WELCOME, CLASS OF 2023
Mangelsdorf Talks
Background and Plans

By SHWETA KOUL
PUBLISHED

For President Sarah Mangelsdorf, college life started before she enrolled. Her childhood home was close to Swarthmore College, where her father was a professor.

Mangelsdorf took swim and dance lessons on the campus, and watched movies there. As a high schooler, she got a job in the college dining hall, serving “overcooked peas” from behind a steam table.

Now, Mangelsdorf said, she thinks of these experiences as subtle messaging for her career in university administration, and especially her latest role as UR’s first female president. And since she assumed the post on July 1, she said, she has been learning about UR.

“What I’ve been trying to do and will continue to do throughout this year is to meet with different groups of people — any groups that will meet with me — to tell me […] what do they love about Rochester, what do they think makes it a great University to be a student, to be faculty, to be a staff member, and what are the things that they think we should work on,” Mangelsdorf said.

So far, she’s met students, faculty, staff, and groups on and off campus through events as part of her “listening-and-learning tour,” which started the day she took office. Some events include a bike tour on the Eric Canal, an undergraduate research symposium, Dean Jonathan Burdick’s farewell reception, and a trip to the UR Medical Center.

The city of Rochester is another area of interest for Mangelsdorf, she said, as she plans to find ways to strengthen UR’s connection with it.

Mangelsdorf told of meeting with Mayor Lovely Warren and Rochester’s Congressman Joe Morelle. She also talked about a recent dinner with business leaders from the Rochester area and beyond where she discussed that for legal reasons one cannot discuss that for legal reasons instances where there might be information as I can with the students about possible disclosure.

“[A] high priority for me will be to raise more money for scholarships,” Mangelsdorf said. “In order to support those efforts and say, ‘We want you regardless of whether you can pay, we need to put resources behind that’.”

Mangelsdorf cited getting more donations from alums as a source of scholarship aid.

Mangelsdorf said she wants to work on ensuring that separate schools of UR are better publicly known to be a part of UR.

“I think we have all these wonderful units, but it’s almost like they all act sort of like separate little entities,” Mangelsdorf said. “I mean I’ve met musicians who think very highly of Eastman and have no idea [that] it’s a part of [UR]. That, to me, is a problem.”

On top of improving UR’s national and international visibility, Mangelsdorf wants to focus on integrating UR’s different entities for students.

When asked about creating a culture of trust and transparency at UR, Mangelsdorf praised former president Richard Feldman for laying groundwork, and said she wants to discover the best way to communicate with students about possible policy changes and important information.

“There will be some instances where there might be something that is being discussed that for legal reasons might have to be kept confidential and it’s not for my lack of wanting to be transparent,” Mangelsdorf said. “But I will do my best to share as much information as I can with the campus community.”

Koul is a member of the Class of 2020.
A Bite of UR: Campus Food

By KARATSETSO SIMP WAVE

Douggie Dining Hall, or “Douggie,” is on the first floor of Douglass on the lower level of Wilson Commons. The Pit has a variety of options and takes swaps after 8:00 p.m. Unlike a dining hall, it is not all-you-can-eat and might be suitable for students with smaller appetites. The Pit has more of a fast-food vibe, with stations serving burrito bowls, pizza, Chinese food (Ameri- can style), and burgers, fries, and hot dogs.

Often considered part of The Pit is Rocky’s Sub Shop and Lounge, comparable to a combination of a Subway and a sports bar. They serve sub sandwiches made to order. Rocky’s also has a pool table, TVs, and board games, making it an ideal hangout spot after enjoying some Pit food. You’ll also find watch parties and trivia nights here.

At Simon Business School, the elusive California Rollin’ II has limited hours and a declining-hungry menu, making it a rare treat for most students. Although the quality is not satisfying for its price, it’s an option if you’re craving sushi. The lines can get quite long, but many find that the unique options are worth it.

The Medical Center dining area is the perfect “getaway” for those needing to up their meals. They take de- clining, and while the fare is similar to The Pit, there is a greater variety of options. This is perfect for students near the Hajim Quad or any- one who wants a break from campus meals without break- ing the bank in College Town.

The Eastman Living Centre dining area is across the Eastman Theatre, making it convenient for students at- tending concert. The ELC is a combination of The Pit and Hillside Market, with more to-go food packaged food, and snacks. The ELC accepts declining and swipes, but you can usually get more food with swipes compared to The Pit. While the ELC may be more cost-efficient, there are fewer options and the food can be greasier.

Karabetsos is a member of the Class of 2023.

Chen is a member of the Class of 2022.
UR Snapshots Vol. 1: The Professors

By AN NGUYEN
FEATURES EDITOR

For the inaugural volume of UR Snapshots, the Campus Times decided to ask a number of our faculty the following question: “What is the strangest or most memorable job you had as a teenager?”

JIM MEMMOTT: “My mother hated to see her chil-
dren idle, and, for that reason, or perhaps just to get us out of the house, she always got my brother and me summer jobs. The most toxic involved poisoning trees on behalf of the New York State Conservation Department. It was the early 1960s, long before concern about the dangers of chemicals, and we were sent into state forests armed with axes and vats of a purple poison […]. Presumably, the trees would be killed and the forest would be thinned, though, in hindsight, I suspect the liquid presented a danger to us, and to the woodlands. But the upside of the job was that our boss would only show up once a week. We paced our selves, arriving late, leaving early, resting between trees, working on a small dairy farm […] Our main responsibility was ‘putting up hay,’ that is, taking the balls of hay off the trailer and stacking it in the barn. We also mucked out calf stalls, planted, cut, and hung tobacco, and trimmed grass along fence-lines. The work was hot and tiring, but never has anything been more refreshing than that first drink of water after stacking a load of hay, and only a few dinners since then have ever tasted better than a home-cooked meal after a day’s work. It’s perhaps cliche to say that I learned the value of hard work on the farm, but I did, and gained a better appreciation for my home state and the people that work the land there.”

Nguyen is a member of the Class of 2021
Makhun is a member of the Class of 2022

Captions from top to bottom:
Memmott, a Journalism Professor with his granddaughter Alyssa at her summer job bartending at Kilpatrick’s Publix House. “She works hard, makes a mean Bloody Mary, and does far less lasting damage than I did all those many years ago,” Memmott said. “I think my mother would approve.”
Topolski, who no longer frightens people in amusement parks, is an Associate Professor in the Department of Art and Art History, an undergraduate advisor, and a Melora Scholars adviser.

Frontier teaches and researches in the Department of Chemistry. She also enjoys giving lectures about organic molecules that shape our history, literature, and bodies.

Naomi Gregory is an adjunct instructor for the Department of Music. She is also currently completing a PhD in musicology at the Eastman School of Music.

Nicholas Gresens (center) is a Professor in the Department of Religion and Classics, where he teaches classes on Latin, Ancient Greek, and a Melora Seminars on Athenian democracy, among others.

MAD THAT WE HAVEN’T COVERED SOMETHING IMPORTANT?

WRITE IT.
Hello, new students! Welcome to Rochester. This city will be your home for more-or-less four years, so you may want to get acquainted with it.

The UR Orange Line bus hits many busy parts of Rochester and surrounding neighborhoods. The Campus Times visited some spots so we could describe only some of what brings vibrancy to Rochester's streets.

**Gregory & South**

You're now in one of Rochester's oldest neighborhoods: the South Wedge. Lots of the buildings are made of brick, and clustered close together. Along Gregory street is the Historic German House and New Market. Square South Avenue hosts some beauty and leisure spots. The fried chicken at Toasted Bear Tavern looks mouth-watering, and you can lose all the tiny hairs on your face at Sujana Beauty and Brows, if you're so inclined.

The street is a patchwork of styles. Some stores, like Fine Wine and Spirits, use color sparingly, other have rainbows like Equal Grounds, and a few have earthy tones like Leaf Tea Bar (a bar that serves just tea) and Coffee Connection. You can find a sweet tooth at Hodenst Artisan Ice Cream and Chocolates, or Cheesey Eddies.

Recommendation: The serene garden spot tucked into an alley in the middle of South Avenue. It has a vine-covered gateway, and inside, a small wooden stage and picnic benches. Bring friends and food, or your book — or take a look at the stage of the mural for a photoshoot.

**South & Alexander**

One highlight is Nathaniel Square Park, a peaceful corner with lots of green, flowers, and benches. It's named after — and has a statue of — the city's founder, Nathaniel Rochester.

On South Clinton Avenue, you'll find Kamikaze Tattoo, Mexican restaurant La Casa, and Next Level - House of CBD.

Recommendation: Boulder Coffee Co and Lounge is just next to Kamikaze. They have friendly baristas, coffee, cocktails, food, and events (like live music or comedy) almost every day.

**Monroe & Alexander**

In immediate view are Dunkin' Donuts, Arbys, a bank, but strollling up and down Monroe reveals some gems. About a block past Dunkin', is Bag Jar, a bar with live (typically indie) music, also hosting comedy and trivia nights.

It welcomes 18+ customers from Sunday to Thursday, while Friday and Saturday are 21+.

In the direction of Arby's, there's some interesting options, and things pick up once you reach Bruegger's Bagels. This section of Monroe was notable for its cluster of international restaurants (and vape shops). You can get Asian cuisine at Han Noodle Bar, Plum House, and SEA restaurant; Mexican food from Neno's and the Empandaan shop; or Greek food from Aladdin's Natural Eatery. There's also a sprinkling of tattoo shops and piercing studios. To get here quicker, get off the Orange Line when it stops at Monroe and Goodman.

Recommendation: Book lovers check out Rick's Recycled books to get new reads for as little as $2. Recommendation: The serene garden spot tucked into an alley in the middle of South Avenue. It has a vine-covered gateway, and inside, a small wooden stage and picnic benches. Bring friends and food, or your book — or take a look at the stage of the mural for a photoshoot.

**Eating in ROC for Dummies**

**BY OLIVIA BANC - COLUMNIST**

For the fresh faces in Rochester, Hi, I'm Olivia, a junior, and your new life coach. Food is life, so I have looked into the libraries of planning a food tour to start you on the right path. These establishments have been reviewed by CT Eats and around the city. In the past and are some of my favorites.

Let's begin with the most important: Red Fern. I found it up Gary's way: breakfast. I adore Bla Wof Wistost. I recommend Bla Wof's chicken and waffles or one of their smoothies. Each bowl is comprised of different things all piled on top of each other. The first one that I remember ordering had macaroni and cheese, gravy, breakfast potatoes, and meat in a melting pot tasted better than it could ever sound.

If you visit Bla Wof around lunch or dinner time, their burgers are to die for, and they make a fabulous garlic plate with macaroni and cheese if you want a Rochester garlic plate but don't like pasta/potato salad (like me).

For lunch, the two places I frequent the most are Osaka and Yummy Garden. Osaka offers an all-you-can-eat sushi experience where you pay a low entrance fee, they hand you a menu without prices, and you order until you can't eat anymore. I have never left Osaka without stuffing myself beyond capacity, and I intend to keep it this way.

Yummy Garden serves up a variety of Asian food, delicious and dirt cheap — making it a great place for broke students. My recommendation is the bento box, a huge and cheap customizable plate. My favorite menu items (which you can get in the bento box) are the General Tso's chicken, egg rolls, and the taro bun.

If you're in search of a sweet mid-day snack, Pittsford Farms Dairy is your place. Their fresh pastries are splendid. I particularly recommend the lemon bar. Another favorite Rochesterian sweet treat is Coco Garden's taro milkshake. Coco Garden, a Malaysian restaurant, is a great place to grab a full meal, but their bright purple taro milkshake needs its own shoutout for its unique earthy flavor and its creamy decadence.

If you're not full yet, here are some dinner favorites. If your folks are in town for Orientation and you're looking for a family dinner, I recommend both Lento and Amaya. Lento features class farm-to-table cuisine. I strongly recommend the seafood dishes (namely the Jon Dory and the octopus salad) and any of the desserts. Amaya might be the best Indian food I've ever had, and my family said the same thing when I took them there. The best way to do Amaya is to go family-style: Order a plethora of dishes for everyone and share everything — don't forget your garlic naan. Whether you're going with family or just friends, I have to mention the Old Toad, which offers classic British pub fare. When I reviewed the Old Toad for CT Eats, I sampled multiple traditional dishes — all were delicious — but the one item I urge you to order no matter what is the Scotch egg.

And if you're still not too full, complete your UR student rite of passage by grabbing a late-night meal at Jay's Diner. The best way is to get either pancakes or a waffle sundae with a milkshake, but truthfully, Jay's is a big mood, so if you're feeling like getting lasagna or fried shrimp in the middle of the night, that's valid.

There are some great options in Rochester that cater to dietary restrictions — my favorite is Red Fern, a vegan establishment. From when I was vegan to now, Red Fern has been one of my most cherished restaurants. They also offer options — like gluten-free — for those with intolerances. There's also, be you vegan or omnivorous, in search of brunch or lunch, really hungry or just sorta in the middle of Rochester. Get your back.

Banc is a member of the Class of 2021.
ROCHESTER TRADITIONS

Wednesday 8/28
8PM BLACKOUT
HOYT AUDITORIUM
A tradition of the University since 1998, Blackout gives an opportunity to the University’s Residence Life and GSA community organizations on campus to welcome freshmen and sophomores. Sponsored by Student Leadership.

Thursday 8/29
7-8PM MINI MEDITATION RETREAT
Take a moment to unwind with meditation and mindful movement. No experience necessary, sponsored by the Mindful University Project.

8:30-9:30PM SEXPERS.
Harvin’s Lounge
Have questions about sexual health, pleasure, and relationships? This SexPERS event will help you learn from friends and community members. No questions are off limits. Sponsored by UHS Health Promotion Office.

9PM-12AM ANNUAL FIFA TOURNAMENT
RICKY’S SUB SHOP & LOUNGE
Free food and security free access. Sponsored by Chi Phi and UI Late Night.

10PM-12AM INFLATABLE GLADIATOR Jousting
Henderson’s, sponsored by Phi Kappa Psi and UI Late Night.

Friday 8/30
12:2PM 2ND ANNUAL DINNERFEST
Grady Gardens (urban food truck) & HOYT PLAZA
Learn about the services and resources available at El Day while having fun playing lawn games, enjoying delicious food, and games! Sponsored by The Guinea W Grey Center for Career Education and Connections, The David L. Kosves Center for Excellence in Teaching and Learning (KELT), Office of Minority Student Affairs (OMSA), Center for Disability Awareness, Air Center for Entrepreneurship, Minnewaska Office, and Office of Undergraduate Research.

3:30-5PM ACTIVITIES FAIR
Dunn C racquet Club & WILSON QUAD
Join us at Gog Quarters-Athletic Center. Come check out all of the wonderful organizations that the University has to offer! The event will feature fun demonstrations and an opportunity to get involved on campus.

6:30PM & 10:30PM AVENGERS: ENDGAME
HOYT AUDITORIUM
FREE admission, Sponsored by UI Cinema Group.

8PM IN BETWEEN THE LINES
MAY ROOM
Your favorite sing-alongs will return to the stage. We don’t know what it will be all about, but we know it will be fun! Sponsored by Poppy Club - In between the Lines.

9PM-1AM LASER TAG & MOBILE VIDEO GAMES
WILSON QUAD
Come play for your friends or just destress from all this fun with virtual games of your choosing! Sponsored by UI Late Night.

10PM-1AM FREE POOL, BOARD GAMES, & FOOSBALL
RICKY’S SUB SHOP & LOUNGE
Sponsored by Wilson Commons Student Activities, UHS Health Promotion Office.

10:30PM FRIDAY NIGHT LIVE COFFEEHOUSE FEATURING: JORDAN JULIUS
STARBUCKS
What happens when an all student band actually comes down and靠谱 their future? Come see a very cool trio of stellar musicians! Sponsored by Student Programming Board.

Sunday 9/1
1PM MENS’ SOCCER VS. JOHN CARROLL UNIVERSITY
FAULKNER STADIUM

2PM JUGGLING WORKSHOP
MAY ROOM
Learn a new skill or improve your current skills during a workshop focusing on juggling objects in several basic patterns. Sponsored by the Strong Aspirations.

SPONSORED BY Student Programming Board, ROC Tix, Wilson Commons Student Activities, UI Late Night, Poppy Athletics & Recreation, UHS Health Promotion Office, Class Councils, Dining Services, Chi Phi, UI Cinema Group, Delta Upsilon, Strong Aspirations, Sigma Phi Epsilon, Delta Sigma, Gamma Phi Beta, in Between the Lines, Sigma Delta Tau, Kappa Alpha Theta

SUNDAY 8/29
2PM "FEEL THE STING" FISHING GIVEAWAY
WILSON QUAD
A awesome tradition! Get in line early for a FREE shirt with your class year on it to show your pride. Keep it for years to come to remember all the fun that you had last weekend! Shirts are for UH River Campus/Codman undergrads only. 150 required. Sponsored by Wilson Commons Student Activities and Class Councils.

2-6PM YELLOWJACKET WINTER CARNIVAL
WILSON QUAD
One of the biggest events in seasonal Cabell entertainment, rides, sounds, and food trucks. Plus, Student activities from Greenpeace, Kappa Alpha Theta, Gamma Phi Beta, and Sigma Delta Tau. Sponsored by Wilson Commons Student Activities and Student Programming Board.

2-5PM POWDER FEST
GOERGEN FIELD
A global Caribbean festival that highlights Caribbean culture and history, centering on music, dancing, and thrilling cultural presence. Sponsored by The University for Caribbean Americans.

2:30PM STUDENT MUSIC SHOWCASE
WILSON QUAD

5PM SIG EPS LIFTOFF DINNER
FIRST LOUNGE & DANDELION SQUARE
Don’t miss the best bash of the semester! It’s a great place to catch up with friends and share a delicious meal. Co-sponsored by Sigma Pi, Wilson Commons Student Activities, Dining Services. Email: sigeps@wcu.edu

9PM CONCERT: AMNIE FEATURING HARMONY WHITE
FELDMAN BALLROOM, DOUGLASS COMMONS
Tickets are $10 for UI Undergraduates, $15 for UI Graduate/Professional, and $20 for General Public. Purchase tickets at the Centennial Market or online at www.uicentennialmarket.com. Sponsored by Student Programming Board.

10PM-1AM FREE POOL, BOARD GAMES, & FOOSBALL
RICKY’S SUB SHOP & LOUNGE
Sponsored by Wilson Commons Student Activities.

10:30PM-1AM TERRARIUMS WITH GREENSPACE
BRIDGE LOUNGE
Come to creating your own terrarium with provided supplies. Sponsored by Greenspace and UI Late Night.

11PM LATE NIGHT BINGO
MAY ROOM
Does not fit the tag of bingo and fun! Sponsored by Wilson Commons Student Activities and UI Late Night.

Monday 9/2
9AM-6PM ANNUAL POSTER SALE
WILSON COMMONS PORCH
Locating room to decorate your bunk wall? The white apartment location the best in idle. Poster and framing options available. Sale through 9/11.

11AM MELINDA WEEKEND
TICKET SALES BEGIN
THE COMMON MARKET
Limited tickets available. UI Undergrad only. Online ticket sales ends at rochester.edu/yellowjacket.

12PM BUSES TO EASTVIEW MALL
Buses will keep between Fall Fest and Fashion Mall. Sponsored by ROC Tix and Student Programming Board.

12PM ROCKY’S TV MARATHON
RICKY’S SUB SHOP & LOUNGE
Come watch a weekend marathon!

Anyone requiring disability accommodations should contact Wilson Commons Student Activities at 585.755.0191 or wcas@wcu.edu. This request should be made at least five business days in advance of the event.
How to Beat the Heat When You’re Stuck in a Dorm

By KEVIN SHAUGHNESSY

A lot of people complain about Rochester’s winters, but in my opinion, the summer months are far worse. When it gets cold, even polar vortex cold, you can always put on more layers. In the winter, heavy coats, long underwear, ski masks, or even goggles can become necessities outside the tunnels.

When it gets hot, your only refuge is an air-conditioned building. Those tunnels are cooled in the summer, but many dorms are not. The situation is especially bad for first-years, who only have one air-conditioned dorm available.

It gets better as more dorms become available sophomore and junior year, but if you don’t want to shell out for Riverview or O’Brien, your options are limited.

Fans can help, but they mostly just move around uncomfortably warm, wet air without cooling it down from August to late October. To have much noticeable effect on the air, they have to be loud, which can create conflict with your roommate if they like the noise even less than the heat. Fortunately, there are a few ways to adapt if you live somewhere without central air.

This might sound satirical, but the first thing you can do is give up sleeping in the dorms. The air cools down at night, but the humidity gets worse to compensate, which makes trying to sleep the worst part of not having AC. This can come as a bit of a culture shock if you’ve always had AC, and just assumed that it got more comfortable outside at night.

It seems crazy at first, but there are plenty of buildings that are both cool and unlocked overnight, with plenty of empty couches. I’ve personally spent nights in Rettner and Rush Rhees when I knew the night would be especially hot and humid.

The janitors probably know that students sleep there regularly when they’re studying, so nobody bothered me. It was much more comfortable than sleeping with a blanket only to wake up in a pool of sweat.

For off-campus residents, another way to adapt is to buy a personal air conditioner off-season. A good one right now will probably cost you north of $300 because demand for ACs is way higher when it’s hot. I bought one in January, right before we got a foot of snow, and subzero temperatures, saving me $100. If you can’t afford to buy a personal air conditioner, cold water can be the next best thing. It’s a good idea to buy a small fridge in the first place, and a water filter like a Brita will hold a lot of water and make it taste a lot better than from the tap.

Of course, the main issue is that the school hasn’t made the best decisions on this problem. It heats all the dorms in the winter perfectly fine as far as I can tell. This is despite the fact that it’s more expensive than cooling them — an 80-degree temperature difference is much harder to correct than one of 20 degrees.

Even without refitting the dorms, shifting the school year would help a lot. The dorms are much more comfortable when classes end in May than when they start in August. If classes started in September and ended in June, at least a few weeks of uncomfortable dorm living could be avoided, for the cost of shifting schedules around.

Either way, the school should treat the problem as a real issue to be fixed, and not just an inevitable reality for unlucky first-years.

Shaughnessy is a member of the Class of 2021.
Unpaid Internships Aren’t Always Worth It

By TRAM NGUYEN

Internships are great. You get to put real work experience on your resume, have a resource when you need a recommendation letter, and sometimes even earn some cash to help pay off your student loans. Being honest, the most important point is that extra cash.

But what about the much more common unpaid internship? Is it worth it?

I got a chance this summer to intern as an Emergency Department Research Assistant (EDRA) at the University of Pennsylvania Hospital. Merely advertising in patients research in the ED. It might sound simple, but at the end of the day you’re still working in the ED with direct patient contact. There are barriers of training to go through before you can set foot amongst doctors and nurses in the ED. It might sound simple, but at the end of the day you’re still working in the ED. It might sound simple, but at the end of the day you’re still working in the ED.

The experience was great. It’s not every day you can work in the emergency room. Just being amongst doctors and nurses in the ED is a push that you pre-med students might have to deal with in med school.

The internship did have its downsides. Although we were performing the same work as the actual EDRA’s, we were never paid for it, which I thought was unfair. Another problem with having no salary is that figuring out how to pay the bills. I didn’t have to realize that after going through all the work for pre-med and med school. Thankfully, hours working as an EDRA counts as both clinical and research hours, for those of you thinking about med school.

“I’m out of the internship and it doesn’t go away when school lets out. I’m thinking of the internship wasn’t worth it for the benefits I got back.”

Part of me thinks the internship wasn’t that worth it for the benefits I got back.

“My advice: do your thing, take classes, apply to those internships, but make sure to leave at least a month to destress. Don’t get too up like me, feeling tired and stressed after the majority of the summer, with only 3 weeks to destress. I will be coming back to class slightly sterner.”

Nguyen is a member of the Class of 2022.

Dear Bushy-Tailed, Wide-Eyed, Overachieving Fresher

By AMANDA LIANG

My first semester at UR was a shitshow — unbalanced, sleep-deprived, anxious, and toxic. Don’t get me wrong: I collected some funny stories, almost exclusively from 11 p.m. and 5 a.m. I made friends, engaged in meaningful extracurriculars, attended parties, and learned a lot. I had, in retrospect, an excellent first year where I engaged in the growth people told me about, becoming a better person.

Here’s some painfully-earned wisdom for your journey. Thousands of people go here. All are smart, motivated, and diverse. You’ll vibe with some, but not all, and the fine line of balancing your expectations of who you “should” be with friends. If you cultivate friendships based on shared values, not just on superficial impressions or outward appearance, it’ll be easier for you and your friends to support one another through the long road ahead.

Students here are diverse on paper, but what’s rare to find on an elite campus is a true diversity of ambition, thought, and socioeconomic background. UR has a huge spectrum of diversity. Meliora means something different to everybody — our individual goals are often different.

As a result of this diversity, also known as actual diversity, there is no clear measuring stick to judge ourselves and our accomplishments. Without it, many feel lost. Sometimes, this feeling may seem overwhelming, but it’s a gift. Abandon external notions of what you think you should be or do. Here, measure your success by your standards. Don’t underestimate the amount of resolve and self-reflection necessary to find direction in an environment that allows you to wander freely. If you can find out what fulfills you and drop what doesn’t, it’ll likely be the most useful thing you do here.

Humans are sort of like Sims characters: when their needs are not being met, the player can’t direct them. Unfortunately, you’re both the player and the Sims. Though it’s the same game harder, and doesn’t have a save file.

When you find yourself restless and not motivated, take a step back and assess whether your physical and psychosocial environment is secure. Note how to force yourself to do things should indicate something is not working, whether it’s your sleep schedule, your habits, or the activity. Our needs will differ from those of our peers, but you’ll be more productive and capable when those status bars are green.

Keep them green by committing to healthy coping habits.

I commit daily to a gym session or a spin on my longboard, one full hour of free time, at least 15 minutes of work on a long term creative project, eating one sit-down meal a day, finishing my entire liter of water before day’s end, and a morning routine. As a result, I hate myself less.

“When you find yourself resisting self-direction, take a step back and assess whether your physical and psychological needs are being met.”

You’ll find there are only a handful of things that keep you functioning at work and school and many that don’t have much effect. Those six things are my bare minimum. I can miss anything else. Figure out what those things are for you, and once you know what works, make time. Many students live reactionary lives. They “don’t have time” until they need to cram 12 weeks of coursework into three days. Strong habits will carry you when you have four exams in two days, and a debate tournament slotted on your Google Calendar. When you prioritize habits that fulfill your needs daily, you can work proactively, and deal with the unexpected 40-page paper or mid-reading-period breakpoint. This applies to academics as well. Not everyone benefits from long lectures and regurgitating facts. It’s fine to need something completely different from the rest of the class, or the “norm” in general. Try Socratic, a chalkboard, a fake lecture to yourself alone in a Money classroom, going to the Sticks after dinner every weekday, or office hours. Professors here are willing to work with you, but you need to do the work to understand how you best learn.

That said, we’re kids. If being a healthy, functioning adult was easy, we’d all be one. Toxic coping, toxic relationships, and self-sabotaging behaviors often get in the way of success. Violence to your psyche is just as real as any other violence. Get away from that long-lasting, insidious, drain ASAP. CARE, UCC, and your ResLife staff are great resources. Toxic situations and behaviors just aren’t first in the moment but are neither effective nor good for filling the void.

Speaking of filling the void, American drinking/hookup culture suggests that all fun activities are toxic. This is largely untrue! Respecting yourself enough to figure out the difference is a part of becoming a healthy, functioning adult. You can have wild college experiences that aren’t toxic, don’t make you feel like shit, and are with people you actually like! Wild.

“If being a healthy, functioning adult was easy, we’d all be one.”

Self-reflection and good platonic friends encourage healthy coping and positive self-worth. Be critical of your numbering agents. Spend time understanding your needs and stressors, and investigate poor outcomes. You deserve to live a healthy, balanced life where you can access everything you need without compromising your personal boundaries. These are things that you’ll figure out over time.

My first semester GPA was so low that no one believes me. Don’t demand. It’s still a crapsheet, but last semester, I earned a 3.8, schemed my way into New York Fashion Week, landed a paid internship, and got back into art. All after getting kicked out of an engineering group, staying out, staying in STEM, declaring two unrelated minors, and pulling back from extracurriculars that I didn’t really enjoy. Even if your first semester is complete ass, you’ll figure it out. You have nothing to prove. Trust yourself. Be humble, and respect the grind.

Liang is a member of the Class of 2022.
In 2011, Pixar was in the middle of a golden age, and with Dreamworks contenders such as "How to Train Your Dragon" and "Kung Fu Panda," even the action. But where the movie’s meta-narrative structure. The protagonist, a chameleon played by Johnny Depp, finds himself ejected from his terrarium in the back of someone’s car and ends up in the town of Dirt. He adopts the persona of “Rango,” a fearless gunslinger whose supposed escapades become increasingly elaborate and ridiculous as he tries desperately to be someone else’s character. His charm, his visual appeal, and his ability to work, but the newly-appointed Sheriff Rango is unable to deal with Dirt’s corrupt, water-stealing mayor and his enforcer, the sinister, stories-high Rattlesnake Jake.

(Spoiler warning for this paragraph — please just watch “Rango.”) Rango flees back into the desert, but after an encounter with the “Spirit of the West” — clearly Clint Eastwood’s Man With No Name — learns that “no man can walk out on his own story.” He returns to Dirt, gives the evil mayor the boot, gets the girl, and ends the story having come full circle...
Choose Your Own Adventure: Orientation!

By JOHN PINTO
HUMOR EDITOR

Overwhelmed by everything there is to see and do on the River Campus? Quietly terrified that everyone here is more worldly and attractive than you? Flipping over to the Humor section because you haven't been here long enough for the News and Features articles to have any context or meaning for you?

Fear not! We at the Campus Times are here to help! Play our Choose Your Own Adventure game and let us tell you how to be an independent person!

START: You're standing on the curb outside your dorm, watching your parents pull away. This is the closest you've ever been to true freedom in your entire life. How does it make you feel, champ?

Empowered (proceed to A2) or Terrified (proceed to B1)

A2: Hell yeah, you're master of your universe now! Yeah! I wanna go explore! (proceed to A3) or Yeah, like in those Ayn Rand books! Some of her ideas seem really cool to me! (proceed to A6)

A3: You walk through campus, watching people moving in all over the place. New friends help lug around fridges and TVs, and old friends reconnect after a summer away. A new community is building itself up around you. I want to get in there and meet some people! (proceed to A4) or That's real fucking neat but I'm actually just here to party (proceed to B3)

A4: Wait, like, right now? Just walk up to someone and talk to them? Wouldn't your rather go meet people through some elaborate activities fair or something? Yeah, I'll just walk right up! (proceed to A5) or Second thought, I'll try the activities fair (proceed to C2)

A5: Your tremendous lack of social inhibition makes you a god at this school. You no longer need this article's help, and I for one am in awe of you. The End

A6: As soon as you think this, a meteorite strikes you square in the forehead, killing you instantly. No one is sad about it. The End

B1: Totally understandable. While you were still unpacking, your RA stuck their head in your door and said something about a hall meeting. Maybe you should go to that? Kinda ease into this whole "socializing" thing?

The RA actually said it was "mandatory" and fear of breaking any rules ever is what got me into UR, so yes (proceed to B2) or I think maybe I'm just gonna play Pokemon in my room for the next two to four months (proceed to C1)

B2: You sit down in the common room with everyone else from your floor. The RA alternates between fire safety instructions and icebreakers. Everything stays nice and calm until one of your floor mates nudges you and asks, sotto voce, if you want to go to a party with some other people from the floor after the meeting. You know what? Sure! Thanks to the icebreakers I now know not one but TWO people's names! I can do anything! (proceed to B3) or I think I just want to take some time to explore campus on my own, actually (proceed to A3) or That scares me so much that I actually just want to run back to my room and never leave (proceed to C1)

B3: Oh! Okay then. You head over to an off-campus frat, where a hundred or so people you will never see again and one person you will somehow see once a week until you graduate are milling around in what is either a driveway or a vacant lot next to the house. Just a quick check-in, did you go to the mandatory floor meeting? Yes! It was mandatory! (proceed to C4) or, what mandatory hall meeting? (proceed to C5)

B4: You have a great time! You have a support system of friends whose names you all know! You're living the college dream!

I did it! (proceed to C3) or I would like to stop playing this Choose Your Own Adventure Game immediately, please (close this issue of the Campus Times, place it down next you, and walk away)

B5: Someone emerges from the human crush next to the house and starts talking to you excitedly. They know your name, your roommate's name, how you decorated your dorm, everything. You've never seen them before in your life. What do you do?

Guess that their name is Alex (proceed to B6) or It's only the first day, even though it feels bad if I just say I never caught their name, they won't mind (proceed to A6)

B6: Holy shit! You were right! Their name is Alex! Hell yes! (proceed to A5) or Fuck yes! (also proceed to A5) but in a less family friendly manner

C1: You become one of those weird hermit kids that sleeps at bizarre hours and only eats at, like, Optikale. You never go to class and your hair is eighty percent dust. Everyone thinks you might be part lemur. At least the other hermit kids accept you as one of their own. On those rare occasions when you all step out in public together, you make far too much noise and annoy everyone around you. Is that fine by you? Maybe! Should I join an improv group instead? (proceed to C2) or Yeah this is basically who I am as a person (proceed to C3)

C2: You join an improv group. The End

C3: You think you're a better improviser. The End

Pinto is a member of the Class of 2020.
By CEZ GARCIA  
SPORTS EDITOR

The 2019 NBA summer offseason showed a league’s shift towards a strong sense of player control, destruction of small market teams, and the absence of loyalty from players and franchises.

This summer, of 2019 we saw a massive reshaping of the NBA as almost a third of the players were up for a new contract. NBA teams follow a salary cap system, a soft limit on the amount any team is allowed to spend on contracts each year.

This is to ensure league-wide equality and to decrease the likelihood of super teams due to superstars demanding large contracts. This idea was recently dispensed by the Golden State Warriors, but this begs the question of loyalty.

The Golden State Warriors had just won the NBA Championship when former MVP and top 3 player in the league, Kevin Durant, left the Oklahoma City Thunder to join them. This move wouldn’t have been as controversial if not for the Thunder losing in the Western Conference Championship to the Warriors. This move of disloyalty was seemingly the start of a trend.

The current Finals MVP, Kawhi Leonard, is a prime example of a player forcing an issue and disregarding loyalty. Having won a Finals MVP and built a reputation with the San Antonio Spurs, Kawhi forced the Spurs to trade him to the Toronto Raptors, whom he left after a year to sign with the Los Angeles Clippers.

The Raptors, in order to land Leonard, decided to trade franchise player Demar DeRozan for him. The lack of loyalty and lack of certainty around the trade created a backlash against the Raptors. Kawhi Leonard’s ability to force a trade led multiple players to follow suit with All-Stars Anthony Davis and Paul George replicating the same trades this past off-season. Both moves forced the hand of their franchises, determining their paths for the upcoming years. While forcing someone to play against their will is not the answer, shouldn’t players have some loyalty to the contracts that they have signed?

“The current Finals MVP, Kawhi Leonard, is a prime example of a player forcing an issue and disregarding loyalty.”

The lack of loyalty shown by players has led to a less competitive league and the destruction of small-market teams. Prevalent in professional sports is this idea of market size. Large cities provide attractive locations for players and big markets for teams to profit.

The lack of loyalty in the NBA is making the success of small-market teams even more difficult. It is almost impossible for a city like Memphis to attract a superstar to come play and this forces them to build through the draft and trades.

There is no clear answer to this, but a change in culture must occur within the NBA in order to save the small-market teams and loyalty as a whole.

Garcia is a member of the Class of 2022.

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By MICAH GREENBERG  
SPORTS STAFF

The adjustment for non-athletes is difficult enough with new independence and responsibilities, a new city (for some, a new country), new friends, and new academic formats.

But student-athletes also have to adjust to a new level of competition, new coaches, new facilities, and an entire new group of teammates. But new teammates can be a blessing.

“I am originally from Southern California so I am basically all the way across the country from my family, and [while the] college transition is already difficult, the distance from home did not help much,” sophomore softball infielder Alizah Ayon said. “However, the girls on the team, as well as the coaches, really made Rochester my second home and gave me a second family.”

Incoming first-year golfer Brendan Frain is looking forward to the team camaraderie. He said that at the collegiate level, golf is both a fall and a spring sport, giving more time with the team than in high school. “This gives me a great opportunity to make some of my best friends, and also I’ll be able to look up to the upperclassmen on the team and have them help me with whatever I need, which is comforting coming into my freshman year,” Frain said.

Coaches also help first-year athletes adapt to the college ball. In fact, for some athletes like Frain, their coach is part of the reason they chose to attend UR. Coaches work to ease the transition, and the recruiting process ensures that players and coaches are compatible.

Of course, one of the largest adjustments is the added pressure of playing in Division III. “In high school, almost anyone can play sports; in college, only a select few people are athletes,” Frain said. “Only the top players will become college athletes, and that’s why being successful takes endless hours of preparation and practice.”

Playing at the next level is also difficult because the bigger stage brings more pressure and higher expectations, all while handling a more difficult schedule and course load.

“The current Finals MVP, Kawhi Leonard, is a prime example of a player forcing an issue and disregarding loyalty.”

Time management is a key skill of any student-athlete, and is especially important to refine. “My advice to incoming first-year athletes would be to work hard and be a team player, [but] also remember you are a student athlete: student coming first and athlete second,” Ayon said.

For incoming first-years like Frain, expectations are high. “I think that we have the talent to do great things and win some tournaments this year,” Frain said. “Our goal is to be playing our best golf in May, and hopefully good enough to perform in the national championship.”

Even though there are many challenges in adapting to being a collegiate student-athlete, athletes still cherish it as a rewarding and fun experience.

Greenberg is a member of the Class of 2021.
Run It Back: A Fall Sports Preview

By CEZ GARCIA
SPORTS EDITOR

With school soon to be in full swing, the Yellowjackets’ fall sports teams are gearing up. The fall sports include football, soccer, field hockey, cross country, and volleyball.

Football is hoping to improve as second-year coach Chad Martinovich continues to build a culture and program at the University. Having previously coached at the Massachusetts Institute of Technology, Martinovich went from a 10–1 record to a 1–9 record in his first year with the ‘Jackets. When asked about the upcoming season, Martinovich believes “we will have more depth and talent than we did last year... and a lot of competition for playing time at each position, which will make us better as a team.” The ‘Jackets open the season on Friday, Sept. 7 against Case Western Reserve University at Fauver Stadium. Martinovich believes “it will be exciting to see our young team’s growth over the course of this season” and that this home opener is a great place to start, getting revenge for last year’s 38–10 loss.

While football had learning curves last season, the Women’s Field Hockey team was one of last year’s best in the nation. The ‘Jackets ended the 2018 regular season 19–1 losing only to Vassar College, who ultimately defeated them for the conference title in the Liberty League tournament. The team continued to the NCAA tournament but were ousted in the Elite 8 by Rowan University. Senior Maya Haigis said the team can improve on their success last season and has “the potential to go far this year in both the Liberty League tournament and the NCAA tournament.” As a senior, this upcoming season is extra special for Haigis as she describes the team as a “family” to her. “I can’t picture what my college experience would’ve been without field hockey, and especially without the amazing women I get to call my teammates and best friends,” Haigis said. The ‘Jackets open the season away at York College on Aug. 30 but opens at home on Saturday, Sept. 7 against Houghton College.

Another successful team last season was Men’s Soccer. The ‘Jackets capped a 16-win season with a deep run into the NCAA tournament. They were knocked out in the Final Four by eventual winners Tufts University. Meanwhile, the Women’s Soccer team also had a winning season with an overall record of 9–8–1. The season had its ups and downs for the ‘Jackets but saw defender Shayna Levy ’19 make 2nd-team All-East Region and sophomore goalkeeper Emma Schecheter and forward Carolyn Richards on 3rd-team All-East. The team made it to the NCAA tournament but were handed an early first-round exit by Ithaca College. The men’s and women’s home openers are against Keuka College with the respective games on Sept. 1 and 4.

To round out fall sports, Women’s Volleyball will look to improve last season’s conference record of 1–6. Despite an overall record of 23–12, the ‘Jackets struggled in conference. The University holds an annual invitational where the team will have their home opener against Medaille College on Sept. 6. Similar to volleyball, Men’s and Women’s Cross Country will also have their home openers in the University invitational. Both teams will compete on Sept. 14 in the Genesee Valley Park.

Garcia is a member of the Class of 2022.