New students arrive to temporary housing

BY STEPHANIE WEBSTER

Editor

Approximately 25 students came to campus last month to find themselves living in lounges of residence halls.

However, it's only temporary, and the students have been provided with all the security and amenities available at AU, assured Timas Gonzalez, director of Residence Life.

For the second year in a row, AU has found itself with more new students than expected. Combined with a record number of freshmen on campus and a smaller-than-average number of students breaking their housing contracts, this has filled AU residence halls to capacity.

AU is housing almost 98 percent of the freshman class this year, as opposed to 95 percent in normal years. "That's not unique to the Alfred area than in the past years have decided to live on campus, Gonzalez explained.

Also, in ordinary years, about 75-80 people will break their housing contracts. At press time, only 52 had broken their contracts.

Gonzalez noted that no returning student is in any form of temporary housing.

Last year, Dean of Students and Vice President for Student Affairs Jerry Brody made a promise that returning students would have housing, and the administration has been able to keep that promise.

"We've glad it's a big class, but obviously there are issues," Gonzalez said of the large number of freshmen and transfer students.

The students living in temporary housing are those who turned in their housing contracts after July 1, Gonzalez said.

The students, about half transfers and half freshmen, are living in Cannon, Tefft, Reimer, Keenan and Openhyhm Halls.

Residence Life has been pulling people out of the temporary housing as permanent spots open up, Gonzalez explained.

In order to house as many students as possible in permanent situations, Residence Life looked quickly for people who weren't going to be coming to campus.

"We're getting them (students in temporary housing) into regular spaces as quickly as possible," stressed Gonzalez.

He added that the students have both phone connections and direct connections to the Internet in their rooms.

If students in temporary housing have not received offers to move out by the end of the first week of classes, they will get checks for $400 to compensate them, said Gonzalez.

Sometimes people enjoy where they are staying so much that they don't even want to leave, Gonzalez said.

Freshman Susan Konak, who is living in Reimer Hall, said she didn't know she would be in temporary housing until she came to campus and saw the room.

She said she is happy about the potential to make $500, but she doesn't enjoy not being able to unpack all her things.

"I'm missing the action in my hall," Konak said, explaining that she has to walk upstairs to take a shower and to visit the women residents of the hall.

Konak was originally supposed to live in a triple, but permanent space has already been found for one of her roommates.

Gonzalez said she did enjoy the size of her room.

Overall, "it's not that bad of a situation," Gonzalez said. "We want to make sure (students) have a good experience.

This room, on the ground floor of Reimer Hall, is just one of the many places on campus where new students are being housed temporarily. Some new students have already found permanent housing. This is the second year in a row that lounges and game rooms of freshman halls have been used to house students.

Last year's class, which was then a record size, also needed such accommodations.

Community meeting stresses responsibility, safety

BY STEPHANIE WEBSTER

Editor

New students at AU were greeted last Thursday morning at the traditional Opening Convocation.

On Friday evening, they attended what is becoming an open circle meeting.

The community meeting brings together the new students, administrators and the Alfred Police Department to explain the "way things work" in Alfred.

New students are given a quick explanation of campus and off-campus policies in a sort of "Alfred Rules for Dummies."

Jerry Brody, dean of students and vice president for student affairs, introduced himself to the students gathered in Holmes Auditorium, saying he wanted to "just give you an idea of what things are like."

He said he wasn't going to give a "big house lecture," and that the University isn't trying to make students miserable.

"We're not going to say, 'Can you smell your breath?'" when students come into their residence halls,

Brody explained, stressing that the University can't "police" students to make sure they aren't drinking.

Instead, "if we catch you violating the alcohol policy, we will take strong action," Brody said.

Brody maintained that the same high bar for other policy violations.

The University simply wants to "make sure we have a safe environment and one that is fair to everyone," he said.

Students are also responsible for their behavior off-campus, Brody said.

Alfred Police Chief John Simons agreed.

He explained that the Village of Alfred has many ordinances that must be followed.

One rule that students often break is the Open Container law.

It is illegal in Alfred to carry an open container of alcohol.

"Somebody in this room this weekend will be arrested for an open container violation," said Simons.

He added that it is "just not worth it" to be caught with an open container.

Simons also explained to students that the AFDP has a necessarily different philosophy.

"Unlike the University, we do look for trouble," he said.

Sue Smith, judicial coordi

ator, said she was going to stress the importance of Brody's comments.

She said she views the campus judicial system as "an educational tool."

She explained that the judicial system is intended to help students make better choices.

Smith explained the policies that the University finds extremely important, and that are often at issue: those for alcohol and drug abuse, and physical assault.

She explained the system step by step.

The judicial policy has changed slightly from last year.

Now, if a student under 21 is caught with alcohol, his or her parents will be notified immediately.

Previously, it took another offense before parents were notified.

Students under 21 who are caught with alcohol three times will be required to appear before the judicial board, and they face suspension.

Students who are caught with drugs twice will be suspended, Smith explained.

All three of the speakers stressed that the rules are in place to keep students safe and healthy.

Brody also addressed the issue of safety.

"People are often lulled into a false sense of safety," he said, because Alfred is so small.

But with students from the University and Alfred State College all living in one place with residents of the village, "you're going to have situations," Brody explained.

"Be smart," Brody urged the students.

"Every year, we have victims. And I truly, truly hope that you're not one of them."

"Our primary purpose here is to help you," Brody said.

He explained that students shouldn't hesitate to ask for help when they need it.

Simons echoed Brody's concern.

He said he has an "open door policy. Students can call his office at any time to set up an appointment to talk, he said.

AU ranks well in annual U.S. News survey

BY JAY WEISBERGER

Managing Editor

Alfred University ranked #13 in U.S. News annual ranking of Northern Universities.

St. Joseph's (Pa.) tied with AU for the 13th spot.

Nazareth was 23rd.

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BY JAY WEISBERGER

Managing Editor

Alfred University ranked #13 in U.S. News annual ranking of Northern Universities.

St. Joseph's (Pa.) tied with AU for the 13th spot. Rhode Island was 8th and SUNY Geneseo picked up 8th. Nazareth was 23rd.

Villanova finished first in the rankings, followed by Providence.

The rankings are based on the 1999 data.

Villanova finished first in the rankings, followed by Providence.

"I believe the faculty and staff are consistently working toward excellence, and I would not want us to change our vision of the
Fiat Lux

Increased security is a good idea

Freshmen and transfer students enter their college experience at AU with a "clean slate." Few people, or perhaps none, know them. For the first time in their lives, people don't judge them based on years of acquaintances. The same holds true for AU students. A few saw the campus for the first time last Thursday morning. Others had seen it once before, in a slide show while still in high school. To these students, GJ's, the Sub Shop and Jet are still a mystery. What are all those funny letters on people's shirts? Could you explain the concept of "traying," please?

To these students, bomb threats and security problems are unheard of. How could something like that happen here, anyway? This seems like such a safe place.

But the returning students know the truth. Scary things can happen anywhere. So let's give the new students an acquaintance with AU as we left it last spring.

The year ended on a sour note. Several bomb threats were phoned into the campus. Some residents complained about the safety of their residence halls.

Fortunately, there were no violent incidents on campus in the end. Many students found the threats to be a major annoyance or just a mildly amusing prank.

However, these events illustrated that security on our pastoral campus was not up to speed.

AU's Student Weekly wasn't the problem. The biggest problem was the lack of physical ways to keep students safe. We are happy to see that the University has responded in a strong manner.

The year ended early when we found the doors to the Student Organization Suite locked. We were unable to open the doors to offices in the suite.

After initial frustration, we saw the good in placing new locks on the doors and restricting access to keys for the locks.

Keys had been passed down for years. They had been lost and misplaced. Anyone could have had them. Simply put, the University had taken steps to ensure that only people who have business in the SOS can get to the offices of the SOS.

Was the replacement of the locks a response to campus center bomb threats? Whatever the reason, we were happy to see this.

Another welcome addition to the campus will be the nightlocks in freshman halls.

Too often, people not living in the building have done damage to residence halls.

Now, students are required to sign in their guests. People will not be able to just walk into a freshman residence hall after dark. They too, will need a reason to be there.

For those accustomed to the loose security the University has had in the past, this may be a bit startling at first. Some said they felt if all they were doing was locked.

But the nightlock system will only help prevent damage to the halls— and with fewer people to avoid some graffiti!

In the event of an emergency, Residence Life will know exactly who is in each building.

We do hope that the University will make wise decisions as to who gets nightlock positions, however. Should a nightlock become lax in any of the new halls, the system will break down.

These new measures can give students, faculty and staff new confidence in the safety of the campus.

Fiat Lux.

By Stephanie Webster

Minimum wage a "joke" for families

A few days after I arrived on campus this August, I checked my mailbox and found a small green envelope with a paper inside.

My schedule had arrived. That meant another year had truly begun. That meant it was time for a painful yearly traying: buying books.

I took my schedule to the bookstores, and I was soon lugging a basket of books back to the counter.

I'll start thinking about this situation. I'm lucky, because many of my professors use the same literature anthologies from year to year. I didn't have to buy two very expensive textbooks because I already had them. But I had taken two trips to Wal-Mart and Wegmans in the past two days. I bought all my essentials: plates, containers, food and cleaning supplies. The bill was enormous. Another payoff.

Fortunately for me, my parents still help me out a great deal with all my expenses. Other students aren't so lucky. Their parents can't or won't help them out.

I'm also lucky. I'm the recipient of a scholarship that will let me work in Wal-Mart, well-paying job when I leave school, without having to panic about repaying loans. Again, however, other people are trying to support a family while they go to school. Other people are working full time (and overtime) in the hope that their children, at least, will be able to attend college.

They have to buy food and clothing. They have to pay heating, water and electricity bills. They have to maintain a car to get them to work. A paycheck here, another paycheck there... and there's just something else that is important to buy.

Many of us are庆幸 when we get our first summer jobs in high school. We can't believe how much money we're making!

Then we enter the real world. And in the real world, minimum wage or even fifty cents over minimum wage is a joke. A very cruel joke for those who must try to live on it.

Do the math with me. A person working full time for $5.15 an hour makes just over $10,000 before taxes. It's been a long time since $10,000 a year could be considered "rolling in money."

Of course, there is always welfare and other social support systems. But most people will admit that there's never enough money to begin with. And many young people are too embarrassed or too naive to apply for aid. They think, "I'm not a college student or (a college graduate). I don't have the right to ask for help. I should be able to support myself."

Meanwhile, student loans are due to be repaid, and credit card bills are piling up.

Minimum wage provides barely enough money to keep a person or a family out of poverty. It seems to provide just enough money to keep someone's head out of the water, but never enough to let them swim to dry land.

Minimum wage for many people means pinching every penny until your frugal eyes are sore, worrying at night about what will happen and never being able to buy nice things for yourself or your children. Pokemon cards? You've got to be kidding!

Minimum wage means few or no benefits for employees, and very little insurance coverage, if you're lucky enough to get insurance at all. And many college students who work must pay people more, but it has to be,

The problem of poverty may indeed be more difficult to solve than the physics and engineering problems we need to design a space shuttle. But there are a few simple ways to begin to fight poverty.

Raising the minimum wage is one of them.
My returning student newsletter tells me that the University has purchased a new set of 1:1000 maps of several campuses: "Now, no matter what end of the campus you are on, you will be able to navigate it quickly." In its quest to provide us with a cutting edge, the University has invested in technology even if it cannot hinder our steps in the race of digitalization.

Exactly how much of this push to keep up with the information revolution is motivated by academic necessity, and how much by entertainment? The need to stay ahead too often justifies our culture's ever-growing hunger for speedy, high-tech, and consequently costly, playthings.

The Internet is indeed useful for research and communication. But is it indispensable to the point that a student should feel badly disadvantaged (as I have often witnessed) if occasionally unable to gain access to it? Let us not forget that until recent years much written and doctoral work was earned without digital help.

LOCAL NEWS BLURBS

- Bruce R. Hollworth, professor of mechanical engineering, was killed in a boating accident Aug. 21 in Curry Falls Reservoir in St. Lawrence County. Hollworth had been at AU since 1986. He served twice as the mechanical engineering division chair. Before Hollworth came to AU, he taught at Gannon and Clarkson Universities.
- Hollworth also worked as a senior analytical engineer at Pratt and Whitney Aircraft and as an analytical engineer at Chandler Evans, Inc.
- A memorial service will be held Sat., Sept. 11 at the Alfred United Methodist Church.

- Sharpen your cyber-pencils: Information Technology Services has designed a new online quiz to acquaint students with their computer policies.
- The quiz is made up of 17 multiple choice questions that encompass the policy. The questions are intended to be humorous, in order to make the process more enjoyable.
- Students will be required to take the quiz and submit the answers by Sept. 11 or face termination of their e-mail account.
- For those techies who want to keep their e-mail accounts backup, a paper and pencil version of the test will be available in the ITS office.

- Margaret Carney, director of the International Museum of Ceramic Art, Bruce Combsley, Public Services librarian at Scholes Library of Ceramics and Museum of Ceramic Art, Bruce Combsley, Public Services librarian at Scholes Library of Ceramics and Linda E. Jones, associate professor of ceramic engineering, received State University of New York Chancellor's Awards for Excellence this May.
- Carney received the award for Excellence in Professional Service. Combsley received the award for Excellence in librarianship and Jones received the award for Excellence in teaching.

- A distinguished speaker in the Arts Aloft series, held on Friday nights in the Scheidegger Center for the Fine Arts, is speaking about Alfred's influence in teaching.
- My knowledge, this is the first time that the College has had an award winner in just one year.
- An exhibition titled "The Alfred Asia Connection: The Asia Alfred Reflection" is scheduled to open at the International Museum of Ceramic Art at Alfred Sept. 18.

...Rankings

University to accommodate to the criteria found in a ranking system, he said.

But, should AU worry about higher-ranked and nearby Geneseo drawing away students from AU?

As a graduate of Geneseo I can tell you that its location and reputation provide it with a real advantage in recruiting students," said Hall. "My concern is downtown," he added, "is with academic quality and not competition for students."

Strong, too, was not concerned about losing students because of a set of rankings. "Prospective students use so many information sources as they make their decision, that I'm not concerned that we will lose students just because of one factor," she said.

Strong also added that the rankings are not necessarily accurate. "U.S. News keeps changing its methodology, aspects that it measures and weights that it ascribes to various aspects," she said.

"The data submitted can vary from year to year, or even be more rigorous as they add new aspects, she added."

...Applications

We are currently accepting applications for Subscriptions manager and Circulation manager.

Business assistant positions are always needed.

to get in touch:
e-mail: Fiatlux phone: 871-2192 applications available at our office in the Student Operations Suite
Class of 2003 arrives on Alfred campus in record numbers

Resident Director Sara Hammond and Resident Assistants Steve Tedone and Jess Dobrowolski work on preparing Reimer Hall for the arrival of the new freshman class.

PHOTO BY JAY WEISBERGER

Residents and bags fill this room belonging to one of AU’s newest students.

PHOTO BY STEPHANIE WEBSTER

Cannon Hall displays its “Tropi-Cannon” theme for arrivals to see.

PHOTO BY STEPHANIE WEBSTER

At the end of every summer, Orientation Guides, Resident Assistants, members of MOSAIC and other campus organizations come together to prepare AU for the arrival of the new students. After days spent in training, the RAs, assisted by the OGs, decorate their buildings with themes to welcome their new residents.

At move-in day, rain or shine, members of the Greek community come out to help move the new students into their halls.

Freshmen, and some upperclassmen, enjoy the annual Wild Video Dance Party, sponsored by SAB.

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Orientation 1999: Welcome, new students!

Senior Penny Schader assists a new resident of Barresi Hall move into the building. Schader was assisting with arrivals as part of the Greek move-in program. Members of the football team were also on-hand to help RAs and Orientation Guides move residents into their new homes.

Orientation Guides cheer on students entering Playfair last Thursday. The Orientation Guides are one of the key components of Orientation, assisting new students from Move-in to the New Student Olympics. The cheerful group of “Purple-shirt-people” was coordinated this year by Jasmine Lellock, Ben Farnsworth and Aaron Micetich.

Before Orientation, some new students who handed in their registration early went on a canoe trip with Student Activities.

Orientation activities are one of the cornerstones in helping new students adjust to college life.

Top: Students turn each other inside-out at the beginning of Playfair.
Bottom: Freshmen and transfers got the “low-down” on the workings of Playfair. Playfair is designed to get each student to meet as many people as possible in the shortest amount of time. Students are broken up into groups over and over again, based on similarities they discover among each other. Playfair was in full swing for the second straight year. Playfair was on a one-year hiatus before that, when the unsuccessful “Kick-off Carnival” took its place.

Resident Director Sara Hammond welcomes a resident to Reimer Hall on move-in day last Thursday. Hammond was forced to set up the check-in table inside due to almost continuous rain.

Later in the day, students attended Opening Convocation to hear President Edward G. Coll Jr. present his Opening Convocation speech one final time. Coll is retiring after this school year.
CD has its ups and downs, but overall provides a good listen

BY JASMINE LELLOCK
A & E EDITOR

The CD showcases SAB performers

The Oracle

The CD will be distributed this month with the semester’s activities calendar to every student currently enrolled at AU. “There’s a heavy folk concentration because most of the artists played at AU’s coffee house,” said Napolitano. Napolitano added he hopes the next one will be more “edgy.”

The students who are interested in production of the next CD, especially those with an interest in telecommunications, should contact SAB, Napolitano said. “I think it’s a cool idea,” said Napolitano. “Other schools haven’t done it and I hope the students really enjoy it.”

The CD as a whole is smoothly mixed, as one piece complements the next. The intro is a high-energy clip from a country music video that was done in collaboration with the Powell Campus Center by Brian Butterfield, the number one comic in the college circuit. Track two, “Love is a Fountain” by Billi Nichol, is lunch back & B with a simple rhythm and smooth vocals.

Following this piece is a folk ballad followed by an instrumental by Beth Amsal. Reminiscent of the Indigo Girls, the song has a special charm with a full, fun, and happy flavor.

Next is the work of the gentle voiced Jann Klein, a folk singer whose singing, ranging from the blues to pop, is an exercise in being clean. “I like that it keeps it simple,” said Napolitano. “We held the show this year because Nevin couldn’t hold all the laughter,” said SAB advisor and Director of Student Activities Dan Napolitano.

The Sound of the Semester, a CD compilation of pieces by performers primarily hailing from last semester’s coffeehouses is a free disk offered to all AU students this semester.

The roster of comedians, folk singers/songwriters, and several other artists, the disk was mixed by Director of Student Activities, Dan Napolitano.

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Next is the work of the gentle voiced Jann Klein, a folk singer whose singing, ranging from the blues to pop, is an exercise in being clean. “I like that it keeps it simple,” said Napolitano. “We held the show this year because Nevin couldn’t hold all the laughter,” said SAB advisor and Director of Student Activities Dan Napolitano.

The proposed ergonomic standard for the workplace, the USF safety engineers or other occupational health professionals will investigate for ergonomicate appropriate workplaces.

Real computer stations should include appropriate lighting, height-adjustable keyboards facilitating a 90-degree angle at the elbows with the wrists naturally extended from the floor, height-adjustable chairs providing new low-back support, an appropriate mouse pad placed adjacent to the keyboard to prevent the need for a wrist to rest on a mouse holder attached to the left side of the monitor to prevent neck strain.

After he evaluates university workstations, Cliff Knox, senior environmental and safety specialist for USF’s Division of Environmental Health and Safety, recommends that diversity of daily lifestyle changes ranging from an increase in exercise to the use of ergonomic equipment was the dominant type of reported illnesses.

The Occupational Health and Safety Administration estimates that work-related musculoskeletal disorders account for more than 647,000 injuries and illnesses and more than one-third of workers’ compensation costs - an estimated $35 to $60 billion in direct worker’s compensation claims, $30 billion in federal and state unemployment insurance claims, $22 billion in reduced productivity, and $98 billion in indirect costs.

For long, time-consuming writing tasks, such as computer users’ development of CTDs, such as carpal tunnel syndrome, back and neck problems and shoulder tendinitis.

Researchers say they have a solution-ergonomics, the science of fitting the job to the worker. Ergonomics is applied in the design and advancement of toothbrushes, aircraft cockpits, baby carriages and computer workstations to prevent CTDs in musculoskeletal systems.

The concept originated during World War II to overcome performance failures due to human error in high-speed, long-range missiles. Ergonomics gained widespread recognition in the mid-1980s and interest in the field continued to grow among researchers.

Workstations ergonomically designed workplaces or using ergonomically designed products relax muscles due to discomfort, fatigue due to incoherence, and stress due to excessive physical demands, resulting in tying up less quickly. But the most important, researchers believe the use of ergonomics reduces the rate of CTDs, such as carpal tunnel syndrome and shoulder tendinitis. These disorders affect almost all occupations, ranging from the meat-packing industry and aviation to retail and clerical jobs.

According to Dr. Steven A. Field, an orthopedic surgeon and assistant professor for the Department of Environmental and Occupational Health’s Division of Occupational Medicine, there are these major factors contributing to CTDs: force (heavy lifting and forced exertion), repetitive motion (how often a cycle is repeated, e.g. speed, typing) and duration (sitting, standing or repeating motions for long periods of time).

A total of 5.1 million injuries and illnesses were reported in private industry workplaces in 1997, according to a survey by the Bureau of Labor Statistics. Disorders associated with repeated injuries, such as carpal tunnel syndrome and non-needle-injected hearing loss, were the dominant type of reported illnesses.

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Know what four AU students did last summer?

BY STEPHANIE WEBSTER
Editor

“So, what did you do this summer?” It’s the question that everyone asks when we return to college in the fall. If you spent your time taking orders at a fast-food counter, dreaming of trips abroad, this might make you a little jealous. But, maybe reading what four lucky AU students did with their summer vacations will inspire you to plan a more enjoyable break next year.

Liz Connell: a learning experience in Spain

“I missed everyone. I missed all my friends,” Liz Connell, a senior Spanish major, said of her trip to Spain.

But she was quick to point out all the good aspects of her trip. She stayed with a “kick-ass” host family while she was there.

Her family was definitely taking the name “host” seriously. Connell said they hosted six Americans and six other foreigners while she was there. Connell took classes while she was in Spain—two hours of grammar, then Business Spanish and Oral Spanish skills.

She said taking the classes improved her Spanish a great deal, though she still has problems understanding Latin American Spanish.

Connell observed that students begin to learn foreign languages earlier in Spain. She said she thought it was a good idea to begin learning a foreign language at an earlier age.

Connell described the Plaza Mayor in Salamanca, one of her favorite places.

The Plaza is a giant square where people would “hang out” and walk around.

“There were people everywhere,” she said. “I wish I could have taken it home with me.”

Jay Spike: Peace, love and Woodstock ’99

“When she and her travelling companions first arrived in Spain, Connell said all they could say was “¡Hola! [Spanish for you]” and “¿Oí?” in response to the family because they were they were a bit overwhelmed. None of the family members spoke English, except for the 12-year-old son. She took English in school.

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Spike witnessed a scene during another group’s performance that now seems to sum up Woodstock ’99.

An aging hippie made his way into the crowd of moshing people and tried to stop them. Spike said the hippie told everyone that they should love one another. The hippie immediately knocked and trampled into the mud by the stage.

Spike said he enjoyed seeing the Offspring perform, although he said that’s when things started getting ugly. People started throwing bottles during the band’s set and Spike himself was hit in the back of the head.

The “craziness” steadily increased, he said. When the rioting began, Spike and his friends saw a car flip over and trailers on fire. They left, and saw state troopers arrive from the relative safety of the parking lot.

The Woodstock experience was interesting because it “showed you what happens to people when you trap them in a small area” and make access to basic needs (food, water, shelter) difficult.

“People started getting naked,” he said. “I wish I could have taken it home with me.”

Kristin Shae: A trip “packed full of cool things”

“For most people, an internship in Washington, D.C. would be exciting enough,” said, for, but for Kristin Shae, a senior environmental science major and intern with the National Audubon Society was only the beginning of her summer fun.

Shae also spent a few weeks, from Apr. 14 to May 4, in Costa Rica. While she was there, she learned about environmental and conservation efforts there, as well as the culture.

Shae took her first plane ride to Costa Rica and she didn’t know the language at all.

She said she was scared at first, but that her whole trip was “packed full of cool things.” One of the best was learning Spanish.

Shae stayed with a host family and toured the whole country. She did have to take pills to prevent malaria, but she invited Costa Rica is very safe.

While she was in Washington, D.C., which was a continuation of a semester away from AU, Shae worked as an “environmental organizer” and would visit the places he described and write about them herself, explaining how they have changed since the book was written.

Woodstock seemed to come easily on the back of his four years of high school French and tested into French III when she came to AU.

Most people at that level, however, still find it hard to communi- cate. But Kristin Shae said she had no problem understanding people. Perhaps that’s because she has visited before.

Kristin has had the good fortune to visit Paris for family wed- dings.

Yerba drinks getting hot

BY MARK COLLINS
Colorado Daily
U. Colorado

(U-WIRE) BOULDER, Colo. — Steve and Dave Karr want to change the way you think about your morning wake-up drink; they want you to reach for something other than your usual cup of java.

Yerba drinks getting hot

Karrs claim that the buzz you get from mate is more pleasing that what happens from drinking coffee.

Daniel Morrow, Ph.D., explains that, “Unlike similar plants (coffee, tea, guarana, kola nut), mate does not lead to caffeine- ism, upset sleep, physical tolerance, and adrenal stress.”

But the Karrs are also talking about the nutritive qualities of Yerba maté. “Yerba maté is the base of their entire herbal medicine system in Paraguay,” Dave says.

“It’s a very healthy drink,” Becker con- curs.

“Whatever’s interesting, mate works in the body very much like wheat grass and grain. It’s like a green food. It’s more nutrients than stimulating,” Dave says.

According to the Karrs, the government of Paraguay has even recommended mate to pregnant and nursing mothers as a nutritive supplement.

Steve Johnatan, the coffee and tea buyer for Whole Foods Market in Boulder, has been impressed with the Karr’s products and says the Guayak’ products are hot right now.

“It’s selling very, very well.”

In fact, so inspired is Johnatan that he and two associates are in the process of finding a space to open a tea bar in Boulder where Yerba mate will be one of the fea- tured drinks. They hope to open in late November.

Among the other products that Guayak’ Sustainable Rainforest Products are mar- keting are Primal Essence spews. Right now, the Karrs have four spews—sweet chai, chai, ginger and cinnamon.

The Karrs are currently back in California, but are planning to load up their RV named Guayak’ on the Millennium Celebration Tour.

“Life on the road is beautiful,” Dave says.

You can learn more about Guayak’ on the Internet at www.guayak.com.
Tonight

Tournament vs. College

5 Penn State Behrend

September

Men’s Soccer

13 at Oberlin 1 p.m.

30 vs. Grove City 1:30 p.m.

2 at St. John Fisher 7 p.m.

25 at Carnegie Mellon 1 p.m.

18 vs. St. Lawrence 1:30 p.m.


Football

really good in football, we can
the benefits of being D-III.

Other Pennsylvanians, is close
to a religious experience,

Seeing a crowd of close to
a D-I school would be fun.

The other day, I was glad that

I've always thought going to
a bowl game makes me think that

BY JAY WEISBERGER

NCAA should consider D-I football tournament

BY ANDY BERMAN

Merrill Field gets facelift with new AstroTurf

COLUMN

Saxon Football

at Salisbury State (M) (L)

Sep. 11, 1:30 p.m.

Missouria 11 a.m.

11 Ithaca 3:30 p.m.

14 University of Pitt.-Bradford 4 p.m.

18 Penn State-Behrend 6 p.m.

22 Houghton 7 p.m.

25 St. John Fisher 1 p.m.

Penn State-Behrend Tournament vs. College

Men's Soccer

1 Geneseo 7 p.m.

4 Penn State Behrend Tournament vs. Hiram 5 p.m.

5 Penn State Behrend Tournament vs. College

Women’s Soccer

Super 4-5 Skidmore Tournament 2:30 p.m.

Women’s Volleyball

September

1 Geneseo 7 p.m.

5-4 Cortland 2 p.m./9 a.m.

7 Hilbert 7 p.m.

10-11 Ithaca 4 p.m./9 a.m.

14 Brockport 7 p.m.

18 AU Invitational 9 a.m.

21 Nazareth 7 p.m.

23 St. John Fisher 7 p.m.

25 Elmira 7 p.m.

October

8-9 Oneonta Tournament 4 p.m./9 a.m.

13 Pitt-Buffalo 7 p.m.

14 Keuka 7 p.m.

16 Nazareth 9 p.m.

22-23 Otsego 4 p.m./10 a.m.

Women’s Tennis

4 Buffalo State 1 p.m.

11 RIT 1 p.m.

18 Penn State-Behrend Tournament

23 Fonda 5 p.m.

25 Wells 1 p.m.

Elmira 3:30 p.m.

October

5 Geneseo 3 p.m.

7 St. John Fisher 3:30 p.m.

16 Penn State Behrend 1 p.m.

FALL SPORTS SCHEDULES

11 Allegheny College

25 AU Invitational (Jericho Field)

October

2 Geneseo Invitational

9 Hartwick Invitational

23 Tour de Alfred

Women’s Tennis

4 Buffalo State 1 p.m.

11 RIT 1 p.m.

18 Penn State-Behrend Tournament

23 Fonda 5 p.m.

25 Wells 1 p.m.

Elmira 3:30 p.m.

October

5 Geneseo 3 p.m.

7 St. John Fisher 3:30 p.m.

16 Penn State Behrend 1 p.m.

Saxon Football

Tonight

Men’s Soccer

vs. Geneseo, 7 p.m., Merrill Field

The Alfred University men’s soccer team works out on the new AstroTurf surface at Merrill Field. The new surface has been lauded by many. The new turf took the eyes of many students on their way back into the Village from summer break.

The new turf replaces an aged Omniturf surface, which by the end of last year, no longer had lines that went straight across the field. Other stadium improvements included new bleachers on the visitor’s side and paved walkways to each set of bleachers.

A new scoreboard was also installed in place of the old one on the south end of the field. The men’s soccer team will play the first game on the new turf tonight. The football team does not play at home until the 18th, when St. Lawrence comes to town.

COLUMN

BY JAY WEISBERGER

NCAA should consider D-I football tournament

The other day, I was glad that AU is Division III in football. I’ve always thought going to a D-I school would be fun. Seeing a crowd of close to 100,000 people watching a football game makes me think that life at a D-I school has to be exciting.

However, watching Penn State, which, as it is for many other Pennsylvanians, is close to a religious experience, slaughtered Arizona made me see the benefits of being D-III.

Mainly, that if AU is ever really good in football, we can get the credit we deserve.

D-I college football is the only major NCAA sport that does not have some sort of championship tournament to determine a national champion.

Instead, we get rankings from a variety of sources, each of which claims to be correct, indicating where teams are supposed to stand.

OK, the Associated Press will have Penn State at #4, ESPN and the D-I coaches will have them at #1 and Sports Illustrated unranked them #1.

Granted, I favored Sports Illustrated, but the point is, at the end of the season, regardless of who wins the Sugar Bowl, someone is going to claim the rankings are unfair.

Someone will say his or her team could have beaten the #1.

To ultimately prove the rankings mean nothing, one needs to look no farther than noting that quite often, a D-I team will declare itself the national champion-selling lots of merchandise in the process.

It’s time to have a tournament to determine a true champion. Make the bowl games part of a larger tournament.

Make Florida State play Marshall in a first round game. I bet it would be an interesting game.

The basic point is that I wish we had some of the things the big schools have, but in the end, if we go undefeated this season, we’ll have a chance to prove ourselves against the best of America.

If my Nittany Lions go undefeated, but a bunch of writers and ticket sales a D-I tournament could stir up.

Why not give it a go?

Let’s stop the nonsense and make teams put up or shut up. Make the big schools, and their big budgets, prove their greatness on the field.

And let there be home-field advantage. Make FSU play in the snow.

Unlike the D-I guys, who get all the press, our team goes out and plays hard. If they succeed, they will be rewarded with a shot at greatness. We can prove we’re the best. In D-III, there doesn’t have to be any speculation.

The NCAA could make a killing with all the ad money and ticket sales a D-I tournament could stir up.

But let’s stop the nonsense and make teams put up or shut up. Make the big schools, and their big budgets, prove their greatness on the field.

And let there be home-field advantage. Make FSU play in the snow.