Restrictive criteria for routine blood transfusions may decrease infection rates

BY QUINLAN MITCHELL
STAFF WRITER

Restrictive criteria for the use of routine blood transfusions in hospitals may help decrease infection rates in patients, according to a meta-analysis in The Journal of the American Medical Association.

The study was led by Mary Rogers, Ph.D., from the University of Michigan and co-authored by Director of the Transfusion Medicine Unit at UR Medical Center Neil Blumberg, M.D.

The article, published this April, offers suggestive evidence that transfusions can be harmful.

Titled “Health care-associated infection after red blood cell transfusion: a systematic review and meta-analysis,” the article reviewed 18 clinical trials that together involved approximately 7,593 patients.

Researchers found a 16.8% risk of serious infection associated with a liberal blood transfusion strategy. That contrasted with an 11.8% risk of serious infection associated with a restrictive transfusion strategy. Serious infections range anywhere from wound infection or pneumonia to the potentially fatal sepsis.

According to Blumberg, infections are the most common complication of blood transfusions.

“It appears that when you get a blood transfusion from somebody else […] it causes a form of immunomodulation,” Blumberg said. “This immunomodulation leaves patients susceptible to serious infection.”

Nearly five million Americans are in need of blood transfusions each year, according to the National Heart, Lung and Blood Institute. A blood transfusion is a medical procedure during which a patient is injected with blood through an IV in order to maintain the proper ratio of red blood cells in the body.

A blood transfusion is a medical procedure during which a patient is injected with blood through an IV in order to maintain the proper ratio of red blood cells in the body. Blood transfusions can be life-saving in certain conditions, such as acute anemia or extreme blood loss. Blumberg, who has dedicated the past thirty years to studying hematology with a focus on blood transfusions, said he believes that the prevalent use of transfusions is unjustified.

Discussing the scientific evidence backing the use of transfusions, Blumberg noted the lack of “strong evidence that what [medical professionals are] doing is causing benefit rather than harm.”

Transfusions are given to an estimated three to four million patients per year, according to an article authored by Blumberg and a colleague in 2011. The prevalence of the procedure seems to be an instance of what Blumberg terms “indication creep.”

With respect to the field of medicine, this signifies the assumption that if a procedure worked well in certain circumstances, it could be applied to other medical situations without risk.

Blumberg added that because transfusions can save lives and anemic patients have generally worse health outcomes, it was not an unreasonable conclusion for doctors to arrive at. What Blumberg’s analysis means for the medical community is a closer look at a routine procedure that may not actually be helping physicians “do no harm,” as directed by the Hippocratic Oath.

“This is the first really definite proof that most people are going to accept that this is true about transfusions,” Blumberg said.

Blumberg added that “we’ve got to start getting people to think of the transfusion as the last resort, not as the first…”

Mitchell is a member of the class of 2014.
This Week on Campus

Thursday, April 10

Out in Reel Film Series: Intersexion
Hoyt Auditorium, 7:00 - 9:00 PM
The film explores intense people from around the world and how they navigate life through childhood, adolescence, relationships and adulthood. Sponsored by the Susan B. Anthony Institute for Gender and Women’s Studies.

RPO - Merry Mount
May Room - Wilson Commons, 7:30 - 9:30 PM
Concert performance of long-time Eastman School of Music director Howard Hanson's only opera, RPO offers a preview of the show before its presentation in Carnegie Hall in May as part of the spring for Music Festival.

Friday, April 11

Alternative Music Film Festival
Memorial Art Gallery, 7:00 PM
This film tells the story behind the writing, recording and subsequent success of Duran Duran’s 2008 album through newly filmed interviews, musical demonstrations, and new and archived performances. Admission is $10.

Inside Llewyn Davis
Hoyt Auditorium, 7:00 - 9:00 PM
The film follows one week in the life of a singer in New York’s folk music scene in 1961. Tickets are $2 for students; $3 all others. Repeat showing at 9:15 and 11:30 p.m. This film is sponsored by the Cinema Group.

Saturday, April 12

National Water Dance
Along the Genesee River, 4:00 PM
Dance depicts water and issues surrounding water use across our country, featuring the original work of students from the Program of Dance and Movement and the Studio Art Program. The event is free.

Vocal Point Spring Show
May Room - Wilson Commons, 8:00 - 10:00 PM
Join the ensemble as they celebrate their senior Corey Robinson through a cappella music. The show will also feature performances from Project E.M.P.O.W.E.R. Tickets are $5.

Sunday, April 13

Wind Symphony
Strong Auditorium, 3:00 - 5:00 PM
Directed by Bill Tibbals. Featuring performances of works by Alfred Reed, Robert Fussell Bennett and Howard Hanson. The event is free.

African Drumming Concert
Strong Auditorium, 7:00 - 9:00 PM
Led by Master Drummer Fania Bangoura, the West African Drumming Ensemble is dedicated to the dynamic percussive traditions of Guinea. The event is free.

Weekend Forecast

Friday

Partly Cloudy Chance of rain: 10% High 57, Low 38

Saturday

Mostly Sunny Chance of rain: 10% High 63, Low 22

Sunday

Few Showers Chance of rain: 30% High 68, Low 51

Public Safety Update

Mysterious Odor in Chase

By Rei Ramos

1. On Friday, April 4, at about 1:30 p.m., Public Safety Officers responded to the Chase Bank branch in Todd Union for a report of a sulfur-like odor in the area. The Rochester Fire Department, facilities mechanics, and Fire Marshall all responded and found slightly elevated carbon monoxide levels initially attributed to a Freon gas leak in a cooling system. Further investigation found that a control panel battery was leaking some acid which caused the odor. The issue was promptly rectified.

2. On Thursday, April 3, Public Safety Officers observed an adult male using the Eastman School of Music basement computers. Approached, the man fled the area and was later located on Gibbs St. He stated that he gained access by knocking on the window and someone opened the door for him. The man was banned from UR. Students should be aware of and report suspicious persons, and should never allow unknown persons into student access areas.

Man found in balcony

3. Thanks to the report of an observant student, on Sunday, April 6, at about 10:30 a.m., Public Safety Officers approached a man in the bald area of Eastman Theater. The man was found suspiciously listening around the area. Officers approached the man and determined that the male had no legitimate business being in the perimeter and was subsequently banned from UR property.

Clarinet found, iPod missing

There were two incidents of unattended property reported as stolen. The first was on Wednesday, April 2, between 5:00 p.m. and 6:00 p.m. when a student who had left her backpack under a bench in the Goergen Women’s Locker Room discovered her iPhone was stolen. The student’s GPS was not active and it has not been recovered. Another incident occurred when a student finished practice and left her clarinet in a seventh floor room at the Eastman School Annex. She discovered it missing upon returning to the room one week later on Thursday, April 3. Thankfully, the clarinet was submitted to the Eastman Commons Lost and Found and returned to its owner.

Ramos is a member of the class of 2015. Information provided by UR Public Safety.

Want to leave a legacy?
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URMC begins next phase in study on Parkinson’s disease

Seligman addresses heroin allegations

BY RACHEL SANGUINETTI
EDITOR-IN-CHIEF

UR President Joel Seligman sent out an email announcement to all students last Friday, addressing the use of heroin on the UR campus. He later held a press conference on campus at Friday afternoon in front of the Students Union, publicly begging students to get the help they need.

Seligman began his email by addressing rumors around campus regarding the death of Juliette Richard, a freshman who died the previous weekend. It has been reported by many news sources that Juliette Richard died of a heroin overdose from complications, though nothing has been confirmed by the medical examiner.

“I strongly believe it would be inappropriate to reach any conclusions about the cause of Juliette’s death,” Seligman said in his email.

In the press conference, Seligman spoke directly to the students who were watching.

“These are drugs that can kill,” he said. “And if you’re on them, please get help.”

The use of heroin has been on the rise at universities across the country. A survey conducted in 2012 by the American College Health Association included 76,481 college students from across the country. Of this population, 1,300 admitted to trying heroin, which is approximately two percent. One in five students believe other students are using heroin on campus.

The City of Rochester is also suffering from an increase in heroin overdose-related deaths. The number of such deaths has increased fivefold since 2011, according to a recent report released by the Monroe County Medical Examiners Office. In 2013, heroin was responsible for the deaths of 65 people in the region compared to 29 in 2012. In 2011, only 11 deaths were attributed to heroin.

In his email to students, Seligman included a list of services that the University offers to students who are struggling with drug addiction. These services include the University Health Services, University Counseling Center, and the CARE network service. The CARE network service allows students to call a number to anonymously report a person in need of help.

“I encourage all to speak up and save lives,” he said.

Sanguinetti is a member of the class of 2015.

Israpidine, a drug currently used to combat high blood pressure, may be a new mode of treatment for Parkinson’s disease.

BY SAM PASSANISI
STAFF WRITER

The next phase of an ongoing study on Parkinson’s disease will take place at UR Medical Center (URMC) later this year.

A press release from URMC on April 2 said that the study, which is being conducted in tandem with Northwestern University, could have exciting new implications for the treatment of the disease.

First-phase testing of the drug was “completed decades ago,” UR School of Medicine and Dentistry neurologist Kevin Biglan said in a press release from URMC.

Biglan is one of the principle researchers involved in the study along with Northwestern University’s Feinberg School of Medicine Professor of Neurology Tariq Simuni.

The upcoming study is the third phase of a drug trial for an existing medication called Israpidine, which is currently used by doctors to treat high blood pressure. Recent findings suggest that the drug may help parkinson’s patients with Parkinson’s disease healthier for longer by protecting their brain cells from deterioration.

This effect was observed when studies showed that people taking Israpidine for their high blood pressure tended to exhibit lower rates of Parkinson’s disease.

Researchers suspect that the medication can help mitigate one of the main causes of Parkinson’s disease: the deterioration of dopamine-producing cells in the brain. Dopamine is an essential chemical in the nervous system, necessary for control of the body. A shortage of the chemical causes the tremors and loss of motor control associated with Parkinson’s.

The hope is that if the drug shows efficacy it would then be considered in all patients with PD, he said.

Israpidine would not be a stand-alone cure for the disease, but it could be used in conjunction with other medications to slow the onset of the worst symptoms. The drug has a neuroprotective effect on patients’ brain cells, meaning that it keeps the dopaminergic cells healthier and causes the disease to progress more slowly.

“If you could slow the progression sufficiently enough,” Biglan said in the press release, “then with existing symptomatic treatments you could manage Parkinson’s symptoms quite well over a much longer period of time.”

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Panelists explore Wall Street, regulation and future crises

Professor Primo listens as panelists discuss their views on finance policy in the U.S. Panelists included Hester Peirce, Nicole Gelinas, and Alexis Goldstein.

FINANCE FROM PAGE 1

She explained that regulations, if there are any at all, must be simple because the complicated version that lawyers create require people with specialized knowledge to interpret, helping to contribute to the revolving door between Wall Street regulators and Wall Street itself, and also hurting small banks.

"The regulations can inadvertently shut down part of the banking sector as these bankers decide, 'you know what, I didn’t go into business to become a compliance person — I went into business to make loans to people, and this is just not what I’m allowed to do anymore.'"

However, she did explain that capitalization of banks is needed, and stockholders need to be seen as more important. If banks are more beholden to stockholders, they have more at stake, whereas other forms of bank stockholders, such as people with accounts, get back their money through other means like the Federal Deposit Insurance Corporation.

Gelinas is a Chartered Financial Analyst and a member of the New York Society of Securities Analysts. Prior to her work with the Manhattan Institute, she worked as a business journalist for Thomson Financial covering international syndicated-loan and private-debt markets.

Gelinas’ ideology is that some regulation is okay. She discussed the ban on high interest loans in New York. She believes that the government needs to foster more accountability in banks, allowing banks to see the negative consequences of their actions. This would result in greater discretion in investment. Banks’ fans would also be more linked to their stockholders.

"If the Reagan administration had decided, ‘let’s just let the banks fail, what would the results have been?’ Gelinas said. “There could have been a broader market panic, perhaps downturn in economy before relection, but the lesson to the market would have been beneficial. The lesson that would have gone out to global bondholder and global investors who had put money in bank would have been, ‘be careful what you invest in this new and changing world.’"

She continued to explain that this set the precedent for too-big-to-fail banks, and they, along with their investors, have learned that if they melt down, the government will bail them out.

Goldstein worked on Wall Street for seven years in technology before deciding to pursue a different path. After joining Occupy Wall Street, she joined Occupy the SEC ( Securities and Exchange Commission). Though she is no longer an active member, she was a critical part in a comment letter send to Congress regarding a specific part of Dodd-Frank called the Volcker Rule.

This rule restricts banks from making speculative investments that are not in the best interest of their customer. From her work on Wall Street, Goldstein said she saw injustices against customers and fights for more government intervention and regulation for banks. This regulation would help people understand the risks and benefits of investing/banking with a particular company.

"Wall Street is a cult of smartsness, and if you get screwed, it’s your fault because you weren’t smart enough and you didn’t read the fine print that they buried deliberately in the footnotes," Goldstein said. "Ripping your client’s face off is a two step process: step one is you give your client the worst deal you could possibly give them, but step two is you make them think that it’s a bargain and that you did not rip your clients face off if they know they’ve been screwed."

"I thought the panelists did a great job of offering strong views and challenging one another while at the same time respecting differing opinions," he said. “It’s a model for how policy discussions ought to be conducted."

Primo said he expects another event to occur during Memoria Weekend next semester.

Johnson is a member of the class of 2016.

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the vaguely nostalgic “I guess
against e-readers, for example,
The most common argument
refillable “hookah pens” can
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as difficult to quit smoking using
addictive drugs known to man.

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Now that SA elections are
dated for smoking.
E-cigarettes are another matter.
Let’s face it: at least a fair
understood, but the concept of
smoking have been

At this point, most students
next semester. After meeting with advisors, (readjusting) potential schedules with the CDSC app, students are
negotizing over major changes
with friends and adjusting (and
major changes are not worth the
time they love.” But too many make
the mistake of not taking full
advantage of the opportunities.
They isolate themselves to
few specific fields and only
for the entirety of their college careers – that shouldn’t be the case.

For most, this is the only time
in one’s life that can be devoted
half the time someone will have
the opportunity to study whatever
they want; the only time they
be a Religion major?” Or, as a
junior majoring in History
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BY DANIEL GORMAN JR.

I love this university, but I feel a responsibility as a senior to identify some problems here, so that they might be corrected. Melora must apply to all things, including the administration and campus life, not only academics. I’ve ranked the issues from easiest to hardest to correct.

First, you can’t buy Q-tips on campus. Melora, for a basic item of hygiene inst ill in the Bookstore or Hillside. This is easy to fix so that students don’t need Q-tips mailed to them overnight. While on the subject of mail, the Package Office’s new package sorting system is a disaster, massively increasing the patron wait time and overwhelming the poor staff members. The Package Office needs to get a new system, or Rettert will be a glorified errand runner...

go back to the old system, or hire extra student employees to help. While science students, who need few books, won’t have to carry much back to campus from College Town, humanities and social science students, who need dozens of books, will be at a disadvantage. Who wants to carry twenty books from Mt. Hope to our campus? I fear that humanities and social science students will order more books online, further and Odd, given our faculty and students’ musical strength, the administration should stop pondering its new push to expand the size of humanities classes. I’m all for more humanities students, but humanities classes cannot simply be blown up to fit a physics lecture hall. The humanities need seminar-style dialogue and close faculty-student interaction, so the classes must be small. If the River Campus ramps up humanities enrollment, there needs to be a concurrent effort to recruit more tenure-track humanities faculty. (NOT adjuncts). Otherwise, humanities classes will become too large to be intelligently engaging environments for students. Classroom need to be fulfilling environments too, since there is nothing about academic work other than the lack of musical the...
National Common Core standards, changing education on all levels

BY MORGAN KATH
COPY EDITOR

The Common Core State Standards (CCSS), an educational initiative for kindergarten through 12th grade designed to mandate the current content at each level, has been adopted by New York State. New York is one of 44 states along with the District of Columbia and four territories to have implemented CCSS.

Professor Jeffrey Choppin, director of the mathematics education program at the Warner School of Education, noted that higher-level content is being pushed down to lower grades, meaning students will learn concepts at a younger age.

The standards are aligned with the content taught but are agnostic to curriculum," he said.

"The goals of the Common Core State Standards (CCSS),...are to consistently address the same proficiencies regardless of state or age," Warner School master’s student and eighth grade English teacher at Barker Road Middle School in Pittsford Clay Monson said.

"The goal was to unify the quality of education resulting of students across the nation."

These sweeping changes in policy and the way content is taught to students means that teachers need to be informed on how to implement these changes in classroom environment and technique.

According to Choppin, the Warner School has taken an advanced role in educating teachers on "developing active roles for students" and how to be more attentive to individual students. The school has been encouraging a "hands-on" philosophy for over 20 years, and even with the new changes brought about by CCSS, it was not necessary for Warner to make changes to ensure that its teachers comply with the shift in teaching methodology.

"From the start, Warner has focused on providing teachers with a solid understanding of content taught at each level in order to inform eventual teaching decisions," Monson said. "They have provided me multiple opportunities to apply these frameworks to my teaching as well as offer up specific, research validated practices which benefit student learning."

On national, state, and local levels, the implementation of CCSS has garnered much criticism.

In spite of the contention, Monson is a supporter of CCSS.

"The arching goals which cover school children of all ages, the gradual increase of expected proficiency toward those standards, and the consistency across states were a strong step forward," he said.

He is not, however, in agreement with the way the program has been implemented in schools across the country.

One new teaching approach that has been developed is "modules," an approach meant to make lessons be more focused. "When I have the freedom to teach to the standards without the modules, I think it enhances my teaching. But these modules are the second to worst thing to happen to U.S. students in my lifetime, only second to the high-stakes testing craze."

Any new information necessary for educators has been implemented directly into existing classes, so as to raise discussion about policy changes, rather than in entirely new classes.

"There are parts of the Common Core which are good, but they may get washed out with high stakes testing," Choppin said.

High stakes testing will determine if students are deemed ready to move on to the next grade level. Future test scores will have a massive impact on what teachers are able to achieve tenured status, and how they are able to progress in their careers.

"Instead of teaching the greats from the literary canon, we need to devote half our time to speeches, research articles or other kinds of informational texts," Monson said. "Rather than...

by NAOMI EVERHART
STAFF WRITER

Tenure is one of the most important distinctions for professors at any college. It offers guaranteed job security and funding for research. Originally introduced to the North American collegiate world with the intent of protecting professors with controversial research or opinions, it ensures professors the academic freedom to express and express whatever they choose.

The concept of tenure was officially introduced in 1915 and has since become a standard in North American academia.

While the number of tenure line tenured female and male professors at UR is not equal, it seems to be more of a product of societal norms than the University itself.

"I know that the statistics in terms of gender for tenure faculty is not great," Professor Walter does not have any experience of the University at the higher level, but, very smooth for me," anthropologist Professor Jefferey Choppin said. "My time here [at the University] has been unquestionably positive in every sense." Professor Bren agreed, expressing a positive attitude toward the way the tenure process is handled at UR.

Professor Walter did not have any tenure at the University at the lower level, and felt that they can achieve greater heights in the academic world and elsewhere. The problem is slowly resolving itself.

"This is an issue throughout our society, not one specifically perpetrated by our school. As more women and men in female and male careers, and that they are equal, more women will feel that they can achieve greater heights within the academic world and elsewhere. The problem is slowly resolving itself.

For the first time, in 2009 and continuing through 2011, more women were appointed destorates in the U.S than men. The current generation of professors are the first in which more women will graduate than men. There is hope though, as a result of an increased number of tenure female faculty at universities, including our own, in the future.

America is a member of the Class of 2016.
By Raaga Kanakam
Staff Writer

Although not a common tourist destination, Malawi – a small, landlocked country located in southeast Africa – is one of the most important nations to the field of anthropology. As the fourth poorest nation in the world, the local economy is reliant on agriculture, and community is a very important aspect of their social culture.

Junior Emily Widra visited Malawi in the summer of 2012, after her freshman year. She participated in the three-week-long Malawi Immersion Seminar (ANT 277), which is offered every summer by UR’s Department of Anthropology.

The Malawi Immersion website describes the program as “a unique focus on experiential learning and training in the methods of field research.” Participating students travel around the country, visiting a variety of Malawian cities including the capital city of Lilongwe and rural villages of Gowa.

“The opportunity to immerse ourselves in the culture of the country and meet a variety of people who taught us a lot about Malawi,” Widra noted.

The program does not have a traditional study abroad curriculum. Rather, it is an immersive course that involves conducting ethnographic fieldwork (field study from an anthropological or sociological perspective) as the means for each student to do research on their topic of choice. After the program ends, each student submits an ethnographic essay on their topic, discussing what they discovered during their time in Gowa. “I chose to research the declining prevalence of pottery and potters in the local area,” Widra said. “I spent a lot of time interviewing and just spending time with the local potter [who] lived in a neighboring village… I had the opportunity to visit another community, meet people there, and learn even more from them.”

Ethnographic methods including language, interviewing and mapping skills are taught and put to use as part of the program. Chichewa language classes are a prevalent focus of the curriculum, but not in the conventional classroom setting. During Widra’s trips, classes were held outside the hostel where they stayed in Lilongwe and students studied sitting on the ground in a local garden in Gowa.

“As a poor language-learner in school, I surprised myself with my ability to pick up Chichewa when I was fully immersed in a culture that spoke the language and when I learned [from] a local, native speaker,” Widra recounted. “The general patience everyone I spoke to had with my slightly pathetic attempts at speaking a foreign language really encouraged me and helped me become more comfortable with making mistakes and working on conversational phrases.”

In addition to language learning, students on the program spend a lot of time mapping Gowa and learning about the local economy, education system and religion “just by walking around Gowa and talking to people”. Widra spent much of her free time with her host family, “helping them with household activities like shucking the maize harvest, cooking, and selling breakfast pastries”. Widra’s class also hiked along the escarpment on top of the Great Rift Valley where Gowa is located. “We started out hike in the afternoon and we got to see a beautiful sunset over the valley and walk through a variety of other rural villages,” she recalls.

Additionally, students also went on several two-night jeep tours in the safari at Liwonde National Park and were able to see many animals including elephants, hippos and gazelles. Though it is offered through the anthropology department, the Malawi program isn’t just geared towards Anthropology majors. “I would highly recommend that anyone pursuing any degree [at UR] take a look at the program and consider it for next summer,” Widra said. For her trip, Widra – herself triple majoring in Anthropology, English and Psychology – was joined by peers studying in a variety of different fields including International Relations, Business/Economics and pre-med Genetics.

“My experience was incredible,” she said, “Certainly there were things that I had to get used to – doing laundry in buckets, hyenas howling in the distance at night, different food, a difficult language – but they weren’t anything that any of the students on the trip couldn’t handle.”

Kamakam is a member of the class of 2017.
UR Robotics: Developing applicable technology

(Left to right): Haptech glove allows users to feel virtual reality; red bits manufactured in UR Robotics’ 3D printer; legos are used to test the mechanical soundness of prototypes.

BY ALYSSA ARRE
SENIOR STAFF

Long after most people have left for the weekend, a handful of students sit over keyboards and textbooks in a lab tucked away on the sixth floor of the Computer Science building. One student by the door types away at a MATLAB document while two others tinker with wires on the opposite side of the room.

A fourth student skims a couple pages of a textbook, “Underwater Robotics.” These students and a few hardworking advisers make up a large part of the UR Robotics Club.

UR Robotics was founded in the fall of 2012 as a group of nine students interested in discussing papers on the topic of robotics. After a few weeks, the students grew tired of just thinking ‘why are we sitting here reading when we could be doing this stuff?’ explained sophomore MorganSinko. Sinko is the president-elect for the upcoming academic year and has been with Robotics since its inception. He was also part of the team’s first project, Swarm UV.

With this, Sinko picks up the object that he’s been working on from a nearby table. At first glance, it appears he is holding a regular black glove. “This is Haptech,” Sinko says, flipping the glove over.

The glove’s palm is lined with a number of wires. When completed, the responders on the gloves will respond to space within a virtual environment, allowing users to move around and interact with the virtual objects on a screen in a realistic way.

In its current stages, the glove administrators vibrations to the user, mimicking the walking of something. According to Sinko, his team’s intentions are to eventually create a full body suit that responds in this manner. “We still have a ways to go,” Sinko said, removing the glove.

Both Haptech and Swarm UV entered and were accepted into the Cornell Cup presented by Intel, an embedded technology design competition open to all college students. The Cup, receives hundreds of entries every year and is narrowed down to a mere 20-30 selected finalists.

“UR Robotics has been incredibly generous,” Sinko said, “as well as the ECE and MechE departments.” The Computer Science department also donated a room after a graduate lab moved out of the space.

The room the group now occupies nearly doubles the size of the small cramped office they had last year, the first of many small steps Sinko hopes will help improve the club’s presence on campus. Although Robotics is still in its preliminary status for SA recognition, they were allowed to table at the Activities Fair this year. Membership has increased tenfold—100 students appear on the roster, around 30 of whom are active.

The future leaders of UR Robotics see big things in the group’s future. Sinko dreams of having some sort of Lego Mindstorm intramural competition. Both Sinko and Vice President-elect and sophomore Lucian Copeland hope to add more hands-on workshops to the group’s current offering.

“We’d ideally like to introduce new topics to complement the public Lego Mindstorm events we’ve been having, including Arduino and Raspberry Pi programming, soldering, and logic design,” Copeland said.

The most recent workshop was on 3D printing. Robotics encouraged students to bring their own designs, which they would help fix up for printing. “This is still very new to us—we’re still working out the logistics of it,” Sinko said of his own experience with 3D printing.

As proof, he gestured to a back table in the lab where a bucket of printer rejects sat. Among the discs were a lapsed die and a couple of uneven gears all made of hard red plastic.

Workshops are open to all students, and are typically scheduled for Friday evenings in Betten Hall.

“We want to clear the stigma that the U of R is just a theory school,” Sinko said. “There are people here who want to do hands-on things.”

Students interested in the UR Robotics Club are welcome to attend weekly meetings, which are held in Room 628 of the Computer Science Building every Friday at 2:30pm.

Arre is a member of the class of 2015.
UR Tech: All my vices are devices

BY LUCIAN COPELAND
STAFF WRITER

Can hyperactive, online communication decrease your focus and impact your study productivity?

It’s a normal weekday afternoon when your head snaps up from your laptop and you realize you’ve been surfing online for almost two hours straight. You didn’t spend it on anything in particular – you’ve been surfing from site to site, compulsively checking new emails, Facebook messages or replies on Twitter between watching car gifs on FunnyJunk and reading stories on Reddit.

It’s not time you intended to waste, and you have a lot of work to get done, so you slam the computer shut and try to regain focus. But somehow you can’t get anything done – your attention flickers from thought to thought, and you find yourself compulsively checking your phone or going to the bathroom, unable to stay put on any one task.

What you may be suffering from is called Attention Deficit Trait, a term coined in 2005 by Harvard graduate Ned Hallowell to describe the scattered, distracted symptoms experienced by people who have spread their focus between multiple tasks for an extended period of time.

Unlike the genetically influenced Attention Deficit Disorder, or ADD, ADT is not a permanent condition but a collection of habits and patterns that persist after a stretch of time.

New ideas don’t come easily, and when they do, they’re rushed and shallow, bereft of the depth that greater concentration would allow. Over time, the damage starts to add up, we work more hours for even less results, keeping the cycle going.

It’s a familiar scenario for many managers but for college students too. Facebook may not be as ‘important’ as a string of business emails, but it’s just as demanding of your attention and can cause the same disorientation and lost efficiency after you finish.

So how can you prevent ADT?

Unfortunately, these rewards build up and it’s not as hard as one might expect – usually, all it takes is making sure you spend

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by Chris Horgan
HUMOR EDITOR

Get out your rain jackets fellow Yellow Jackets because spring is here. You know spring is here when you start wishing that your glasses came with built-in windshield wipers. However, I love spring. The smell of wet concrete clears up a cloudy mind. The rain showers make me feel as if I'm in a love scene in a Nicholas Sparks novel.

I jumped into a puddle, not realizing how deep it was. I would like to take the chance to extend this into a metaphor. What, never mind, that is way too clichéd. After lunch, my friend and I went outside to run in the rain. We made sure to wear thin white t-shirts to show off the physiques over it.

We ran over to Southside and then decided that we should take a walk around campus. We are currently hoping that April showers bring them at least a few more inches to the campus. Once we got back to the academic quad a man asked us if we could direct him toward the library. We assumed he was talking about Rush Rhees, so we directed him toward the huge building you can see from anywhere on campus.

We also followed some tours for prospective students. On a rainy day, the number of tours somehow seems to double. What if for every touring group, the University took one currently enrolled student, forced them to go on the tour, and then required them to ask questions that we do or don't have. I will say this—we're in better shape than we were during the Great Depression.

We decided to take a run on the path outside of campus. I can't believe how big of a puddle there is near Rochester. It's almost as if it's a river. I mean, the puddle is so big they had to build a bridge to test their running abilities. And they are off to the races, to watch of course.

The next race allows anyone who is not in the race to get a break from running. It's a seven mile race that actually gives negative points to the first place finisher. If no one finishes the race in three hours, then every runner has to actually attend a math recitation.

In every relay race, runners must high five the next runner before he or she can take off. Then, the team must sit down in single file when the race is completed. If a team wins the race but is not the first team to all be sitting down, then they are not victors.

 vaulting rules require participants to take a 20 foot pole, usually made from fiber glass or carbon fiber, and fit it into a three by four foot vault.

By Chris Horgan
HUMOR EDITOR

Horgan is a member of the class of 2017.

1. Bags of mountain air were offered to citizens in the smog-filled city of Zhengzhou, China. Tourists beware, the air is to die for.
2. A newViagara-esque pill is using President Obama's image so sales are on the rise.
3. However, multiple complaints claim that after taking the pill for the second time, no "change" occurred.
4. A group of writers were fired for over exaggerating a story after finding one rare example and reporting it as if it was the norm.
5. Good news is, Fox News is hiring.
6. A leopard caused panic in an Indian hospital after it roared inside the hospital for 12 hours.
7. Come on guys, he only wanted to have his spots looked at.
8. At woman reported to police that her marijuana had been stolen, and now she is being charged with cultivating it.
10. A man in Orlando had to be rescued from his home after unintentionally lighting his house on fire in order to burn the bugs in his home.
11. "Looks like agent 277 has done his job," said an undercover fruit fly.
12. In an attempt to overcome his fear of spiders, a man tattooed a black widow spider on his face.
13. Unfortunately, there isn't any lotion to treat bad arachne.
14. A man called for help after being trapped in an office with a swarm of bees for more than eight hours.
15. "Oh no! Not the bees! Not the bees!"
16. A Scout made huge sales after selling cookies outside of a marijuana clinic.
17. Looking like the cookies weren't the only thing baked.
18. A man suddenly ate a fishing line at a food buffet. That's one way to get your customers hooked.
19. A pastor in South Africa encouraged the congregation to eat grass to become closer to God.
20. "You can take our tongues, but you can't take our grass," said a holy cow.
21. A man in Argentina successfully married a tree. There's no guarantee that this woodwork, but I'm rooting for him.
22. An Indonesian spa now has a new technique in which they place pythons on the customer's body.
23. Sadly, the price of the spa may cost you an arm and a leg.
24. A website is offering condoms for dogs.
25. This is a great idea, just in case you don't want the pillow on the chair in your living room to become pregnant.
26. A stork was held on suspicion of springing in Egypt. Outsiders now must ponder who exactly the bird-brained one is.
27. Scientists have successfully made rabbits capable of glowing in the dark.
28. The team of scientists included an undiscovered group of hawks.
29. Lastly, happy birthday to my mother.
30. Horgan is a member of the class of 2017.
“Dialogues of the Carmelites” captivates

BY RACHAEL SANGUINETTI
EDITOR IN-CHIEF

“Dialogues of the Carmelites” by Francis Poulenc performed last week at Eastman, and it was an absolute favorite. It was clear from the rumors in the hallways of the school leading up to the premier that the show was going to be sensational. A few days before the show opened, all of the members of the cast had the performer smile on their faces, the smile that says “I am exhausted but I have fallen in love with the show and you will too.”

The set was primarily a pair of simplistic gray staircases on the left and right sides of the stage, both ending in a high platform at least three feet tall. The background was an optical illusion of sorts, with stairs twisting and turning in a continuous, mesmerizing pattern. Under the platform was a simple set of large, barn-like doors, and a gate dropped down when needed. That was it; no fancy trims or elaborate drapes. But for a show like this, anything elegant would have been very out of place and unnecessary.

The chorus was all dressed as peasants, their faces smudged with dirt. When it was first written, the show did not include an ensemble and, honestly, they didn’t sing very well. Only twice in the show did the chorus really shine, and, honestly, they didn’t sing very well. For a show like this, anything elegant would have been very out of place.

For a show like this, anything elegant would have been very out of place.

The show tells the story of Blanche, a young woman and daughter of Marquis de la Force. Force was played by the always-charming graduate student Anthony Baron, who beautifully captured the fatly presence as well as the air of the prestigious nobleman. Blanche begins the show in a state of constant fear, terrified by the world around her. She decides she wants to become a nun and leaves her family for the Carmelite convent. For the Y cast that performed on Friday night, Blanche was played by graduate student Megan Moore. Moore did a wonderful job of capturing the innocence of the character caught in her flighty state of mind. Once Blanche arrives at the convent, she is hesitantly greeted by the wonderful graduate student Madame De Croissy, the prioress of the convent. Megan McFadden captured De Croissy in a loving, grandmothersly way, reminding the audience of the Reverend Mother from “The Sound of Music.” Her painful death toward the end of the scene was the point which tears started raining down in the audience. Hang in there, folks, it’s only the end of Act 1. Acts 2 and 3 followed with the equally painful scenes and heartfelt singing. Poulenc did not write a real aria in this opera, so the action and dialogue didn’t stop for the entire two and a half hours. The nuns proceed to pledge their lives to the convent and you will too.

Death. The giant shape of a cross is now illuminated behind the entire scene. One by one, the nuns march toward their death behind the cross, out of view of the audience. Each nun that disappears is followed by a fake but effective slashing sound, forming the rest of the scene in the mind of each audience member. The image that will stay with the audience is of the line of nuns, singing a haunting “Salve Regina” as confidently as they can before walking to their deaths. This show was beautiful in both its set and costumes, and in the energy of its performers. This was a high-quality show even by Eastman standards. The fall opera will have to be huge to even compare, but I’m sure the Eastman Opera Company will not disappoint.

Sanguinetti is a member of the class of 2015.

Stadium-sized ambition, small town soul

BY JEFF HOWARD
A&E EDITOR

On Tuesday, April 8 the X Ambassadors, a Brooklyn-based alt-pop quartet, played Rochester’s Bugjar. I interviewed the band’s frontman, Sam Harris, a few weeks ago. We discussed the band’s diverse set of influences. To reiterate, the X-Ambassadors bring together anemhoric stomp-clap beats fit for large stadiums, a moder- keenness for atmosphere and wattery textures, hard-hitting rock sensibilities, and the type of sound that stands out with the daily grind that’s integral to crossover country music. Considering how tactfully the band fuses styles together on their studio work, the idea of the X Ambassadors headlining a punk venue like the Bugjar wasn’t all that out of line. The Bugjar showcased the X-Ambassadors in a more intimate setting than they would perform with tour mates Imagine Dragons, offering fans a chance to feel the band’s larger-than-life presence up close. Throughout their set the X Ambassadors straddled the line between accessibility and experimentation. While songwriting and musicianship are of a solid caliber with the band, the X-Ambassadors’ captivating edge lies in the band’s command of texture.

Harris’ side duties on percussion (and saxophone). Between the four musicians, the band’s pop songwriting sparked with the kind of distorted synthesizers and slide-guitar decay that nu-jazz acts like Marco Benevento and Jacob Fred Jazz Odyssey adore. Impressive. The X-Ambassadors’ set covered the band’s still-young discography, which consists of 2013’s “Love Songs Drug Songs” LP and 2014’s “The Reason EP.” It’s hard to identify what constitutes an X Ambassador “staple” – not so much because of the band’s still-rising popularity, but because every X Ambassadors song possesses the kind of pop smarts to be the band’s hit. That being said, the X Ambassadors executed all of their songs – from the open-road ballad “Free and Lonely” to the throbbing and falsetto-driven “Stranger” – with enough conviction to be the end-of-set, get-your-smartphones-out-and-prettend-they-re-lighters crowd pumper in an arena gig. As the frontman, Sam Harris engaged the audience, performing every song earnestly. Highlights from the X Ambassadors’ set included the band’s cover of the Beastie Boys’ “Sabotage” along with its performance of “Giants,” an original that channelled the cinematic, sky-is-the-limit-style catharsis that Imagine Dragons masters so well. Influences aside, the X Ambassadors’ performance showcased the band’s originality and inventive approach to modern pop songwriting. Even in a setting like the Bugjar which is most conducive to punk rage with minimal clashing frequencies, the X Ambassadors made a compelling case for their game-changing pop style. I can only imagine how the band sounds in stadiums.

Howard is a member of the class of 2017.
Turkuaz: dancing the distractions away

BY JEFF HOWARD
A&E EDITOR

They say today’s music looks to the past to move forward, but does it really? In a sense, sure – Daft Punk and Robin Thicke scored the biggest hits of the summer by embracing 1970s pop textures. But perhaps we’re not moving forward at all. Just take a listen to Pharlail’s new LP: the bass lines squirm almost as adeptly as those off of Stevie Wonder’s “Innervisions,” the Fender Rhodes lays down chord progressions straight out of Jamaitiqui’s book of majestic pop harmony, and the production is clinical enough to suggest Pharlail was genetically engineered by a team of marketing executives as an embodiment of the cool you feel when you wear salmon-colored slacks. Awful, awful stuff. “Get Lucky,” the genuinely conservative and settled-down Wayne Coyne might decry. While a visit to the band’s website could provide the curious outsider with all the information on influences he could need, for Turkuaz, influences are slightly beside the point. Sure, they’re important – as the adage goes, “We’re standing on the shoulders of giants.” However, a Turkuaz experience is really about communication – communication between a bunch of musicians whose free-wheeling funk is your connection, so it could change the world. Communication between a band and an audience that shares a common susceptibility to the tug of a bass drum, communication as a vehicle for transcending life’s stupid distractions.

Dave Brandwein:
This is the kind of attitude that represents a blip – a blip of wonderful treasure that it was, as an embodiment of the cool you feel when you wear salmon-colored slacks. Awful, awful stuff. “Get Lucky,” the genuinely conservative and settled-down Wayne Coyne might decry. While a visit to the band’s website could provide the curious outsider with all the information on influences he could need, for Turkuaz, influences are slightly beside the point. Sure, they’re important – as the adage goes, “We’re standing on the shoulders of giants.” However, a Turkuaz experience is really about communication – communication between a bunch of musicians whose free-wheeling funk is your connection, so it could change the world. Communication between a band and an audience that shares a common susceptibility to the tug of a bass drum, communication as a vehicle for transcending life’s stupid distractions.

Dave Brandwein:
What kind of atmosphere do you guys try to achieve at a live show? The albums, for us, were made during the process of us really becoming a live, touring band. When we started the record, about a year and a half ago, we weren’t playing as much live, we weren’t moving forward at all. Just take a listen to Pharlail’s new LP: the bass lines squirm almost as adeptly as those off of Stevie Wonder’s “Innervisions,” the Fender Rhodes lays down chord progressions straight out of Jamaitiqui’s book of majestic pop harmony, and the production is clinical enough to suggest Pharlail was genetically engineered by a team of marketing executives as an embodiment of the cool you feel when you wear salmon-colored slacks. Awful, awful stuff. “Get Lucky,” the genuinely conservative and settled-down Wayne Coyne might decry. While a visit to the band’s website could provide the curious outsider with all the information on influences he could need, for Turkuaz, influences are slightly beside the point. Sure, they’re important – as the adage goes, “We’re standing on the shoulders of giants.” However, a Turkuaz experience is really about communication – communication between a bunch of musicians whose free-wheeling funk is your connection, so it could change the world. Communication between a band and an audience that shares a common susceptibility to the tug of a bass drum, communication as a vehicle for transcending life’s stupid distractions.

Jeff Howard:
Why don’t we start off talking about your new release, “Future 86,” – it just dropped on April 1 of this year. I got a sense that you guys are bringing together a lot of different eras of funk music but also ’60s soul and R&B music. It was a wide range of sounds, but it also felt really fresh. From your point of view, what does “Future 86” mean for Turkuaz?

Dave Brandwein:
This album, for us, was made during the process of us really becoming a live, touring band. When we started the record, about a year and a half ago, we were maybe playing something like 40 or 50 shows a year, mostly around the Northeast. We really hit the road during this period of time so it was kind of done in between tours – now we’re up to 180 shows a year. So, I think it’s symbolic of us becoming a real touring, live band. You can hear that on the record. It’s a little bit more of a live, rock kind of sound than stuff we’ve done before. Also, with our live experience being the thing we had, we had some changing casts of characters before the band was touring a whole bunch. I think this is just us really coming into ourselves for the first time.

Dave Brandwein:
Jeff Howard:
I can tell that the live experience is a really integral part of the band. I was watching your videos, and while on one level the music was really tight and vibrant, I also noticed that with your colorful jumpsuits and stage presence, you guys create a really celebratory and all-encompassing atmosphere. What kind of atmosphere do you guys try to achieve at a live show?

DB: Definitely. A long time ago, we didn’t consider ourselves anything close to a jam band. We weren’t playing as much live, we didn’t stretch our songs and we didn’t ‘jam’ quite as much as we do now. But I think it’s a little bit of a natural progression that other people just genuinely go for the music. I think what you said before is very accurate – it’s definitely “celebratory” what we’re always going for.

JH: I read your tagline on Twitter: “Turn your speakers up loud, and get as freaky as you want to be. To dance is a protection, funk is your connection, so don’t forget that shit.” I think that says a lot right there.

DB: It speaks a lot to the stage presence of all the band members. I think everybody, especially the horn players and the girls, help the crowd feel excited and get involved – they’re dancing, they’re smiling, they’re having a good time. That certainly gives the crowd license to do the same. We’ve been in plenty of situations where we start off and the room is a little cold feeling and people are just a little bit timid. Generally, by the end of a set of our music we loosen people up quite a bit.

JH: I noticed you guys are playing dates with Alan Evans, the drummer of Soulive. You also have dates with Spiritual Rez, Jimkata and, if I’m not mistaken, your drummer was previously a member of the band Dopapod. It seems like you guys have connections with the jam band community – is that fair to say?

DB: Definitely.

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A universal language, a personal story

BY BENNETT NIDENBERG
CONTRIBUTING WRITER

As per usual, the Yellowjackets blew audience members away when they performed on Friday, April 4 in Strong Auditorium. After they graced the stage with their trademark yellow suit jackets and ties, they roused the audience with a fresh take on the Jackets’ dance ability. The band’s new album, “Future 86,” is the name of a stretch of road on Route 17 in New York State. You drive all along this road and there’s always a good cover for the album. There are road signs that say “Future 86,” but we didn’t wind up using them for the cover – we actually wound up using a Beach Boys medley that showed the audience a good laugh.

JH: I’m looking at your “Future 86” album cover – I actually have the physical copy right here. The cover itself has the desolate, ghost-town kind of thing going on, which seemed like an interesting choice for a party band. What was your inspiration for the album cover?

DB: Again, this album was really conceived of and created while we were touring so much. On the one hand, it was frustrating because we were trying to get long blocks in the studio, but on the other hand, it was great because we were continuing to let the songs evolve and get better through playing them live as we worked on them. Really, again, the live show was the prominent thing at this period of time and, as you can probably guess, most of our time is spent on the road, traveling. We think we traveled something like 80,000 miles in the van in 2013, while we were making that record. So the open road and the mirror kind of ended up being symbolic of the act of touring, driving around, and the cyclical nature of time, which some people have interpreted “Future 86” has to do with. Actually, “Future 86” is the name of a stretch of road on Route 17 in New York State. You drive all along this road and there’s all these signs that say “Future 86,” which we always found so weird (laughs). It just ended up being a good name for the album. There are road signs that say “Future 86,” but we didn’t wind up using them for the cover – we actually wound up using a Beach Boys medley that showed the audience a good laugh.

A lot of us don’t really listen to jam bands, we don’t consider ourselves one, but I think that we’re definitely in that family – we’re really good friends with the guys in Dopapod. Route 66 photo. That photo was actually taken in Southern California somewhere. So that was the origin of the name originally, and we customized the cover to be a little more visually appealing.

JH: It makes sense. You guys are a party band, but the cover offers a glimpse of what goes on behind the scenes, so to speak. Now, you guys are playing Rochester’s Montage Music Hall on April 17. Are you looking forward to this?

Talking with Turkuaz

Much of the focus of the spring show was on the graduating seniors. Between each song, younger members of the Jackets read entries from seniors that gave the audience a good laugh.

JAM FROM PAGE 13

We still don’t consider ourselves a jam band, but we realized after a while that it is a scene where there’s such appreciation of music and such fans of music. That’s sort of where the live music scene is thriving in some ways, these days. A lot of us don’t really listen to jam bands, we don’t consider ourselves one, but I think that we’re definitely in that family – we’re really good friends with the guys in Dopapod.

Every Time We Say Goodbye.

Porter’s “Every Time We Say Goodbye.”

Chris Urquiaga brought a cover of the ‘90s classic “I Believe I Can Fly” to the stage that left the crowd reminiscing of the decade of “Space Jam” and all-star Michael Jordan.

A calming rendition of Cole Porter’s “Every Time We Say Goodbye.”

Following Hodd’s throwback was Galen Dole’s performance of “I Can Go The Distance” from Disney’s “Hercules.”

Aden Brooks covered The Beatles’ “Across the Universe.”

In one of the show’s most memorable moments, Chris Urquiaga brought a cover of the ‘90s classic “I Believe I Can Fly” to the stage, leaving the crowd reminiscing about the decade of “Space Jam” and all-star, Michael Jordan.

The concert continued with Mitch Carlin singing “Runaway Baby,” bringing the intensity of the show to its final peak.

The show was a success. With each song, audience members were either on the edge of their seats or bouncing up and down to the rocking styles of the Yellowjackets.

Nidenberg is a member of the class of 2017.

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Talking with Turkuaz

Much of the focus of the spring show was on the graduating seniors. Between each song, younger members of the Jackets read entries from seniors that gave the audience a good laugh.

JH: I’m looking at your “Future 86” album cover – I actually have the physical copy right here. The cover itself has the desolate, ghost-town kind of thing going on, which seemed like an interesting choice for a party band. What was your inspiration for the album cover?

DB: Again, this album was really conceived of and created while we were touring so much. On the one hand, it was frustrating because we were trying to get long blocks in the studio, but on the other hand, it was great because we were continuing to let the songs evolve and get better through playing them live as we worked on them. Really, again, the live show was the prominent thing at this period of time and, as you can probably guess, most of our time is spent on the road, traveling. We think we traveled something like 80,000 miles in the van in 2013, while we were making that record. So the open road and the mirror kind of ended up being symbolic of the act of touring, driving around, and the cyclical nature of time, which some people have interpreted “Future 86” has to do with. Actually, “Future 86” is the name of a stretch of road on Route 17 in New York State. You drive all along this road and there’s all these signs that say “Future 86,” which we always found so weird (laughs). It just ended up being a good name for the album. There are road signs that say “Future 86,” but we didn’t wind up using them for the cover – we actually wound up using a Beach Boys medley that showed the audience a good laugh.

A lot of us don’t really listen to jam bands, we don’t consider ourselves one, but I think that we’re definitely in that family – we’re really good friends with the guys in Dopapod. Route 66 photo. That photo was actually taken in Southern California somewhere. So that was the origin of the name originally, and we customized the cover to be a little more visually appealing.

JH: It makes sense. You guys are a party band, but the cover offers a glimpse of what goes on behind the scenes, so to speak. Now, you guys are playing Rochester’s Montage Music Hall on April 17. Are you looking forward to this?

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Athlete of the Week

Megan Fujiyoshi - Women's Lacrosse

What is your major?
I'm a Brain and Cognitive Sciences and Psychology double major.

Why did you come to UR?
I was exposed to the University of Rochester through my parents, who are both alumni of the U of R. However I decided to come here because of the welcoming atmosphere, academic rigor, and the opportunity to participate in collegiate athletics.

Do you have any pre-game rituals or superstitions?
I don't wear the same underwear or anything, but I do send one of my teammates a different inspirational quote before every game.

Who has been your biggest mentor in your lacrosse career?
My biggest lacrosse mentor was probably my high school coach. She introduced me to lacrosse in 4th grade and was my varsity coach throughout high school. She was demanding and liked to challenge me, but she showed me how to push myself and taught me to have a genuine passion for the game.

What else do you participate in on campus?
I'm also on the field hockey team and a member of Sigma Delta Tau.

With last year's strong senior line, how have you and your teammates adjusted in order to continue to play at a high level?
This year has been all about adjusting and learning to play on a different level. To do that, we’ve really had to take on a different mindset; instead of just coasting and playing not to lose, we’ve started to play to win.

With spring being a relatively short season, do you and your teammates practice or condition through the summer, fall and winter to prepare?
During the summer we’re given a strength and conditioning program with a specific workout for each day. When we get back in the fall we have fall ball practices and a couple games. Throughout the winter weeks leading up to season, we alternate strength and conditioning days.

What are your goals for the rest of the season?
This season I’d love to see our team continue to make it to Liberty Leagues. But outside of our record, I would really like to see our team continue to play at such a high level.

Chtchekine is a member of the class of 2016.

This Week's Schedule

Friday, April 11
• Women's Lacrosse vs. Skidmore - 4:00 PM

Saturday, April 12
• Baseball vs. Bard College 1:00 PM – Annandale-on-Hudson, NY
• Baseball vs. Bard College 3:30 PM – Annandale-on-Hudson, NY
• Women's Lacrosse vs. Rensselaer Polytechnic Institute 2:00 PM – Home

Sunday, April 13
• Baseball vs. Bard College 12:00 PM – Annandale-on-Hudson, NY
• Baseball vs. Bard College 2:30 PM – Annandale-on-Hudson, NY
• Softball vs. Skidmore College 1:00 PM – Home Game
• Softball vs. Skidmore College 3:00 PM – Home Game

BY JOHN CHTCHKEKINE
SPORTS EDITOR

This year’s Champions League has been nothing but entertaining throughout. Countless of high-caliber teams have displayed their quality yet have been eliminated in heartbreaking, last-second losses. The latest segment in this year’s tournament has been the quarterfinals, which put up mouthwatering ties between Manchester United and Bayern Munich, Chelsea and Paris St. Germain, Borussia Dortmund and Real Madrid, as well as Barcelona and Atletico Madrid.

The run-away favorite thus far in the competition has been Bayern Munich. Their star studded roster, which includes last year’s European Footballer of the Year, Franc Ribery, hasn’t failed to impress soccer viewers across Europe and the world with its fluid football helmed by newly appointed coach Pep Guardiola. They have crushed their competition domestically in the Bundesliga by winning the title with a record breaking seven matches left to play. They faced off Manchester United in quarterfinals, a team that has been suffering through a horridous domestic season. The first leg of the tie ended in an unsettling 1-1 tie, but the second tie was anything but dreary. Manchester United looked ready to progress to the semifinals when they scored via a Patrice Evra header, but Bayern Munich came back with a vengeance and etched themselves into the semifinals by scoring three unanswered goals through Arjen Robben, Thomas Muller and Mario Mandzukic.

The matchup between Chelsea and Paris St. Germain was another nailbiter. After the first leg of the tie ended in a 3-1 victory, Paris St. Germain looked favorite to progress to the semifinals. However, an early goal for Chelsea in the second leg scored by Andre Schurrle restored hope for Chelsea fans hope and left them on the edge of their seats for the remaining of the game. All seemed lost until the 87th minute as Demba Ba, a virtual reserve for the Chelsea side who has been starved of minutes for the majority of the season, latched onto Cesar Azpilicueta’s third shot bundled into the empy Paris St. Germain net, putting Chelsea into the semifinals on away goals.

This season I’d love to see our team continue to make it to Liberty Leagues. But outside of our record, I would really like to see our team continue to play at such a high level. Chtchekine is a member of the class of 2016.
BY JOSH HABER
CONTRIBUTING WRITER

This past Sunday, the first true spring day in Rochester was host to a track and field meet which included twenty-three competing schools along with several other groups including selected alumni teams.

The Yellowjackets held the overall lead until the late afternoon when they slipped into second behind the College of Brockport which tallied to a 32 point victory. Over twenty-six teams ended with at least one point, and the Yellowjackets claimed second place with ninety team points. Although it obtained a great team finish, Rochester did so through consistency over standards, as the team only had one individual champion in senior Justin Roncaioli who claimed first place in the 3,000-meter steeplechase with a time of 9:39.02. This was one of the three qualifying times Rochester posted for the Eastern College Athletic Conference (ECAC). The other two were the 400-meter relay team composed of sophomores Wasiq Younsaf, senior Eugene O’Hanlon, sophomore Jeff Hrebenach, and junior Max Sinn, along with sophomore Jeremy Hasert in the 800 meters.

Other notable results: Jeff Hrebenach grabbed third in the 100 meters, freshman Wilfred Walls finished sixth in the 400 meters and Dan Nebe got second in the 10,000 meters. Rochester succeeded with the relay on the way to an ECAC qualifying relay team having a ECAC qualifying time, but their 1,600-meter relay team came in third overall, and their 3,200-meter relay team grabbed second overall.

In the field events, Andrew Sampino finished fourth in the triple jump, accompanied by Max Kindler’s third-place finish in the hammer throw.

Overall, it was a successful day for the Yellowjackets track and field team. Hopefully their luck from the newly found spring days in Rochester will continue.

Haber is a member of the class of 2016.

2014 Draft: Most Athletic Prospects

BY ADAM ONDO
SENIOR STAFF

There are scores of great athletes entering the NFL draft, but some stand out from the rest. For quarterbacks, Texas A&M’s Johnny Manziel is that person. Another great athlete whose job it is to protect quarterbacks like Manziel is Auburn offensive tackle Greg Robinson. On defense, South Carolina defensive end Jadeveon Clowney is a beast of an athlete. But which one is the best?

Manziel is an athlete that also understands the idea of showmanship. He can be an arrogant cowboy on the field, running around and playing the game the way he wants to. Some see him as undisciplined, as he doesn’t put in as much practice time as others, but some may argue that that is because he already has amazing talent. At 5’11” and 207 lbs. it is a miracle that he hasn’t been injured while scrambling, as he rarely slides or goes out of bounds. This has allowed him to pick up 2169 rushing yards and 30 rushing touchdowns in just two years. He is fast, with a 4.68 40 time, and agile on the ground. His 6.75 3-cone time was the second best among offensive tackles at the combine. His 32 reps on the bench were the third best. He also has good lateral agility, allowing him to slide well and fend off blitzing players. His 35 inch wingspan is also impressive. In high school, Robinson won his state’s shot put championship… twice. He also once filled in for an injured runner on the 4 x 100 relay his team took third place. His 113-inch broad jump also attests to his athletic ability. He can allegedly do backflips, as well.

Clowney is amazing. Before I dive into his extensive list of accomplishments, I want to note that he played through bone spur in his foot and a pulled groin for a large portion of his career. He is aggressive and gets in his blockee’s face. He explodes off the line and uses his hips, hands, arms and feet to get penetration. He really can’t be blocked. This is underscored by his 47 tackles for loss and 24 sacks in his three-year college career. His 4.53 40-yard dash time is the second best among defensive ends and quite amazing for someone that weighs over 260 lbs. and is 6’5”.

His 37.5 inch vertical was the second best among defensive ends, as was his 124-inch broad jump. He is a playmaker that likes attention, using his hard hits to stir up the fans and also force numerous fumbles. He is a lot like Julius Peppers, as he can line up at defensive end, defensive tackle and outside linebacker.

Of these three athletes, the one that really stands out to me is the one that is the least well known – Greg Robinson. He is 352 lbs., yet he runs a 40-yard dash in under five seconds. He is very strong as well. He has a good work ethic and is an amazing run blocker. Though not as flashy as Clowney or Manziel, he is the best athlete. Also, if he really can do standing backflips, that would just be mind-blowing.

Ondo is a member of the class of 2014.