

Campus Times

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PARSA LOTFI / PHOTO EDITOR

ACALYMPICS RAISES FUNDS WITH STUDENTS HELPING HONDURAS

Students Helping Honduras aims to end poverty in Honduras through educational initiatives. On Friday, Feb. 21, SHH hosted the Acalympics, an a capella competition, to raise money. For the full review see page 11.

Chris Matthews to speak at Commencement

BT RACHAEL SANGUINETTI
EDITOR-IN-CHIEF

UR Communications announced that Chris Matthews, news commentator and historian, will be the 2014 UR Commencement speaker. The ceremony is scheduled for Sunday, May 18. Matthews will be awarded an honorary doctor of letters from the University once approved by the Board of Trustees.

Matthews has a diverse

background in history, politics, and journalism. He served as a U.S. Senate staffer, presidential speechwriter, and aide to Speaker of the House. Later in his life, he went on to write for the "San Francisco Examiner". He began his TV career on TV in 1994 and launched his popular show "Hardball" three years later. He is also the author of seven books that have reached the best seller list on topics of the Kennedy family, history, and political issues.

"I am thrilled that Chris Matthews has accepted our invitation to speak," University President Joel Seligman said in a press release. "He is a respected voice in American politics, as well as a presidential and Washington historian. He provides insights and perspectives that enrich our understanding of current issues, including the challenges our May graduates will face."

Saguinetti is a member of the class of 2016.

Newman Community hosts talk on Pope Francis

BY HAYDEN FREEDMAN
STAFF WRITER

Catholic priest and CEO of Canada's Salt and Light Television Network Father Thomas Rosica visited UR last Thursday night, presenting a lecture at the Interfaith Chapel. Over one hundred people were

in attendance, mostly adults from the surrounding community.

His talk, titled "Resignation and Revolution", focused on the transition of the papacy from Pope Benedict XVI to Pope Francis. Father Brian Cool of the Newman Catholic Community introduced the world-renowned Father Rosica, who recently

served as the English language spokesperson during the papal transition.

Father Rosica used his perspective as a Vatican insider to discuss his views about the Papacy and the Catholic Church as a whole.

He spoke of what was to him

SEE **POPE** PAGE 4

MMC transitions to digital humanities center

BY JULIANNE MCADAMS
NEWS EDITOR

The renovation and repurposing of the Multimedia Center (MMC) into a digital humanities center is underway.

According to Director of Digital Humanities for Rush Rhees Library and head of the MMC Nora Dimmock, who is leading the transition, the project does not involve any extensive construction. The main changes include new paint, new comfortable and movable furniture such as tables, chairs, white boards, and a carpet cleaning.

The main change will be in how the space is utilized. According to Dimmock, by the end of spring break, the MMC will be a center for digital humanities research. The staff offices, currently located in the back of the center, will be moved to the front "so that you can see the activity that's really happening." Graduate and undergraduate research and collaboration will be encouraged by the availability of the new space.

"I think it will be a place where students can go to meet with faculty and work with faculty on undergraduate research," Dimmock said. "I think we'll be able to provide a home for research teams."

All DVDs currently available for student viewing in the MMC will be moved to the Art and Music Library. Dimmock said this transfer makes sense, as the Art and Music Library is growing as an arts library and is open for longer hours than

the MMC.

Examples of the kind of research that is being conducted currently by students and faculty through the Digital Humanities Center and that will continue to utilize the updated Multimedia center are the creation of historical digital archives, Geographic Information System (GIS) mapping projects, and the 3D recreation of a historic Rochester train station that was torn down in the 1960's.

"People are doing more modes of digital scholarship," Dimmock said in reference to the need for more environments conducive to digital humanities research.

Dimmock described the new MMC as an "extension of Rettner Hall, but with the expertise built in."

Dimmock addressed the possible effects of the transition on students who currently utilize the MMC.

"The Multimedia Center has always been a really great place for underrepresented students," Dimmock said. "We've always had a really [...] loyal following; transition is hard."

Dimmock said the change is in response to the changing utilization of media by students.

"People have changed the way they consume media," Dimmock said.

When the MMC was built, it was geared toward a demand that no longer exists due to the development

SEE **TRANSITION** PAGE 4



AARON SCHAFFER / PHOTO EDITOR

The renovation and repurposing of the Multimedia Center include changes such as new paint, new furniture, and a carpet cleaning.

INSIDE THIS CT



OSCARS PREVIEW

See the *Campus Times* staff's and movie preferences and prediction for the 2014 Oscars.

PAGE 12 FEATURES

HUMANS OF THE U OF R

Learn about UR student photographer's Humans of NY-inspired Facebook page.

PAGE 10 A&E

D-DAY CONTROVERSY

Read about the administration's plans to increase student participation for D-Day.

PAGE 11 HUMOR



PARSA LOFTI / PHOTO EDITOR

GLOBE MED BENEFIT DINNER

Globe Med hosted a benefit dinner at the Flaum Atrium at URMU on Saturday, Feb. 22. They raised over \$4,000 for underprivileged students in the Rochester community.

THIS WEEK ON CAMPUS

THURSDAY FEBRUARY 27

CAMPUS ACTIVITIES BOARD: BRANDON STANTON

STRONG AUDITORIUM, 7:00 - 8:30 PM

Brandon Stanton is the creator behind the popular photo blog Humans of New York (HONY). Tickets are \$5 for University undergrads, \$10 for the University community, and \$15 for the general public.

AN ENEMY OF THE PEOPLE

TODD THEATRE, 8:00 - 10:00 PM

A contemporary take on Henrik Ibsen's superb, riveting drama about the conflict between the individual's conscience and the material well-being of a community. Tickets are \$7 for University of Rochester students.

FRIDAY FEBRUARY 28

PHILIPPINE TYPHOON RELIEF CONCERT

STRONG AUDITORIUM, 7:00 - 9:00 PM

The Japanese Students' Association (JSA) and Filipino American Students' Association (FASA) are cohosting a charity concert to aid relief efforts in the Philippines.

NO JACKETS REQUIRED: SCHOOL OF ROCK

MAY ROOM, 8:00 - 10:00 PM

The ensemble's spring concert is a survey of classic rock from 1955 to 1985 and a tribute to the movie "School of Rock" starring Jack Black. Tickets are \$3 for UR students.

SATURDAY MARCH 1

CINEMA GROUP FILM: GRAVITY

HOYT AUDITORIUM, 7:00 - 8:45 PM

Tickets are \$2 for UR students, \$3 all others. Repeats at 9 and 11 pm

SYMPHONY ORCHESTRA CONCERT

STRONG AUDITORIUM, 8:00 - 10:00 PM

David Harman conducts. The concert features Pianist Shiyu Wang. The event is free and open to the public.

SUNDAY MARCH 2

ROCK REPERTORY ENSEMBLE

LOWER STRONG AUDITORIUM, 7:00 - 9:00 PM

Directed by John Covach. The event is free and open to the public. Sponsored by the Department of Music.

Campus Times

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CAMPUSTIMES.ORG / EDITOR@CAMPUSTIMES.ORG

EDITOR-IN-CHIEF RACHAEL SANGUINETTI

MANAGING EDITOR JONAH JENG

NEWS EDITORS ELISE JOHNSON
JULIANNE MCADAMS

FEATURES EDITOR JAMIE RUDD
DANIELLE DOUGLAS

OPINIONS EDITOR JASON ALTABET

A&E EDITORS JUSTIN FRAUMENI

JEFFREY HOWARD

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PHOTO EDITORS PARSA LOTFI
AARON SCHAFFER

PRESENTATION EDITOR AARON SCHAFFER

ILLUSTRATOR ELIZABETH BESON

COPY EDITOR SAAD USMANI

BUSINESS MANAGER CAROL ROUHANA

PUBLISHER MATTHEW SHINSEKI

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WEEKEND FORECAST

COURTESY OF WEATHER.COM

FRIDAY



Partly Cloudy
Chance of snow: 0%
High 19, Low 11

SATURDAY



Mostly Cloudy
Chance of rain: 20%
High 40, Low 14

SUNDAY



Few Snow Showers
Chance of snow: 30%
High 22, Low 12

PUBLIC SAFETY UPDATE

Man tries to enter library

BY REI RAMOS
STAFF WRITER

Banned Woman found
in Rush Rhees

1. On Monday, Feb. 24, at 1:41 am, officers responded to Rush Rhees Library after receiving reports of a suspicious man. Officers learned that two students working in the Periodical Reading Room observed a man try to enter through a window from the exterior fire escape. The students stated that when the male saw them inside, he exited the area through the same fire escape. Responding officers checked the immediate areas but the male was not located. No damage was done to the window, which was later secured.

Stolen Laptop found in Gates Store

2. On Sunday, Feb. 23, at 12:49 pm, a student reported that her laptop had been taken from a room in Wilson Commons after she left it there overnight following an event. The student was able to track the laptop remotely, and its location was traced to the town of Gates. Gates police were contacted and responded to the pinpointed area. The computer was located in a nearby store and taken by police. The person who was in possession of the laptop stated that an unknown male had sold him the laptop earlier. The laptop was returned to the owner. Further investigation is still pending.

3. On Monday, February 24, at 1:26 pm, officers responded to Rush Rhees Library after reports of a woman in the area who had been previously banned from campus property. Officers located the woman inside the library. The non-affiliated woman stated she was just waiting for a bus. A short time later, the woman admitted that she was trespassing and should not be in the building. The woman was issued an appearance ticket for trespassing by Public Safety Officers and escorted off the property.

Undergraduates found trespassing in the North Athletic Fields

4. On Sunday, Feb. 23, at 4:39 pm, officers responded to the North Athletic Fields along Wilson Boulevard after receiving a report of a group of people using the field without authorization. Responding officers found footprints in the snow leading to the fence around the field and could tell that several people had climbed over the fence to access the field. Officers located seven undergraduate students playing football on the field. All admitted to jumping the fence to use the field. All were cooperative, warned about trespassing in the future, and escorted off the field.

*Ramos is a member of
the class of 2015.*

*Information provided by
UR Public Safety.*

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more information.

Antidepressant may offer new Alzheimer's relief

BY JOHN PASSANISI
CONTRIBUTING WRITER

A new study conducted at eight university medical centers, including the UR Medical Center (URMC), has indicated that the antidepressant drug Citalopram may have a calming effect on victims of Alzheimer's disease.

According to Professor of Psychiatry and Director of the Alzheimer's Disease Care, Research, and Education Program at URMC Anton Porsteinsson M.D., Alzheimer's patients are frequently affected by agitation, becoming stressed as well as exhibiting verbal or physical aggression towards their caregivers and loved ones. The antipsychotic medications commonly used to treat these symptoms are associated with severe side effects, such as an increased risk of death, but must be used regardless because most other options are not as effective.

The new study found that a drug called Citalopram can mitigate the agitation of elderly Alzheimer's patients. Citalopram belongs to a class

of drugs known as selective serotonin reuptake inhibitors (SSRIs) and is most often used in the treatment of anxiety, depression, and OCD.

There were 186 patients involved in the study, half of whom were placed in a

A drug called Citalopram can mitigate the agitation of elderly Alzheimer patients.

control group and given a placebo medication. The other half was given high doses of Citalopram, starting with 10 milligrams per day and increasing gradually to 30 mg per day. This group showed improvement, researchers said, with reduced symptoms of agitation.

Over half of the medicated group showed noticeable improvement that, according to Porsteinsson, was equal to or perhaps greater than

improvement from more commonly used drugs.

There are some caveats to the use of Citalopram. In an advisory that was incidentally published three-quarters of the way through the Alzheimer's study, the Food and Drug Administration warned that high doses of the drug can cause cardiac irregularities. The study researchers began electrocardiogram tests on the patients and found that heartbeat irregularities were indeed present in the medicated group, along with a slight, unexpected decline in cognitive function.

Researchers reduced the dosage of Citalopram to 20 mg per day for the remainder for the study. Dr. Porsteinsson noted, however, that further research will help show whether these lower doses of the drug are equally effective at treating agitation.

Despite adverse affects at high doses, Porsteinsson said Citalopram may be a helpful to elderly patients suffering from Alzheimer's-related agitation.

Passanisi is a member of the class of 2017.

Dean earns Lifetime Achievement Award

BY ELISE JOHNSON
NEWS EDITOR

Mary Ann Mavrincac, Vice Provost and Dean of the River Campus Libraries, received the Ontario College and University Library Association (OCULA) 2014 Lifetime Achievement Award. OCULA is a branch of the Ontario College Association and represents higher education library faculty and staff. The Lifetime Achievement honors those that made exceptional contributions to academic library development, publication and research, and to other library professionals as role models.

The award comes on the heels of her recent work regarding plans to revolutionize the River Campus Libraries and welcome them into the digital future. This includes the ten-year plan titled Rush Rhees Library Revitalization Project. Mavrincac also joined with the Department of History to obtain a \$360,000 grant from the Emerson Foundation to digitize the Seward Family Archive in the Department of Rare Books, Special Collections, and

Preservation. Additionally, she has been working with Central IT and the Health and Science Center for Computational Innovation on the creation of the Collaboratory for Data Sciences. This new project will be placed in Carlson Library.

This award was given due to her previous projects and position. She was the chief librarian at one of the University of Toronto libraries, located at the Mississauga Campus. During her time, she led the planning and supervised the completion of Hazel McCallion Academic Learning Center. This facility won an innovation achievement award from the Canadian Association of College and University Libraries.

In 2007, the Association of Research Libraries selected Mavrincac as one of 23 fellows for Research Library Leadership development. Then in 2010, she served as the president of the Ontario Library Association.

Mavrincac received a Bachelor of Arts and a Bachelor of Education from the University of Toronto, a Master of Library

SEE ACHIEVEMENT PAGE 4

Ending Eating Disorder Stigmas

BY DANIELLE DOUGLAS
FEATURES EDITOR

National Eating Disorders Awareness Week (NEDAW), a week-long series of events dedicated to educating communities about eating disorders, is taking place this week as groups across UR work together to organize a multitude of events and programs.

The mission of NEDAW, which is a campaign not only on college campuses but in communities across every American state and in various other countries, is to "increase outreach and awareness of eating disorders and body image issues" and "to recognize the pressures, attitudes and behaviors that shape the disorder" across both the country and worldwide, according to the NEDAW website.

"It's another way to reduce stigma on campus for all mental illnesses," junior and president of Psi Chi, the National Honor Society in Psychology, Clint Cantwell said.

This week's programs at UR are varied and numerous and aim to include as many students as possible, both male and female.

Events range from tables featuring themes like "What Do You Love About Your Body?" to a discussion about the influence of consumerism on body image with Psychology Professor Marie-Joelle Estrada, to "A Day Without Mirrors," where all mirrors are covered in Wilson Commons to emphasize how "beauty isn't what you see in the mirror," as junior and president of Active Minds Haley Harnicher described.

University Health Service (UHS), Health Promotion Office,

and the University Counseling Center (UCC) teamed up with five student groups: Active Minds, UR SEGway, Psi Chi, Psychology Undergraduate Council, and Gamma Phi Beta.

The objective was to create a schedule of powerful and influential programs for the student body that are both educational and informative so that students can better understand what eating disorders truly are, and how they can be dealt with at UR.

Associate Director for Health Promotion at UHS Linda Dudman said that one of the greatest parts of the week is the collaboration between students and UHS faculty alike.

"Working together and having it be not just something that our office does but something that we do with students, together, is very important," Dudman said.

Although NEDAW has existed at UR as a part of the "Feel Fabulous in February" month since 1998 when it began, student involvement and the scope of the program have drastically increased substantially since then.

Early National Disorders Screening Days on Campus, days on which students have the opportunity to be surveyed about eating behaviors and attitudes to meet with counselors, only 10-15 students taking part in the event. However, 76 students took advantage of the occasion, last year's Screening Day.

This year's Screening Day will take place on Thursday, Feb 27 from 11:30 am -1:00 pm and 5:00-6:30 pm outside the Friel Lounge.

"I think that it's really great that we're opening up this conversation,

and I hope that the conversation spans for more than just this week," junior and president of UR SEGway Emily Sumner said.

Despite the fact that eating disorders are often associated with women, the female-to-male ratio of positive screenings of eating disorders is 3-to-1, a number much higher than many expect, according to NEDA.

"It doesn't show up the same in men as it does in women," Cantwell said. "A lot of men go to the gym, buff up, and just don't eat a lot, and in reality, they're just damaging their bodies."

Cantwell said that the amount of mental illness and eating disorder awareness events has expanded over the past few years, and that he believes that this impact will be becoming increasingly noticeable as time goes on.

"All of these small events together get built up, they can change," Sumner said. "That's what makes change: a combination of small events that are slowly planting a seed in somebody's head."

Douglas is a member of the class of 2017.



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Mary Ann Mavrincac received the Ontario College and University Library Association 2014 Lifetime Achievement Award.

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Speaker gives new insight on pope



PARSA LOTFI / PHOTO EDITOR

Father Thomas Rosica has been instrumental in relations between activity with the vatican and the press. He commented on the state of the papacy Feb 20.

POPE FROM PAGE 1

the brave and humble resignation of Benedict who, despite being called “conservative”, actually began many of the reforms Francis is now overseeing, most notably dealing with the sex abuse scandals. Rosica said Francis appeals more to the public, but it is not necessary to compare the two.

Rosica spoke of the unprecedented excitement that electrified Rome during the Papal Conclave, and marveled at the diverse array of nations represented.

As a spokesperson, Rosica interacted with representatives from around the globe, and noted some interesting fascinations: the Mexicans with Benedict’s wearing of Mexican shoes, the Germans with the negative impacts of the air pollution from the Council’s smoke signals, and the French with complaints about... everything.

Rosica spoke of the crowd’s surprise at the Coronation when Jorge Mario Bergoglio, soon to become Pope Francis, appeared on the balcony and said simply,

“Pray for me.”

He also spoke of the new Pope’s sense of humor. According to Rosica, Francis consistently name-calls various types of Christians who he believes aren’t living up to their faith in one way or another: pickled, pepper-faced Christians, creed-reciting parrot

“It brings life, it’s an opportunity for discussion for faith and reason, it’s home.

Christians, watered-down faith Christians. A nun who does not inspire faith? According to Francis, she is simply an Old Maid.

Rosica commented on the new Pope’s dedication to simplicity and radical goals.

He said Francis is a simple Pope in that he turned down the Papal limo in favor of a bus after his election, and rejected the Papal mansion in favor of a small guest

house where he still lives. Rosica described Francis as a radical Pope because of the direction he wants to take the Church.

Rosica said the new Pope does not believe that the Church should be contained in the stodgy halls of the Vatican, but thinks the church should “take to the streets,” reminding the rich and the poor alike of its presence. Francis is a doer, not a talker; he walks the neighborhoods of his city, embracing the disfigured and inviting the poor to dine with him. As he himself put it in one of his famous one-liners, “I want things messy and stirred up in the Church.”

Rosica discussed how Francis is exceedingly quotable — he has been referred to as a “Tweetable Pope”. With regards to gay marriage, his announcement of “Who am I to judge?” shocked the world, in under 140 characters no less.

Sophomore Brendan Coli said, “I really like the comments he’s made towards atheists and how he doesn’t think they should be excluded from the love and the understanding of the Catholic community,” regarding Francis’ approach.

In a separate interview, Rosica spoke of his encounters with Pope Francis and how being a Priest has changed his view of the world.

“I feel very much at home in many parts of the world,” Rosica said. “The Catholic Church is really universal — there’s room for everybody in the Church.”

Rosica also said that the responsibilities of the Papacy have increased over the years.

“It’s adapting much more to meet the people where they are — it’s much more universal. This is not just a Pope of Italy or a Pope of Europe, it’s a leader of the World Church, and 1.2 billion Catholics,” Rosica said.

Rosica has strong ties to Rochester despite his global experience. He was born and entered the Priesthood in the city, and hails St. John Fisher College as his alma mater. He also claimed to always have had great respect for the Rochester Newman Community.

“It brings life, it’s an opportunity for discussion for faith and reason, it’s a home,” he said.

Former President of the student executive board of the Newman

Community and KEY Scholar Conor McNamara commented on the talk.

“For me, the most successful thing about the event was the interesting viewpoints that Fr. Rosica brought to the topic,” McNamara said. “I’ve read many different articles and have heard many people talk about Pope Francis, but I have never heard the viewpoints from someone who was physically there during it all.”

Rosica predicted where the Church would be in North America in twenty years.

“We have so many things working against us [here],” he said. “We have all of the isms, you know. Materialism, moral relativism; we have a lot of selfishness. Where there’s a culture of superabundance like ours, there’s not a lot of room for God.”

Maryknoll Priest and Professor of Christianity at UR Curt Cadorette said regarding Pope Francis, “It’s quite encouraging — he’s energetic and grappling with administrative issues that have needed to be addressed for a long time, and his simplicity is quite appealing.”

McNamara discussed the planning that went into the event.

“Since this lecture series was to celebrate the 50th year of chaplaincy at the University of Rochester, we put a lot more time and energy into this event,” McNamara said.

This lecture was the second of three presented by the Newman Community as a celebration of their 50th year of Chaplaincy. The third will take place on March 27 at 7:30pm in the Interfaith Chapel.

“It seems to me that the messages that Pope Francis is spreading are going far beyond the 1.2 billion Catholics in the world,” McNamara said. “He is becoming a true world leader whose voice and opinion is heard and makes a difference. It is because of [this] that I think it is important for students to become aware of the Pope and the Vatican.”

Rosica said he believes that Pope Francis will change things.

“He’s speaking to people, and people are listening.”

Freedman is a member of the class of 2016.

Vice Provost receives honor

ACHIEVEMENT FROM PAGE 3 Science from the University of Western Ontario and a Doctor of Education from Fielding Graduate University. “All of my degrees have contributed to my current role,” Mavrinc explained. “Library science as a discipline provides me with foundational knowledge that is important in overseeing an academic library. My Doctorate in Education is in the area of Educational Leadership and Change, important as we go through the many changes and

Nominators need to write letters of support focusing on the nominees achievements.

developments that have occurred in higher education, technology, telecommunications, research, learning and teaching about which libraries play a vital role in supporting and leading in the academy.”

This award came as a complete surprise to Mavrinc, as she was nominated by the Director of St. Jerome’s University Library Lorna Rourke and a business librarian at York University Libraries Kim Stymest. Mavrinc coauthored and mentored Stymest. The nomination process is lengthy one. Nominations must be seconded, and both nominators need to write letters of support focusing on the nominee’s achievements.

“I was very honored and humbled to receive this award, doubly so because it was a nomination from my peers,” Mavrinc said.

After attending the OCUA Annual General Meeting where she received the award, Mavrinc celebrated with close friends and colleagues. Overall, Mavrinc was happy about the experience.

“The award is a lovely honor,” Mavrinc said.

Johnson is a member of the class of 2016

Multimedia Center gets a new look

RENOVATION FROM PAGE 1 and expansion of resources like Netflix and online availability of movies.

According to Dimmock, circulation of DVDs in the MMC dropped 68% last year.

Similar adjustments to changing media have occurred through out the history of the MMC, beginning with 16mm film and laserdiscs and developing into the need for VHS tapes by students, which lasted about fifteen years until the advent of the DVD.

Dimmock said the physical copies of the movie collections will be preserved but that “it seemed artificial to create a whole library around a format that anybody could play.”

Student employees who currently work in the MMC will not return to the job in the fall of 2014. They will keep the job for the remainder of the semester, however. Dimmock said the transition has been expected for some time now, so student work hours have been decreasing over time and workers have not been

actively replaced. The majority of student employment in the MMC next year will be through research projects granted by professors.

The new MMC post-spring break will exist in a transitional period as faculty figure out how to best utilize the renovated space, according to Dimmock. She said it will give them time to “think about the use of the space,” and that student input is always welcome.

McAdams is a member of the class of 2017.




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OPINIONS

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College: Keep it in perspective



BY JAMIE RUDD
FEATURES EDITOR

“College is the best four years of your life.”

This is a phrase that most of us have grown up with. It came from our parents when they recounted their glory days at the ol’ alma mater. It made its way into conversations with our teachers as they helped us navigate our college applications. And who among us didn’t hear it from an older relative as they wished us well at our graduation party?

This concept of college being “the peak,” “the ultimate,” “the best it gets,” has become ingrained in our society. It’s the expectation most of us have when we arrive here as freshmen – “This is it, this is when life gets good.”

It also influences how we perceive our college experience as we settle into university life. When things get tough and we’re stressed, tired, lonely, and miss home, the little voice in the back of our head begins to doubt – “If these are the best years of my life, what’s it going to be like after I graduate?”

Others of us strive to live up to the expectation of greatness imposed on us by this notion that the college years are superior. We rationalize excessive partying, risky behavior, and over-commitments to extracurricular with the logic: “Hey, these are the best years of my life – I’d better make the most of them.”

But sooner or later, suffering grades or failing relationships snap us back to reality and force us to recognize that our “four best years” might be cut short if we don’t knuckle down.

For me, the infamous best-year phrase has never sparked visions of an idealistic college life. It hasn’t influenced my attitude about college and it’s not something I measure myself against. When I’m suffering from a lack of sleep, haven’t been to the gym in weeks, or don’t have

time to go out with my friends every weekend, I never wonder if I’m doing it – college – wrong.

We go to a school whose motto is “Ever Better,” and as cheesy as it sounds, when it comes to what I want my life to look like, nothing does a better job of summing up my perspective. Yes, I want my time here to be wonderful and unforgettable. But I don’t want my life to peak at age 21.

College is a time for experiencing the unfamiliar. These are the years of self-discovery and the time to prepare for our futures. We meet lifelong friends here and begin to figure out that all-important question of what we want to be when we grow up.

But while our college years may be unique – an amazing once-in-a-lifetime experience – these years shouldn’t be the pinnacle of our aspirations.

By the time we graduate from college, we still have the great majority of our lives before us to fill with happiness, success, fulfillment, and new experiences. Why shouldn’t each new year be the best we’ve ever had? What’s stopping us from expecting this and making it a reality?

This isn’t to say that the future won’t be full of struggles even more challenging than finals week. But in buying into the idea that college is the best four years of our lives, we prevent ourselves from appreciating the value of what’s to come.

Life should be about realizing our passions, helping others, making a difference, and a whole lot of other things. But it shouldn’t be about restricting ourselves to four short years of “best” and being content to let all that follows be less.

As current college students, these four years at UR should be the best we’ve ever had. But they shouldn’t be the best we ever will have.

In some ways, “Meliora” has turned into a sort of cliché, something we hashtag when we’re feeling ironic. But when it comes to having an “Ever Better” life, perhaps we should set the irony aside and recognize the importance of the Meliora philosophy.

Rudd is a member of the class of 2017.

EDITORIAL BOARD

Continue the fight against eating disorders beyond Feb. 28

24 million people in the United States suffer from an eating disorder (ED). 95% of those people are between the ages of 12 and 25. Yet for some reason, our society still has trouble talking about this issue. In conversation, people will avoid the words “eating disorder,” “anorexia,” “bulimia,” and “binging” at all costs. If the topic comes up, voices get low and most people become very uncomfortable. When they see someone suffering from the disease, they don’t know how to talk about it. They want to help but are never sure how to do it.

National Eating Disorder Association (NEDA) hosts a yearly event to raise awareness about eating disorders, and this past week was the week. People all over the country gathered to discuss issues of body image, patient treatment, and prevention

of ED’s. Hundreds of universities across the country held events encouraging people to love and embrace their bodies; UR had a photo booth, a lecture, and a screening session with counseling support on-hand. But a single week at the end of February is not enough recognition of this issue and not nearly enough time to begin to tackle the issue on campus.

Simply raising awareness about eating disorders is a good place to start, but it does not go far enough. People need to be educated on how to talk to people when they notice anything. Friends are the first to notice changes while students are at college. Friends see the students multiple times a week, eat with them, and talk to them everyday. If anyone is going to notice changes, it will be friends. Expressing concerns early to the students or to the

right health professionals can make all the difference in the world. The ED screening on Thursday was a step in the right direction but barely scratched the surface of the problem.

Though it is sad to admit, everyone probably knows someone who had or has an ED. Only 1 in 10 people who suffer from an ED receive the treatment they need for a full recovery. Where are the rest? Why have they not found the resources that they need? Sometimes, it takes one concerned person to connect the suffering student with the resources they need. It simply takes a concerned word, an offer to walk to UHS, persistence, and love. Our campus needs people to step up, speak out, and raise awareness of this issue. Only then can we begin to lessen the numbers and fight back against this disease.

Work toward a better Rochester

The City of Rochester is not perfect. There’s a high crime rate, failed industry, face-biting winters, and a floundering child-education system. The students, who have been living here for at least four years of their life, utilize housing in neighborhoods like the 19th Ward and Mount Hope, drive on the ice-ridden roads, and feel concerned for their safety when reading security updates in Gmail, can’t be blamed for finding flaws in the surrounding community.

Do they know, however, that most of the violent crimes are focused in the northern regions of Rochester, and that according to cityofrochester.gov, most assaults are committed by people known to their victims? That UR, the Eastman School of Music, and the remnants of what were booming industries make Rochester a cultural hub with an interesting history? That members of the University community could help to better education in city schools? Or that the snow can actually be really beautiful? Rather than insulting the place they live, finding every possible flaw and expounding their complaints with the observation that a company based here went bankrupt and the fact that it is cold, students who have a problem with UR should focus on the positive aspects of the city, and what they can do to participate to create change.

It can of course be argued that there are some serious problems in the city. There is no reason to

call it boring, however. There are so many things to do in Rochester, a city with a character formed by the people who have lived here. There are music and record stores; the Kodak Theater and Eastman School of Music, which is never short on performances; artsy coffee shops; independent bookstores; and restaurants of all types. There is the Museum of Play, the George Eastman House, the Memorial Art Gallery, the Little Theater, High Falls, Mount Hope Cemetery, Lake Ontario and its beach, Canada a short road trip away, Highland Park, the Geva Theater, concert venues, and the list goes on. Most of these places are a bus ride away. And yet people say there’s nothing to do here. You’d think that list would be hipster-college-student paradise.

There is, believe it or not, a reason why there are buildings named “Sue B.,” “Douglass,” and “Bausch and Lomb.” Susan B. Anthony got women the right to vote. Fredrick Douglass led slaves across Lake Ontario to freedom and ran a slave-liberation newspaper. Bausch and Lomb made huge progress with optics technology. And obviously there’s Eastman Kodak. Sharing a history with all these people and the progress they made should trump the fact that Kodak eventually went bankrupt.

This is not to sugarcoat the serious plights of certain citizens, or to approach with ignorance and naivete the state of the city. It is simply to say that rather

than seeing Rochester as a failure, people should see it as capable of experiencing improvement.

There is a larger community that some students living off campus are essentially a part of, but do not notice. Families living next-door to some off-campus houses have memories and attachments associated with places now occupied by college students. Yet, it is doubtful that any students living there are bringing homemade foods to their neighbors upon their arrival. Not to say that there needs to be a loving companionship made, but it does not seem justified for someone to complain about the place he or she lives while maintaining an attitude of indifference with regards to what he or she can do to fix problems that exist.

There are several ways students can get involved in the community. We are all here with aspirations of being doctors, engineers, artists, politicians, or educators. But what is the use in training for these professions without some sort of real-world applicability? If Rochester has so many problems, why don’t we all pitch in to help the parts that need help? Many students do, and that is why Rochester is not “dying”. It is living, breathing, and has potential. The more the mindset of UR students drifts from complaint or indifference to care and compassion, the healthier the City of Rochester will become and the less there will be to complain about.

The above two editorials are published with the consent of a majority of the editorial board: Rachael Sanguinetti (Editor-in-Chief), Jonah Jeng (Managing Editor), Jason Altabet (Opinions Editor), Jamie Rudd (Features Editor), and Julianne McAdams (News Editor). The Editor-in-Chief and the Editorial Board make themselves available to the UR community’s ideas and concerns. Email editor@campustimes.org.

Putin aims to lift reputation with Olympics

BY JAKE SWEELY

Sochi. A city which you've probably never heard of until only a few months ago but have heard mentioned a dozens times since. The infamous location for the 2014 Winter Olympics in Russia has drawn an immense amount of attention, not just because it's the Winter Olympics, but because of its price, location, lack of

The difficulties of hosting the Olympics at Sochi were certainly foreseen by his administration, but they were only to added to the overall message...Russia can handle adversity.

preparedness, and vulnerability as a terrorist target. These issues beg the question: Why hold the most publicized sporting event in the world in this location? The answer: the geopolitical appearance of Vladimir Putin.

The Olympics have been used time and again over the last century to send a message to the world. Be it the 1936 Berlin Olympics in Nazi Germany, the 1980 Moscow Olympics in the Soviet Union, or the 2008 Beijing Olympics

in China, the games have become a representation of the host nation's prestige. As the strongman leader of post-Soviet Russia, Putin has the historical precedence to use the games to show the world that his nation is again a world power. However, the history of the Games' message still does not answer the question of why Putin picked Sochi (note that the above Games took place in their corresponding countries' capital cities).

Sochi, a resort city in the south of Russia, known for its relative warmth compared to the rest of the nation, is not the go-to locale for the Winter Olympics, and is obviously not the capital of the resurging Federation. These observations, coupled with Sochi's proximity to the Islamist-extremist and terroristic/rebellious province of Chechnya, as well as the record \$51 billion US dollars that was needed to compensate for the city's lack of necessary infrastructure and security for the games, prompts a search for any reason why one would hold the games there.

Putin, who has reigned over Russia since 2000, has faced an unstable economy at home and a dwindling influence abroad. The difficulties of hosting the Olympics at Sochi were certainly foreseen by his administration, but they only added to the overall message that Russia is sending to the world: Russia can handle adversity

and is in charge of the Central Eurasian region. The president has almost total control of the nation's economy and thus can command the resources necessary for such a massive undertaking, \$51 billion dollars, 50,000 soldiers, and 98 events later, the Games went relatively

trivial. On this front, Putin has proven his nation's abilities, but this is only a fraction of the Game's message. Sochi's location, several hundred miles from both the rebellious regions of Russia and the nation of Georgia (which Russia invaded in 2008), is absolutely essential

(gilded) economic and military strength, he has now begun the process of regaining Russia's international influence, and the Sochi Olympics are a soft power approach to handling this. Though this regaining of influence is not complete (i.e. the situation in Ukraine), Putin has, on many fronts, reclaimed a position of significance in international affairs for the Russian Federation. From the Syrian Civil War to the Iranian nuclear deal, Russian opinion has greatly affected the outcome of recent international diplomatic events.

The Olympics in Sochi are a clear representation of Vladimir Putin's intention to remain a force to be reckoned with regionally and internationally. However, the Games also demonstrate his recklessness in this pursuit. Any leader who is willing to commit the time and resources to successfully hold an event of Olympic proportions in an unstable, dangerous region is a very driven, and perhaps dangerous individual. As the 2014 Olympics becomes a memory, its effects will become more apparent, and the outcome of Vladimir Putin's attempts to revive Russian greatness will emerge. Sochi is only one part of Putin's overarching plan, but with such a high cost and such publicity, it will be known as an essential step in the process.

Sweely is a member of the class of 2017.



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unhitched but not perfectly.

Even after these incredible preparations, numerous facilities meant to support the Olympics were not completed, most notably a plethora of hotels in the area. Yet in comparison to the potential failures that could have happened, lacking guest accommodations seems

to President Putin's second assertion: Central Eurasia is once again firmly under the Russian sphere of influence.

After the collapse of the USSR in 1991, Russian influence began to dwindle in its historical backyard. As Putin presided over a resurgence of

Warily optimistic of on-campus dining

BY JOSH SCHUM

The University of Rochester has offered me a wonderful place for education and living. I enjoy my classes and continue to further my education. Living on campus is not without its downsides, however. Typically, my day has many points where I feel the desire for a decent meal, but I am left unfulfilled. The dining halls at Douglass and Danforth never live up to their claims of serving nutritious and delicious meals.

They always have a vegetarian option as well as something gluten free. These options are needed... but in the end one can rarely a full meal at Danforth and feel content.

Danforth seems to be the worse of the two, in my opinion, yet often we are forced to eat there out of desperation. When eating at Danforth, I often struggle to find something that looks appetizing to me. Even if I do find something good, it is

often after a long wait that I can finally have my small portion of food, and it usually leaves me wanting more anyway. Danforth puts forth something for everyone, and for that I give

choices. Douglass Dining Hall is usually looked upon as an improvement over Danforth, offering meals that are consistently average. I typically find myself going to Douglass

are numerous and growing. The Pit offers dining that is above our average dining hall meal, but much of the food is overpriced. The various coffee shops around campus always

chicken has somewhat dulled the selection of sandwiches.

The current state of dining is deficient, but I am excited about the next few years with the new expansion that is occurring. Currently, there is an expansion planned for Douglass Dining Hall. This expansion has potential to change this eating center into a better experience and lead to better food. In addition to Douglass' expansion, there are plans for a smoothie bar that will offer the ability for many to incorporate more fruits and vegetables into their diets. These improvements make me optimistic about dining on campus in the future. The major improvement that will occur next year is the construction of the college town center. When complete, this complex will host a variety of food venues and other shops. With this addition, we can hope for more accessible dining options than we currently have and a huge improvement to the diversity of foods on campus. From my first two semesters on campus, I can say that my appetite for good food has so far been disappointed, but I will say that I am cautiously optimistic that the future of food at UR looks better than ever before.

Schum is a member of the class of 2017.



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them credit. They always have a vegetarian option as well as something gluten free. These options are needed and are great for anyone who requires them, but in the end one can rarely eat a full meal at Danforth and feel content with their

for dinner, not excited to eat but glad to know that I will be getting something edible. That said, the meals taste a bit too much like they were made in a factory rather than a kitchen.

Thankfully, the alternatives to these on-campus dining halls

In addition to Douglass' expansion there are plans for a smoothie bar that will offer the ability for many to incorporate more fruit and vegetables into their diets.

have great snacks and drinks, but are once again overpriced for what you receive. Both of these options are great for students who have invested in a large declining balance, but is not ideal for those who have taken the route of unlimited dining hall meals. The Grab-and-Go lunches are one shining light for many people in this situation. I find that these lunches are great, portable, and a good alternative lunch for many students. Unfortunately, this service has limited hours of operation and may be unavailable for some students. In addition, the loss of blackened

FEATURES

CLUB SPOTLIGHT

UR Alpine Ski Team, bonds on and off the slopes

BY JAMIE RUDD
FEATURES EDITOR

I sit at a table in Hirst Lounge with seniors Marlise Combe and Bre Padsack – two accomplished ski racers and the respective president and captain of the UR Alpine Ski Team. As we wait for the “top two guys” to arrive, Combe and Padsack quickly fall into conversation about Combe’s recent boot fitting at a local ski shop.

JP Suites, senior and member of the ski team e-board, soon arrives and joins the girls’ discussion, marveling that Combe’s new boots were “only \$50!” But when freshman Greg Shinaman makes his way to our table, their talk dies down as the ski team members turn their attention to sharing the particulars of their little-known club.

“We travel every weekend and compete in races in the New York area,” Combe begins. “We have five regular season races and if we do well enough, we qualify for the regional competition.”

Members of the ski team compete in both slalom and giant-slalom races, swiftly weaving their way around a number of poles known as “gates” as they race down the

mountain. Combe and Suites explain that giant slalom is a variation on traditional slalom racing, just longer and with more turns – “it’s faster,” Suites said.

UR’s ski team is a member of the mid-east conference of the United States Collegiate Ski and Snowboard Association. They compete against schools like Syracuse University, Rochester Institute of Technology, and Cornell University in races mostly held in western New York.

Their season begins immediately after Winter Break and lasts until the third weekend of February. While the season may be short, it’s extremely intense as the team goes non-stop until regionals.

When I ask about a typical race day, Suites simply states “very early,” and his teammates nod in agreement. Depending on the location of the race, the ski team wakes up sometime between 5:30 and 7:30am. “We get to the mountain and have to register, then we all get out on the hill to inspect the course,” Combe describes.

They aren’t allowed to ski the course before the race, but there are no rules against visualizing. Padsack explains that skiing the course in your head can be extremely helpful when it



COURTESY OF THE UR ALPINE SKI TEAM

Members of the UR Alpine Ski Team where their new race suits at their regional competition.

comes to the “tricky portions” – it’s important to be prepared.

“Usually, the night before the race we have a tuning session,” Padsack continues. The ski team members wax their skis according to the consistency of the snow. “Certain waxes are faster on different snows,” Suites explains.

The day consists of two rounds of races. For the second round, the majority of the skiers race in the order

they finished that morning. The 15 individuals with the fastest times go first but in reverse order. “They want the fastest person on the hill to not necessarily have the cleanest course,” Suites tells me. At the end of the second round, the top three varsity times are assessed for each team and determine the ranking they will receive.

At the end of the regional competition, the top three teams go on to the national

competition. “[Last] year, our team made it,” Padsack tells me, recounting how the five-member varsity girls team got the chance to compete against colleges from across the country.

“This past weekend, I qualified for the national championship,” Combe humbly states, explaining how one individual racer is selected from each conference to go to nationals

SEE SKIING PAGE 9

Freshman brings opportunity to Egyptian youth

BY ZACK ELY
STAFF WRITER

I first met Alhassan Omar, a UR freshman and graduate of the African Leadership Academy, at January Orientation. Just minutes after meeting him, I found myself absorbed in his stories of Egypt Ability, a program that he had created in collaboration with his peers back in his native Egypt.

Egypt Ability’s goal is to use the up-and-coming generation of visionary entrepreneurial change-makers to create a developed

students, this organization holds great promise and has incredible potential.

Omar was inspired by his diverse high school educational experience at the African Leadership Academy. During his time at school, although “the [political] leadership did change, problems in Egypt remained.”

In such a political climate, he and his associates realized that instead of waiting for someone to come around and make change, they needed be the change themselves in accordance with

With this mission in mind, Egypt Ability, an educational organization that could galvanize promising young people from all over Egypt, was founded.

Egypt Ability was able to immediately acquire beneficial partners and supporters from various organization, including African Leadership Academy, We Are Family Foundation, and Egypt Association for Educational Resources.

Although the donations provided were necessary and helpful, they were not sufficient. Determined to accomplish their mission, the members of Egypt Ability set out in search of further funding and grants from the community.

Omar and peers began reaching out to any and all potential donors including family, friends, and entrepreneurs to gain support for their project.

“This [created] a sense of ownership from the community towards the project, which [was] very important for us [in reaching] our dream of building the academy and promoting entrepreneurial leadership in the society,” Omar said. With support from official sponsors, the organization finally received the adequate resources for the project.

Thanks to their new supporters, Egypt Ability became increasingly

popular, and received over three hundred applicants from all over Egypt for its first National Summit.

The applicants then went



COURTESY OF EGYPT ABILITY

through a rigorous selection process, and in the end, twenty-five applicants were invited to attend the Egypt Ability’s National Summit, an experience that would prove to be life changing for many of them.

The members of Egypt Ability then organized a concentrated curriculum for their Summit workshops, or “camps”. A typical day consisted of entrepreneurial workshops, leadership workshops, guest speakers, mentor meetings, and networking exposure. Omar strived to give the youths mentors on whom they should base their behavior. “When you see someone who has already succeeded, you gain inspiration to believe that you can succeed as well.”

The Summit culminated in a gala attended by several social entrepreneurs, including representatives of major Egyptian companies. Each participant

would then deliver a professional presentation about their own project proposal that they developed over the course of the Summit.

“Over ninety percent of the students took up leadership roles in their communities after the Summit” in areas such as tourism, conservation, and health, Omar said.

Omar and colleagues are currently in the process of fundraising and networking projects to organize an even larger-scale National Summit later this year. He noted that in order to reach this new milestone, his organization needs more monetary sponsors, and is currently taking advantage of the resources and connections that he has access to as a student in the United States.

After graduating from UR, Omar hopes to develop Egypt Ability into a full-fledged academy dedicated to endowing Egyptian youth with the skills needed to become harbingers of positive change in Egypt.

Omar believes that the Egypt Ability’s mantra is best exemplified by the words of Margaret Mead: “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Ely is a member of the class of 2017.



COURTESY OF ALHASSAN OMAR

Egypt Ability students pose with founder Alhassan Omar (back center).

and peaceful Egypt. Through entrepreneurial leadership workshops, Egypt Ability empowers youths to realize their full potential and to contribute to their societies.

As one of the many great endeavors being pursued by UR

Ghandi’s teachings.

After contemplating different avenues and paths they could take, Omar realized that the most effective way to empower Egyptian youth would be through the teaching of entrepreneurial and leadership skills.

Student photographer captures stories of ‘Humans of the U of R’

BY LU LIU
STAFF WRITER

A casually dressed girl carrying a professional camera walks across campus to her next class. Her eyes sift through the people she passes as she looks for the right person to approach: someone who might be willing to share their story, and let her take their picture, and someone who wouldn't mind appearing on her Facebook photo blog.

This girl, Amelia Engel, a senior Spanish and Linguistics double major, is the photographer behind the “Humans of the U of R” (HOUR) Facebook page.

Engel started her project last winter, inspired by a Facebook page created by American photographer and blogger Brandon Stanton. Stanton’s “Humans of New York” (HONY) page has garnered national recognition for his distinct photography and memorable captions that promote Stanton’s mission: “New York City, one story at a time.”

His book – which shares the same name as his page – came out in 2013 and quickly gained



COURTESY OF AMELIA ENGEL

HOUR creator Amelia Engel has become close with chef Steph after taking her picture.

bestseller status. On Feb. 27, he will be visiting UR to talk about his work.

“I like that he’s not in it for the money,” Engel said in an interview. “HONY isn’t about him – it’s about the people, and it’s about giving them a

voice.”

A long-time fan of photography, Engel began taking pictures in 2008, when she got her first dSLR (digital



COURTESY OF AMELIA ENGEL

One of Engel’s photos posted on the HOUR page. The caption reads: this man didn’t particularly want his picture taken~ he said he was “very unphotogenic.” His friend egged him on, though, telling him how stylish and good-looking he was. The man started to laugh, and didn’t even notice when the shutter clicked.

single-lens reflex) camera in preparation for a semester abroad in Chile.

“At first, I just wanted to take pictures of the landscapes,” she said. “Mountains, beaches, monuments – you know, typical tourist things.” She soon realized, however, that this sort of photography didn’t satisfy her. “The pictures didn’t make me think, and they didn’t mean anything to me,” she said. The scenery was beautiful, but it was enough to see it with my own eyes and remember it that way.”

“I don’t remember when I started taking pictures of people,” she continued after a pause, “but it happened very naturally. I have always found people interesting, not only to look at, but also to talk to; and that interest, combined with my love for photography, was a great recipe for a project like HOUR.”

Engel believes that she has always liked talking to strangers, because she is often “surprised and touched by what they share.” She has heard

many emotional and interesting stories, and she believes that she has learned a lot from the people she has photographed. “I feel that we are so quick to

judge people based on what we see, and we don’t bother to give them another thought. Everyone deserves to be known if they want to be.”

According to Engel, we lose a lot by not talking to those around us. She sees this problem even here at UR, and decided to start HOUR to address the issue. “There are so many of us here, but most of us don’t know each other,” she said. Most students don’t even know the people they go to class with.

After our interview, I joined Engel as she searched for people to photograph and interview for HOUR. We started by looking around The Pit, but the students we approached all declined.

Engel usually likes to approach people who jump out at her for whatever reason, maybe their clothing or a certain expression on their face. Most importantly, she never picks people that are in a rush or seem to be concentrating on something. But even when she follows this rule, rejection is

common.

“I sometimes feel sad that people don’t like to share their stories with strangers, but it is understandable,” she said. “People are not used to it.” She paused. “I sometimes think about how I would react if someone approached me like this.”

But even when she struggles to find willing subjects, Engel keeps in mind the importance of her work, how it might really mean something to the people she photographs and the people who see the photographs. After all, she’s walking in Stanton’s footsteps, always keeping in mind that it’s about the people, not her.

Amelia was finally able to get the approval from a student walking past ITS. After the photo shoot, I asked the student, sophomore Brigid Hogan, what she thought about her experience. “[It was] exciting, but a little bit weird,” she answered. “I really like the idea of HONY and I’m excited to see it on a small scale.”

“I love hearing about happy moments because so much of the news we hear these days is depressing, revolving around sickness, death, poverty, and terrorism,” Engel said. “Positivity, even if it’s small, can make a big difference.”

Later on, I spoke to Engel’s friend, senior Morgan Kennedy, who’s quite familiar with Engel’s project. “I think HOUR is an awesome local spin-off of Humans of New York,” she said. “It celebrates the diversification of our university home and helps us to see one another differently and feel more connected.”

While on some days Engel is able to take lots of photos, other days are full of rejection. However, she stays positive and has decided to “let it go where it goes.” One thing that’s for sure is that she’s not giving up. So if you’re approached by a tall, blonde girl with a camera, consider the value of sharing your story. I doubt you’ll regret it.

Liu is a member of the class of 2016.



COURTESY OF AMELIA ENGEL

Brigid Hogan poses for Engel’s picture. The caption on the HOUR page reads: “Is it okay if a twirl?”

UR OPINION

BY DANI DOUGLAS & PARSA LOTFI
FEATURES EDITOR & PHOTO EDITOR

“IF YOU COULD REPLACE ROCKY WITH ANY MASCOT, WHAT WOULD IT BE?”



ROHINI REGE '14

“Groundhog.”



TOMMY BARTON '17

“Jackalope.”



KATHRYN FLASCHNER '14

“Flash.”



JEFFREY MAGLOIRE '16

“Eagle.”



JORDAN SNAJCZK '15

“Polar Bear.”



JOE SOUCY '14

“Husky.”

Conquering the mountain: Student's trek changes perspective

BY LU LIU
STAFF WRITER

My friend approached me one day, blabbering about his plans of travel. I was not paying too much attention until I heard him mention the Four Sisters' Mountain – a four peaked, snow-covered mountain, located in Sichuan Province, China.

As a huge fan of traveling and backpacking, I have climbed many mountains, hiking the trails formed by years and years of tramping human feet. There is a famous saying among China's group of backpacking maniacs: "Everyone should at least climb a snow mountain once, cross a

desert once, chill by the sea once, and start traveling as soon as the idea of traveling jumps into their head, without hesitation, once in their life." Instinctively, I realized that I had found my opportunity to accomplish the snow mountain portion of this goal by joining my friend's trip.

After careful planning, we started our journey last October. We made several stops in some cities like Chong Qin and Cheng Du but eventually arrived at Ri Long Village, the small village at the foot of the Four Sisters' Mountain where every climber starts his trip. We hired a local guide and rented two horses to carry our huge backpacks. On

the first day, we spent around 13 hours getting to the base camp, 4,200 meters above sea level on the Second Sister's Peak.

A combination of my recently caught cold, the chilly mountain air, and altitude sickness had me feeling ill, but I went to bed at 6:00pm that night in order to get up at 1:30am the following morning when we would start our journey to conquer the top.

We set out at 2:00am in the darkness. The only light came from our headlights, incapable of lighting more than a small space directly in front of us. Handicapped by our lack of sight, we walked slowly with small steps. We stopped frequently to rest, and both of us thought about giving up. But we learned to encourage and cheer up one another so we continued upward.

We finally reached the top of the mountain at an altitude of 5,276 feet after seven hours. The sun had come up by then, illuminating the breathtaking view of the mountain range, letting us know that our persistence had been worthwhile. On our way down the mountain, neither of us could believe that we had conquered such a steep and rocky path. I realized then how much persistence and determination matter.

Before my trip up the mountain, I had hated the winters in Rochester. This had become an excuse for me to not go outside,

stopping me from participating even in student activities. During the fall of my sophomore year, I stayed in my dorm room, studying and watching TV to kill the time.

to have completely turned around. The previously hated winter and snow were no longer problems. It is amazing how much fun I have found in both school work and



COURTESY OF LU LIU

Lu Liu's friend Xue Liu points to the Four Sisters Mountain.



COURTESY OF LU LIU

Lu Liu at the top of the Four Sisters Mountain in Sichuan, China.

I felt depressed about my life and had no incentive to change it.

Life can be dingy without the lights on. Maybe this was why I took time off during the supposed-to-be study years. My trip of three days helped me to find the meaning of life, which is that persistence and optimism are all that truly matter regardless of the setting.

When I returned to campus this semester, the whole world seemed

student activities. Now, whenever I hear a friend complaining about the cold winters in Rochester, I feel sorry for them. They haven't learned the lesson I have learned.

From now on, I know that no matter how harsh the environment, if I just keep working hard and maintaining a positive mindset, I'll be able to find the beauty in life.

Liu is a member of the class of 2016.

UR Tech: Sochi drones pave way for new sports filming

BY LUCIAN COPELAND
STAFF WRITER

If you were one of the 219.4 million viewers of the recently-completed Sochi Winter Olympics, you probably saw your fair share of breathtaking moments captured on video, recall the heart-pounding rush of a skier or snowboarder rocketing down the mountains of the Aibiga Ridge, camera following close behind as they executed their final maneuvers.

But the photographer behind those videos may not have been of the regular sort, mounted in a helicopter hovering above the slopes. Rather, it may have been a small, quiet, and nearly unnoticed observer, hovering like a spider from eight spindly rotors above the men and women of the Olympic Games.

Though this isn't the first time that drones have been used to film sporting events, the games have most certainly been the greatest exposure for this emerging technology. Drones are preferable in many ways to the standard helicopter and camera crews used in events where high quality aerial video is preferred. Though drones like the HeliPOV used at the Sochi games aren't cheap (most sporting drones run for around \$40,000) they are considerably less expensive than running a full camera crew out of a chopper, which can run into the

hundreds of thousands of dollars over the course of an event.

According to cameraman for alpine skiing commercials Remo Masina, drones are also useful for other reasons. "We can go really, really close. And we are really quiet, so nobody is distracted," Masina said to an Associated Press reporter, noting that the hovering robots are especially useful. For athletes trying to focus on their event, the absence of a hovering chopper is calming, and the small visual silhouette of the



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drone is unobtrusive and easily ignored once the competition is in progress.

The use of drones at Sochi comes at a time when the technology is in hot dispute – military drones are still being debated in governments around the world, and recent unveilings such as the Amazon Air delivery drone and the United Arab Emirates' state-run drone program have left some people feeling uneasy and uncertain.

But the filming of sporting events may be the one area where the use of drones seems entirely well-suited and unassuming.

Where the idea of drones hovering over neighborhoods brings up uncomfortable questions on privacy and safety, drones at a ballgame seem like just another camera in a stadium where every guest fully expects (and even desires) to be filmed.

There's some concern about crashes, but advocates are quick to point out that drones are no more likely to crash than a helicopter – and a helicopter is a whole lot heavier. In many cases, the draw of long, high quality, and uninterrupted aerial shots is just too good to pass up, especially for sports where such shots would be impractical or even impossible to do with a full crew.

So, whether or not you're planning on getting your toothpaste delivered by drones by the year 2020, don't be surprised if within the next couple years, you start seeing the Super Bowl halftime show filmed by one. Drones for sporting events are here to stay. "For sure," Masina said. They're too perfect for the venue to be disregarded, and the ethical concerns raised against them in other settings simply don't apply for sporting events.

If you see a HeliPOV or Heliguay hovering over the stadium, smile and wave! There's no danger mounted on these propeller-mounted observers, only prime-time television.

Copeland is a member of the class of 2015.

Powering through the powder

SKIING FROM PAGE 7

the ski teams from their area. Combe will be skiing the giant slalom at nationals in Lake Placid during spring break.

The ski team hasn't gotten where they are today without practice. They train Tuesday – Thursday at Bristol Mountain with 10-15 of their members attending each practice. "Bristol supplies us with coaches" Suites tells me. "The coaches set up training courses, we run through them, and they give us input."

While the four members of the ski team who've met with me represent the high end of the team's ability level, they assure me that the team is made up of a wide range of experience levels and expertise. They currently have around 22 active members (up from eight last year). "This year we actually have a lot of seniors and a lot of freshmen, a couple sophomores and no juniors," Combe says. "We don't have a tryout but we do require that you know how to ski."

They are allowed to take up to 20 members to each race – five varsity girls and five varsity boys along with five JV girls and five JV boys.

While Combe, Suites, and Padsack have been members of the team for four years, Shinaman is just getting started. "I really enjoyed it," he says of his first year with the team. "This year you guys were great," he continues, turning to the three seniors sitting across from him. "It worked out really well

– hopefully in the future it will be like that too."

The ski team, which got its start in 1990, gets the majority of its support from parents and alumni. "Most people don't like to come [to the races] because it means having to wake up at 8:00 in the morning," Combe admits.

Nevertheless, the team is proud of their self-sufficiency. They hold an annual race at Bristol Mountain and this year hosted 118 people. "The Bristol stuff we run by ourselves," Padsack tells me. "All the scorekeeping, gatekeeping, registration." They even hand-made the trophies – Padsack shows me a picture of mason jars filled with candy and topped with silver and gold spray-painted figures.

Before we wrap things up, my interviewees tell me about the laid-back atmosphere of the USCSA competition. "It's very friendly – we're really only competitive when we're racing," Combe says. "We form bonds with other teams," Padsack adds, explaining how they see the same teams every other weekend.

As our interview comes to an end, Combe racks her brain for anything else to add. "What else do we do?" she asks her teammates. "Not sleep," she concludes with a laugh. Without missing a beat, Shinaman declares, "[But] it's worth it."

Rudd is a member of the class of 2017.

Ask Estrada: Hookups, relationships, and common scents

BY MARIE-JOELLE ESTRADA
COLUMNIST



How long does the average guy last for, how long does the average male take to “recharge”, and what can I do to improve these times? It seems so hard (pun not intended) to get accurate tips online.

The average duration of a man's performance depends on the study and on the era in which it was conducted. For example, the hallmark Kinsey survey of thousands of men and women in the 1950s estimated that the average duration of a male partner was about two minutes.

Conversely, more recent research estimates that the average duration is around seven minutes, which makes two minutes, seem premature

by comparison. I would argue that better metric isn't minutes, but whether you and your partner are both satisfied with the timeframe and activities that are taking place.

Most men don't realize that they have unknowingly conditioned themselves to ejaculate quickly. Men masturbate regularly,

Better metric isn't minutes, but whether you are your partner are both satisfied

and frequently the goal of masturbation is to achieve an orgasm as fast as possible so that you don't get caught in the act.

Unfortunately, this repeated pattern sensitizes your body to any sexual touching, meaning that this learned “quick orgasm” pattern repeats itself when you're with a partner. If you're familiar with Pavlov's dogs, this is your version of drooling at the bell.

The good news is that if you can condition yourself to achieve an orgasm quickly, you can also help condition yourself to last longer. I'd suggest that the next time you masturbate, instead of going for the gold in one fell swoop, take time figuring out your different levels of arousal (say on a one to five scale with one being slightly turned on

and five being the point of no return).

One way to do this is to masturbate until you're at a level four, and then stop and allow yourself to calm down a bit before repeating. This will help retrain your body to stay at higher levels of arousal without automatically having an orgasm.

You can also have a similar interaction with a partner; have sex until you feel yourself be at level four then either decrease the activity or use it as an excuse to engage in some other activity (oral sex for your partner is always an appreciated go-to) in order to let yourself calm down for a while.

Don't use this as a torture technique – 15-30 minutes is more than enough. Please also note that some of the antiquated information on the “squeeze technique” (applying pressure to the base of the penis to supposedly stop the orgasm) isn't sound advice. Not only does research suggest that it doesn't work, but you can injure yourself in the process.

Overall though, your best bet is to try to practice understanding your level of arousal and maintaining it at higher levels for longer while being patient with your learning curve. After all, it's going to take a while to undo the years of ‘hurry up’ training your body has likely become used to.

Why do vaginas smell like

fish?

For the most part, they don't. In fact, a woman's genitals are a self-cleaning system and are actually more sanitary than anywhere else on the human body, including the mouth (really).

A vagina has its own ecosystem and is a balance between the healthy bacteria that helps ward off infection (different strains of lactobacilli – the same type found in yogurt) and the “bad” anaerobic bacteria. The lactobacilli produces hydrogen peroxide that kills off any intruding bacteria, and the lactic acid helps maintain the proper acidic pH level.

If there is an imbalance in the bacterial levels (from sex, soap, ill-fitting thongs, jeans that are too tight etc.) then the anaerobic bacteria can take over. When that happens, the “bad” bacteria can result in a bacterial vaginosis infection

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and produce trimethylamine; the same compound that gives less-than-fresh fish its scent.

For women who want to ensure that their bacterial defenses thrive, do away with the

soap and douches and make sure to use a pH balanced cleanser to maintain the vagina's acidity levels. There are specialized ones such as Summer's Eve or more generic, less expensive ones such as Sebamed that can be found easily at your local drugstore.

Finally, keep in mind that bacterial vaginosis shouldn't be confused with a woman's own scent. Just like men, women vary in type and intensity of scent, and the same woman can even vary as a function of changes in her diet, stress, vitamins, time in her cycle, etc.

This natural perfume that both men and women have evolved as one mechanism through which partners are attracted to each other and is thought to signal genetic advantages such as increased immunity for offspring.

Although vaginas shouldn't have an offensive odor, they also shouldn't smell like rose gardens. Ironically, by mistakenly believing in the rose garden fallacy, many women that decide to ‘deodorize’ often end up causing the pH imbalances that lead to odor problems in the first place.

Estrada is a visiting assistant professor in the Department of Clinical & Social Psychology.

To submit an anonymous question, visit sex-thect.tumblr.com/ask.

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HUMOR

Students sober, parents outraged

BY BEN MITCHELL
CONTRIBUTING WRITER

Every spring, UR holds Dandelion Day (D-Day, as it is more commonly known), a day where students come together out from the darkness of the tunnels to enjoy the sun and socialize.

Recently, there has been a lack of participation amongst students.

Students tend to stay indoors, opting to study for exams rather than drink with their fellow classmates.

According to a study conducted by the Dean of Libraries, 87.4% of students were found in the library last D-Day, and of those, a staggering 98.1% were so engulfed in their studies that they failed to smile the entire day.

"I can't believe my kid is sitting in the library when he could be puking in a garbage can somewhere! When I was his age, I could drink a keg in a day. They used to call me 'Kegger Carl,'" said parent Carl Johnson. "Now, what is my boy learning, how to be a fancy pants smarty person or something? What happened to just being a man?"

In recent years, students from the University have gone on to become, doctors, lawyers, engineers, and much more, but fewer students have been going into the country's backbone positions such as bartending, exotic dancing, and drug dealing. With such a large decrease in employees in the entertainment industry, there are fewer legal outlets for society to spend its excess capital. In the 2013 census, it was reported that due to a 57% decrease in legal entertainment, there has been a sharp rise in illegal activity.

"It's as if the school is advocating for people to get involved in illicit activities," said alumni Howard Garnish when asked about the recent changes in the student body. "It's all about the basics. Like I used to say, 'Go you yellowjackets, puff puff pass!'"

The administration has responded in turn to the concerns with a complete plan of attack for this coming D-Day including stocking the dining halls with various forms of alcohol for purchase with declining.

They have invited LMFAO back to campus as a headliner for the D-Day concert, and they will play the chorus of their hit song "Shots" on repeat throughout the day.

"It's our intention to ensure that students are getting the proper social experience from college, and we're taking every measure to make this happen," stated Dean Morgan Levy. "From replacing the water in all of the showers with tequila, to mandatory breathalyzer tests requiring students to maintain a BAC of .8 at all times, we plan to remedy the situation. Some parents even told us about the concern that their son or daughter might eat too much, impairing their ability to get drunk quickly, so we have changed the day's menu to consist entirely of alcoholic food, including Rum Ham and Pene à la Vodka."

While it seems good from a strategic aspect, there are a lot of difficulties in the execution of such an event. The recently appointed Public Intoxication Officers believe that the biggest challenge is in properly identifying and intoxicating sober students. "Breathalizing students is a great way to test students, but even after

that many will just hide in their closets with the books until they can start studying again.

Director of Drunkurity Fischer stated, "Our typical method involves listening to the students' doors to hear pages turning in silence, but nowadays students are becoming smarter, reading to party music and the sound of ping pong balls with ear plugs in."



LIZ BESON / ILLUSTRATOR

To increase the campaigns, student presence DERT (Drunk Emergency Response Team) has undergone training in order to pursue the continued inebriation of students on campus.

President Seligman commented that "...they have been taught first laid in an attempt to seduce students into drinking more. Students who refuse treatment will be forced to sign a consent form to release them of liability and will be sent to Strong Hospital to get alcohol into their system intravenously. One way or another, students will get DERTed."

Alumni coordinator John Hurly said that "...while it's clear that the school is taking this problem

very seriously, one has to wonder whether they're really doing everything they can for these students. Many similar schools including Washington University have gone as far as equipping students with BAC anklets to track their drunkenness in real time, alerting administration when their sobriety reaches dangerous levels. We all realize that classes are important, but equally so is training our livers to handle all sorts of situations."

According to a national study of colleges, more than 92% of recent graduates have been of weak constitution with feeble livers. Furthermore, there has been a recent trend in hospitals of donor livers going to waste due to a lack of need for replacement. This excess supply of livers has caused a huge issue for others on different transplant lists who find themselves waiting until their death with no organ donors.

"The problem spawns from a decreased value of livers on the black market. Typically organ harvesters will take more than one organ when a 'donor' is under the knife," Dr. Luke Ohvurthair said. "Livers in the past have been the highest selling organ, and without the demand for them, many harvesters are going out of business."

'Kegger' Carl Johnson said that, "We parents want to stop the negatives of our students' actions by having the administration intervene in their fun. In the worst case scenario, we'll have to start withdrawing our students and start homeschooling them."

Mitchell is a member of the class of 2014/Take 5.

Fictitious letter from a man stranded in Atlantic

BY CHRIS HORGAN
STAFF WRITER

Call me Ishmael. Just kidding, my name is Herman. Whomever reads this message that I have put into a bottle, I am stranded out in the middle of the Atlantic, and I can guarantee that you and I are not in the same boat. I ran out of Doritos about an hour ago and all I see are seagulls. Man, I picked the wrong week to become a vegetarian. How am I going to get food? I could become a cannibal, but I'm the only human here, and that would end up costing me an arm and a leg. Being trapped in this little boat seems to be a perfect metaphor of my current life. I mean, I am pretty useless. I'm a lumberjack from Easter Island for goodness sake. Google that if you don't know why that isn't useful. Nevertheless, the most important thing is for me to not lose hope. And by hope, I mean my golden retriever named Hope. My kids would be very disappointed in me if I lost our dog in a 3 by 3 foot boat.

Earlier today a friend asked me if I wanted to watch Twilight with them, and I told them I would rather be stranded in the middle of the ocean. What are the odds? If only I had a radio of some sort. I really miss the village people. Not the people from my actual home, of course, I'm talking about the people who did the choreographed "YMCA" song and dance. Man, I picked the wrong week to purchase a year-long membership to the local YMCA.

Can you do me a favor? Can you tell my wife that I loved her? Emphasis on the "loved." Our marriage hasn't worked out that well. "I'm only marrying you because I need American citizenship to keep my job" probably wasn't a good foundation for the marriage to be built on.

It's taken me an estimated five months to write this letter. Right as I wrote, "marriage to be built on," I sneezed and dropped my pen into the ocean and immediately a seagull picked it up and flew off with it. I didn't realize I had a pencil on the inside of my coat pocket until I reached into it looking for a tissue this morning. Don't you hate when that happens?

I was really concerned about toilet paper but fortunately I have two books about Donald Trump. Who would've thought those books would've been good for anything? Anyhow, I don't have any clue where I am. Unfortunately, the only geographical reference point I can give you is that I am by the huge body of water. Your mission, should you choose to accept it, is to cancel my year-long membership at the YMCA. And remember, don't blink. Don't even blink. Blink and you're dead. They're fast, faster than you can believe. Don't turn your back, don't look away, and don't blink. Good luck.

Horgan is a member of the class of 2017.

A look at people in history who deserve some credit

BY CHRIS HORGAN
STAFF WRITER

I just finished watching "Abraham Lincoln: Vampire Slayer", and I think the McGraw-Hill textbooks really missed some important facts about Lincoln. Thanks to Lincoln, the United States avoided a huge vampire takeover. Why is this overlooked? The 16th president deserves some credit—after all, he saved the entire country from one real pain in the neck.

Next, I'd like to praise anyone who didn't help navigate the Titanic. The individuals who directed the ship really got to the bottom of their problem. The people who deemed the ship as unsinkable definitely spoke too soon. And if they are looking for a good drink to swallow their pride with, nothing goes down better with ice than the Titanic.

UR students deserve some credit. Walking to class has been brutally cold lately—it's like March of the Penguins out here.

Another group of people who deserve some more credit were the makers of the American Revolution—themed movie "The Patriot". I don't know how I am the only person who is amazed by this feat. Weren't video cameras not invented for another hundred years or so? The fact that they were able to record actual footage of the Revolutionary War is phenomenal.

Animal control on Birdwell Island should be credited for their patience. It must have been so tempting to try and prevent Clifford the Big Red Dog from trotting around the island. You would think that Emily Elizabeth's parents would have at least sent Clifford, Mac, Cleo, and T-Bone to see Dr. Dolittle. Oh well. Unfortunately, this suggestion seems to fall into the "dolittle-dolate" category.

Lastly, Shepard Smith is an inspirational figure in our present day society. It can't be easy having a show that no one cares about.

Horgan is a member of the class of 2017.

Campus Times receives 'award'

BY AARON SCHAFFER
PHOTO EDITOR

Early Monday morning, UR President Joel Seligman announced that the *Campus Times* had received "an award."

Though the award credits all the sections of the paper, it highlights the *CT's* pitch-perfect ethics and opinions section.

The award also credits various editors, who remain unnamed, for not including header lines on the tops of their pages.

"It feels good to be appreciated," one editor who refused to be named said.

Seligman announced the awards in a live webcast that highlighted all of the *CT's* sections.

"For one, the news section does a fantastic job taking events from UR press releases and spins them like a DJ."

"Independent journalism is great, especially when the

students are propagandizing themselves," Seligman noted.

"Nobody really knows what the purpose of the *CT's* Features section is, but the articles on how to have sex are riveting and all are well written."

"The Humor section's obsession with the persona of all that is Joel [the man, the myth, the mystery] is pretty spot on.

"Reading the Arts and Entertainment section is entertainment in and of itself. Pretention and hipsterdom are the true direction journalism is going, and the editors are doing a fantastic job at furthering that," Seligman noted.

"The fact that the *CT* has a sports section at all reflects [badly] on the general campus at large," remarked Seligman.

"Who the [fuck] plays sports at this school?"

Schaffer is a member of the class of 2016.

ARTS & ENTERTAINMENT

Why 'Her' should win

BY JONAH JENG
MANAGING EDITOR

Along with "The Social Network" before it, "Her" is a movie of its 21st century moment. It funnels the anxieties of the digital age into a breathless love story that transcends romance to contemplate the shifting definition of humanity in a world swept up in the technological tides of change. Using its central romance between a lovelorn letter writer and his intelligent OS as a thematic springboard, the latest Spike Jonze concoction explores the philosophical quandaries surrounding the Singularity, the hypothetical point in time when artificial intelligence will

have overtaken the intelligence of its creators. Technophobic cinema like "Terminator" and "The Matrix" come to mind, but "Her" does something entirely different, scaling down the dystopian grandiosity of its like-themed counterparts to the place where it matters: our everyday lives and relationships, and how the advent of the Singularity can alter not only the social landscape but human nature itself.

Most heady, "idea" films tend to adopt a pseudo-clinical detachment towards their characters, whereas poignant dramas let emotion overtake higher level thinking. What is astonishing about "Her" is

its refusal to compromise on either – here is a film that sends the best of both worlds running through the veins of every scene like electricity. One thinks immediately of the way in which the film makes the inherently problematic relationship between a man and his disembodied, intelligent OS not only possible but almost acceptable. The heartfelt performances from Joaquin Phoenix and Scarlett Johansson ensure this, as does the wise, unassuming way in which the film portrays this ostensibly bizarre relationship as arising from the kind of technological revolution all too familiar to contemporary audiences. The film lulls us into

moments of startling aesthetic beauty – the LA nightscape, say, or a stroll through the wintry wood accompanied by the Oscar nominated "Moon Song" – but not quite. There is always something challenging, something provocative, that defies easy emotional immersion.

Arguably the film's most audacious moment is the sex scene between Phoenix's Theodore Twombly and Johansson's OS Sam. With one partner lacking a body, the act seems impossible. And yet the synergy between the actors' rapturous performances and the soaring soundtrack lift us up beside the lovers into a place of transcendence as the screen goes black. In this moment,

the film skirts the edges of human understanding, gazing intently towards a yet unseen frontier. Through a scene that seems ribald in concept, Jonze manages to convey both the gorgeous ecstasy of love and the deep mystery surrounding how this love will look and feel in the forthcoming years of our ongoing technological revolution. The film's attempt to navigate both the passionate and cerebral ensures a tension in tone, but it is precisely this tension that encapsulates the movie's soaring embodiment of human nature at its most baffling and exhilarating.

Jeng is a member of the class of 2016.

[O]UR OPINION

Staff faves: 2013 films

BY AARON SCHAFFER
PHOTO EDITOR



RACHAEL SANGUINETTI '15
EDITOR-IN-CHIEF

1. American Hustle
2. Catching Fire
3. Captain Phillips
4. Frozen
5. Her



MATT SHINSEKI '15
PUBLISHER

1. The Wolf of Wall Street
2. The Way Way Back
3. Her
4. American Hustle
5. The Spectacular Now



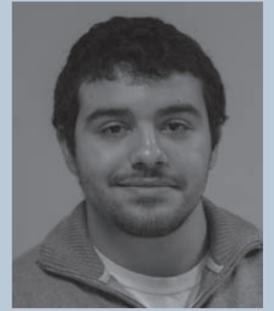
JONAH JENG '16
MANAGING EDITOR

1. Her
2. Before Midnight
3. Gravity
4. The Spectacular Now
5. Mud



AARON SCHAFFER '16
PHOTO EDITOR

1. Which Way Is The Front Line From Here?
2. Gravity
3. Museum Hours
4. Before Midnight
5. Dallas Buyers Club



PARSA LOTFI '16
PHOTO EDITOR

1. Her
2. 12 Years A Slave
3. Lee Daniels' The Butler
4. Fruitvale Station
5. Ender's Game



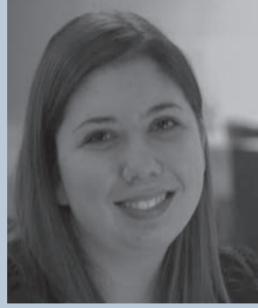
JULIANNE MCADAMS '17
NEWS EDITOR

1. The Way Way Back
2. Ginger & Rosa
3. The Book Thief
4. Saving Mr. Banks
5. The Internship



ELISE JOHNSON '16
NEWS EDITOR

1. Now You See Me
2. Saving Mr. Banks
3. Catching Fire
4. Frozen
5. Thor: The Dark World



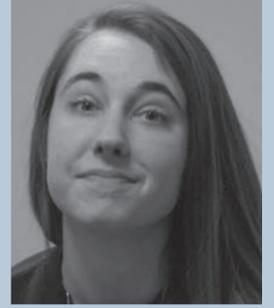
JAMIE RUDD '17
FEATURES EDITOR

1. Saving Mr. Banks
2. The Kings of Summer
3. The Secret Life of Walter Mitty
4. Frozen
5. Her



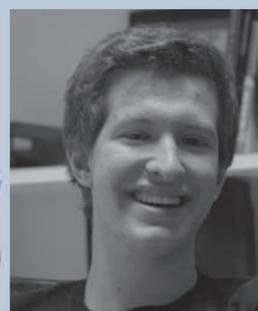
DANI DOUGLAS '17
FEATURES EDITOR

1. American Hustle
2. The Way Way Back
3. Catching Fire
4. We're The Millers
5. Monsters University



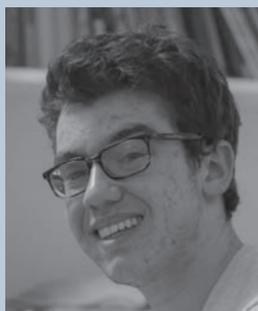
LIZ BESON '17
ILLUSTRATOR

1. Monsters University
2. Despicable Me 2



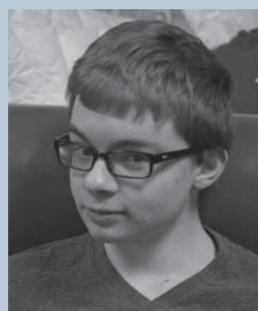
JUSTIN FRAUMENI '17
A&E EDITOR

1. Dallas Buyers Club
2. Frozen
3. Fruitvale Station
4. Catching Fire
5. Monsters University



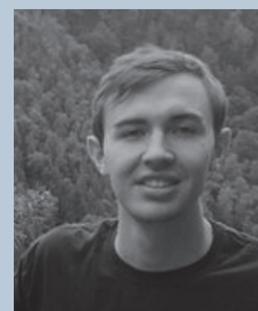
JEFF HOWARD '17
A&E EDITOR

1. The Place Beyond The Pines
2. We're The Millers
3. Catching Fire
4. Anchorman 2



JASON ALTABET '17
OPINIONS EDITOR

1. American Hustle
2. R.I.P.D.
3. Star Trek: Into Darkness
4. Captain Phillips
5. Now You See Me



JOHN CHTCHEKINE '16
SPORTS EDITOR

1. Gravity
2. The Wolf of Wall Street
3. Dallas Buyers Club
4. Inside Llewyn Davis
5. American Hustle



SAAD USMANI '17
COPY EDITOR

1. Man of Steel
2. The Secret Life of Walter Mitty
3. Catching Fire
4. Gravity
5. 12 Years A Slave

AcaLympics highlights UR talent and comradery

BY JEFF HOWARD
A&E EDITOR

On Friday, Feb. 21, Students Helping Honduras hosted the “AcaLympics”, a fundraising event featuring a capella performances broken up by relay races, raffle giveaways, and a fashion show in which contestants wore the newspaper you’re holding in your hand. While the convergence of a capella and Olympic games was executed as clumsily as the event’s title would suggest, we take these judgments with a grain of salt and run on the (ignorant?) assumption that Honduras, a nation with one of the highest homicide rates in the world, appreciates UR’s money-raising effort in sending over students to provide a helping hand. Thus, even when “AcaLympics” fundraising attractions included a hamster-dance twerking contest that had half the audience clapping on the one and three beats, it’s



PARSA LOTFI / PHOTO EDITOR

The Midnight Ramblers put on an impressive set of R&B and pop at the “AcaLympics” small potatoes.

The “AcaLympics” showcased three of UR’s student a cappella groups: the all-male Midnight Ramblers, the all-female Vocal Point, and a new co-ed group, Trebellious. Song choices among all groups, as expected, came from the 21st century pop songbook. This is by no means an insult, as performances nicely touched upon pockets

of modern pop history. Vocal Point brought back to life the derelict Disney-pop of years past with their performances of the Jonas Brothers’ “Burning Up” and Demi Lovato’s “Born in the U.S.A.” Trebellious paid homage to workout music, performing last year’s Avicii hit “Wake Me Up” along with an impressively ambitious mash-up of Maroon 5’s “Harder to

Breathe” and The Bravery’s “Believe”. The Midnight Ramblers, performing Beyonce’s “Crazy in Love” and Gnarl Barkley’s “Crazy”, did justice to the grandiose R&B bangers that even the most ardent hipsters admit is pretty good, or at least well-produced.

The musical performances were enjoyable. A capella groups displayed a genuine excitement to perform, and the audience reciprocated that energy (certainly not hurt by the SDT sorority’s presence in the audience as Vocal Point’s groupies). The Olympic side of the “AcaLympics”, on the other hand, was a hit-or-miss affair. One game, in which MC’s picked a word and a capella groups had to think up songs with that word in it, was fun and engaging. Other challenges, like the frantic relay race involving hula-hoops and lots of newspaper, offered more confusion than thrill, and the

audience was ready to call it a night by the time a tie was declared and relay race round two had begun. Still, to heavily critique the entertainment value of the “AcaLympics” games is to miss the point. The challenges, like the musical performances, brought UR students together, raising money and awareness for – to complete the phrase with a painful but appropriate cliché – “a good cause”.

If the 2014 Sochi Olympic ring faux pas is any indication, the real Olympics, in all its grossly epic glory, buckles under the weight of its own ambition. In the case of UR’s 2014 “AcaLympics”, the four (yes, there were four) plywood rings that graced the stage exposed the event for what it was: an earnest if forgivably haphazard testament to UR students and their pride for each other, their talents, and their ability to change the world.

Howard is a member of the class of 2017.

Chamber Boys bring antics and charity to Wilson Commons

BY JEFF HOWARD
A&E EDITOR

Not even an hour after UR’s “Chamber Boys” kicked off their Alpha Male Competition, an event in which UR students registered to go on a staged, three-minute date with a woman from off campus in the name of charity, their house band received a noise complaint from Wilson Commons staff. Good – the gentle chaos had begun.

Most UR students know the “Chamber Boys”, a group of upperclassmen with a WRUR radio show that unashamedly picks apart all things quirky, raunchy, cringe-worthy and controversial on campus. The show has featured a local Rochester stripper along with a mock God who said on-air that the Holocaust “makes you more fun” in heaven. Needless to say, the “Chamber Boys” routine is a classic example of the phrase, “you either love it or hate it.” Regardless, the boys shake up the division between the sacred and profane on campus, and in doing so they make UR culture much, much more interesting.

The Alpha Male competition on Feb. 22 featured the “Chamber Boys” disturbing the equilibrium like they do best, this time in a softer and more lighthearted context than usual.



AARON SCHAEFFER / PHOTO EDITOR

Three of the Chamber Boys, left to right: Patrick Adleman, Joseph Prosack, Ben Levy.

As is the case with “Chamber Boys” productions, by getting involved you give yourself up to near-inevitable embarrassment. The Alpha Male competition was no exception, as participating students had to sign a waiver consenting for their date to be published on YouTube in all its awkward glory. However, this time the cringes were in the name of scientific progress – each participant in the Alpha Male Competition meant another \$20 donated to the American Cancer Society.

Entertainment wise, the Alpha Male competition was by and large a success. The event’s 14 participants served as an accurate sample population for the diverse nerd culture that

dominates UR’s student body. As a result, when plopped in a date with a woman whose graceful composure most UR males could only hope to match, funny situations arose. What’s more, participating students agreed to suffer through challenges, created by the Chamber Boys and picked from a spinning number wheel, during the three minutes of their date. Thus, the champion alpha male was not simply the guy who could charm his date for three minutes. No, that would be too easy. Instead, the champion alpha male was the guy who could charm his date for three minutes while incessantly scratching his armpits or complimenting her eyes (a tactic with considerably less of an enchanting effect when



AARON SCHAEFFER / PHOTO EDITOR

Christina Hsu goes on a date with UR student Jared Freedman.

repeated every 10 seconds.)

Also deserving of mention was the event’s house band, UR’s own “Jay Walker and the Crossing Guards”. The band performed classic rock, soul, and modern pop covers in between dates, attracting passerbies and keeping the competition rolling while new participants/victims were sought out. Say what you will about the Chamber Boys, but they know how to organize an event that doesn’t drag, a statement that certainly cannot be made for all of the student-organized attractions here on campus. The inclusion of the house band, along with the Chamber Boys’ role as commentators during dates, kept the three-hour competition engaging from start to finish.

To offer an analogy that blows a college fundraising event absurdly out of proportion, the Alpha Male competition was the “Chamber Boys” equivalent to Van Halen’s “1984”. Like the album that opened up mainstream audiences to aggressive rock through its incorporation of synthesizers, the Alpha Male competition gave the Chamber Boys a chance to showcase their biting style of humor in a setting more inviting to the average UR student. Considering this, along with the fact that no participants broke into tears and the event raised money for cancer research, the Alpha Male competition was a success on all fronts.

Howard is a member of the class of 2017.

CT RECOMMENDS

INTOUCHABLES

BY DANI DOUGLAS
FEATURES EDITOR



Often, people aren’t enthused with the idea of subtitles. When you’re watching a film, who wants to be reading all the while? Movies are supposed to give your mind a break from work and hard concentration. But *Intouchables*, the 2011 French film featuring Omar Sy and François Cluzet, is sure to change your mind.

After a paragliding accident, Phillippe (François Cluzet) becomes a quadriplegic and needs constant aid to complete everyday tasks. Throughout his life, Phillippe is looked after by various caretakers who treat him as if he is incapable and incompetent. Yet after hiring Driss (Omar Sy), a young, sarcastic man from the projects of Paris, Phillippe is finally given the opportunity to experience love and adventure, as Driss sets him up on hot dates and brings him on wild policechases. But just as Driss makes Phillippe feel young, Phillippe begins exposing Driss in classical music and modern art, genres that comedically contrast with Driss’ dry sense of humor, love of hip hop and poor background as an immigrant from West Africa.

Even if you’re not a French speaker, *Intouchables* will not fail to make you laugh, sigh and even reconsider stereotypes of immigrants and handicaps alike.

My Goodness: Rock's up and coming heavy hitters

BY JEFF HOWARD
A&E EDITOR

In the 2000s, drum-and-guitar duos like The Black Keys and White Stripes found their niche as the 21st Century messengers of cold, hard, sacred rock n' roll. To a lost generation of kids sporting Led Zeppelin "Zosa" shirts and Epiphone SG guitars, the modern-but-anti-modern rock band offered solace that rock was still alive in the form of fuzzy pentatonic riffs and blues-based power chord rhythms.

Now it's 2014, and the times they are a-changin'. The Black Keys, with each release it puts out, solidifies its relationship with producer Danger Mouse, a skilled and influential modern music figure whose current production style embodies commercialized neo-hipsterdom to the T (think *American Apparel: the musical*). Indeed, the Keys found for itself a mighty comfortable spot within the mainstream transcript, and they've brought the kids with them too. Such is the face of rock n' roll today: power chords, analog synthesizers and ironic purple hoodies, all of which coexist in a happy family of soft counterculture when seen through the sepia-tinged instagram filter.

My Goodness, a Seattle based rock duo/trio, knows what's hip. The band released its self-titled LP in 2011, a guttural and freewheeling drum-and-guitar record that underscored the group's knack for catchy and refreshingly angular songwriting. This year, the band released on iTunes its single "Check Your Bones". The single, which features polished and expansive production, showcases My Goodness adding life and grit to the modern face of Danger Mouse-ified rock n' roll. I had the opportunity to speak with guitarist and vocalist Joel Schneider of the band, where we discussed musical growth, influences, and social media.

Jeff Howard (JH): When I was listening to your music, I heard influences from both the past and present. Obviously, you guys are rooted in the Seattle grunge sound. However, with other songs like "Lost In the Soul", I heard a Mumford and Sons influence. Even with "Cold Feet Killer", the vocal had a Chris Martin thing going on. From your viewpoint, what influences from the past and present does My Goodness bring together?

Joel Schneider (JS): Growing up, I listened to heavier music. But at the same time, my music taste is across the board. I'm a huge fan of soul and blues, even some folk. I have tons of songs recorded on my phone of all different styles, I kind of blend them all together. With My Goodness, to me, it's a mash up of what I listen to a lot now and what I listened to when I was a little younger.

JH: You're talking about having these song ideas – does that mean that as the vocalist and guitar player you're the

chief songwriter for the band?

JS: I'll usually write parts of songs at home, but they don't necessarily have a definitive structure. I have a song done that I'll have – you know, a verse, a chorus, a breakdown – and it's like a general structure, but it's not something that I would want to keep. I'll wait to bring it in to (drummer) Andy (Lum), then we'll work through the song and put it together – put the structure of the song together. I prefer to do it that way because a lot of times you bring the song in to that environment, the practice space, and new ideas will come up – new ideas for breakdowns or transitions. I have a library of ideas, which sometimes I even go back to if I'm stumped on a part of a song. I'll say, "Wow, that works perfectly for this song that I'm writing."

JH: You guys are a drum and guitar duo – I'm sure people bring up the Black Keys and the White Stripes as comparisons all the time. With this new album, which you're telling me is going to have more tracks on it, how is that going to play out in the live setting? Will you guys have side musicians on keyboards or other instruments to flesh out the sound?

JS: We're actually touring with bass right now. Our friend Cody (Votolato) is with us, so we're turning into a three-piece band. I think we got a lot of

JH: You released an iTunes single, "Check your Bones", this past month. This was off the heels of a few other singles from 2013. Is this a sign of an EP or an LP to come from you guys?

JS: Yes. We're actually going to be releasing a record, and right now the release date is Jun. 24. It's on Votiv music label. Yeah, we're pretty excited about it. We just got it mastered a few days ago, so we listened to it as a band. "Check Your Bones" will be on it and it's been remixed – that was kind of a preliminary mix that we put on iTunes. The record has been remixed and remastered, and we're pretty excited about the way it's sounding. I really look forward to getting it out.

JH: I'm looking forward to hearing it. Now, you guys have a self-titled EP that came out in 2011. Is the production style more refined on the new LP? I know the self-titled had a pretty bare bones sound. Are you guys going for a more polished production style on this one?

JS: Yeah, I'd say it's definitely a little more polished. I think a lot of that had to do with, not so much the style of production but also playing with Andy – there was a different drummer before the record came out. We were also pretty short on time

before. I think with Andy in the band, the meter is better. Just from that alone, the sound is going to be way more spot on and less garage-y.

comparisons to (the Black Keys and the White Stripes) from the first record, a.) because we're a two-piece band and b.) because we also recorded in a similar style, I guess you could say, as the early Black Keys and White Stripes records – Black Keys now is kind of a full

production. But definitely, when I wrote the songs for the first record, I was re-learning guitar and it was very new to me. I wasn't able to really experiment a lot and hone my own sound. I feel like I was able to do that more on this new record – find myself, and develop our sound and make it more of our own.

JH: I was exploring the web and I noticed you guys have the "Live at Chase Jarvis" EP on Bandcamp, a sampler on SoundCloud, the singles on iTunes and a self-titled LP on Spotify. It seems like you guys really embrace social media as a form of promoting your music.

JS: I think (social media) is an extremely important tool for any band right now. If you're not able to keep up on social media then you can kind of get lost in it all – there's so many

bands. I think it's important, also, to connect with your fans. I think that, in music these days, the people have a much shorter attention span than they did before. A lot of the mystique in music is lost, which is a bummer to me. In that way, I think (social media) takes away from the music a little, but I do know that it is an important thing for bands. The fans appreciate it.

JH: You guys are going to be playing Rochester's Water Street Music Hall. Have you guys played this before? What are your expectations for Water Street?

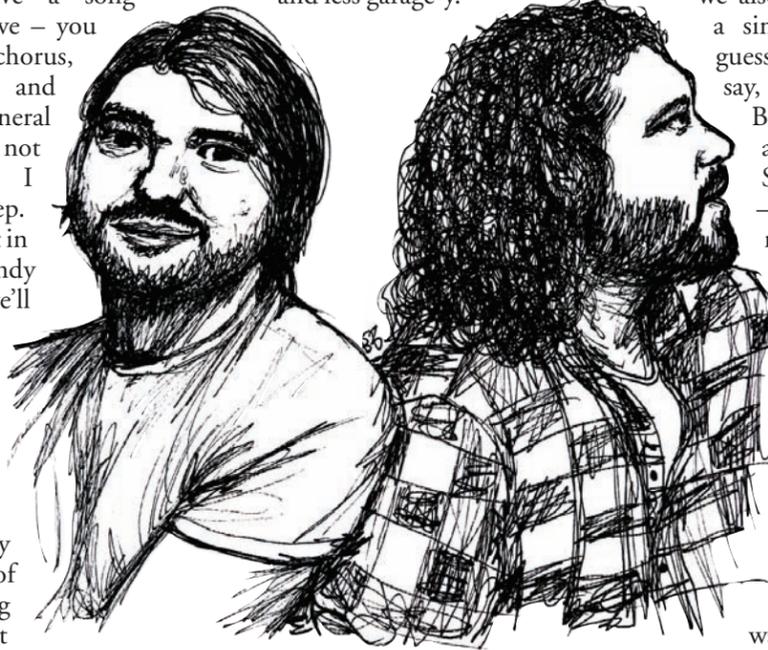
JS: This is our first tour getting off the West Coast, so everything after San Diego is new to us. I'm looking forward to it. Every show is a new experience on the tour and every place is a new place for us, for the most part. I'm excited for Rochester. I've actually never been to upstate New York before. I have some friends that live up there, so I'm excited to see it.

JH: Is there anything else you want to promote or put out to the public?

JS: I'm looking forward to getting up there and playing for people. Every show has been a show for people who've never heard us before, which is exciting for us. We're just really looking forward to it.

My Goodness is on tour with AUGUSTINES and will be performing in Rochester's Water Street Music Hall on March 7. For more information on My Goodness tour dates, visit mygoodnessmusic.com.

Howard is a member of the class of 2017.



LIZ BESON / ILLUSTRATOR

But definitely, we had more time and I think that was pretty cool, to be able to experiment a little bit more.

JH: You guys are a drum and guitar duo – I'm sure people bring up the Black Keys and the White Stripes as comparisons all the time. With this new album, which you're telling me is going to have more tracks on it, how is that going to play out in the live setting? Will you guys have side musicians on keyboards or other instruments to flesh out the sound?

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ATHLETE OF THE WEEK



COURTESY OF UR ATHLETICS

Ally Zywicki - Women's Basketball

BY JOHN CHTCHEKINE
SPORTS EDITOR

1) **What is your major?**

I am a financial economics major with a business and history minor.

2) **Why did you choose UR?**

I chose U of R because I liked the way it felt like such a small

close community, but was still a university. I wanted a balance between a very small liberal arts school and a large state school and Rochester was the perfect fit.

3) **What's your favorite part about being on the team?**

Definitely the girls on the team. They are some of my best friends on campus and I know

that they are the girls who will always have my back.

4) **What is your favorite memory so far as a member of the basketball team?**

It is between playing in and hosting the NCAA tournament last year and going to Barbados over winter break my freshman year. Both were incredible experiences.

5) **What are your goals for the rest of the season? Any personal goals?**

Well we only have one game left and it is against Emory, who beat us pretty bad the first time we played them. I definitely want us to get the win against them.

Chtchekine is a member of the class of 2016.

LAST WEEK'S SCORES

Scoreboard

- Women's Basketball vs New York University W 71 – 62
- Men's Basketball vs New York University L 64 – 81
- Men's Tennis at Ithaca College W 8 – 1
- Women's Swimming and Diving – Kenyon College Invitational – Complete
- Men's Swimming and Diving at Kenyon College Invitational – Complete
- Women's Tennis at Ithaca College W 5 – 4
- Men's Track and Field – Deneault Invitational – Complete

Resigning Stevie Brown



Giants safety Stevie Brown in a game against the Cowboys.

PHOTO COURTESY OF AP

BY MAX EBER
STAFF WRITER

Twenty-six-year old safety Stevie Brown would have likely followed up his breakout 2012 season with more of the same outstanding play had he not been sidelined by an ACL tear for the entire 2013 season. There was a variety of reasons why the Giants' couldn't quite get a handle on the season (makeshift offensive line, lack of consistency at running back, weak linebacker core, etc.). Still, one of the few things that held up to the test was the secondary. Defensive captain Antrel Rolle characteristically stepped up, filling any role necessary to maintain respectability for the Giants' defense, and the rest of the secondary largely followed suit. The integration of Ryan Mundy, Will Hill, and a healthy Prince Amukamara were key factors in the defense, holding opponents to only 383 points in the season.

With that said, an active Stevie Brown would've still had a significant impact on the strength of the Big Blue secondary. In 2012, his first season with the Giants, Brown recorded 76 tackles, 11 deflected passes and 8 interceptions in only 11 starts. The year prior, Brown only played eight games in Indy, recording just five tackles. The dramatic increase in performance indicates we haven't seen the extent of his potential just yet. Beyond the numbers, all Giants fans have observed Stevie Brown's playmaking ability. Brown is seemingly around the ball no matter where on the field

something is happening. Whether it's scooping up a loose ball or assisting on a clutch tackle, Brown has proven to be a playmaker, plain and simple, and that's a commodity the Giants would be wise not to lose.

This past season, the G-Men combined for 17 interceptions compared to the 29 they gave up. That had a lot to do with the extreme pressure Eli Manning faced each week, but at the end of the day, turnovers matter. An underestimated factor in winning ball games falls on the shoulders of the secondary to come up and make big plays. It is no secret that the Giants are in a rebuilding phase, and General Manager Jerry Reese has said he may not resign any of the pending Giants free agents in order to focus on that rebuilding. Although the reasoning for this statement is clear, it may be worthwhile to consider resigning certain players that are on the younger side and hold high value, such as Stevie Brown.

In closing, when Brandon Jacobs made his return to NY last season, there was some calling for Stevie Brown to return the #27 to him. That didn't happen. Why not? It is because Stevie Brown has earned not only the number on his back but also his spot on this team. Despite being ahead of schedule in his recovery process, no news concerning a possible contract for Brown has been heard since preliminary discussions began on Feb. 3. The Giants might be able to score a steal in the fifth year safety, as he has many years ahead of him and a huge expanse of potential.

Eber is a member of the class of 2017.

THIS WEEK'S SCHEDULE

FRIDAY, FEBRUARY 28

- Men's Track and Field - NYSCTC Indoor Championships - Day 1- 2 PM – Canton, NY
- Women's Track and Field - NYSCTC Indoor Championships - Day 1- 2 PM – Canton, NY
- Women's Swimming and Diving - NCAA Diving Regional Qualifier - 5 PM – Henrietta, NY
- Men's Squash - CSA Individual Nationals - All Day – Philadelphia, PA

SATURDAY, MARCH 1

- Men's Track and Field NYSCTC Indoor Championships – Day 2 – 10 AM – Canton, NY
- Women's Track and Field NYSCTC Indoor Championships – Day 2 - 10 AM – Canton, NY
 - Men's Basketball vs. Emory University 12:00 PM – Home Game
- Women's Swimming and Diving - NCAA Diving Regional Qualifier – 12 PM – Henrietta, NY
 - Women's Lacrosse vs. Medaille College 1 PM – Home Game
 - Women's Basketball vs. Emory University 2 PM – Home Game
 - Baseball vs. The College at Brockport – 2 PM – Home Game
- Men's Squash - CSA Individual Nationals All Day – Philadelphia, PA

SUNDAY, MARCH 2

- Baseball vs Medaille College – 1:30 PM – Home Game
- Men's Squash at CSA Individual Nationals – All Day – Philadelphia, PA

SPORTS

Men's basketball wins big over Brandeis

BY ROBERT HARDING
CONTRIBUTING WRITER

It was a frisky first half in this week's men's basketball matchup against Brandeis University. Brandeis struck first but Rochester roared back leaving Brandeis in their

Rochester wasn't fazed despite the halftime deficit.

wake. Masterful manipulation and ball handling prowess left Brandeis staring at the clock, wondering how long they had to endure this Rochester-style beat down. Brandeis looked baffled as Rochester weaved through their defense to score again and again! As seconds dropped off the clock, Brandeis found their focus and launched a comeback. Aggressive defense put Brandeis on the free

throw line where the shooter made both baskets to end the half Rochester 40-43 Brandeis.

Rochester wasn't fazed despite the halftime deficit. Strong defense kept Brandeis dancing around the perimeter while Rochester worked the screen game on offense, penetrating the defense and putting up points in the paint. Impressive drives to the rim and successful shots from downtown had Rochester looking like the stronger team.

Going into the final two minutes, however, the score was tied 73-73. Frisky play put men on the ground and a roar and a clap came from the audience, urging Rochester to bury Brandeis. Responding to their fans and screaming coaches Rochester handled the pressure brilliantly keeping Brandeis to 73 while pushing their point total to 77! Rochester wins 77-73!

Harding is a member of the class of 2016.



Senior Nate Vernon in the middle of a jump shot.



Junior Tyle Sankes in Rochester's win over Brandeis.

Draft tracker: Running back prospects



Running Back Prospect Andre Williams running the ball against NC State

COURTESY OF NESN

BY ADAM ONDO
SENIOR STAFF

Running Back Prospects

Arizona product Ka'Deem Carey is the perfect combination of strength, speed, and nimbleness. His low center of gravity provides him with great balance, his stiff arms are effective, and he is an expert with the stutter step, faking out two or three defenders with one move.

Carey is also a very smart player, who understands where he needs to go by what direction blockers move initially. He has a decent lean, but could run more with his head down. In addition to his other favorable features, I also really like his blocking. He does his best to protect his quarterback on pass plays, going toe-to-toe

with smaller defensive players and using chop blocks when he is outmatched. He also has great hands, which he uses to rack up receiving yards. His 349 rushing attempts last year attest to his endurance.

However, Carey does need to be more disciplined. Though the charges of misdemeanor assault were eventually dropped, he allegedly knocked his pregnant ex-girlfriend to the ground and slammed her fingers in the door because she wouldn't let him go get a lighter so that he could use drugs. Then he was kicked out of a college basketball game for yelling at event staff and arguing with police. Because he can assume the role of feature back straight out of the draft, a

team desperate for a starting back

My favorite running back in this year's draft...is Boston College's Andre Williams. Williams is a 232 pound bulldozer that leads with his shoulders, plowing through defenders.

should select him early on, but they will need to keep him on a short leash.

My favorite running back in this year's draft, despite not being as complete of a back as Carey, is Boston College's Andre Williams. Williams is a 232 pound bulldozer that leads with his shoulder, plowing through defenders.

He is good at finding running lanes and is hard to take down once he picks up momentum. He is a workhorse back, running the ball 355 times last year. His 2177 yards that year were the 5th highest in NCAA single-season history. He is a red-zone threat, pushing into the end zone with ease on most occasions. But he isn't just a goal line threat, as witnessed by his 99-yard NCAA record setting run... though that play did technically start on a goal line.

Williams isn't perfect, though. He needs to work on ball security, as he fumbled ten times while at Boston. His pass blocking could also use improvement. The fact that he only has 10 receptions in four years means that whichever team takes him will need a different change of pace back, as Williams is no Jamaal Charles. He can start as a rookie and should go to any team that is in the market for a power back.

The third best option for a team in need of a running back is LSU's Jeremy Hill. Hill is a vertical runner with good agility and great speed. He lets his blockers do their job. He is also very fluid when he runs and he moves different parts of his body in different directions making it hard for defenders to anticipate his cuts. He doesn't always make the best decision after receiving the handoff but he doesn't

hesitate, which I like.

Soft hands allow him to receive out of the backfield. As an added bonus, he has only fumbled once in two years. Don't let his name fool you, though; Hill has a mountain of character faults and legal woes. He was arrested and charged with simple battery in connection with an off-campus fight in a bar parking lot. This violated the probation that he earned after being convicted of carnal knowledge of a minor, who happened to be a fourteen year-old girl. Though most people rank Hill second behind Carey, I don't like his lack of self-control, which manifests itself off of the field.

The Browns will probably use their second round pick to nab Carey, as they are the only NFL team without a viable starting back on their team. The Dolphins need a power back to complement current starter Lamar Miller, who is faster and has good hands, so it only makes sense that they select Williams with their second pick.

I'm going to have to say that the third team to draft a running back will be the Carolina Panthers. DeAngelo Williams isn't going to be back after 2015, so it makes sense to draft his replacement. Hill would fit in well in Carolina.

After Baltimore Ravens running back Ray Rice's horrendous performance last year and his simple assault charge from earlier this month, the Ravens may take Hill earlier in the second round before the Panthers get the chance. We'll just have to wait and see.

Ondo is a member of the class of 2014.