eligible candidate would automatically fill the seat. However, as noted by Bidna, who in this case is Senior Class President Almast Almast, another interpretation—one of the senators in May—the next eligible candidate is taken to mean the next highest vote-getting member of the senior class. This interpretation stems from the three-senator-per-class requirement. The Bylaws provide, as well, that Senate may form a selection committee if no eligible candidates exist.

Not only did senators find that the requirements of the Bylaws had not been met, they also feared that the senior class would not be properly represented with only two voices.

In an attempt to remedy the plan put forth by Senate in May, Manuelpillai and Senate Elections Chair Melissa Schaaf, indicated that the senior class would not be properly represented with only two voices.

The Bylaws do indicate that three senior senators must serve at the start of each term, which, Melissa fulfilled, if only for 10 minutes.” Manuelpillai went on to say that all the options available to Sen. were “constitutionally murky.”

“[But] based on the way the Senate chose to interpret the Constitution,” she continued, “none of the options were outright nonadherent to the Bylaws, and the option chosen was not outright unconstitutional.” The only option that would have adhered to both the Constitution and the Bylaws would have been to leave the seat vacant. "Paul and I proposed this option to the Senate,” Manuelpillai added.

When asked why she thought Senate opted against leaving her former seat vacant until a constitutional revision, Holloway said she understood the decision. She explained that such a change would require months of effort and a tremendous turnout of student support—no easy feat. She expressed agreement with Manuelpillai and Bidna that the Constitution needs to be updated.

Bidna said in an email that the situation featured “the best proposals that balanced our adherence to the rules handed down to us by the student body and our desire to choose an option that best served the interest of students.” He added that no member of student government had approached him with concerns. Bidna, echoing comments from Manuelpillai and Holloway, highlighted the cooperation between branches of the SA government in reaching Senate’s decision and lend its own interpretation of the Constitution, which would be “the final word on the matter.”

Holloway said she sees both sides of the situation and acknowledged the validity of both Senate’s choices and ACJC’s concerns. “I see the value in it,” she said of the selection committee. “I just wish there was a way to make the process more democratic.”

Despite this, she has no worries about Senate’s outlook. Bidna and Manuelpillai both described plans among SA leaders to reconcile the Constitution and the updated bylaws by revising the Constitution. “This is part of our larger effort to put students at the center of our decision-making and advocacy efforts,” Bidna explained. Manuelpillai estimated a completion date of spring 2016.

The next overall highest vote-getter in the spring Senate elections, Almast, who lost by 10 votes, expressed similar concern.

“Since I was the runner up, it seemed logical that I would be selected as the next eligible candidate,” she said. “I think it is wrong and unfair of them to form a selection committee.” It violates the student body’s rights to elect their own representatives. The Senate isn’t just allowed to pick someone to be a member. It’s a violation of the Constitution.”

Looking to the near future, Manuelpillai explained that ACJC has room to take action and remedy the situation. But only if a student from the student body chose to appeal to ACJC because they felt that the decision the Senate reached was unfair.”

An appeal would lead to an ACJC review, she said, in which the court would find any effectiveness for GFCF diets, there are many potentially positive effects that diet can have on children with autism. "This is not a placebo, in a completely random arrangement. The snacks that were given to the children were designed in a medical kitchen to look, taste, and feel the same (even though the ingredients were different), and were disguised as traditional favorite foods such as brownies, cookies, yogurt and smoothies.”

The distribution was designed so that no one observing the study—including the children, families and administering research staff—was aware of which snacks the child was receiving in a given week. After 30 weeks, researchers had observed no significant changes in the children whether they were given foods with or without gluten and casein. Hyman cautioned in a URM Center press release, “Though we didn’t find any effectiveness for GFCF diets, there are many potentially positive effects that diet can have on children with autism. The link between nutrition and behavior needs to be investigated further so families can make informed decisions.”

Teitelman is a member of the class of 2016.
Defend Planned Parenthood

BY RAAGA KANAKAM
FEATURES EDITOR

The House of Representatives recently passed a bill to cut federal funding to Planned Parenthood. Predictably, this sparked outrage over the right of the House to decide the future of sexual health for countless Americans. Let’s explore the biggest reason this bill was even conceived.

In defense of the bill, Rep. Gus Bilirakis, R-Fla. said that “taxpayers should not be funding abortions.” Supporters of this bill were required to vote to defund things and then “sells these baby money to perform abortions.” None. Parenthood is used for each. Furthermore, none of the two biggest categories, STD/STD benefits. The rest goes toward income taxes that Americans should be weaned off.tree.

While you’re away, your stomach somersaults as you’ve handed homework on the table. He notices how you solved one of the problems, and, being in the same ac-ademic honor society, he goes to guide his own. Did you know you are guilty of negligence, a form of academic dishonesty? The Florida Council of Arts, Sciences and Engineering Academic Honesty Policy describes “failing to take about catering to the feelings of people about catering to the feelings of some of murdered baby parts, the fear-mongering is the chosen tool for inciting change in this country. By painting Planned Parenthood as a secret hub of murdered baby parts, the OCP has done nothing but tarnish the reputation of the organization and prevent more people from ever learning the truth.

There’s a fine line between comedy and offensiveness. Ask anyone about a certain offensive comment, and there’ll be a mix of people proclaiming it as a horrible remark or heralding it as a wonderful joke. Where that line lies is a question that comedians have been asking for decades. And, now that society is pushing toward more politically correct attitudes, it is becoming more defined. Yet comedians are still pushing boundaries, as they have done for years.

Nicole Arbour, a so-called YouTube “comedian” who has recently come under fire for her videos, is often called “fat-shaming.” Arbour has filmed herself shaming girls who claim to be Instagram models, divorced people, obese people and, in one of her most recent videos, people who got offended by her jokes. It was her video about obese people that brought her the most attention, and criticism. In the video, Arbour tells obese people to lose weight. While she specifies she is speaking to only those who are extremely obese, many, including those only a little overweight, such as me, were deeply put off by her remarks.

Two days after her fat-shaming video, Arbour posted a video in which she criticized people for being offended by her jokes aimed at obese people, claiming “it’s not fat-shaming” and is only a joke, and is not a joke. You decide to start recording her, but you’re looking for the funding defense, while only about 280 goes toward public education.

If I wanted those figures to be reversed, it would be too bad. That’s the law.

I’ve never been one to insult politicians because, frankly, our points-of-view are different, and I respect that. But, seeing someone make outrageous claims and destroy a crucial source of medical options shows how blind one can get. All this information and more can be found by typing a few words into Google, and yet fear-mongering is the chosen tool for inciting change in this country. By painting Planned Parenthood as a secret hub of murdered baby parts, the OCP has done nothing but tarnish the reputation of the organization and prevent more people from ever learning the truth.

Kanakam is a member of the class of 2017.

Toeing the punchline

BY CHRISTIAN CIERI
ILLUSTRATOR

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Kanakam is a member of the class of 2017.
OP-ED

The Pope is just a man

BY JESSE BERNSTEIN

On Heaven and Earth, when he wrote: "Some things are debatable, but—again—their inheritance is nonnegotiable.

Most important, Pope Francis has done abysmally when it comes to dealing with the sexual abuse of young children. The Vatican has not carried out a thorough investigation, and the pope himself has not addressed the issue publicly. The victims of sexual abuse have not been compensated, and the predator priests have not been held accountable. In this regard, Pope Francis has failed in his role as the shepherd of the Church.

However, the pope has not been entirely faultless. He has made some efforts to address the issue of climate change, and he has emphasized the importance of social justice and the dignity of all people. He has also called for a more inclusive and welcoming Church, and he has been a vocal advocate for the rights of women and minorities.

A pope should never be held to the same standards as a secular politician, but Pope Francis has certainly fallen short in some areas. He has not been able to provide the leadership that is needed to address the urgent challenges facing the Church and the world. In this regard, he has failed to live up to his own stated ideals.

The papacy is a sacred institution, and it is up to the faithful to hold their leaders accountable. Pope Francis is a man who has shown both strength and weakness, and it is up to us to discern his true character and judgment.
Talk on orchestra invigorates interfaith dialogue

BY DANI DOUGLAS
SPORTS EDITOR

When artists, musicians and intellectuals were forced by extremists to flee Baghdad during the 2003 Iraq War, twelve-year-old pianist Zuhail Sultan and hundreds of other aspiring musicians were left without teachers and without the freedom to play music at their leisure. Music and forms of creative expression were frowned upon while concert halls, galleries and theaters were destroyed as the government became overrun by radicals with turmoil spreading across Baghdad and the country. Sultan watched as her music school was defaced and her teachers departed, but she refused to let politics extinguish her passion for music.

She continued playing somewhat underground performances with the astute orchestra, and, at age 17, Sultan founded the National Youth Orchestra of Iraq (NYOI) with the goal of “uniting the youth of Iraq through music” and providing an expressive outlet for young intellectuals.

In her talk in the Interfaith Chapel on September 10, Zuhail Sultan explained the history of the National Youth Orchestra of Iraq, founded by herself in 2003, and the challenges it has faced over the years.

The NYOI, now in its seventh year, has brought together Iraqi's youth, aged 14 to 29, to perform classical music in sold-out venues across the Middle East. Every year, the over four dozen musicians travel from all across Iraq to a school in the north of the country, where they go through three to four weeks of training with professional musicians from around the world.

Sultan, now 24 and the Artistic Director of the Orchestra, has been named the Euphrates Institute’s 2015 Visionary of the Year. She kicked-off her series of talks on orchestra, and at age 17, Sultan watched as her music school was defaced and her teachers departed, but she refused to let politics extinguish her passion for music.

But, after the first few days, “The first day was horridous [. . .] It was like a simulation of what the country is like—everyone wanted to outplay each other and show who is best.”

“Outside the concert hall [in Baghdad] was often nothing but despair,” Sultan said of her experiences growing up. “But [these youth] play because it is a sanctuary to them.”

“Music is a universal language,” Students Association for Interfaith Cooperation business manager and senior Shahyan Rehman, who helped to organize Sultan’s visit alongside the Interfaith Chapel and the Eastman School, said.

“You don’t need to understand someone else’s background in order to connect on the basis of music.”

NYOI musicians are made up of both Arabs and Kurds, and Sultan said that these ethnic differences can be overcome, and she believes musical expression should not be constrained by politics.

“Politically, things are very divided, but when it comes to more personal interactions, it’s a lot easier than that,” Sultan said.

Arabs and Kurds in Iraq have a long history of conflict. Relations between the two groups have been tense, and while the Kurds do have a self-ruling government within Iraq, they still face repression as the largest minority group.

Given the danger and cost of traveling across contentious territories—especially when music is involved—Sultan and Scottish conductor Paul MacAlindin have used YouTube to audition musicians, and have begun commissioning pieces specifically for its own purposes. The orchestra has become not only a symbol of inter-ethnic unity among youth, but an outlet through which to encourage community support of the arts.

“Politically, things are very divided, but when it comes to more personal interactions, it’s a lot easier than that,” Sultan said.

“Outside the concert hall [in Baghdad] was often nothing but despair [. . .] But these youth play because it is a sanctuary to them.”

Sultan and hundreds of other aspiring musicians were left without teachers and without the freedom to play music at their leisure. Music and forms of creative expression were frowned upon while concert halls, galleries and theaters were destroyed as the government became overrun by radicals with turmoil spreading across Baghdad and the country.

“Sustainability”

“IF YOU COULD DO A ‘TAKE FIVE’ IN ANY SUBJECT, WHAT WOULD IT BE?”

ALYSSA FLASCHNER '18
“Music theory”

MKAKO HARATA '16
“Ancient Roman History”

JIM WEITZEL '16
“Music theory”

KELLY CHANG '17
“A dying language”

JACOB TYSON '18
“Anthropology”

CASSIDY CLAYTON '19
“European Archeology”

“Music theory”

“A dying language”

“Anthropology”

“European Archeology”
Going braless: A lesson on not giving a care

BY JODI ARMSTRONG
CONTRIBUTING WRITER

"Free the nipple!" My friend and I giggled-cheered to ourselves before heading downtown to a club for the night. Both of us had independently chosen not to wear bras with our outfits that night. While "free the nipple" wasn’t really the movement we were participating in, it did express the spirit of the moment, which was: "You all expect me to wear a bra, but I refuse! Na-na-na-na-na!"

Now, I take very little issue with bras. I happen to really like my bras. They don’t make me feel overly friendly, drunk guys. I use to keep my boobs under toilet paper I discovered stuck to the bathroom with a dignified stride each boob and walked out of the bathroom with a dignity that was undermined by the the toilet paper under the crease of my shoe halfway down the hall.

Until recently, I thought that was the sum-total of my relationship with bras. I liked them because they didn’t bother me, and that’s all there was to it. But in reality I had a lot of bra-related feels that built up to the realization I had a lot of bra-related feels that built up to the relationship with bras. I liked them because they didn’t bother me, and they don’t get in my way. At the end of the day I’m not longing to take my bra off. That’s mostly because I’ve found a bra that fits me, and I own eight of that same exact bra in a variety of granny colors such as tan and off-white. I use to keep my boobs under control and out of the way. At my boobs? Don’t care. That girls feels confined, and for that reason I didn’t feel too uncomfortable. Without further ado, here are some notes from my braless experience:

1.) Bras for me are not merely a habit. They are something that I use to keep my boobs under control and out of the way. Without a bra, I felt like my boobs were assulting everyone I faced. They took on a personality that I would describe as an “annoying, overly friendly, drunk guy.”

2.) Boobs are weirdly shaped. They are something that I use to keep my boobs under control and out of the way. Without a bra, I felt like my boobs were assulting everyone I faced. They took on a personality that I would describe as an “annoying, overly friendly, drunk guy.”

3.) In the 90-degree heat, bras serve an extra function for a girl like me: they’re excellent sweat-absorbers. On the first day I went to class without a bra, I noticed two very obvious under-boob sweat marks in the bathroom. My ensuing inner monologue was angry. "Fuck these small-tittied girls and their ignorance of under-boob sweat marks!"

4.) Initially, I felt shame, angry. "Fuck these small-tittied girls and their ignorance of under-boob sweat marks!"

5.) But all those benefits are centered on how other people perceive me. I realize that most of the reasons I wear bras are for other people’s comfort, not my own.

6.) Ditching the bras in order to suffer from the initial embarrassment and distraction of my boobs gave me something. It gave me a sense of true ownership of my body.

It is a very obvious change of perspective for me. The result was interesting in that I care way less about my boobs now. I dismiss their rebellious behavior quickly. I focus on the parts of my life that are boob-irrelevant, like my schoolwork, or the intellectual content of a conversation. I feel like more of a person and less of a Barbie, and that’s empowering.

Armstrong is a member of the class of 2016.

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Think Syracuse University! Graduate Program Info Session

Friday, November 6
Visit SU’s Falk College and learn about graduate programs in:

Addiction Studies
Athletic Advising
Child and Family Studies
Food Studies
Global Health
Marriage and Family Therapy
Nutrition Science
Social Work
Sport Venue and Event Management
Trauma Studies

4 p.m. November 6
Syracuse University Falk College
Details and registration at falk.syr.edu, 315-443-5555 or e-mail falk@syr.edu.
The Lipper Award is given to the group with the lowest average decile ranking of three years' Consistent Return for eligible funds over the three-year period. It seems that technology is advancing every day, and sometimes it becomes hard to keep up. Nearly 20 years ago, Internet was not widespread, mobile phones were massive bricks, and Windows 95 was the greatest thing to hit the market. Look how far we’ve progressed in a mere 20 years! Because of the advances in technology, almost every field has seen more advancements in the past 20 years than in the 100 years before that. The best part of all of this advancement is that most people didn’t see it coming. There was an interesting article published on CNET this week about how some advancements that have become central in the tech world were initially seen as gimmicks. Apple’s Siri, seen as nothing more than a sales tool at first, has spurred every major mobile developer to push out their own version, including Microsoft’s Cortana and Google Now. Another odd push was Facebook’s Instagram. The selling point for the iPhone was convenience for that! Once applications for the iPhone became “There’s an app for that!” Once applications for day-to-day purposes became available, people were quick to pick up the new phones, getting ready for the next big thing. But, just think of the smartphones! Apple has been leading a large push for smartwatch applications with its Watch. It is remarkable how, in such a short time, developers are adding extensions of their phone apps or Watch-exclusive functions to make the product more useful. Google, Samsung, Apple, LG and Pebble are all working on making the smartwatch a product that more people will want to use, until it eventually becomes ingrained into our daily rituals. Virtual reality is facing the same issues, but many investors are beginning to see the potential that VR holds. Disney, for example, has recently led a $65-million investment into Jaunt, a company dedicated to producing more content for virtual reality; for example, an immersive concert by Sir Paul McCartney. As more developers push out content, both the smartwatch and virtual reality have the potential to become the next big thing. Hopefully, you’ll be prepared when they do, and will be looking ahead to see what comes after.
The garbage plate: trash talking about food

BY RAAGA KANAKAM
FEATURES EDITOR

Of all the things Rochester is famous for, one of the most well known is the Garbage Plate. A garbage plate is a beautiful mess of deliciousness stacked together. It is composed of two choices of protein, including cheeseburger, hamburger, Italian sausage, chicken tenders, fried ham, grilled cheese or eggs, with two sides, including French fries, baked beans, or macaroni and cheese. A layer of mustard and onions is rested on top, and the entire dish is finished off with a drizzle of hot sauce.

Though the original home of the garbage plate is Nick Tahou’s, many variations have since sprung up in the city, its suburbs and even around the country.

Here’s a list of restaurants in and around Rochester that house variations of the plate.

1. Nick Tahou’s
First on our list is the trademark and very home of the garbage plate. Located on 320 West Main Street, Nick Tahou’s has been open since 1918 when the current owner’s grandfather set up shop. Nick Tahou’s has been very prevalent in pop culture, starring in an episode of “Man vs. Food Nation,” and has been featured on the Food Network. Here’s a fun fact: the hot sauce used in these garbage plates is a house special made with spices simmered with ground beef.

2. Mark’s Texas Hots
Mark’s Texas Hots, placed on 487 Monroe Avenue, has its own version of the garbage plate called the “Sloppy Plate.” Their variation is listed as being two cheeseburgers or two hot dogs over fries, macaroni salad or beans with two pieces of french bread, and the option to substitute steak or sausage.

Though this version isn’t the original, Mark’s Texas Hots does have the advantage of being the most accessible to students. It is the closest to campus, as well as staying open 24/7. At Mark’s, you can get a close knock-off at any time.

3. Tom Wahl’s
Named the “55 Junker Plate,” Tom Wahl’s version of the garbage plate is made up of two Kiddie Cheeseburgers, macaroni salad, fries, mustard, onions and hot sauce. Tom Wahl’s is a Rochester-based chain fast food joint, so they too decided to adopt the Rochesterian tradition and create their own version of the garbage plate. On Saturday, it’s easy to enjoy digging into a plate at its most convenient location in Marketplace Mall.

4. Jay’s Diner
Jay’s Diner is the home of the “Heartburn Special,” an aptly named plate that delivers a punch close to that of a garbage plate. Located right across from Cinemark 10 (accessible on Sundays by the Marketplace Green Line), Jay’s Diner is reminiscent of old American diners. It’s in a great location to go catch a movie and have lunch or dinner, so be sure to try out this plate. Come for the atmosphere, stay for the heartburn.

5. DogTown
Saving the best for last, this one is a true Rochester favorite. On Monroe and Oxford (accessible by the Orange Line), Dogtown has a great selection of both meaty and veggie garbage plates with similar attributes of those in its class: home fries, meat, macaroni salad and Dogtown’s signature hot sauce. Nearly unanimously viewed as the best hot dog place in the city by popular review sites such as Yelp, Dogtown not only offers some of the most delectable plates, but also some of the tastiest and most inventive hot dogs, such as the “Greek Stray,” with tzatziki, tomatoes, onions, kalamata olives and pepperoncini. It is topped with feta cheese, or the Cincinnati Red Dog, which is a classic chili cheese dog with a drizzle of Dogtown’s sauce.

There are many, many more versions of garbage plates around Rochester. Explore the city and try a new version every time and to taste the pride and joy of Rochester.

Kanakam is a member of the class of 2017.
Stressful, stressless stress: The opposite of stress

BY ERIK CHIDDO
HUMOR EDITOR

Stress is stressful. That's a given. However, have you ever thought about what life would be like with limited stress or even no stress? The absence of stress sounds great, but is it really what it is? I've always wanted to try it...

It seems unattainable that the absence of stress could actually create stress. This is because saying that it would be contradictory. You can't have stress in a stress-free world.

Hiring stress in a stress-free world is like a presidential candidate having sense, respect or a strong moral foundation. For devised a system that helps doesn't seem to be a convoluted mumbo jumbo thus far.

Let's say there is this world. Let's say there is someone living in this world who has minimal stress. They have obligations that are due somewhere. They could finish these obligations if they wanted to, but they decide to do something else. But there is nothing else to do. This person thinks of what they can do besides their obligations. The decision coupled with the abundance of choices brings on the stress. How does this happen?

The absence, or rather the limitation, of stress is not what causes stress in most cases. Not having stress means that you have more options, more opportunities. If you have an assignment due tomorrow, at some point you have to finish that assignment. If you don't have a homework assignment due tomorrow, you have some choices to make. Should I go to the park? Should I watch "Mulan"? Should I play Scrabble? Should I play Scrabble while watching "Mulan" in a park? You see what's happening? Look at all the choices you have.

One might say: "I'm stressed because I don't have anything stressing me out." This is clearly wrong. You're not stressed because of the absence of stress. You're stressed because of the possibilities that are usually trivial and unproductive. Following this logic, one might insinuate that the more "possibilities" you have, the more stress you have, this is a fallacy. The more meaningless possibilities you have, the more stress you may have. This is true for more, you would say. Now, what can be said for those who have a lot of stress? This is quite an obvious one. So, what is the obligation you really need to focus on? This differs with the previous point. If someone with limited stress is actually stressed not from the amount of stress, but rather for the lack of stress. People have oftentimes mentioned that means that someone who is very stressed is because of their lack of unproductive opportunities. It's interesting how someone who is stressed years for opportunities to be unproductive while those who are not stressed wish to be productive.

Now, you may be asking yourself what is really going on? "What is so funny about this?" Why do I feel stressed out of all a sudden?" Why is he asking me all of these personal questions?" And "How does he know what I'm thinking?"

It seems unfathomable that the opposite of stress is not what you have. The needs of a few

BY SCOTT MISTLER-FERGUSON
CONTRIBUTING WRITER

The University of Rochester is known across America, and maybe even the globe, for its amazing dining halls. The student body's diversity is matched only by its diversity of food. There are vegan, vegetarian, kosher, halal, meat lover and late-night munchy choices for everyone. With all of these options on campus, why is it so impossible to have one decent smoothie option? Here at the UoR, we support a liberal lifestyle and mindset, and if there is one thing that liberals love more than overpriced coffee, it's absurdly healthy smoothies. The overpriced coffee is easy to grab from Connections, Pura Vida and Starbucks, as we all know, but also look unappealing. There are vegan, vegetarians, half a glass of red wine and overpriced coffee is easy to grab from Connections, Pura Vida and Starbucks. The student body's diversity is matched only by its diversity of food. There are vegan, vegetarian, kosher, halal, meat lover and late-night munchy choices for everyone. 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TOOP’s original ‘Q&A’ transcends the trivial

BY MORGAN MEBRING
CONTRIBUTING WRITER

For the second consecutive year, URS theater group The Opposite of People (TOOP) performed for the wider Rochester community in the First Niagara Rochester Fringe Festival, a celebration of visual arts, theater, comedy, dance, spoken word and every imaginable combination of these forms. This past Saturday, I had the pleasure of watching resident campus theater troupe TOOP’s premiere “Q&A” at the School of the Arts. The play, written by TOOP member and Take Five Scholar Katherine Varga, follows a high school quiz bowl team through a power struggle and a cathartic outpouring of self-revelation.

“I know that I know nothing,” introduced during the club’s first meeting, this line resurfaces several times throughout the play. Naturally chief among them, places the value of having answers—of knowing something—above all else. Devastated by the mystery of his mother’s death and the questions his father will not answer, Anderson has found an oasis of understanding in his role on the quiz bowl team. The audience learns that Anderson’s fascination with the Betty Green Award—the fabled quiz bowl prize—stems from the little information he has about his mother, Elizabeth Green, an alumnus of his high school. He tells Quinn (sophomore Michelle Fonda) that “she must’ve done something very special to have an award named after her, right?” At once the audience sees the award as Anderson does: the last connection to his mother, and the only way in his mind to honor her memory.

In a parallel scene, we see the rest of the group bring Samantha (Take Five Scholar Allison Schaefer) into the fold of the team. The audience learns that honest social exchanges are often the most important, and difficult questions to ask are sometimes the best seasons of “Glee,” nor as fun as “American Horror Story,” Murphy’s new comedy-horror show, “Scream Queens,” seems like complete trash at first sight. And it definitely might be. Ryan Murphy, however, is having some fun behind the scenes.

The audience wants to know the exact moment she realized that her Chanel is the lower-ranking Chanels, but her character has not moved past the rather bland movie tropes. Samuels and Breslin also endowing her with shades of a body is the comedic peak of the two-hour premiere.

Then there’s Emma Roberts. The former Nickelodeon star delivers her acerbic dialogue with aplomb, but I don’t know if there’s anywhere interesting for her character to go. Her character reveals the show’s deepest flaw. Her Chanel isn’t an especially interesting entrance to the world of the show and grows tiresome, much like a lot of the mean-spirited jabs the dialogue provides her. Despite the fact that her Chanel is the biggest character, I’m kind of wondering if the show—which has promised to kill someone...
Music has the extraordinary capacity to lift anyone's spirits, regardless of the circumstances in which one finds themselves. Music can create an environment of spiritual oneness and a sense of belonging. This extends across all genres, from pop to classical. However—at least, in my experience—gospel music creates a sense of community among its practices. My experience at Gospel Sunday was no exception.

As a part of the Fringe Festival, the fourth annual Gospel Sunday was held on Sept. 20 at Kilbourn Hall. This festival is a testament to the talents of musicians from various churches in the Rochester community.

The event began with a soulfully delivered performance of “The Lord Will Find a Way.” Vocalist Louis Banks sang with complete conviction and instantly captured the audience. The instrumentation was decorated with a variety of guitar riffs and jazz chords.

Throughout the succession of songs, the drums provided mini-climaxes that ranged from jubilant exclamations to haunting descantos that provided room for the main vocalists to deliver their messages softly and sincerely. Many of the songs told a story of gratitude infused with passion. This shared enthusiasm spread to the audience, featuring multiple calls-and-responses orchestrated by members of the Glory House International Church.

“The choir only requested one thing of the audience: “You must have a good time.” This was an easy task, as the audience chose to sing together for the majority of the concert, and clapped to a resounding and infectious beat. The experience was enhanced by interpretive dancers in the aisles, who acted as physical expressions of the music’s emotion.

The set list alternated between softly expressive pieces to exuberant, declarative ones. The choir delivered a moving rendition of “You Take My Breath Away,” featuring a rich blend of voices that created a sense of mesmerizing serenity. This contrasted from “Lord’s Blessings Rain Down on Me,” which featured a melodic thunder from the choir and the percussion, which created a soulful kind of rock song. The 90-minute performance concluded with “Bless the Lord.” This began descriptively soft and gradually grew into a powerful, resounding experience, with special recognition to a powerhouse vocalist, who proved that the miracle of being able to belt high notes is entirely possible.

I felt very privileged to be able to enjoy this talent for no fee at all. Although I spend a good portion of my time listening to music on YouTube and Spotify, this experience reminded me of the value of being able to witness a live performance. Regardless of your personal beliefs, live gospel music can offer something to everyone. It actively engages the listener in the performance, celebrating the good things in life and providing an opportunity to simply enjoy how a musical experience can make one feel better. Part of this effect is from the sense of community it cultivates through the performers, and this energy spreads to the audience. Gospel offers a temporary relief from the pressures and stresses of everyday life—and to this I say amen.

Kibler is a member of the class of 2017.
WNBA: Why you should “watch me”

BY BEN SHAPIRO
SENIOR STAFF

Last week, Spurs Summer League paired Becky Hammon coaching the San Antonio Stars with the words “you think I can’t.”

The last words heard were an attempt to accept that challenge: “Watch Me.” That is all that the league and their brother league, the NBA, want people around the world to do: watch. In other words, give these women a chance. This TV spot was created after NBA commissioner Adam Silver was displeased with the progress of the women’s league. “We thought we would have broken through by now,” Silver said in a television interview, expecting higher ratings and attendance.

I decided to skim some blogs in an attempt to understand why the WNBA hasn’t “broken through.” Besides a lack of marketing and sponsorship deals for the league, why don’t people watch? After loads of frustration and a magnitude of sighing, I realized that the relatively lethargic pace and diverse playing style presented in the WNBA is what is holding the league back. Unfortunately, basketball fans anticipate accelerated play with a lot of dunking. Fans complain that since women cannot execute all of the skills so heavily portrayed in the NBA, it clearly isn’t worthy of watching. Although I find those reasons incredibly ridiculous, I do happen to understand them. But my job now is to explain why the WNBA playoffs are worth watching for those very reasons.

One can make the argument that the reason for the moderate speed in the" width="613" height="920" src="https://campustimes.org/wp-content/uploads/2015/09/Tanaka-injury-brings-league-shortcomings-to-light.jpg" data-natural_width="613" data-natural_height="920"/></p><p>While running a lot may not be a major requirement to be a pitcher, it is still just about guaranteed that at some point, pitchers are going to have to run, whether on the bases or in the field. Unfortunately, these instances are rare enough that it seems pitchers have completely neglected training for this aspect of the game, which is why we see injuries like Tanaka’s. Now, not all injuries that pitchers sustain on the bases are a sign of shoddy fitness. Some are just freak accidents. One of the most memorable came in 2008 when another Yankee hurler, Chien-Ming Wang, hurt his foot rounding third base, an injury that would cause him to change his pitching mechanics. This ultimately led to shoulder problems and prevented him from ever returning to his place as one of the best starters in baseball. Tanaka’s injury, on the other hand, was probably one of the most preventable injuries in baseball. Strained hamstrings are a sign of tight, weak and immobile muscles, issues that really shouldn’t be affecting most professional athletes, who make a living with their bodies and should be doing whatever necessary to address physical issues like these. Perhaps the blame doesn’t completely lie with Tanaka and other pitchers, however. There seems to be hardly any public scrutiny about these ailments, and there are no indications that teams have pressured their players to make sure such preventable injuries are not occurring. Quite frankly, there needs to be a culture change in baseball. For as much as we marvel at the physical feats these athletes make look easy, until we stop giving them a free pass when it comes to maintaining a reasonable level of health and fitness, these injuries will only continue to occur. And, while the Yankees were fortunate when it turned out Tanaka wasn’t only hurting his hip, the injury is only going to get worse before their luck runs out. Shapiro is a member of the class of 2016.

BY JACKIE POWELL
CONTRIBUTING WRITER

On Tuesday, Sept. 22, ESPN began airing a promo entitled “Watch Me” launched by the WNBA. This campaign hopes to not only encourage viewership for their 19th annual post season, but to galvanize a progressive image. The first words heard are: “I know what you are thinking. You think I can’t.”

The clip shows highlights of WNBA stars Brittney Griner, Candace Parker and Maya Moore excelling at their craft while a potent voice continues to describe all of the activities that society thinks these women cannot do by using the same clauser starter of “you think I can’t.”

This anaphoric monologue first describes diverse actions that are skills in basketball (for example, “cross you over, coast-to-coast”). But, alas, this potent voice continues to interweave those basketball-driven images with statements of what is expected of a woman in society. Images are then flashed of Becky Hammon coaching the Spurs Summer League paired with the words “you think I can’t open doors,” along with depictions of WNBA parents “getting their kids to school on time” and WNBA women doing community service. After all the images of impressive basketball, motherhood and livelihood, the spot ended by painting the picture that WNBA women aren’t able to juggle all that is expected of them while chasing [their] dream[s].

The last words heard were an attempt to accept that challenge: “Watch Me.”

That is all that the league and their brother league, the NBA, want people around the world to do: watch. In other words, give these women a chance. This TV spot was created after NBA commissioner Adam Silver was displeased with the progress of the women’s league. “We thought we would have broken through by now,” Silver said in a television interview, expecting higher ratings and attendance.

I decided to skim some blogs in an attempt to understand why the WNBA isn’t “broken through.” Besides a lack of marketing and sponsorship deals for the league, why don’t people watch? After loads of frustration and a magnitude of sighing, I realized that the relatively lethargic pace and diverse playing style presented in the WNBA is what is holding the league back. Unfortunately, basketball fans anticipate accelerated play with a lot of dunking. Fans complain that since women cannot execute all of the skills so heavily portrayed in the NBA, it clearly isn’t worthy of watching. Although I find those reasons incredibly ridiculous, I do happen to understand them. But my job now is to explain why the WNBA playoffs are worth watching for those very reasons.

One can make the argument that the reason for the moderate speed in the" width="800" height="1200" src="https://campustimes.org/wp-content/uploads/2015/09/Tanaka-injury-brings-league-shortcomings-to-light.jpg" data-natural_width="800" data-natural_height="1200"/></p><p>While running a lot may not be a major requirement to be a pitcher, it is still just about guaranteed that at some point, pitchers are going to have to run, whether on the bases or in the field. Unfortunately, these instances are rare enough that it seems pitchers have completely neglected training for this aspect of the game, which is why we see injuries like Tanaka’s. Now, not all injuries that pitchers sustain on the bases are a sign of shoddy fitness. Some are just freak accidents. One of the most memorable came in 2008 when another Yankee hurler, Chien-Ming Wang, hurt his foot rounding third base, an injury that would cause him to change his pitching mechanics. This ultimately led to shoulder problems and prevented him from ever returning to his place as one of the best starters in baseball. Tanaka’s injury, on the other hand, was probably one of the most preventable injuries in baseball. Strained hamstrings are a sign of tight, weak and immobile muscles, issues that really shouldn’t be affecting most professional athletes, who make a living with their bodies and should be doing whatever necessary to address physical issues like these. Perhaps the blame doesn’t completely lie with Tanaka and other pitchers, however. There seems to be hardly any public scrutiny about these ailments, and there are no indications that teams have pressured their players to make sure such preventable injuries are not occurring. Quite frankly, there needs to be a culture change in baseball. For as much as we marvel at the physical feats these athletes make look easy, until we stop giving them a free pass when it comes to maintaining a reasonable level of health and fitness, these injuries will only continue to occur. And, while the Yankees were fortunate when it turned out Tanaka wasn’t only hurting his hip, the injury is only going to get worse before their luck runs out. Shapiro is a member of the class of 2016.

BY JACKIE POWELL
CONTRIBUTING WRITER

On Tuesday, Sept. 22, ESPN began airing a promo entitled “Watch Me” launched by the WNBA. This campaign hopes to not only encourage viewership for their 19th annual post season, but to galvanize a progressive image. The first words heard are: “I know what you are thinking. You think I can’t.”

The clip shows highlights of WNBA stars Brittney Griner, Candace Parker and Maya Moore excelling at their craft while a potent voice continues to describe all of the activities that society thinks these women cannot do by using the same clauser starter of “you think I can’t.”

This anaphoric monologue first describes diverse actions that are skills in basketball (for example, “cross you over, coast-to-coast”). But, alas, this potent voice begins to interweave those basketball-driven images with statements of what is expected of a woman in society. Images are then flashed of Becky Hammon coaching the Spurs Summer League paired with the words “you think I can’t open doors,” along with depictions of WNBA parents “getting their kids to school on time” and WNBA women doing community service. After all the images of impressive basketball, motherhood and livelihood, the spot ended by painting the picture that WNBA women aren’t able to juggle all that is expected of them while chasing [their] dream[s].
By Danielle Douglas

SPORTS EDITOR

Freshman Camila Garcia and senior Christine Ho are doubles partners on the women's tennis team. This past weekend, the duo defeated both SUNY Geneseo and St. Lawrence University at the St. Lawrence University Cantor Classic, helping UR to claim three out of four flight titles at the tournament. During her time at UR, Ho has been the first singles consolation winner at the New York State championships. During her time at UR, Ho has been a doubles and singles champion at the Lawrence University Canton Classic, St. Lawrence University at the St. Lawrence University Cantor Classic, and defeated SUNY Geneseo and St. Lawrence University at the St. Lawrence University Cantor Classic.

This past weekend, the UR men's and women's cross country teams took to the course in their first full-length race of the season. The men's team raced eight kilometers while the women competed in a six-kilometer event on their home course at Genesee Valley Park. The UR men placed seventh out of 20 teams from Division I and Division III schools. While Ohio Northern captured the team title, UR runners made their mark. The 'Jackets were led by juniors Eric Franklin and Dan Nolte, who captured 21st and 22nd place, respectively. Rounding out the top five for Rochester were seniors Chris D'Antona, Jeremy Hassett and Matt Prohaska. Additionally, Jake Greenberg and Forest Haagen acted as placers. The race was a very respectable fast-distance season opener. Although many members of the team were hoping to run faster times—shown by their personal records—racing conditions did not permit, with wind and rain impacting the runners' performances. The times were much slower across the field compared to years past, even with strong competition. A few positive things to note are the 1:5 spread, as well as the early season times even with a hard week of training prior. A spread of 40 seconds is very competitive and demonstrates the depth of the team.

In the women's race, UR took second place in a very competitive field, just behind Cornell University. Leading the charge for the 'Jackets were Victoria Stefanozzi '17, junior Annie Preston and junior Karie Know. All three placed in the top 22 out of the field. Junior Audrey McCarthy and freshman Rachel Bargboss rounded out the top five, and senior Anya Joynt and junior Samantha Kitchen scored as placers.

With this weekend's performance, the UR women's cross country asserted themselves as a serious competitor in the region. The team beat Division III-ranked teams, such as RIT, and placed second only to Division I perennial powerhouse Cornell University.

Having three runners finishing very near the top of the pack will favor the 'Jackets as the season progresses. Additionally, the 1:5 spread for the women was approximately 50 seconds—a very competitive outcome considering the number of Ironrunners very near the top of the pack.

It is exciting to see both the men's and women's teams move forward in the next couple months with the hopes of achieving their full potential. Given the successes of the weekend's competition, a national bid may very well be within the realm of possibilities—especially for the women's team.

Koehler is a member of the class of 2017.

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2. What characteristics make a good doubles partner?

In order to be successful and work well with your doubles partner, you need to be able to communicate well. Communication is a key to creating a great team because if you can communicate well, then there won't be any discrepancies between who gets what ball. Also, an enthusiastic and energetic partner makes a good partner. Your partner can help motivate you and boost your spirits when you're down.

3. How do you hope to improve your game this year?

Since this unfortunately is my last year on the team, I'm looking to improve my singles game by being more consistent. I think by working on my consistency, it will help me in both singles and doubles.

4. Would you rather go camping with Bill Nye or Steve Irwin? Why?

I would want to go camping with Bill Nye. I think it would be cool to hear all the scientific facts that can be brought up during a camping trip. I'd get to learn more about nature while being entertained.

Douglas is a member of the class of 2017.

Camila Garcia & Christine Ho - Women's Tennis

Freshman Camila Garcia returns a serve towards the net.

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Football ties record in Alfred State shutout

BY JADE MILLER
CONTRIBUTING WRITER

With 33 points in the first quarter, 21 in the second and seven in the third, the Yellowjackets dominated the football field this past weekend against the Alfred State Pioneers. They posted a final score of 61-0 to boost their record to 2-0 with high hopes for the rest of the season.

Sophomore quarterback Dan Bronson made this game extraordinary, completing four touchdown passes within the first quarter to tie the school record. This was the second win of the season for the Jackets, previously winning 45-28 against the Catholic University of America. Notching 54 of their 61 total points during the first half, Bronson completed five of seven passes for a total of 216 yards. Scoring opened up in the first two minutes, coming off a 16-yard run from Bronson. A 28-yard pass to senior Farid Adenuga followed suit, bringing the score up to 12-0. Adenuga caught a second pass from Bronson with 8:59 left in the first quarter to tack on 59 yards and a score.

There was only time to score twice more to end the quarter 33-0, coming off a 35-yard throw to senior Derek Wager and a long pass and run to junior Luke Szumski. Freshman runningback Jeff Martin regarded the game highly, stating that “after starting the first quarter with a 33 point lead, it’s hard for any team to combat that. Ending the half with a 54 lead made the idea even more improbable.” He continued, “The best part of it all was having almost the entire team get playing time. It felt awesome to play in the first home game.”

Some of the freshmen watching their first college home game had very similar comments. Jo Foong, who was attending her first football game, claimed it was “part of the induction into American college culture,” and also commented that “little things like pep band playing and face paint on my cheeks made it a unique experience while [I] learned the rules of football. It was a great win.”

The team’s scoring trend continued in the second quarter, with senior Bruce McKeen Jr. dropping down a three-yard run to put the team up by 40. The other two scoring plays came off a five-yard pass from senior Justin Redfern to sophomore David Angie and a one-yard run by freshman Malik Wells. The half ended at 54-0, with Alfred yet to get on the board. Wells added a two-yard run, with 12:13 left in the third quarter, to bring us to the would-be final score of 61-0. Bronson’s impressive four touchdowns in a single quarter tied records in UR history set in 1967, 1971, 1985, 2006, 2008 and 2011.

UR football’s next home game takes place at 12 p.m. this Saturday at Fauver Stadium against Springfield College, where they look to carry this momentum deep into the season.

Miller is a member of the class of 2019.

Women’s rugby controls conference

BY BELLA DRAGO
CONTRIBUTING WRITER

The women’s rugby team, the Sledgehammers, of which I am a member, are surely living up to their name by hammering through their league. After going 1-2 in URI’s cup competition, the club team currently stands first in the National Small College Rugby Organization (NSCRO) Women’s Cup Conference, with a total of 13 points accumulated from their two wins and one tie so far this season.

This past Saturday, the Sledgehammers faced their toughest opponent: St. Bonaventure University. The first half of the game ended with St. Bonaventure leading the Sledgehammers by five points, reminding Rochester that this was not going to be an easy game.

They quickly made adjustments in an attempt to improve their admittedly small score. The adjustments played a very important modification in the technique of their rucking, a part of the game when one or more players of each team crouch down and push against each other to either gain possession of the ball or defend the ball from being taken. Their improvements paid off, and the second half saw sophomores fullback Emily Grey score two tries after successfully breaking away from the defense. With this, powerful senior Justina Hauss added to the score with a try of her own, and the speedy rookie freshman Tori Breza topped it all off with her first try of the game, ending the match with a score of 20-20.

The tie was even more satisfying considering UR’s history with the St. Bonaventure rugby team. Last year, the Sledgehammers faced St. Bonaventure in an attempt to capture the Fall 2014 state title, ultimately losing the game and title, and watching as St. Bonaventure went on to regionals. This year, things are looking brighter for the Sledgehammers, and they owe it all to their great team dynamics and strong-scoring players.

The team is set to take on Niagara University on Saturday, Oct. 10 at Niagara. Drago is a member of the class of 2018.

Men’s soccer takes on Rochester rivals

BY EMILY LEWIS
CONTRIBUTING WRITER

University of Rochester Men’s Soccer picked up a win over the RIT Tigers with a score of 3-2. The ‘Jackets move to 3-2-1 on the year with conference play quickly approaching. The win over RIT was quite a thriller for the ‘Jackets.

“It’s always fun to play against another Rochester team, so we were all really excited to take on RIT,” senior defender Jeff Fafinski said.

The excitement was made very apparent this past weekend by the ‘Jackets. Rochester came out ready in the first half, looking to garner a win. Senior Tyler Buck scored his first goal of the season off of a corner kick from classmate Fafinski. This was the lone goal scored in the first half. Goalkeeper Reklk Brown recorded one save before halftime. RIT freshman keeper Chris Dill recorded two saves during the first half for the Tigers.

“Being up at half time definitely gave us some momentum going into the second half; we really wanted to get this win and knew what we had to do,” Buck said.

They certainly were able to accomplish their goal. Having said that, RIT came out energized in the second half with Dill grabbing another save during the first five minutes of play. The Tigers then scored two goals in under two minutes from sophomore Akram Meza and freshman Gene Sicoli. Those two quick goals were a wakeup call, we knew we needed to respond,” said Fafinski.

Rochester junior Alejandro Incencio responded by scoring his first goal of the season at 78:48 off an assist from junior Brendan Kelly. At this point, the ‘Jackets were not going to back down. They were determined to get the victory.

With under 30 seconds to go in regulation, senior Mike Sergeant netted a goal to put the ‘Jackets ahead 3-2 off an assist from freshman Patrice Dodge. This senior-captain’s first goal of the season could not have come at a better time. The game ended at 3-2 with Rochester snagging the win. As Fafinski put it, the game was truly a “hard fought match, but through work ethic and diligence, we managed to come out on top.”

This past Tuesday, the ‘Jackets tacked on another victory against an additional Rochester-based competitor, St. John Fisher College. This 3-0 victory not only helped to improve the team’s record, but also signified a major milestone for head coach Chris Apple. The game marked his 200th career coaching win. After 23 years of coaching, this 3-0 victory can be attributed to his relentless hard work.

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This will mark their final game before conference play begins.

Lewis is a member of the class of 2019.