

Pulse

GREEN ISSUE

ISSUE 12 · FALL 2007

MIDNIGHT MISHAPS

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walk, talk and
more while
counting sheep



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January 2-18, 2008

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**Note: A few courses run for three weeks.*



find your edge sm

Pulse ISSUE 12

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COVER PHOTO BY SEAN O'KANE

From the Editor

FORGETFULNESS CAN BE as insignificant as a belated birthday card or missed homework assignment, but it can also be fatal. We might forget the victims of mass genocides and rapes across the Atlantic in the Sudan. We might forget that, to the south in Uganda, innocent children have been used as weapons in a civil war.



Forgetfulness occurs right here at home. For four years, or sometimes more, Hofstra attempts to instill social responsibility and activism in students, but post graduation, too much of this activism may also be forgotten. This issue, we write about all the above topics and many more to open your eyes to the world around you – and maybe even inspire you to look past the Facebook, your instant message, or your everyday troubles and realize there is a whole world out there that wants you to be aware.

For our fall 2007 issue of *Pulse*, we remember. We remember to make the community aware of the things that should not be forgotten – and most importantly, in this issue, we ask our readers to remember to go green. It might be in the little things we do – remembering to turn the faucet off when we are brushing our teeth or unplugging the toaster after we use it - but it's the little things that add up and become the bigger things. You don't have to be Al Gore to separate your plastic garbage from your paper trash. Anyone can make the effort – forget the dryer and hang your clothes, ride your bicycle to class, or turn down the heat and cuddle with a friend to keep warm instead. If not for the environment, do it for your wallet – save on gas and electric, and even make money on recycling. If you return your beer bottles to the supermarket, you get five cents...100 bottles makes you 5 bucks richer. Not too shabby.

Forgetfulness is common among college students. We're lucky if we remember to call our friends on their birthdays. So how, you might ask, are we supposed to remember to be environmentally mindful? Perhaps this issue will be your reminder. Put a note in your planner to bring a canvas tote to the grocery store next time you go to avoid using plastic bags. If you don't use a planner, make a mental note and save paper!

We all might be forgetful, but I can't forget one thing. Thank you to everyone for making *Pulse* what it is – from the writers who come up with the story ideas that help us remember the forgotten, to the editors who make sure every "t" is crossed and "i" dotted, and to the artists and photographers who bring the magazine to life. Finally, thank you to our moderator, Professor Fletcher. Without whom, we would probably all forget to write our articles, edit and take pictures. I hope you enjoy this *Pulse* as much as we enjoyed making it, and please don't forget: when you're done reading it, recycle it.

Sincerely,

Amanda DeCamp



Pulse

HOFSTRA'S STUDENT MAGAZINE
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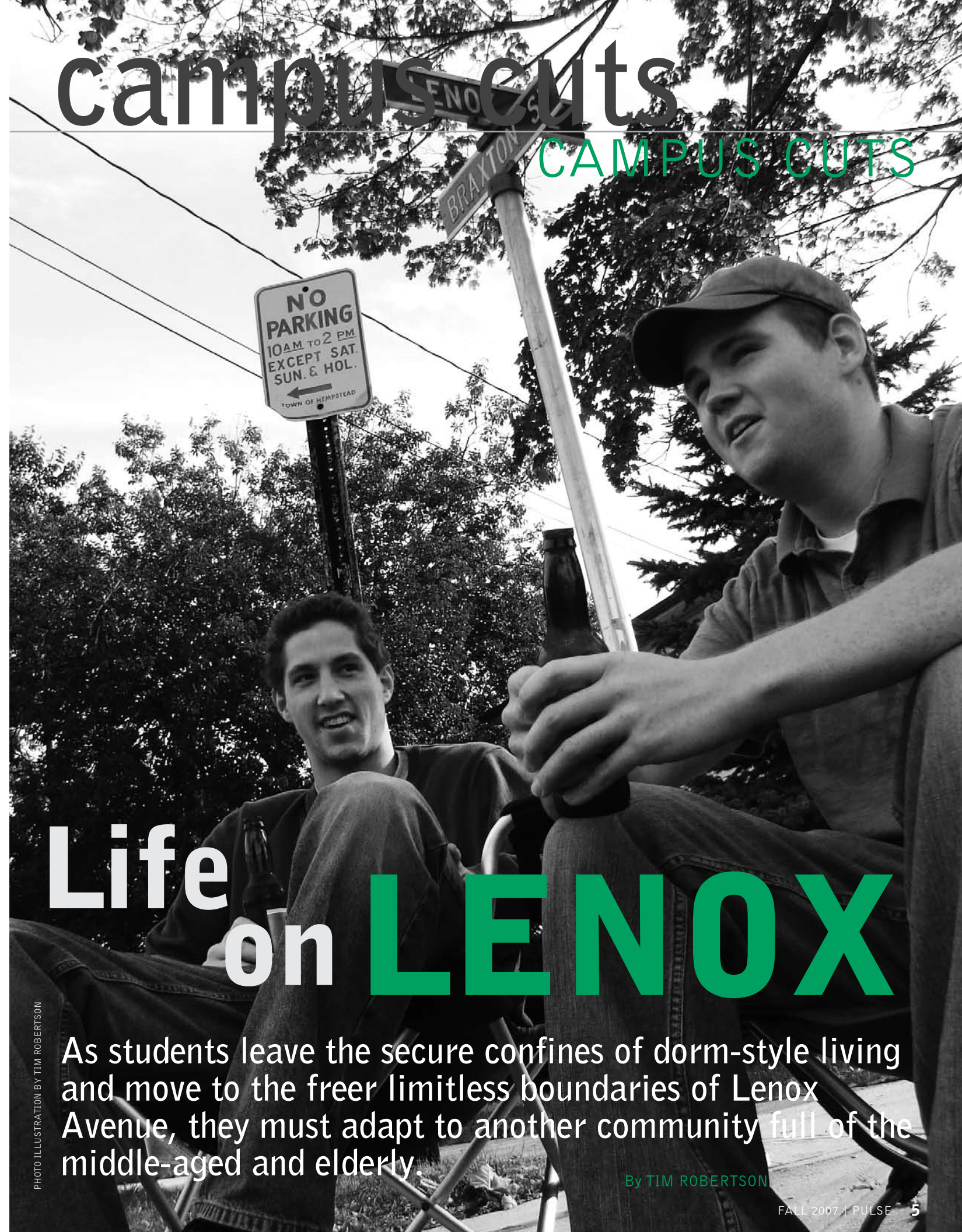
MISSION STATEMENT:

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www.pulsemagazineonline.com

campus cuts

CAMPUS CUTS



Life on LENOX

As students leave the secure confines of dorm-style living and move to the freer limitless boundaries of Lenox Avenue, they must adapt to another community full of the middle-aged and elderly.

By TIM ROBERTSON

PHOTO ILLUSTRATION BY TIM ROBERTSON

Myths run amuck when it comes to off-campus housing, as three seniors found out this semester. Despite freedom from University regulations, Lenox Avenue, a street densely populated with Hofstra students, lacks a “frat row” atmosphere, and the street remains relatively safe, even at night.

Sure, armed burglars broke into a house on Lenox Avenue just before University students returned for the fall semester, but that doesn't faze many on the street, who see it as a quiet neighborhood a stone's throw from south campus. The lesson is to lock the doors and windows, install a dead bolt on the door, and despite living off-campus, take advantage of Public Safety.

“They can always use the local police, but if there is an accident that happens, let Public Safety know, and it will work with you. We encourage students to report things to Public Safety, and they can expedite the process,” says Peter Libman, the dean of students.

Since the student-dominated street is closer to the south side of campus than residence halls, many Lenox residents walk to class and back. Stereotypes about the dangers of the neighborhood don't hold true, according to Eileen Ferry, a senior who lives on the street.

“Any woman walking by herself at night feels a base level of worry, and I don't think [walking around Lenox] I've felt more than that. I don't feel any more nervous there than anywhere else,” says Ferry, a 21-year-old marketing major.

Of course, as the University suggests, people should use the “buddy system.” “And

I did feel better on campus, because I knew the other people walking were most likely students,” Ferry says.

Still, the only problems Ferry has faced walking home from class at night was that two older men bothered her a few times. “I wouldn't say harassment, but more than once, I'd say I didn't feel comfortable with the comments they've made toward me.”

According to Ari Romeo, the director of commuting students, just a hair over 300 students chose to live around the corner from Hofstra's sky-scraping towers in Hempstead and Uniondale last year, which represents a sharp increase over the past decade.

“When I went to school here, it was virtually unheard of to live off-campus. It is a newer trend that students are living off the campus, but closer to it. [The Hofstra administration] is in a learning situation,” says Romeo, who graduated from the University in the late '90s.

Romeo and Libman understand that parties will still rage on, but stresses civility to commuters who attend her workshops. Hofstra students who live in these communities must be aware of trash, noise and safety.

With this movement off-campus comes a change to the neighborhoods. A quiet street of kids playing in the street hasn't turned into chaos, says Erik Pekkala. The senior television and video major contends that he still sees children playing during the day near his house on Lenox, but more college-aged people have certainly changed the nightlife of the streets.

“You can always tell the next morning if someone had a party. There is crap all over their yard. Even if you don't hear or see the party the night before, you know just by the debris left the next day that something happened the night before,” says the 22-year-old Pekkala.

Not that parties happen every night, just three nights a week, according to most accounts, but the streets stay noisy until early in the morning, often 2 or 3 a.m. The noise, which isn't reserved just for the weekends, can keep neighbors in the “real world” up at night.

“I understand they're college kids, but come on, 2, 3 in the morning? I have to get up at 6 a.m. for work,” says Diana Paone, a Lenox Avenue resident.

It isn't just the noise, but the garbage that follows. Paone doesn't enjoy seeing what she calls “five-dollar cups” rolling down the street -- in other words, the classy red Solo plastic cups many college students use when hosting parties.

Still, says the 50-year-old Paone, “I can't yell at them for partying, because

I was young once and now I have a 20-year-old daughter, so I understand.” In fact, she enjoyed living next to a house full of men last year. She used them for their muscle, and found comfort in the fact that they were outside when her daughter came home late.

The University keeps an eye on the relationship between off-campus students and the residents of those neighborhoods; after all, the reputation of the University is on the line. Public Safety lacks jurisdiction in streets in a close proximity to campus, so Hofstra officials take steps to educate students on everything from how to pick out the right house to the ordinances and laws that they must follow.

“Our students are unique, because they belong to the [...] Hofstra community and the local community. We want people to be respectful on both ends,” says Lipman, who took over as the dean of students in the summer.

University officials, and even students, acknowledge that understanding Nassau County's laws are essential to living off-campus, especially when it comes to underage drinking.

“Ninety-nine percent of the time if an underage person comes to your house, nothing will happen to them. But on that off-chance that they get caught, hurt or do something stupid, and it gets traced back to the party, then there can be real consequences,” Pekkala says. “[Party hosts] need to be wary, because buying for minors is a crime.”

Pekkala's housemate, Erick Munoz believes police are less likely to bust a party than Public Safety, because they don't patrol the streets like Public Safety patrols the hallways of the residence halls. Munoz says as long as he and his friends aren't making a lot of noise, neighbors won't complain and involve police.

Despite a mutual understanding so far, Pekkala believes there is a breaking point for the residents. “There's a point that we're going to violate, a point that they believe to be an unacceptable level of noise, drunkenness or rowdiness.”

Of course, not all houses behave the same way. Several people acknowledged that one house on the street is “active in the party scene,” as Munoz would say, and often party several times a week. “Most of the stuff they do is controlled in their house,” he says.

Ferry pointed out the same house as the party place on Lenox. “That house. Loud. On a Sunday night, I don't even know why,” she says. In fact, back in October, outside the house, attached to the stop sign, a cardboard sign read: “you honk, we drink,” Ferry recalls. “I thought it was kind of

amusing.” She didn't honk, however. “They aren't going to get drunk on my account.”

Although many may look forward to off-campus housing for the parties they can throw without having to worry about a burly man in a tan shirt and tie showing up at the door, Pekkala says he, at least, doesn't party as hard as he used to when he lived in Nassau-Suffolk.

“We're not freshman anymore trying to have the loudest, most ridiculous party we can. Now, we just have a good time. We've

mellowed to a point where partying isn't the same full-contact sport it used to be,” he says.

Munoz, 22, moved out of a single in Constitution Hall for the freedom and to take on more responsibility. “The freedom that you have is the biggest [difference]. You can do anything you want. You don't have anyone on your back. As an adult, that's what most of my housemates were looking for,” he says.

“You want the ability to have a couple

beers, to do anything you want. You came to college to be free, to be your own person, and you can't do that with all of these rules, fire alarms and meetings,” Munoz says.

Despite the level of security that exists between the black Hofstra fences, Pekkala likes his sometimes rowdy, but often quiet neighborhood. “It feels more like home. It feels less like your living in a hotel,” he says. ■

MOVING OFF CAMPUS? HERE ARE SOME TIPS:

Unfortunately for those students looking for the ultimate freedom of living off-campus, conniving and sneaky landlords loom looking to collect big off eager and sometimes naïve college students. To avoid these greedy landlords, pay close attention to tips given from both University officials and commuters who recently moved off campus.

1. Check for EVERYTHING! From the ceiling to the wall... be sure the shower doesn't just drip when turned on; check the water pressure. Check the toilets, hot water, pipes and drains.
2. Great Balls of Fire! Don't assume that fire detectors work — or are even there. If there aren't any smoke or carbon monoxide detectors or fire extinguishers, don't move in.
3. Raise the Roof! Monsoons can turn your living room into a swimming pool. Although this initially may be fun, it can ruin the 40-inch T.V. Make sure all the tiles are in place on the roof and it doesn't leak.
4. I swear we didn't do that! Check for ALL damages those rowdy kids may have left behind, and make sure the landlord knows about them and tell him to fix 'em.
5. Is that a meat cooler? Make sure the house comes equipped with the essential appliances. No fridge, no deal. Other key kitchen tools: stove, oven, coffee machine. OK, that last one really isn't necessary, but wouldn't it make the house that much better?
6. Is this a prison or a house? Let some sun into your life. Make sure your bedroom has windows...that open. After all, you need to air it out.
7. Do the Electric Slide. Check all electrical outlets and make sure they all work. Make sure they are the modern three-pronged outlets. While you're at it, check the electrical box.
8. Wood stove or oil heater? Make sure you know how the heat comes in, and that it wasn't built before the invention of railroads. Rule of thumb: furnace equals carbon monoxide detector.
9. All I want for Christmas... Immediately after winter break, start looking. It's a long process and hard to get people together on the same night, so start early.
10. “Wow, you don't have to wear sandals in this shower. Let's rent this place.” Most places come with the basics, don't grab at the first straw. Look around, compare prices and don't settle for a fixer-upper.



“WE'RE NOT FRESHMAN ANYMORE TRYING TO HAVE THE LOUDEST, MOST RIDICULOUS PARTY WE CAN. NOW, WE JUST HAVE A GOOD TIME. WE'VE MELLOWED TO A POINT WHERE PARTYING ISN'T THE SAME FULL-CONTACT SPORT IT USED TO BE.”

A Loss of CREDIT-ability

By AMANDA FALZON

While planning next semester's schedule, most students are concerned with taking classes that will allow them to graduate on time. For some, this means taking 18 credits in one semester. Don't count on your regular tuition payment to cover the cost, however. Tuition at Hofstra, unlike many other universities, covers a maximum of 17 credits; the 18th credit costs an additional \$725.

"My parents were pretty mad because at the college I transferred from it was included," says Lindsay Ahrens, a senior and double major in secondary education and history. Ahrens transferred before spring of her sophomore year from SUNY New Paltz, where 18 credits were covered.

Besides taking one semester of 18 credits, Ahrens also took two summer courses this year and will be taking a course in January session. At Hofstra, summer and winter session courses cost about \$2,300, with no financial aid available.

"We pay so much money already for tuition and a lot of other schools include up to 18 credits," says Ahrens. "I don't understand why it has to be different here."

According to Hofstra's 2007-2008 Bulletin, tuition with university, technology and wellness center fees, before adding in room and board, costs \$26,600 a year, for all incoming freshmen and transfer students in Fall 2005 and beyond. Those who entered the school prior to that date spend, with universities fees, \$25,000 a year.

Transferring may have played a role in extra costs incurred by Ahrens, but some students who enroll as freshman run into the same issue of spending extra money just to graduate in four years with their desired degrees.

Anthony Frasciello, a senior, needs 128 credits to graduate with an accounting degree. Although it is technically possible to amass 128 credits in four years without ever exceeding 17 credits a semester, it is not easy, as most relevant courses carry at least three credits. "For the first time since I've been in college I am taking 18 credits," Frasciello says. "This is my only semester, but unless I take a winter course, I will have to take another 18 credits in the spring to

How much is Hofstra really charging its students for an education?

graduate on time."

Frasciello knew prior to this semester that tuition only covers 17 credits but feels that it would be more "logical" if it covered 18 since it is more common for students to take six classes worth three credits than five three-credit classes and a sixth class worth only two. Frasciello is helping his parents pay for his education.

St. John's University and C.W. Post, other local private institutions in about the same price range as Hofstra, both allow students to take up to 18 credits without extra costs. Tuition and fees at St. John's University, according to its website, costs \$13,350 a semester or \$26,700 a year for all students who entered the university prior to Fall 2007. Tuition and fees are less than at Hofstra at C.W. Post, where, according to its website, students pay \$12,975 per semester and \$25,950 per year.

Fordham University is more expensive than Hofstra; it costs \$32,532 per year with fees for students who entered in Fall 2006. However, the University does charge reduced rates for summer courses. For 2007, summer credits cost \$595 each, instead of the costing \$1,060 or \$1,046 they cost in the fall and spring.

Hofstra junior Christy Martin would love to see the same discount apply at her university. A double major in political science and broadcast journalism, Martin came to Hofstra with three Advanced Placement credits and is a year ahead in school because she bulked up on credits since she wanted to study abroad and still graduate in four years.

Martin has taken more than 17 credits for two semesters and took two summer courses at Rutgers University, which according to Rutgers.edu, costs \$275 a credit for in-state residents, as well as a summer internship through Hofstra.

"I've taken summer courses every summer, although not at Hofstra," says Martin. "I take them at the state school near home because it doesn't cost as much money. But I've never taken winter courses because I think that the amount of money is ridiculous."

Vice President of University Relations Melissa Connolly points out that it is possible to graduate in four years with 17 credits a semester. "You can do

128 credits in most of the BA degrees with 17 credits a semester if you take four credit classes in science, and if you take electives that are one or two credits," says Connolly. "They are out there and available, and sometimes in your major you have to take labs. So you can do it. You have to have really good foresight and never drop a course."

However, Connolly explains that approximately 20 percent of Hofstra students come in undeclared and that students drop courses, and thus she recognizes that graduating on time with 17 credits a semester might not be possible for everyone.

There are four credit math classes and science labs that can help students graduate in four years without paying extra, however, these are primarily for bachelor of science degrees. Bachelor of Arts majors only need to fulfill nine semester hours in natural science and mathematics and computer science for their distribution courses according to the 2007-2008 academic bulletin.

There are also pilot four credit courses in the first year connections program, which include some liberal arts courses. "The pilot [program] is looking at whether the four-credit course model might encourage student success and enable them to graduate more efficiently," Connolly says. "It's a long-term experiment that some of the faculty are considering."

However, some students, especially upperclassmen, don't have the luxury of being able to take those one- or two-credit physical education courses or four-credit math and science labs because they don't fit in with their schedule or count toward their degree. "I have two extra credits that have to be in liberal arts," says Amy Lupardi, a double major in history and elementary and early childhood education. In an effort to meet New York State Education Department requirements for the education program, Lupardi has already paid for 18 extra credits between a semester of 18 credits, winter and summer courses.

Students apply to the education program in the spring of their sophomore year and according to School of Education Dean Maureen Murphy, it is possible to graduate in four years as long as the student plans accordingly. "Students can graduate in eight semesters if they plan from the very beginning to enroll in one of the programs and if they follow the program exactly," says Murphy. "It might require an extra credit, 18 instead of 17, in one or more semesters."

The education department requires all students to complete 136 credits to graduate but, in a student's last semester, according to Murphy, students are advised to take only take nine credits of student teaching and no other courses.

Lupardi didn't realize that Hofstra did not cover 18 credits until the bill arrived. "To be honest I didn't even think about it until my dad said 'Oh I pay for that 18th credit' and then you know it puts a strain on him to see if he can come up with it or see if he needs financial aid for it," she says.

Vice President of Student Affairs Sandra Johnson as well as Connolly both feel that 12 to 17 credits is

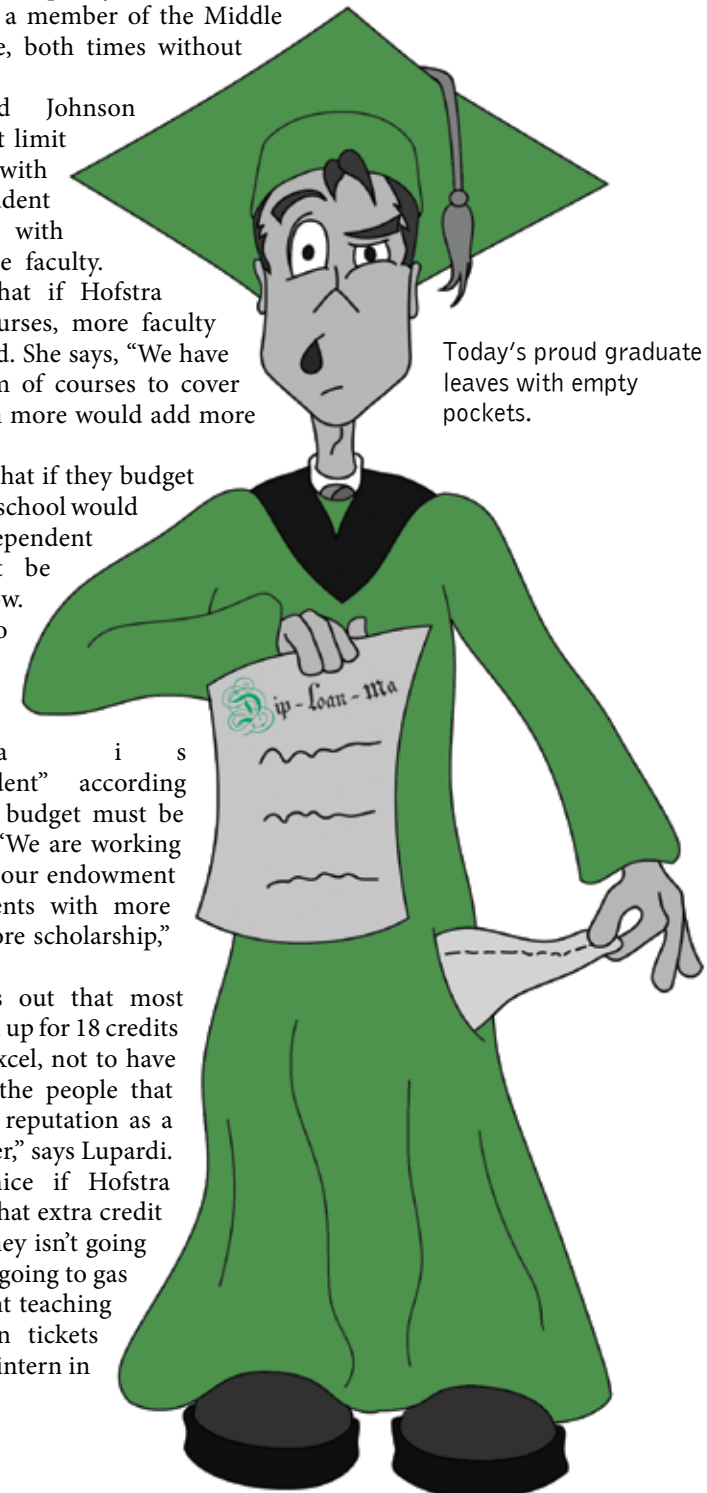
an appropriate course load for students. "We actively discourage first year students from taking 18 credits," says Connolly. "12 to 17 credits is the load that we think college students can handle. So before you go to 18 credits, think about it. Is that going to affect your success? Is that going to make it more difficult for you to have a good semester where you come out with good grades, feeling you got a good educational experience, that you did the work that you needed to do and that you were proud of it?"

Johnson says that nothing set in stone. If students are concerned about the issue, she says, the Student Government Association that can bring this issue to the University Senate. However, Martin says she tried to change this policy while she was in SGA and also as a member of the Middle States Committee, both times without success.

Connolly and Johnson said the 17-credit limit has to do both with encouraging student success and with budgeting for the faculty. Connolly says that if Hofstra created more courses, more faculty would be required. She says, "We have a broad spectrum of courses to cover and offering even more would add more cost."

They also feel that if they budget too high then the school would be too tuition dependent and it wouldn't be able to grow. Johnson says, "No institution wants to be too tuition dependent," and because Hofstra is "tuition dependent" according to Connolly, the budget must be watched closely. "We are working hard on growing our endowment to provide students with more resources and more scholarship," Connolly says.

Lupardi points out that most students who sign up for 18 credits are doing so to excel, not to have fun. "These are the people that are making your reputation as a school even higher," says Lupardi. "It would be nice if Hofstra helped out with that extra credit because that money isn't going to my pocket. It's going to gas money for student teaching or monthly train tickets for students who intern in the city." ■



“IT WOULD BE NICE IF HOFSTRA HELPED OUT WITH THAT EXTRA CREDIT BECAUSE THAT MONEY ISN'T GOING TO MY POCKET. IT'S GOING TO GAS MONEY FOR STUDENT TEACHING OR MONTHLY TRAIN TICKETS FOR STUDENTS WHO INTERN IN THE CITY.”

CARTOON BY STEVEN GIANACA

INVISIBLE Children

By EMILIA BENTON

Shining a light on Uganda's forgotten

IN THE SPRING OF 2003, three young filmmakers from Southern California traveled to Africa in search of a story for a documentary. What Jason Russell, Bobby Bailey and Laren Poole ended up finding horrified them and inspired them. In Uganda, where civil war has raged for over two decades, children are both the weapons and victims of the conflict.

According to some estimates, 90 percent of the Lord's Resistance Army's (LRA) soldiers are children. To raise awareness, the filmmakers produced the documentary, *Invisible Children: Rough Cut*, which details the ugly realities of northern Uganda's child soldiers. They founded a non-profit organization, Invisible Children, which has succeeded in showing the documentary to millions of people, leading many to ask, "What can I do to help?"

The Schools 4 Schools campaign aims to rally students across the globe to come up with unique fundraising ideas to rebuild schools in Northern Uganda affected by the region's long-running war and bring 10 of the region's war-torn schools to a nationally competitive standard. As a partner program of the IC campaign, Schools 4 Schools pairs American schools with Northern

Ugandan schools in an effort to fundraise. "I decided to become involved with this cause because I've always been passionate about humanitarian issues, especially dealing with kids in developing countries," says junior Carrie Hoffman, a film studies/production major and president of the University's Schools 4 Schools chapter. "When I first saw the *Invisible Children* documentary three years ago, I was deeply moved."

According to Jenna Stauffer, assistant office manager at Invisible Children's headquarters in Spring Valley, Calif., the organization has three components: the movie, the movement and the mission. The documentary is the primary vehicle for education. The movement is the fundraising effort taking place throughout America and other countries, which ultimately seeks to give a voice to these "invisible children" in Uganda. The mission is the resources, talent and funds that "hit the ground" in Uganda.

"I think the civil war in Uganda is horrible; so many innocent civilians have been abducted, displaced, injured, or killed, and it's got to stop," says Hoffman. "We need to raise more awareness about the war atrocities happening there so that people will pressure our government to influence the Ugandan government to somehow find a resolution to the conflict."

Senior Kayla Walker, a print journalism major and vice president of Schools 4 Schools, noted that 500 American schools started chapters last year and raised \$1.2 million in 100 days. The University's "sister" school is Atanga Secondary School, located in the Pader district, a Ugandan area north of Gulu, known for being close to Sudan and one of many of the LRA's rebel bases. Atanga is

currently working to become an advanced-level school and expects to welcome 240 new students by the end of this year.

Most of these students live in the nearby Atanga displacement camp, where they suffer from such diseases as ringworm, flu and malaria. (An estimated 1.5 million people in Uganda are currently living in displacement camps.) Despite these hardships, many of Atanga's students receive high scores on national exams. Thanks to the support of IC and Schools 4 Schools, improvements are now underway at the school—classrooms are being renovated and library books, teaching materials and laboratory supplies are being purchased. Still, there is more work to be done. The building's bricks are broken and there are no windows or doors, creating a lack of security at night. Additionally, the rebels and squatters who have occupied the space since the school's displacement in 1994 have covered Atanga's walls with graffiti.

So far, the University's chapter has raised \$170 and is hoping to raise much more through donations and fundraising events. "Our long-term goal is to raise \$2.4 million," says Stauffer. "Last year alone, we raised \$1.2 million. If millions of people see the film and get involved, the ability to have a positive change would be amazing. It is IC's belief that pouring money into the movie and the movement will create a global community of people standing together to help support and provide education for all of the 'invisible children,' in an attempt to end the oppression through education."

The campaign has helped pressure Uganda's government to end the war. Currently, a temporary truce between the Ugandan government and the LRA is in effect, as it has been for over a year. As peace talks continue to appear likely to happen, many nations, including the United States, have gone as far as to appoint special envoys to oversee the process of ending the war. The halting of hostilities marks the longest period of peace that Northern Uganda has seen in two decades.

Walker points to the success of the movement to date: "All of the children featured in the documentary are now in school because of the work done by Invisible Children." ■

A civil war in Uganda has left many innocent children in harm's way.

Dear Hofstra, SAVE DARFUR

By ERIN FURMAN

When the masses showed up on for a 24-hour rally held outside the United Nations to generate aid and awareness for people suffering from the bloody and multi-faceted war in Darfur, two University students became inspired to create a University chapter of the national Help Darfur Now organization.

"The purpose of the club is to create campus-wide awareness of the Darfur crisis, as well as [to engage in] fundraising efforts to help refugees in the region," says Caryn Johansen, co-founder of the Help Darfur Now: Hofstra Chapter.

Johansen felt moved by the Sept. 16 rally held in Manhattan, one of 30 major events in 28 countries held as part as the Global Day for Darfur.

The Texas-sized region located in the western region Sudan is a war-stricken place inhabited mostly by Arab farmers. Currently, the government-sponsored Arab militia, known as janjaweed, Arabic for "Devils on Horseback," and Darfur rebel factions are constantly at war despite past efforts for a cease-fire, including this past October. Allegedly ordered by high officials in the Sudanese government to slaughter entire villages, rape and mutilate women and children, and poison wells to prevent the return of villages, the janjaweed supposedly are attempting to ethnically cleanse the region of black tribal Africans.

U.N. Secretary General Ban Ki-moon blamed a part of the problem in Sudan on the environment. "The scale of historical climate change, as recorded in Northern Darfur, is almost unprecedented: the reduction in rainfall has turned millions of hectares of already marginal semi-desert grazing land into desert. The impact of climate change is considered to be directly related to the conflict in the region, as desertification has added significantly to the stress on the livelihoods of pastoralist societies, forcing them to move south to find pasture," he wrote in a statement on June 16.

According to Help Darfur Now, since February 2003, over 3 million people have been displaced to neighboring Chad, 4 million people are starving, and an estimated 500 people die a day. The Sudanese

government places the death toll at around 9,000, whereas the U.N., calling the current situation in Darfur "the world's worst humanitarian crisis," according to one U.N. envoy, has estimated the number of deaths to be over 400,000.

In 2005, three New Jersey high school students took notice of the genocide and formed a non-profit organization, Help Darfur Now. Originally aimed at raising \$1,000 through letters written to friends and family, the group exceeded all expectations with a current running total of over \$200,000, according to the organization's Web site. The recently formed University chapter of Help Darfur Now is among more than 250 chapters nationwide.

Johansen and co-founder Daniel Eliot Pickering, a freshman international business major, found starting a new club difficult, as they are both new to the University this semester. "It's something that we both feel strongly about, so we don't mind the extra work," says Johansen, who doubles as the club's co-president with Pickering.

Despite its recent beginnings and relatively small size – the club has a core group of about 10 members. Help Darfur Now: Hofstra Chapter scheduled several events throughout the first semester. The club planned to show Hotel Rwanda and sponsor Day of Silence, where organizers and others in the Hofstra community pledged to remain silent "on behalf of the refugees who do not have a voice," says Johansen.

With help from its parent organization, the University chapter throughout the year will sell T-shirts, sweatshirts, wristbands, and buttons adorned with a logo unique to the group in an effort to raise money.

Although several campus clubs have raised awareness about the genocide in Darfur, Johansen and Pickering are the first to create a club devoted solely to aiding those affected by the violence in Sudan.

Johansen, a print journalism major from Los Alamos, New Mexico, ultimately wants those in the University community to realize that "there is a world beyond Long Island and the U.S. This is our little effort. What will you do?" ■

NYC demonstration inspires freshmen to get the University involved in the national Help Darfur Now effort



PHOTO COURTESY OF INVISIBLE CHILDREN

PHOTO BY JACQUELINE HLAWEK

Members of the newly created Hofstra Chapter of "Help Darfur Now" gather in the Student Center atrium to raise awareness about the genocide in Darfur.

College breeds an atmosphere of social activism, but what happens after graduation?

Act Now, Get RICH Later

By JULIA GARDINER

THE U.S. DEPARTMENT OF EDUCATION estimated in 1997 that 6,181,797 public high school students participated in some form of community service. Though many did it to fill out their transcripts, sophomore Brian Scoicket, a vegan religion major, went beyond the often required activities. President of the Student Organization for Animal Rights and a member of the Progressive Students Union, Shoicket has become even more active at Hofstra than in high school. "Much more active. Much more informed," says Shoicket. "The changes you can make seem much more global."

When they enter liberal arts institutions, it's common for students like Shoicket to find themselves in an atmosphere that traditionally encourages social responsibility and activism. "In high school I was self-driven," he says. "[In college,] there are more people who actually seem to care about something."

Clearly an institution of higher education has immense power to raise social consciousness. But how long do lessons in civic responsibility last? If Hofstra succeeds, as its mission statement reads, in cultivating "students' social and ethical responsibility," will those changes last for the students' lifetime?

"We are still in the early stages of figuring out how to do this, but it is possible," says Michelle Leaman, a representative of the Association of American Colleges and Universities (AACU) Core Commitments program, which is devoted to encouraging activism in college students and faculty.

As head of the Hofstra Center for Civic Engagement (CCE), Cynthia Bogard stakes her reputation on the proposition that teaching social responsibility is possible. "The presumption on the part of the CCE is that you can," says Bogard, an associate professor of anthropology. "I am really devoted to the idea that [being socially active] frees a person from authoritarianism."

The goal of the CCE is to teach students the skills and values they need to function as socially responsible adults after college. "What we teach you in college, potentially at least, is what you need to be a good citizen—a person that cannot be manipulated," Bogard says.

Despite wide-spread optimism at institutions of higher education that social responsibility can be taught, the methods by which educators set out to instill those values are not yet fully established and agreed upon by professionals. There is a trend, however, toward "service learning," or learning core concepts and ideals through direct experience rather than classroom lectures, as a promising method of teaching social responsibility.

At Hofstra, many on campus organizations are committed to the practice of service learning, which entails professors both to expose students to experiences outside the classroom and to model the values they teach in their own behavior. "One of the ways we need to [teach responsibility] is overt practice," says Bogard. She is critical of the University's recycling program, for example, because it does not encourage the sorting of recyclables from general waste by students. "We're still working on the '80s version of environmentalism around here," Bogard says. "If you want to teach students the ethics and benefit of recycling, you make it overt..."

Michelle McKay is a senior fellow at Second Nature, a nonprofit organization that works to help colleges and universities expand their efforts to reach environmental sustainability and promote just action among students. "The real impact that higher education has on society is the graduates and the research," says McKay. "Currently there's been a strong focus on building awareness. Now, people are looking for how to transfer that awareness into action." McKay and her colleagues count on universities not only to adhere to strict climate standards, but to churn out socially aware and responsible adults to join the workforce—adults who will refuse to take a job if it means causing some kind of social or environmental harm.

The AACU Core Commitment is a comparable program designed to reestablish the goal of educating undergraduates for civic responsibility throughout life—a goal that is avowed by most universities but which has "faltered in practice," Leaman says. The Core Commitment stresses the importance of teaching students ethics and

civil responsibility in the venue of a classroom, building the habit of social activism in the same way students learn multiplication tables or spelling.

A similar program is the Goodwork project. Lead by Dr. Howard Gardner, professor of cognition and education at the Harvard Graduate School of Education, the long-term research project studies individuals and institutions that exemplify "good work." The project began in 1994.

Gardner co-authored a book based on the results of the Project called "Responsibility at Work: How Leading Professionals Act (Or Don't Act) Responsibly." The work details the importance of teaching students a lifestyle conscious of the social and ethical implications of one's actions as a preparation for ideal behavior in the workplace. "If students learn responsibility for others in college—or if they do not—this emerging stance may affect both what kind of work they choose and how they approach whatever occupation they enter," writes Jeanne Nakamura, director of the GoodWork Project.

Gardner, who believes that social responsibility must be taught because no child is born with it, lauds the benefit of learning by example. "It is much better to see [responsibility] modeled by respected adults, than to have them taught in a formal class," Gardner says. "But, formal teaching is better than nothing."

Many high schools and colleges are now asking graduates to read a symbolic pledge at their commencement ceremonies expressing a commitment to social responsibility in the workplace. According to the Graduation Pledge Alliance, over a hundred colleges and universities include in their commencement ceremonies a graduate pledge "to explore and take into account the social and environmental consequences of any job I consider and [...] try to improve these aspects of any organization for which



University students participate in many socially-pertinent events during the school year.

I work."

Gardner argues that students at an institution disconnected from social values and responsible action will find no use in the pledge. "The graduation pledge makes sense and is effective when it is part of a four year set of values and actions into which the community buys and which is embodied by administrative and faculty leaders," Gardner says. "Otherwise the pledge will have little meaning and little effect for most students."

The Goodwork Project singled out three such institutions as exceptional in conveying and practicing social responsibility. Each had a strong religious connection: Morehouse, Mount St. Mary's and Swarthmore College. Morehouse is a traditionally black, men's Christian college, Mount St. Mary's a Catholic women's college, and Swarthmore is grounded in Quaker roots. "Based on the response to the Call for Proposals for AACU's Core Commitments initiative, it appears that many religious institutions are ahead of the average institution in prioritizing personal and social responsibility as an essential learning outcome of college," says Leaman.

PHOTO BY JACQUELINE HLAIVENKA

"One possible reason for this may be an unapologetic declaration of the values that the religious institution collectively promotes," she adds. "Whether religiously affiliated or not, however, all institutions can and should intentionally and successfully foster responsibility in students."

Although he does not favor religious training at secular schools and says there is evidence that religion itself is not a source for moral action, Gardner suggests that the questions religion attempts to answer are essential to understanding one's place in society. "Young people are eager, even hungry, for discussion of issues of meaning and existence, which some would call spiritual concerns, or ultimate concerns," Gardner notes. "I'd like them to be part of the agenda of school, bearing in mind that this material is difficult to introduce into classes, and teachers need training, as much as if they were teaching Russian or ballet."

Gardner's program, the Goodwork Project, offers educators that instruction with a toolkit, designed as a guide to induce active dialogue about what good work means and how to go about doing it. The

toolkit serves as a training tool for teachers, not a curriculum.

At the University, Bogard says she encounters many students who have not received the training in their childhood necessary to be socially active, and as a result, are unfamiliar with the concept. "A lot of people hate community service because they never saw the benefit of it apart from putting it on a resume," Bogard says, noting the tendency in society of viewing college as a goal and foothold for achieving success, not as a tool to become connected and involved with global society in a positive way. "Many students come to us with very vague notions of what our goal is and how it works."

The responsibility of a university, according to Bogard, is to foster the appreciation of community service and create a desire to do it apart from personal gain—habits that should extend beyond graduation. Ultimately, however, the decision to engage in social activism throughout life rests on the individual. "It is up to you," Bogard says. "You can take charge and make changes." ■

They said **WHAT?**

Are kids ready for the adult themes included in some children's literature?

By MICHELE D'ALTORIO

With a new generation of children's literature coming out with controversial themes such as domestic abuse, alcohol, and drugs, parents may want to put their kid in front of the TV, turn on a cartoon, and ban books from the house.

College students and new parents grew up reading *Goosebumps*, the *Babysitter's Club*, or Judy Blume, all very popular series for the Generation Y-ers. Although those types of books may have seemed tame, children's titles from the '90s were widely challenged, giving way to more challenges to the newer books of today.

In 1997, the *Goosebumps* series, introduced in 1992, had 46 challenges recorded by the American Library Association. Many of the challenges were from parents or school libraries, claiming that the books were too frightening for kids or not appropriate for school. A year before that, the entire series was challenged for similar reasons.

One of the most controversial themes in children's literature in the past has made a comeback today: books dealing with homosexuality, such as *Heather Has Two Mommies*, by Leslea Newman (1989), *Daddy's Roommate*, by Michael Wilhoite (1990) and most recently, *And Tango Makes Three*, by Peter Parnell and Justin Richardson (2006).

"Homosexuality is probably one of the themes that gets the most challenged," says Sarah McCleskey, head of access services at Axinn Library and organizer of the University's Banned Book Week, which celebrates intellectual freedom.

"A lot of young adult [literature] gets challenged for sexual themes or language," Cristina Gonzalez-Gellineau, a child and adolescent psychologist, believes that children can handle controversial themes, as long as they have someone who will explain it to them if they have questions. "A 10-year-old could manage reading and discussing these themes," she says, "but the adult needs to be very proactive."

Gonzalez-Gellineau says parents make a mistake when they assume that children's books go into detail about the topics they include. The only way to guarantee that a child knows what's going on is to explain to the child at the end of the book why the specific themes were included in it, she says.

However, Gonzalez-Gellineau doesn't think themes such as sexuality are right for all young readers. "You can have a 10-year-old who is immature, and a younger child who is extremely mature," she says. "A parent has to decide when their kid is ready."

Christine Bailes, a mother of two from Kings Park, doesn't think she would have a problem with her children reading such books. However, she did say she would like to read the books with her husband before they allowed their kids to read them. "I'd have to see how it was presented before showing them," she says. Her sons are five

and three.

Bailes believes that as long as the stories present the themes in a manner that children can appreciate without seeming too adult, the books would be fine.

Gonzalez-Gellineau agrees with Bailes, saying that children shouldn't be given details of adult topics. "When a kid asks where a baby comes from, they don't want full detail," she says. She believes that parents should explain such matters to children in a way that the kids can understand and appreciate, and that parents should wait

until their children get older before going into detail about the subjects. What children are exposed to should also help determine what reading materials parents allow them to have. If a child's friend has gay parents, then Gonzalez-Gellineau believes that it is more important for parents to address the subject of homosexuality. "Kids are very aware of conversations going on around them," Gonzalez-Gellineau says. She says that for children, things are very black and white. If a child hears something about homosexuality, he or she will take the information and store it, without trying to really understand it. "As they get older, things become grayer," Gonzalez-Gellineau says. "You can have a more in-depth discussion."

Besides parents having control over what children read, schools have tried to control what books make it into their libraries. In 1982, the Board of Education vs. Pico was a case in which the Supreme Court ruled that the First Amendment limits the power of school boards to ban or remove books from school libraries. This was a landmark event for the issue of banned books. Now, there are two issues that contribute to what children will and will not read, Susan Drucker, a University professor of media law explains: "What librarians put on the shelf and classroom curriculum." ■

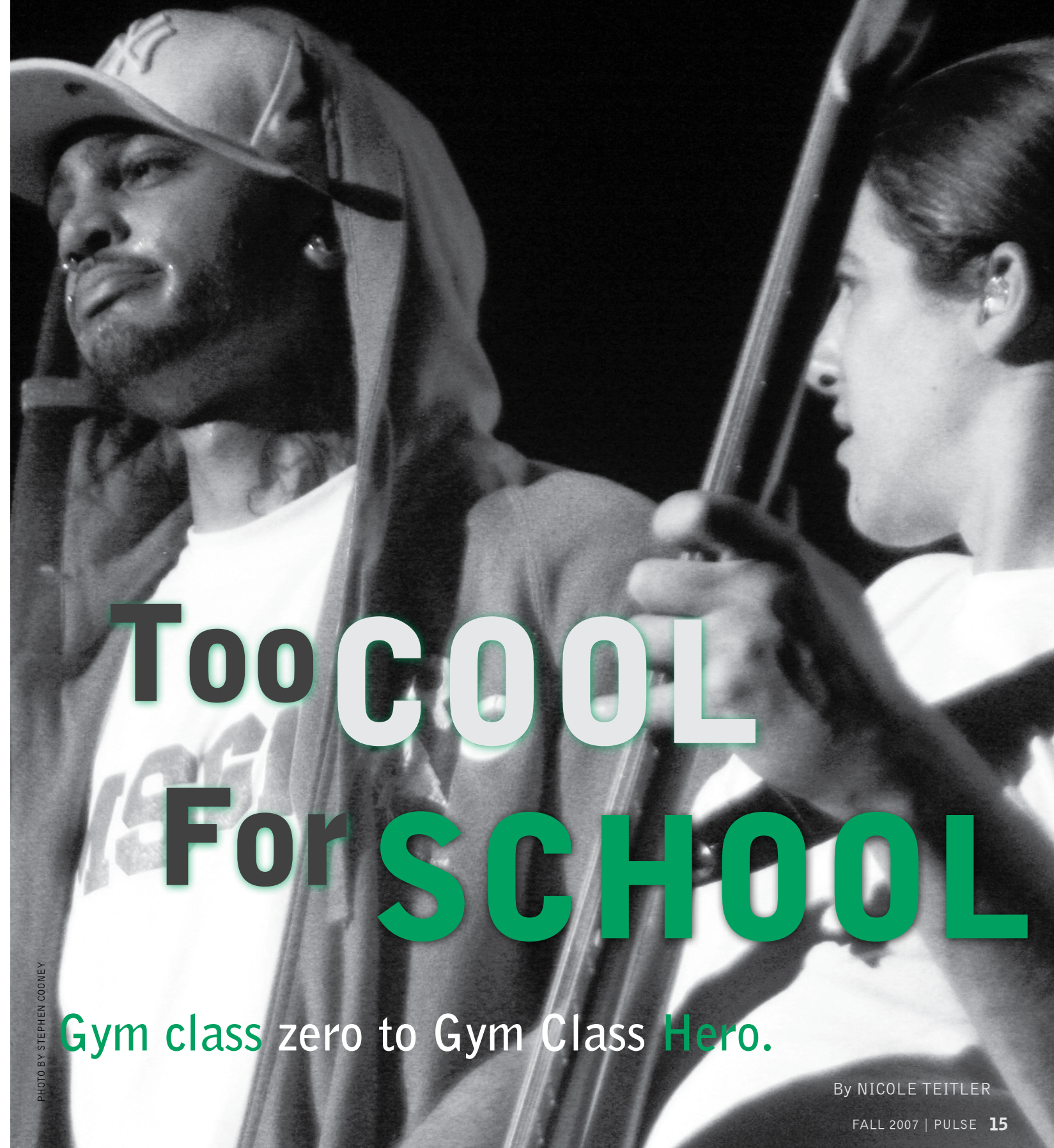
DID YOU KNOW?
 "Where's Waldo?" was #88 out of the ALA's 100 Most Frequently Challenged Books from 1990-2000. The reason? In one of the scenes, there is a topless woman pictured.



Should some books really be locked away?

culture & trends

CULTURE & TRENDS



Too COOL For SCHOOL

Gym class zero to Gym Class Hero.

By NICOLE TEITLER

PHOTO BY MICHELE D'ALTORIO

PHOTO BY STEPHEN GOONEY



Gym Class Heroes played at Adams Playhouse in September.

THE GYM CLASS HEROES

have had great accomplishments since originating in New York three years ago. They won the MTV Video Music Award for Best New Artist this past fall. In September, Hofstra Concerts held the band at John Adams Playhouse with sold-out seating. Before the concert, Pulse had the chance to interview Disashi Lumumba-Kasongo, aka Sashmo, the guitarist for the band.

Pulse: What brought you to Hofstra?

We're doing a college tour right now hosted by Verizon. We're basically going around giving the word about Gym Class Heroes while at the same time spreading the word for Verizon.

What college did you go to?

I went to Cornell University, but I wasn't that into school. I spent all my time skipping classes and making music. The school was like, "Dude—you don't really ever go to class. Why don't you just take a break?" I was like, "Oh, okay." Then I joined the band and hit the road.

How did you guys come together?

Matt, our drummer, and Travis, our MC, were in different bands and they met in gym class. Both bands were performing and Matt's band started playing a song when Travis jumped up there and started spitting. They were like, "Oh this is sweet." After that, right when the band was going to be signed in 2004,

they asked if I would be interested in joining. About half-a-year to a year later, we got Eric.

How did you guys come up with the band name, Gym Class Heroes?

Before a show, they were just like, "How 'bout Gym Class Heroes?" It kind of stuck with them.

What's your favorite gym class activity?

Dodge ball.

Did you ever really go to gym class?

I went to gym class, but I sat and talked to my friends.

How did you guys come up with all your lyrics?

Travis writes all the lyrics. He bases them on either real life experiences or observations of real life experiences. Other than that, it's really about "this is what I'm going through at this time, and this is what I feel at this time."

Who's your biggest musical influence?

I can't choose one, so I'd say The Beatles, Jimmy Hendrix, Green Day and Michael Jackson.

What bands do you want to or plan to collaborate with next?

Maroon 5 jumps out at me a lot. I think with our music, we can go in any direction so there's nothing really set in stone.

PHOTOS BY STEPHEN COONEY

“IT'S REALLY ABOUT 'THIS IS WHAT I'M GOING THROUGH AT THIS TIME, AND THIS IS WHAT I FEEL AT THIS TIME.'”

You guys aren't planning anything in specific?

We're writing some new material while on the road. After this tour, we're going on tour with Fall Out Boy. Then in the winter we're going to be taking more time and finalizing our ideas, recording some stuff, and getting some new musical notes out there.

How did it feel to win the VMA for Best New Artist?

I have to say, that was definitely one of the craziest instances of my life. To win an award like Best New Artist—it kind of forced me to look at the opportunities that we've had and to look at the accomplishments. I just couldn't believe that it even happened and I still kind of can't.

What is your favorite on-the-road-moment with the band?

I remember in Japan, me and Eric, our bass player, went to this club. We started off the evening with two Kamikazis—and we were very, very loose. As the night progressed we were like, "Okay, let's start dancing." We got down on the dance floor and by the end of the night we were doing synchronized Sean Paul moves. The crazy thing was every time we started doing a new dance, all the people in the room started doing the dance with us. It was insane.

How do you keep yourselves occupied on the tour bus?

I keep myself occupied by making music and playing Guitar Hero. The thing about Guitar Hero is I sucked when I first played it. Even if you suck you get addicted because you keep on wanting to beat your own score.

Do you guys do anything to psych yourselves up before a show?

We always stand around in a circle, put our hands in together and Travis says, "First thrust." And then we yell, "Balls deep." We do that three times, and then he says "One, two, three," and we all yell, "Jerry's!"

"Jerry's?"

It [Jerry's] is a tubing place in San Diego. We were all rafting down there and we found this ledge. We climbed up, and I think it was Eric, to who we're like,

"Come on, man! I dare you to jump!" He's like, "I can't do it!" And Matt was like, "Come on, man—Jerry's!" So he [Eric] runs and jumps yelling, "Jerry's!" So since then, it's something we do to psych ourselves up.

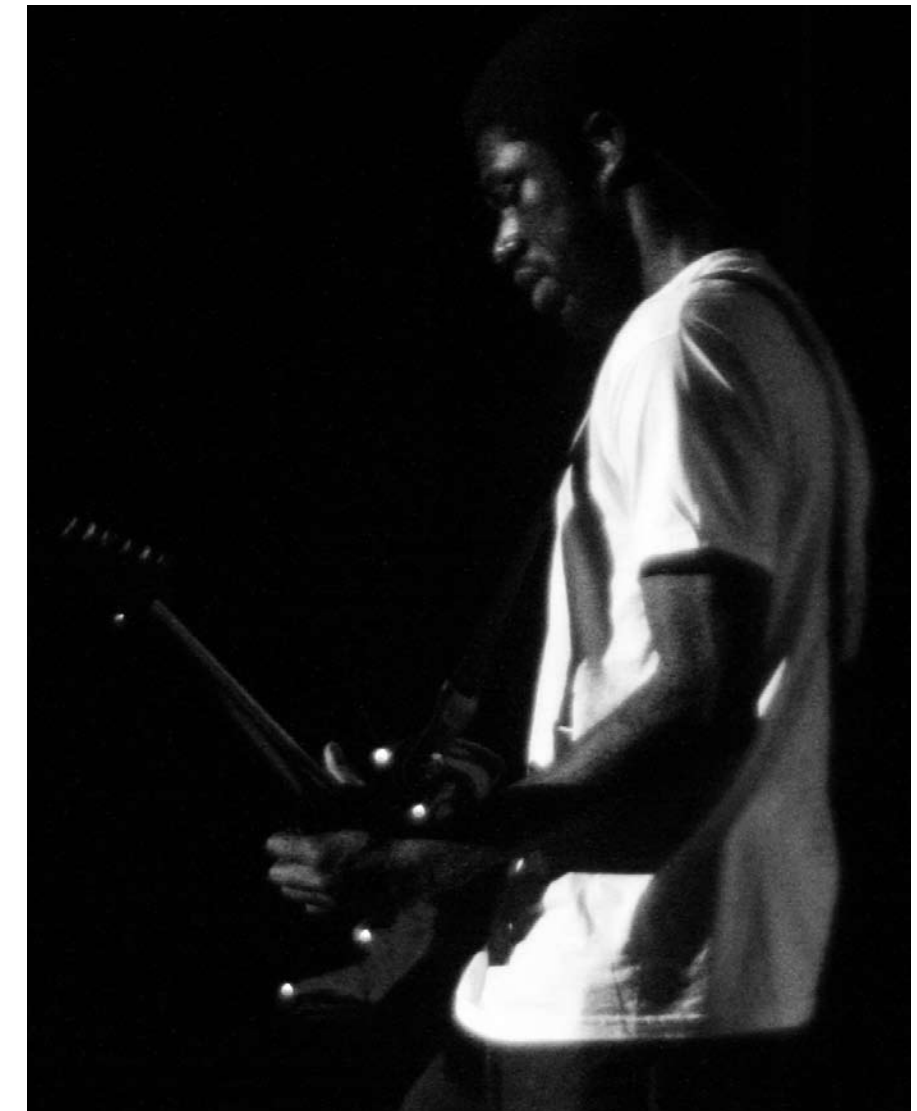
Final question: Have you ever checked out Hofstra's OL dance on youtube.com? It's a Hofstra spin off of "Cupid's Chokehold."

A parody! No, I haven't seen it. How about you do it for me right now.

"Take a look at your OL. We're the only ones you've got. Gonna show you 'round Hofstra—we're gonna help you out a lot."

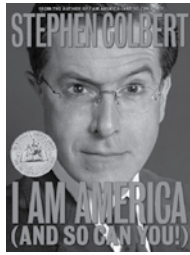
School spirit! I like that. ■

Guitarist Disashi Lumumba-Kasongo, also known as Sashmo.



Take a Look... It's in a Book

Pulse recommends its favorite books to peruse this winter break



I Am America (And So Can You!), Stephen Colbert

Stephen Colbert branches out into a new medium with great success. With the brilliant writers of Comedy Central's "The Colbert Report," Colbert has authored the best political satire book in recent years. Its main contender is "America (The Book)," authored by the writers of "The Daily Show," which Colbert's program is spun off from. Part autobiography, part self-help guide and mostly ironic faux-conservative ranting, Colbert's book delivers more of what fans have come to expect from his show. He tackles such divisive issues as homosexuality, Hollywood and the elderly. (He's opposed to all of them.) Sidebars and footnotes throughout the 14 chapters will stir memories of "The Word," a popular segment on "The Colbert Report." Colbert's infamous address at the 2006 White House Correspondents Dinner is included in the appendix, which is enough of a reason in itself to buy this book. His backhanded compliments of the president still come off as a pertinent and thorough humor-laced lambasting.

Factotum, Charles Bukowski

I had to read this book my freshman year at Hofstra in my English II class. I remember opening it for the first time and reading three times what was assigned; I couldn't put it down. Charles Bukowski truly perfected the art of writing fiction about fact (the fact in this case, being his own life). His writing changed my life, and I tell people that all the time. It definitely helped me as a writer, by showing me that writing doesn't have to be complicated to be effective. And, it helped me to find my favorite author of all time. I have since read (and re-read) all of Bukowski's novels—and I'm working on his poetry!

I am Charlotte Simmons, Tom Wolfe

Every freshman needs to read this book – actually anyone who ever went to college for that matter. Dupont University, which closely resembles Duke University, corrupts the sheltered and homely Charlotte Simmons who is from a small town in North Carolina. Charlotte lacks any experience with boys or booze when she first steps onto campus surrounded by jocks, frats, keggers and snobs. First she is scared, then jaded, and then she comes to the realization that she was perfect just how she was – she does not have to change for the star basketball player or her elitist roommate. Tom Wolfe hits the nail on the head in his depiction of life in college and how to deal with peer pressures, rumors, intellectuals, and airheads. Charlotte survives and proves that anyone with a little attitude, and some brains, can do it too.

The Secret Life of Bees, Sue Monk Kidd

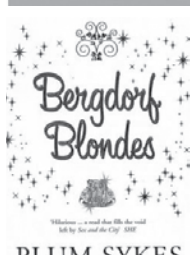
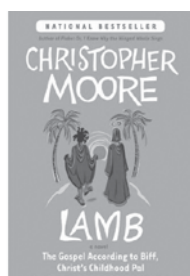
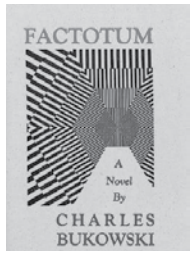
Sue Monk Kidd's *The Secret Life of Bees* is a beautifully told coming-of-age story about 14-year-old Lily Owen and her determination to find the mother she lost. Lily breaks her outspoken African-American nanny, Rosaleen, out of jail after she is arrested for attempting to register to vote. The two make their way to Tiburon, South Carolina. While in Tiburon, Lily and Rosaleen are taken in by three African-American beekeeping sisters. There Lily will begin her soul-transforming journey to heal wounds of loss and betrayal and find the true meaning of love and family. *The Secret Life of Bees* is a wonderful work of fiction that takes you on a heartwarming journey through the Deep South during the Civil Rights Act and exposes the hardships of a young woman's life and her discovery of the power of love.

Lamb: The Gospel According to Biff, Christ's Childhood Pal, Christopher Moore

This is the sixth novel of absurdist comic author, Christopher Moore. It is a chronicle of Jesus' life, beginning with his childhood assertion that he was the Son of God and ending with his martyrdom. Biff narrates the novel, as a forgotten apostle resurrected in modern America charged by an angel to write a new gospel. Biff is a childhood friend and protector of the legendary figure. He acts as a teacher, an everyman figure, for Jesus, attempting to experience the world as a normal man, trying to go through enough harlots for the both of them. The novel is exceedingly humorous and witty, yet well researched, redefining the prophet through his character-building travels and eye-opening experiences with philosophy in the east.

Bergdorf Blondes, Plum Sykes

With finals on the horizon, students need something in their life they can escape to. One place they can run to is Park Avenue in New York City where the novel *Bergdorf Blondes* is set. This hysterical book that was on the 2004 New York Times Best Seller List brings out the bright side of being a Manhattan socialite born to privilege. The novel features the perks of the department store heiress, Julie Bergdorf (the main character's blonde best friend and, yes, that Bergdorf). Plum Sykes shows her readers that it is a fun-filled life of fashion, parties, and "prospective husband" hunting. It's a great place to go to pretend that life could be handed to you on a silver platter. It's funny enough to read twice.



pride's guide to green GREEN GUIDE

Blue and Gold = GREEN



Hofstra is making an effort to be more eco-friendly, but it still has a long way to go.

As environmental consciousness spreads across Hofstra, some aspects of campus are discouraging. Streetlamps lit when the sun's up or sprinklers watering the sidewalks while it's raining can leave students with a sense of powerlessness when it comes to controlling their negative impact on the environment.

Commuters have the chance to go home after classes, turn off all the lights in their houses and turn down the thermostat. For resident students, especially those living in the towers where there is no personal control over heating and cooling, opportunities to reduce energy use are not as easy to come by. That doesn't mean they are impossible to find.

As *Pulse's* special Green Guide will reveal, there's something everyone can do to make a difference. With a student body of more than 13,000 undergraduates and graduates, Hofstra is in a position to have a noticeable effect on the size of landfills and Long Island's carbon emissions.

Though Hofstra President Stuart Rabinowitz hasn't signed onto The American College and University President's Climate Commitment, the University is making some strides in reducing the use of energy and disposable materials. The Plant Department updates old infrastructure with new energy efficient technologies. Of course, there is always more that can be done, but students can't always count on Hofstra to make all the changes for them.

It's up to the students themselves to say "no" to that plastic bag, bring a travel mug to Café on the Quad and leave the car in the lot and walk to class. Such minor changes to one's daily routine may not seem like much, but it all adds up, considering that the average American uses 300-700 plastic bags a year. Multiply that by the number of students at Hofstra, and that's millions of bags -- the potential positive impact the university community stands to have on the environment is noticeable.

Pulse hopes readers will take to heart this special Green Guide, and recycle this issue when they're done! - BRENDAN O'REILLY

PHOTO BY JACQUELINE HLAIVENKA

WAITING on the GREEN Light

So far, 414 schools have signed a commitment to go carbon neutral. Where's Hofstra?

By JULIA GARDINER

A student buys food at the Student Center and carries it out in a plastic container - perhaps inside a plastic bag - and stashes a drink in a plastic bottle in his backpack, grabbing plastic silverware as well as several brown napkins as he rushes to class.

When he finishes eating, he throws all his waste into one container, which could already be overflowing with similar refuse. There is no separate bin for cans and bottles to be recycled, nor one for the hundreds of newspapers that lose their relevance each day. In many unoccupied buildings, lights stay on all night. Sprinklers without heads unnecessarily flood flower beds or turn on automatically in the rain.

At first glance, the University is less than friendly to the environment. Vice President of University Relations, Melissa Connolly agrees that the University is not currently green.

"No, [I wouldn't consider the University green] but I wouldn't consider most places green at this point," she says, adding, "The environmental movement is still changing and evolving."

The American College and University Presidents Climate Commitment (ACUPCC), a movement to protect the ever-deteriorating environment, specifically targets establishments like the University. As of October 2007, 414 college and university presidents from institutions with various reputations and budgets have signed a commitment to reduce the carbon footprint of their universities to zero.

According to its Web site, the ACUPCC aims at reducing global warming by "garnering institutional commitments to neutralize greenhouse gas emissions and to accelerate the research and educational efforts of higher education to equip society to re-stabilize the earth's climate."

University President Stuart Rabinowitz has the opportunity to sign the ACUPCC, but as of November 4, he has not. He declined to comment on the University's lack of involvement in the program, referring questions to Joseph Barkwill, vice president of Facilities and Operations. Barkwill is in the process

of creating a proposal to submit to the president regarding the viability of implementing the ACUPCC at the University.

"I don't see a reason why they shouldn't do it," says sophomore Isabelle Goodman, a member of the Progressive Students Union. "We produce so much waste which could

easily be reduced. As an arboretum you'd think we would like to be environmentally friendly."

Universities that participate in the ACUPCC are signing a non-legally binding commitment that provides guidelines leading to reduction of a carbon footprint.

All participants must complete an emissions inventory, a record of exactly how much an institution is producing, as well as set a target date within two years of signing the commitment. Participating institutions must also take immediate steps to reduce greenhouse gases using a provided list of short-term actions. Universities must also integrate sustainability into the curriculum and make the plan, inventory and progress reports publicly available.

Barkwill praised the little-known initiatives currently functioning at the University such as a 2.3 megawatt co-generation facility that reduces greenhouse gases by producing electricity and steam for the campus. The facility burns natural gas to create electricity, and uses steam and energy from the engines to provide hot water and heating to the campus. It is an effective means of reducing the output of non-recyclable waste at the University.

"I think just with the arboretum and having cogeneration, we were really in the forefront," Barkwill says. "Not many universities have cogeneration facilities and not many are implementing it."

Further, the University either recycles or reclaims cooking oils, batteries, Freon, anti-freeze, computer monitors and electronics, silver from the photo process, paint thinners, cardboard, white paper, and light bulbs separately from the recyclable waste collected by Jamaica Ash. "All the cleaning products are now 'Green Seal,'" Barkwill says. Green Seal is a non-profit organization that certifies products as environmentally friendly.

The most significant difference between the University's commitment to reducing the carbon footprint and the strategic plan offered by the ACUPCC is public access to the process.

"Our commitment is probably more subtle at this point," Connolly says. "We will have to look at how to be more participatory with what we already do rather than just quietly doing it."

But, according to the ACUPCC, an integral part of implementing an eco-friendly program is transparency. The benefit of all aspects of the commitment being public is the strong incentive to stick with the program. Michelle McKay, senior fellow at Second Nature, one of the organizations

that organizes and maintains the ACUPCC, calls it "enforcement through transparency."

The commitment relies on students, community members and faculty pressure to enforce the plan, McKay says. Although there are no legal ramifications for not sticking to the commitment, "It's a strategic statement and there's a certain moral obligation to fulfill it," McKay says.

According to McKay, signing on to the ACUPCC requires no financial commitment. In fact, the programs that universities implement according to the plan should bring in savings that could fund future eco-friendly projects. Universities should start with small projects, such as changing light bulbs, and their savings could be significant enough to fund future, more expensive projects, she says.

The University already has a few programs in place as part of an unwritten commitment to conservation, Connolly says. If one sits very still in Connolly's office, the lights will go off. Sensors that automatically shut off the lights are installed in most offices and classrooms.

Students and faculty have long criticized the University for not having a visible recycling program. In response to repeated concerns that the University's recycling program is lacking, Connolly maintains that, though not visibly, the University does recycle all the garbage it produces. "All of our refuse goes through a sorting as part of our contract with Jamaica Ash," Connolly says. "This process ensures that the entire refuse stream gets recycled rather than depending on the individual to do the right thing."

Students, however, have repeatedly shown interest in a visible recycling program, in effect asking for the right to enforce the program through knowledge and observation of it. PSU has petitioned the University to implement "visible recycling, no Styrofoam, and the plate-first policy," according to Goodman.

Barkwill agreed that the University needs to publicize the environmental programs on campus and is in the process of creating an extension to the University Web site detailing the programs. "The one thing we can do is get information out to students and then focus on what else we can do," says Barkwill. "One of the issues we want to work with student

groups on is visible recycling."

As part of the upcoming changes to the program, Barkwill's experience at other universities has indicated that a "green dorm," in which students have restricted water flow and may only use certain kinds of light bulbs, could be a viable option for the University. According to Connolly, utility companies routinely audit on-campus construction to ensure that it conforms to energy standards.

The main objection that McKay encounters in potential universities to signing the commitment, she says, is a "misunderstanding of the requirements of the commitment." Supporters of the ACUPCC, as cited on the Web site, argue that as a traditionally active fixture in social issues including environmentalism, universities have something of an obligation to "go green," or risk tarnishing a reputation of academic and social leadership.

McKay insists that universities that have taken a leadership role in the program have reaped considerable benefits even beyond those effecting the environment, including improving their competitive position. As the commitment is designed to "facilitate experience and information sharing so that schools that have more experience can share with schools that have less experience," according to McKay, smaller, less notable schools have the opportunity to interact and work in conjunction with large, notable schools. "The operational footprint of higher education is 3 percent of the American [carbon] footprint," says McKay, but those institutions should be setting an example for the rest of the country.

Students like Goodman who remain concerned with the state of the University's waste and pollution production continue to push for the inclusion of the University into the network of eco-friendly schools. She thinks the University is neglecting the promise, made in its Mission Statement, to teach responsibility and ethical actions. "The problem is that this is a university and part of going to a university is learning to be responsible," Goodman says. "I don't think that's too much to ask." ■

To promote going green, *Pulse* set up a temporary park in a parking space outside of the Student Center.



PHOTO BY JACQUELINE HLAVENKA

“AS AN ARBORETUM YOU'D THINK WE WOULD LIKE TO BE ENVIRONMENTALLY FRIENDLY.”

5 WAYS HOFSTRA CAN GO

By EMILIA BENTON

While the University considers a detailed proposal to commit to helping the environment, the community needs to become aware of how it can rally to help save the planet.

Green

1. Try these recycling tactics

While students complain about the lack of recycling bins for bottles and cans, they still have control over separating cardboard from their garbage. The University uses an efficient compacter just for cardboard. The University Plant Department recommends that students keep cardboard separated because it helps simplify the garbage separation process.

As for other recyclable materials, the University is currently teamed with sorting plants Jamaica Ash and Westbury Paper Stock, so do what you can to help them out in sorting your trash. According to the University's Plant Department, garbage and recyclable paper is picked up from campus by Jamaica Ash every day and sorted at the plant. Recyclable paper is collected by Westbury Paper Stock and sent to a paper mill.

Although many students complain that this method of recycling is not visible enough, Margaret Hunter, professor of environmental studies and engineering and chair of the Environmental Priorities Committee, maintains that it is the most environmentally friendly.

"The current plan actually is the most realistic solution in reducing waste

production," says Hunter. "The motive of the Environmental Priorities Committee is to reduce the University's ecological carbon footprint. The alternative [adding separate containers for recyclable containers] would promote and create more waste, because it would involve the same sorting necessary for the current plan to ensure that everything is being placed in its respective container."

Sophomore Jillian Scanlon, a communications major, also notes that the University could do a better job conserving paper. "They claim to be saving paper by making course registration available only online, but they still mail you all of the materials in hard copy," she says. If the University eliminated a single five-page mailing to its 12,700 students, it could save 63,500 sheets of paper.

Currently, only administrative offices on campus have blue recycling bins for white paper, says Joseph Barkwill, vice president for facility and operations of the Physical Plant Department. Most students end up tossing newspapers in trash cans, because in most locations there aren't recycling containers available. However, according to Barkwill, if any administrators or student-run clubs on the academic side of campus

were to request additional containers for recycling paper in their offices, the Physical Plant's custodian office could provide them easily.

"This is an easy fix for the paper recycling problem. We would love to get input from faculty and administration members on campus. It's simply a matter of communication," Barkwill says.

The University has eliminated the massive production of paper course schedules for each semester as one step to reduce paper waste.

"In recent years, we were producing about 85,000 copies of these booklets, which is a lot of paper, to say the least," says Ellen Weber, assistant vice president for Student Administrative Services. In 2003, as more students complained about this paper waste, the office began reducing the number of hard copies produced. In 2007-08, hard copies were eliminated altogether.

Students can also conserve paper by printing on both sides, investing in recycled notebook paper and toilet paper, and using cloth hand towels rather than paper towels. Also, when using napkins in the dining halls don't be so quick to grab a handful – one or two napkins should easily do the trick!

2. Reduce waste: Don't use disposables

Kick your bottled water habit! Invest in a reusable Nalgene bottle and a water purifying system. Plastic bottles take a lot of energy to produce, and bottled water is an expensive habit. Carry your reusable plastic bottle with you, and fill it up from the tap on the soda fountain for free!

"It is certainly safe for students to filter and drink tap water here on campus," says Barkwill. "The tap water is supplied by Nassau County and meets strict drinking water standards."

Director of Dining Services Eisa Shukran agrees.

"The water in the soda taps is not filtered, but we wouldn't discourage students from drinking that instead of bottled water," he says. "Even if you don't have your own cup or bottle, it's fine to take a cup for water or club soda; it's only 10 cents for the cup."

Some students are aware of the money-

saving tactic of drinking tap water.

"My roommate and I bought a Brita filter system to save money," says freshman Mason Sanders, a video/television major, who doesn't trust the tap water. "But bottled water prices are definitely inflated on campus and could definitely eat up your meal plan."

Recent research by the National Water Quality Association found that bottled water wasn't any purer or safer than tap water. Aquafina even admits on its labels that the bottle contains purified tap water.

On a similar note, bring your own mug when stopping to grab coffee. Shukran commented that, although it's not an active implemented program, most of the cafes on campus, especially Café on the Quad, give you a discount of five or ten cents if you bring your own mug, a perk several professors currently take advantage of.

3. Use china, not disposable plates

Eating in? Use china plates and metal silverware rather than take-out containers and plastic silverware. According to Shukran, the Dining Services Department is encouraging employees to ask students their preferences, instead of rushing to hand out disposable containers. Additionally, students should buy inexpensive reusable plates and utensils for their rooms, rather than paper plates and plastic silverware.

"A few years back, we tried enforcing the 'china plates first' policy, but failed because most students would end up wanting to-go containers instead," Shukran says. "So the real solution to this problem is having the employees ask the students if they would prefer a plate, so that those looking to make a difference have the chance to do so."

Shukran also noted another environmentally-friendly change implemented this semester: a reduction in the use of Styrofoam containers. Instead, most of the stations in the Student Center



Café use smaller, more compact plastic or aluminum containers. According to National Geographic's The Green Guide, Styrofoam is not as environmentally friendly as its plastic, paper and metal counterparts.

Recycling Styrofoam is a more difficult and costly process. The Green Guide adds that there is a risk of chemicals leaking into your food, especially if you use Styrofoam when heating up food in the microwave.

4. Ease up on driving

By walking or biking to places on campus, students can get the exercise they never have time for. While the eight-lane Hempstead Turnpike isn't pedestrian-friendly, the campus certainly is. In addition to saving on gas and overpriced student auto insurance, students who choose to walk or bike won't be contributing to pollution.

"I have a bicycle here on campus, and I love it. It quickly gets me to where I need to go if I'm not going far, such as the grocery store or to class. It's better for the environment and it's great exercise," says sophomore Jessica Mendoza, a marketing major. "I wouldn't want to have a car here, because it's really not that necessary on campus."

Most students agree that if public transportation were more readily available on campus, they would be fine with the University setting limits on who can have cars on campus.

"[The University] should definitely offer more transportation on campus. If I knew the Long Island Bus system, I would use it. But right now, the Blue Beetle only makes one trip to the mall and Pathmark each week, so if residents weren't allowed to have cars on campus, we'd all be stranded on campus most of the time," says Sarah Weintraub, a sophomore public relations major. "However, the University should change some rules, such as only allowing

commuters to park on the academic side of campus. It's lazy of residents to drive to class – everyone knows about the infamous lack of parking here."

According to Ed Bracht, director of Public Safety, the University will update the Blue Beetle schedule before the semester ends to include trips to Target and Stop & Shop. Additionally, the department is in the process of obtaining an official Long Island Bus schedule to offer to students interested in learning how to use it.

"I think the [MTA Long Island Bus] system provides a rather direct and frequent means of transportation on Long Island," Bracht says.

5. Check out these lesser-known recyclable materials and tactics

Did you know batteries, light bulbs, cooking oils, computer parts, automobile parts and fluids could be recycled? The University Plant Department actively encourages students to bring these materials to its building on the east side of the Stadium on Baldwin Street. While batteries and light bulbs are still sorted and conserved regardless, Barkwill recommends that students keep them separated from their garbage to prevent batteries from leakage

and bulbs from breaking.

"If any student is unsure of how to discard a specific item, I would recommend he or she bring it our offices to have us dispose of it appropriately," says Barkwill.

The one-year-old Environmental Priorities Committee wants to organize and review efforts on campus to help the University's environmental profile. Additionally, the University's Honors College is working to establish its own

environmental priorities club to discuss and create new ways to help save the planet.

"The Honors College is very excited about the new environmental priorities club, which will be a student-run organization that will additionally work with the Environmental Priorities Committee," Hunter says. "The student club is fairly new, and I would definitely encourage University students to get involved in it. ■"

PHOTOS BY JACQUELINE HLAIVENKA



AMERICAN EXCESS

On Exhibit

By BRENDAN O'REILLY

A Seattle photographer is putting the United States' consumerism into perspective

IF AN ARTIST TAKES someone else's trash and puts it on display, is it art? That debate could be had until the end of time. But in the case of photographer Chris Jordan, he's placing everyone's garbage on display.

In his latest series, "Running the Numbers," Jordan is putting America's consumption into perspective by turning statistics into overwhelming visuals.

Rather than just telling people two million plastic beverage bottles are used in the United States every five minutes, Jordan, shows it with a 5 feet tall by 10 feet wide print of a photomanipulation he created in his Seattle studio.

"All of my work is about mass consumption and mass culture," says Jordan, a former corporate lawyer. "This is the first project where I've taken it a step beyond photography and turned it into images that are these digital composites that try to show the actual scale of consumption."

In "Intolerable Beauty" Jordan shot "portraits of American mass consumption." Between

2003 and 2005 in Atlanta, Orlando, New Orleans and other cities, he found mountains of sawdust, piles of crushed cars and collections of discarded cell phones as well as other massive gatherings of refuse.

While his earlier portraits showed immense quantities most Americans never see, he wanted to take the concept even further. Now, instead of seeking out examples of mass consumption, Jordan creates them on a computer by stitching together hundreds or thousands of smaller images.

"I just slowly build the image from one corner, and I build it outwards. In some instances, it takes a few weeks of just extremely tedious, almost obsessive, detailed Photoshop work," he says. "What that technique allows me to do is to make a photographically convincing image of something that doesn't actually exist anywhere in the real world. There's no way you can go and find 426,000 cell phones. They're all divided up into lots of much

smaller streams."

Jordan started with 200 phones, enough to cover a 2-foot by 2-foot area, to reach his goal of depicting 426,000, equal to the amount of phones retired in the U.S. each day.

"I put them on the ground in my studio and lit them perfectly evenly on all sides, and photographed them from above," he says. Jordan, a full-time photographer for five years, took 200 unique photos, stirring the phones around in between exposures.

Once loaded onto his computer, Jordan counted the phones in each exposure to make sure he depicted the statistic accurately.

"Most of the numbers I get from statistical databases I find on the Internet," Jordan says, citing the Federal Aviation Administration's Web site, which provided him with the number of commercial flights in the U.S. every eight hours — 11,000. He depicted that many jet trails on one 5-foot by 8-foot print.

For the cell phone statistic,

however, he asked his friend, who recycles his cell phones.

"One time I had a guy write me and tell me my cell phone statistic was vastly exaggerated," Jordan says, adding that the man worked in the phone industry. "He did this whole long series of calculations that actually ended up at the exact same number."

The 44-year-old says he gets many messages from people saying his numbers must be exaggerated. "I've never had anybody write and tell me that they found a statistic that they think is more accurate than mine," he says. "They're just shocked by seeing the numbers."

One of his shocking numbers is 60,000, the amount of plastic bags used in the U.S. every five seconds. He had friends save up their bags for weeks, he says. "I had enough to fill a 10-foot by 10-foot section of my studio about waist deep and mucked around in those for a few days."

He also accumulated a considerable amount of plastic beverage bottles, a container Americans use two million of every five minutes.

From far away, Jordan's images do not look anything like what they are composites of. Jordan made 1.14 million brown paper supermarket bags — the amount used in the U.S. every hour— appear as a forest.

Using photomosaic software, he turned 24,000 GMC Yukon Denali logos into a mountain and lake landscape. The figure is the amount of Denali SUVs sold over six weeks in 2004. Many of the logos were manipulated to say "Denial" rather than "Denali."

With the same software, Jordan turned 106,000 aluminum cans into Georges-Pierre Seurat's "Sunday Afternoon on the Island of La Grande Jatte." Every 30 seconds, Americans use one Seurat's worth of aluminum cans.

Some of Jordan's other works in the series don't look like anything distinguishable from far away. He's heard that they look like "Magic Eye" images, abstract modern art or random noise.

"As you walk toward it, it sort of changed before your eyes, and you realize that your initial impression was wrong or was limited. And then you see that it's all something else," he says.

"That's a real potent metaphor for our consumerism."

Standing back from a distance, consumerism looks pretty good, he says. "It's all of our shiny things, our beautiful bitchin' BMWs, cool new cell phones and laptops and all that.

"As you get closer and start looking at the details of the amount of mercury that's going into our oceans from these products and the manufacturing of this stuff, and the birth defects of the children of the Chinese woman who assembles our electronics and so on... it looks different," he says.

Jordan compares consumerism to alcoholism.

"I look at myself as being an alcoholic that woke up to their alcohol problem, and I realized that my whole family is alcoholics," he says. "Now we're sitting around the dinner table, and there's a giant pile of empty vodka bottles over in the corner." ■

"I'VE NEVER HAD ANYBODY WRITE AND TELL ME THAT THEY FOUND A STATISTIC THAT THEY THINK IS MORE ACCURATE THAN MINE. THEY'RE JUST SHOCKED BY SEEING THE NUMBERS."

Some of Jordan's work, from left to right: cell phones, plastic bags, plastic bottles and brown paper bags.



Bamboolicious

Designer Sara Kirsner invites us to join her world of eco-friendly fashion

Green, green, green. Hollywood has jumped on the bandwagon and made it “cool.” But, founder and designer of Doie eco-friendly clothing line, Sara Kirsner, 30, is hoping that people won't just follow the trend, but will make a permanent lifestyle change to eco-friendly fashion. Kirsner, a native Californian, earned her degree in fashion design from Parsons School of Design. Kirsner speaks with us about her inspirations and the wonders of bamboo.

When did you first get the idea to start an eco-friendly clothing line?

I had already started my line when I showed it to my friend's mom who owns vivaterra.com, which features eco-friendly products. She loved the line and asked me to create a few pieces in only eco-friendly fabrics. I did my research and found pesticides used to produce cotton (cyanide, dicofol, naled, propargite and trifluralin) are known cancer-causing chemicals classified by Environmental Protection Agency as Category I and II chemicals – the most dangerous chemicals class. I looked into organic bamboo and loved everything about it. I knew it would limit me, but I couldn't go back. I converted everything in my second collection to be eco-friendly.

What and who are your inspirations?

My line is named after my grandma, Doie. She is very fashionable and cute and owns amazing clothing. Also, I've always been drawn to Asian textiles and culture. I've been to Asia seven times, and that's where I get my main inspiration.

A Doie design.

What type of woman do you design for?

My grandma is in her 80s and wears my clothing. Teenagers wear it. It's not over the top. It's trendy, yet not too trendy. People want to be stylish but comfortable. I want to create clothing that looks amazing, but is so comfortable that you don't want to take it off when you get home.

What other designers follow your same philosophy?

Donna Karan designs comfortable clothing that can be worn for more than one season. Disposable clothing adds to consumption. Being eco-friendly is about conserving resources. I don't want to produce clothing that people will only want to wear for a couple of months.

I really like the design philosophy of Stewart + Brown. Also, ParkVogel has great clothing that's very simple.

How do you hope to change the face of fashion?

The bamboo I use is from Canada, but grown in Asia. The silk is from China. The clothing is produced locally in New York City after it is shipped here, which helps to conserve fuel. The more of a demand we have here, in the U.S., the more likely people will add organic cotton and other eco-friendly products to their lines. I'd love to see that change.

You interned at DKNY and Marc Jacobs and worked at Ann Taylor. Did you always want to design your own line?

Those are three very different companies, and I knew I didn't want to do that kind of fashion. I realized what I wanted to do was produce clothing you

could and would want to wear indoors, but also be able to wear to go out and get coffee. I didn't want to be involved in corporate fashion, and I did not like the big “Marc Jacobs fashion world.” I want to create clothing that is accessible to everyday women.

What made you decide to use bamboo?

I liked the feel of bamboo. It's extremely soft and has a natural sheen. It's naturally antibacterial, and it's also naturally breathable which helps keep you dry and comfortable. It can be grown anywhere without a lot of water, no pesticides and it's very sustainable. But the breakdown of the fabric is not ideal; it's not the most eco-friendly. There are harmful chemicals used to breakdown the bamboo into fabric. I plan to incorporate organic cotton into my next collection. It's a great eco-fabric.

What other things do you do besides producing an eco-friendly line?

I've changed all my light bulbs in my apartment to fluorescent. I always carry a bag for grocery or shopping; this is huge. I always walk, take the bus or subway. Living in New York it's easy to do that.

Any advice or tips on how to live a more eco-friendly/social conscious life?

Try to take public transportation as often as possible, or walk or carpool. Recycle. Try to carry a bag with you when you go grocery shopping. When you're shopping and don't need a bag, don't take one. You don't need to take a million napkins at restaurants. Always turn off the lights and avoid taking long showers. Just be aware and only use what you really need. ■

By NATASHA CLARK

Green Is The New Black

By LISA DICARLUCCI

America's Next Top Model falls short in its efforts to raise consciousness.

LIKE FASHION, the media is susceptible to trends and the most recent trend is undeniably “going green.” Sitcoms, movies, and reality shows alike have made a move to become environmentally and health conscious. Everyone seems to be jumping on the bandwagon, the most recent addition being Tyra Banks. Banks' hit television show, “America's Next Top Model,” has dubbed this the season of “green.” A green-painted house, green fuel-efficient transportation and girls who are green with envy are all part of this endeavor. The season was filmed in an eco-friendly house with tropical plants



Tyra Banks' hit television show, America's Next Top Model made attempts to go green this season.

and adorned with natural and woodsy décor. Regular and new viewers alike would agree that Banks certainly gets her point across.

Banks' first message to the girls is, “When a model is inexperienced, she is ‘green.’ When a model is successful, she makes ‘green.’ When a model is conscious, she goes ‘green.’” All of the models nod, agreeing like bobble heads, each making sure to get on-camera time discussing how they love the idea of going green. Banks' advises the girls to take showers and asks for lights to be turned off

whenever possible. The effort is there, but one can't help but wonder how sincere it all is.

“Way to turn consciousness into a fashion show,” says America's Next Top Model blogger, Rich Juzwiak, of

“Way to turn consciousness into a fashion show.”

Brooklyn. “Going green' this season is all that matters. And everyone is cool with all of the dioxins released to create the plastic plants uglying up the house and hitting us over the head with the green theme right?” But Banks isn't done.

She takes it to the next level, announcing

that the week's photo shoot will be for a non-smoking campaign, another issue which she cares about deeply. At the photo shoot, Jay tells them that “unfortunately, [smoking] is seen as a very glamorous thing to do... So we decided to take a stand against smoking.” The concept is that first, the girls will take photos looking beautiful and sexy with cigarettes, and then, to illustrate the negative effects of smoking, get into heavy make-up which warps their faces to show side effects such as hair loss and skin cancer. The negative shot is then edited to appear as the mirrored reflection of the glamorous model. As Jay explains earlier, “that composite photo is going to make the bold statement that smoking is really ugly.” Oh yes, so bold that the negative was half the size of the glamour shot and the judges, including Banks, spent most of the time complimenting the pretty parts of the picture. Also, every judging sequence opens with a picture of Banks from a similar photo shoot to the one the girls had just participated in. Well, Banks' picture was a glamorous one and the not-so-hot side was curiously absent. One has to wonder who it is that is really missing the point.

Before she eliminates the first model, Banks tells the girls that smoking is banned. She says she is concerned about what young girls would think of a “Top Model” who smokes. According to a recent poll by the CW network, 70 percent of those polled thought it was awesome that America's Next Top Model was taking a stand against smoking.

Ryan Smith, a University student commented that, “Obviously, Banks is making an impression, and viewers are proud that a show they support is making a positive effort. But I guess if the impression the audience is receiving about what conscious effort means is skewed, then what's the point?”

If something as public as a popular reality television show is going to put itself out there in such a big way, it needs to practice what it preaches, because good intentions only get you so far. All trends aside, hypocrisy is never in style. ■

PHOTO COURTESY OF DOIEDESIGNS.COM

ILLUSTRATION BY ARIEL E.M. SERVADIO

PHOTO COURTESY OF AP IMAGES

A Green PERIOD

By ARIEL E.M. SERVADIO

Save money, your health, and the environment during that time of the month.

THIS IS AN ARTICLE THAT MEN may want to steer clear of. It deals with the oh-so-delicate and hush-hush topic of periods. No, not that little dot at the end of this sentence. I'm talking about the female menstrual cycle.

Surprisingly enough, some women may decide this article is not for them either. There are no doubt many reasons for this, but I have a feeling one of them is that we live in a world where menstrual blood is blue liquid poured from a vial onto a bleached white sanitary pad on television. If your period is red, and the media tells you that it's supposed to be blue, where do you go from there?

You go green.

While the big sanitary products companies today, such as Playtex, Tampax, Always, and Kotex, might love you to think that your period is a dirty time of the month that should be dealt with only the whitest of white disposable pads and tampons, you do have other options for managing your period.

Menstrual cups are not a new thing, although not many people have heard of them. (No joke, I once had to tell a gynecologist what they are and how they worked). The first menstrual cup was called the Tassette, and was created in 1937 by actress Leona Chalmers. Sadly, Chalmers was a woman ahead of her time. The rubber shortages of World War II and the fact that women were even more afraid of their genitalia than they are today didn't help the Tassette catch on.

The Keeper, a more widely known menstrual cup, was created 50 years later. There are many women who still use the Keeper today. In fact, you can buy one at <http://www.thekeeper.com>. But before you do, you might want to check out their newer model, the Mooncup, or another menstrual cup, the Divacup, which are both made from medical grade silicone. The Keeper, which is made from latex-rubber, can cause women to develop a latex allergy over long-term use, and therefore it is less popular today. Silicone cups also have an advantage in that they can be boiled and sterilized.

If you're still wondering what the term menstrual cup even refers to, let me break it down for you. They are bell-shaped cups

made out of silicone or rubber that are folded and inserted in the vagina. There, they create a seal and catch, rather than absorb, your period. Much like a tampon, once they are in, they can't be felt.

So why use a cup instead of a traditional pad or tampon?

First, they're cheaper. A menstrual cup costs about \$30, and can last up to ten years. That's only 25 cents a month. A box of 20 tampons costs around five bucks, and will likely last a couple of months, but over ten years, those tampons will add up to at least \$300.

Secondly, menstrual cups are better for your health. Dr. Joseph Mercola, a physician, health activist and author of *Take Control of Your Health*, says that most tampons are made of "synthetic materials [that] are so absorbent that they create a perfect breeding ground for Toxic Shock Syndrome (TSS)." TSS is caused by toxin producing strains of bacteria that can cause sometimes-fatal symptoms when a filled tampon has been inside your body for too long. There is no evidence that cups, which are made of solid silicone or rubber and contain no fibrous or absorbent material, can cause TSS.

Wearing pads can create warm, damp conditions that cause bacterial growth, which can lead to infection. Also, according to Mercola, those stark white pads and tampons often contain dioxins—known carcinogens—and bleach, which are not only harmful to put in or on your body, they can cause many women general discomfort "down there."

In addition, the combination of bleach and the absorbency of tampons can affect the vagina's natural acidity. Any gynecologist will tell you that disrupting this pH balance can make women more vulnerable to yeast and other infections.

Using a cup is also more convenient.

While tampons and pads should be worn for no more than eight hours, and are usually replaced every four, a menstrual cup can go unattended for 12. And, when inserted properly, cups users suffer significantly less leakage than when using a pad or tampon.

Finally, using menstrual cups is better for the environment. According to GreenLivingOnline.com, as many as 14 billion pads and tampons, plus their packaging, are disposed into landfills and sewage systems in America each year. The eco-footprint of feminine hygiene products is huge right now, and the use of reusable products will only decrease it.

For women still not feeling the cup, there are several other alternative methods for that time of the month.

Sea Pearls brand tampons are made from the skeletal structures of actual sea sponges and are washable and reusable for up to six months.

Lunapads are soft, comfortable, washable sanitary pads. Made from flannel and fleece with a waterproof lining, they come in a wide range of colors including polka dots and leopard print, are reusable, and like menstrual cups, will save you money over long-term use.

Disposable menstrual cups, called Instead Softcups, look like contraceptive diaphragms, and are inserted up around the cervix. While they won't save you any money, and aren't good for the environment, they have the same health benefits as reusable menstrual cups and pack a special bonus: it's possible to have sex with one in.

The Divacup, Sea Pearls, and Lunapads can all be purchased at <http://www.lunapads.com>.

Of course there will be some women who are not comfortable getting so up close and personal with their bodies; menstrual cups are not for them—and that is likely the least of their worries. ■



body & mind

BODY & MIND

UNMASKED Beauty

What exactly
are we putting on our faces?

By AMANDA FALZON

For many women and teenage girls, putting on makeup and getting a weekly manicure or pedicure are rituals as routine as brushing their teeth. As living in the green gains popularity, cosmetic consumers have become increasingly aware of what goes into the beauty products they use.

"I think people are turning more to organic cosmetics just as they are buying more organic foods," says Jackie Von Urff, the clinical testing lab coordinator for Estee Lauder. "What you put on your skin is just as important as what you put in your body."

Estee Lauder, which has been around since 1946, is keeping up with eco-friendly trends through its organic cosmetics lines, Origins and Grassroots.

"Many companies are 'going green' and these products entice people who truly care and are concerned with what they put on their face and body," says Von Urff.

All products sold by Origins and Grassroots have been certified as organic by the USDA. However, not

The natural way of putting on makeup.



all "natural" makeup products are organic.

In her October 2007 *Allure* article, "A Green Slate," Jolene Edgar Slate explains the difference between natural, organic and certified organic.

Natural products generally mean that the ingredients come from plants and minerals and "haven't been altered by or processed with synthetic chemicals." However, "there is no official definition for 'natural' as it applies to cosmetics." In other words, some products labeled natural could use synthetics for preservation.

Organic refers to how the crops were raised – organic plants aren't exposed to pesticides or fertilizers. "Certified Organic" means the USDA's National Organic Program has inspected the product and given it a stamp of approval.

Arbonne, a Swiss cosmetics company, sells all-natural products that are botanically based, hypoallergenic, dermatologist tested and don't contain fragrances or mineral oil. It also has the vegan seal of approval from Vegan Action.

"There is a growing interest in the United States in health and wellness products," says Kate Corrigan, an independent consultant for Arbonne. "Everyone is concerned about using products that are natural and beneficial to their health."

Urban Decay and Hard Candy, although not launched as natural lines, also have a vegan line. Tammy Bartel, public relations manager for both Urban Decay and Hard Candy, said there is a possibility the cosmetic companies will launch an organic line as well. "We are always looking for new formulas and ideas," she says.

Although some products in the company's makeup products do not come from Mother Nature, Bartel says the company does try to be environmentally friendly.

"In the past we've used several recycled materials and are looking into possibly creating components using corn plastics," says Bartel. "When we first launched, all of our boxes were made from recycled cardboard. Since then, we've changed our packaging to create a new look. However, we are still using recycled materials."

According to the American Academy of Dermatology, fragrances and preservatives are the most common ingredients found in cosmetics and the main reason for most skin allergies. To find a product without added perfumes, the AAD advises consumers to look for products that say "fragrance-free"; if a product is labeled "unscented," chances are it contains a fragrance used to cover up chemical odors.

Preservatives are used to extend the shelf life of cosmetics and prevent light and oxygen damage. They also prevent fungus and bacterial growth that could cause skin infections. Still, the most commonly used preservatives -- paraben, imidazolidynl urea, and formaldehyde – should be listed on cosmetics labels in case the user is allergic to them.

If a woman uses a product to which she is allergic, she may develop contact dermatitis, with symptoms such as swelling, redness and itching, according to

the AAD. Some nail polish companies, such as OPI, have removed formaldehyde from their products.

Nail polish companies also have started removing such chemicals as dibutyl phthalates, or DBP, which makes polish chip-resistant. Companies have also removed toluene, which makes up the fluid consistency of nail polish.

In 2003, the European Union banned DBP from any cosmetic products. It banned toluene in 2006. A study on pubmed.gov suggests DBP causes birth defects in lab animals and alters their hormones.

A study by the U.S. National Toxicology Program shows that toluene induces mammary tumors in female rats. The program also found that toluene caused cancerous tumors in the liver and ovaries in female rats.

However, the report says there have been no links between toluene and cancer in humans. "Consumers and Youth Look at Toxic Chemicals in Conventional Cosmetic and Body Care Products", an article found on the Organic Consumer Association Web site, says years of using products with this chemical along with others, such as formaldehyde and DBP, could lead to cancer, as well as birth and reproductive defects.

In order to have the luxury of choice, consumers should read labels and ingredients posted on the products, according to Craig Minowa, an environmental scientist for the OCA. Most companies, like Estee Lauder, Arbonne, Urban Decay, Hard Candy, and OPI, list the ingredients on the box or bottle and are willing to give their consumers a list upon request.

"We advise consumers to look for the USDA seal and if it doesn't have the seal then read the labels," says Minowa. "Read the ingredients to make sure that some are organic, and if not, read them anyway to make sure that they are something you should avoid." ■



Many companies have pulled nail polishes containing the chemical toluene off the shelves.

“IN ORDER TO HAVE THE LUXURY OF CHOICE, CONSUMERS SHOULD READ LABELS AND INGREDIENTS POSTED ON THE PRODUCTS.”

PHOTOS BY TIM ROBERTSON

BEDlam!

For some, a night's sleep is anything but restful.

Alex Cruz, 19, was having a peaceful night's sleep on the top bunk, when suddenly he felt the sensation of someone's hand on his leg. Cruz looked over the edge of his bed to find his roommate, Andy Hartz, 20, reaching up from the bunk below, his hand clutching a fistful of his light blue comforter. Hartz seemed as if he wanted to offer his bedding to his already-blanketed roommate.

"Cradle this," says Hartz to Cruz. Without responding, Cruz guided Hartz's arm back to his own bed, knowing that this was a standard procedure for the night. Both University roommates rolled back over in their respective beds and went back to sleep.

When Cruz recounted the story to Hartz in the morning, the two long-time friends laughed about it. It was not the first incident of Hartz's sleep talking and would not be the last.

"Maybe I was lonely," jokes Hartz.

Let's talk about sleep

Hartz is one of the five percent of adults who talk in their sleep, according to the American Academy of Sleep Medicine. Sleep talking is considered a parasomnia — an abnormal behavior that shows up during sleep. A parasomnia can be other behavior such as sleepwalking and sleep eating.

Parasomnias generally occur during deep sleep, or delta sleep. Delta describes the extremely slow brain waves during certain stages of sleep.

"[Parasomnias] are actually the result of an incomplete awakening from a deep, slow wave sleep," says Joyce Walsleben, PhD, Associate Professor and the director of the NYU Sleep Disorders Center.

There are five stages of sleep. In stage one, the person is drifting off to sleep, and can be woken up without much effort. The person may experience the sensation of falling and then jerking awake suddenly. During stage two, the person is experiencing light sleep and the heart rate and body temperature begin to decrease.

The deep, slow wave sleep includes stages three and four. The heart rate and blood pressure slow down, and the body is considered in almost a paralyzed state. It's during these stages that if a person is woken up, he or she may feel disoriented.

The fifth and longest stage of sleep is called the rapid eye movement stage. The brain is very active while the eyes literally dart around (while still closed). This is when dreaming and involuntary erections occur. Heart rate, blood pressure and breathing all rise during REM, but the body is still frozen in a deep sleep.

The amount of time someone usually spends in a parasomnia episode depends on what kind of trouble they get into, says Walsleben, but generally, they last at least a few minutes. The trouble can range from eating an entire chocolate cake to walking out to the garage.

Conversations under covers: sleep talking

At home, Hartz, an international business major, has his own room, so sharing a college dorm room with two other males is a new experience. His roommate, Cruz, recalls that it was about three weeks into this semester when he heard Hartz talk in his sleep for the first time.

"It's usually at a conversational level of volume, maybe a little lower," says Cruz, a music merchandising major. "But I can usually make sense of what he's saying. I'll ask him, 'What did you say?' just to check if he's sleeping or not."

Sleep talking can occur in any stage of sleep. Psychologist Donna Arand, Ph.D., is a sleep expert and spokeswoman for the AASM. "In my experience, the most common conditions of sleep talking are with people who have sleep apnea, which is when the person stops breathing for a few seconds during their sleep," says Arand.

Hartz does not think he has sleep apnea. He believes his sleep talking has to do with his dreaming. For example, after spending a year studying abroad in Switzerland, he sometimes dreams—and sleep talks—in German.

Being a sleep talker can be scary, especially for college students who have roommates. Lucky as it is that Hartz and Cruz were good friends before coming to college this fall as freshmen, it can still be disconcerting to a person over what was said.

"The individual is not responsible for what they say or are talking about," explains Arand. "True of all parasomnia individuals

is that they have no recollection in the morning. They only find out if someone has told them."

Cruz admits that he would like to try to carry a conversation with a sleep-talking Hartz. Hartz just laughs and shrugs at Cruz's plan of action.

"I'm just glad we know each other and are friends," says Hartz. "Or else, the thigh grab might have been embarrassing."

Night travelers: sleep walking

Sleepwalking can range from sitting up in bed, to walking around or outside the house. A sleepwalker is unaware of the surroundings, but appears alert. Sleepwalkers can get hurt, for example by falling down steps or engaging in even riskier behaviors like driving a car.

Sleepwalking can be triggered by certain medications and sleep deprivation. It is more common in children than in adults; like nightmares, people tend to outgrow the disorder with age. As it is linked with stress and adults tend to have more control over their stress, children are more prone to sleepwalking.

Sleepwalking is not tied to any psychological problems, but psychologists advise that affected patients see a doctor if there is any real concern.

"I heard a story of one woman who would get up at night and would typically walk to her kitchen," says Arand. "But one night she took all of her fine china, put it into the clothes dryer, and started it. She found it in the morning."

There is a debate as to whether or not you should wake a sleepwalker. Arand's verdict: do not try to wake him or her—just direct the sleeper back to bed.

The concern is not that the sleepwalker will get violent, but that the person, if woken suddenly, will be disoriented and confused. A person who suddenly finds himself standing in the street in his pajamas may be disturbed by the incident and not able to fall back to sleep.

Bedtime binges: sleep eating

I began this article because I am a sleep eater.

One time it's Special K Fruit & Yogurt cereal—I go through a box in two nights. I wonder if the Special K diet still applies

for sleep eaters? The following night it's Jelly Belly Tutti Fruitti jellybeans—at \$9 a pound. And the crumbs! I could open my own bakery at 78th and 3rd.

I wouldn't self-diagnose myself as having sleep-related eating disorder, or SRED, but the craving for sugary, salty, crunchy food at night is typical of sleep eaters. The items sleep eaters crave can range from sticks of butter to uncooked hot dogs, which thankfully, I have never grabbed.

Many sleep eaters can't keep food in their houses because they will find it and eat it despite taking preventative measures such as locking cabinet doors and refrigerators. I've found myself going all the way down to the vending machine on the main floor of my residence hall for a snack.

Usually I am awake and remember what I have eaten. But when I find a snack in my bed that I don't remember pulling off the shelf, it is a scary feeling.

Psychologist Carlos Schenck is one of the most well-known experts in the area of sleep eating. In his book, *Sleep: The Mysteries, The Problems, and The Solutions*, Schenck notes that SRED tends to stem from sleepwalking and sleep terrors—not from hunger.

"[Sleep eaters] will rarely say they feel hungry—just driven," Schenck writes in *Sleep*.

And that's just it. This weird feeling wakes you in the middle of the night and you begin to seek food, almost like a raccoon. It's an involuntary process and can happen up to several times in one night.

Sleep eating cases tend to appear more in women, since dieting and stress are huge factors in causing the parasomnia. Going to bed hungry and not getting enough sleep are other causes.

"If you find you can't help yourself, keep something next to your bed that's not sugary," says Arand, "and if you're worried about cavities, drink lots of tap water. It has fluoride."

In defense of napping

"A parasomnia is a relatively benign thing, meaning that having one doesn't mean there's anything psychologically wrong with the person," says Arand. "[Only if] the person can potentially get hurt does the parasomnia become a concern. Then, you have to be aggressive in the treatment."

Most people outgrow their parasomnia by age 40 or so because sleep stages three and four diminish as one gets older. Also one tends to sleep less deeply over time, therefore losing delta sleep, according to Arand.

Parasomnias can be triggered by sleep deprivation, stress, and medications. They also can be hereditary.

"Look to see if there is a family history. That can result in people being more prone in those types of episodes," says Arand.

The AASM promotes getting normal healthy sleep as the number one treatment for a parasomnia. Most people need seven to eight hours of sleep. Children and teens may need nine hours or more. Increasing sleep may eliminate the parasomnia.

"Keep track of how much sleep you got the night before. You will quickly see a pattern of nights when you have those episodes. When you get more sleep, you're less likely to have an episode," says Arand.

If the parasomnia needs to be dealt with immediately, there are medications that can prevent a person from going into delta sleep. On the other hand, some medications have been linked to parasomnia. People who take sleeping pills and have trouble with sleep walking or other parasomnias should tell their doctors.

For college students, sleep tends to be a joke. Classes, work, internships, and having a social life aren't very giving in the sleep department. Alcohol disrupts sleep as well.

"You just need sleep," says Arand. "But unfortunately, college and sleep don't go together. Naps should be taken whenever possible." ■

“I WONDER IF THE SPECIAL K DIET STILL APPLIES FOR SLEEP EATERS?”

PHOTO BY ARIANA FINLAYSON



Sleep walkers may wake up disoriented when they find themselves out of bed and in another room during the night.

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So bundle up by the delightful fire and read on to find out the best tips for holiday gifts, winter fashion and all around good living this season.

PHOTO BY AMANDA DeCAMP

The WISH List

Everything to get you through the cold and snowy weather

By NATASHA CLARK

Gizmos & Gadgets:

•Discovery Rainbow In My Room

Transform your room into a wonderland. LED lights project a prismatic rainbow on your wall or ceiling with the wave of a hand. Unfortunately, a pot of gold at the end of the rainbow is not included. \$30 Visit shopping.discovery.com

those oh-so annoying pimples disappear fast. The Zeno applies controlled heat directly to the pimple through a metal pad, and with a couple 2½ minute treatments your pimple should be long-gone! \$150-\$200 Visit myzeno.com

Culture:

•The Little Mermaid on Broadway

Red-headed mermaid, Ariel, invites the Broadway audience to become part of her world. Tickets from \$42-\$112 Visit disney.go.com/theatre/thelittlemermaid

•Global Feminism Remix Exhibit open 'til February 3, 2008

Brooklyn Museum presents an exhibit that illustrates an alternative to the Western brand of feminism, by showcasing contemporary art from countries including Pakistan, India and Korea. Visit brooklynmuseum.org

•Matzo Ball Capitale 130 Bowery Monday, Dec. 24 9pm-2am

Come get your groove on with some of New York's hottest singles at the biggest Jewish Social event of the year. Now in its 21st year, it's your chance to take part in the networking

opportunities, long-lasting friendships and romantic relationships that spark at the nation's number one holiday party. Visit matzoball.org

•How the Grinch Stole Christmas The Musical

After a sold-out run last holiday season, The Grinch returns to Broadway. Catch him green handed as he discovers there is more to Christmas than he bargained for in this record-breaking holiday classic. Show runs till January 6, 2008. Visit grinchmusical.com

Fresh Flicks

•The Kite Runner December 14, 2007

A story of an unlikely friendship between a wealthy Afghan boy, Amir and the son of an Afghan servant, Hussan. Amir returns to Afghanistan after spending years in California away from his homeland. He returns to help his old friend, Hassan, whose young son is in trouble.

•Penelope February 1, 2008

Pig-faced Penelope's been hiding all her life. Soon, she'll show the world just who she is. Here is a story less about a young girl trying to find her



Oscar the USB Hub

Prince Charming and more about her learning to love and value herself.

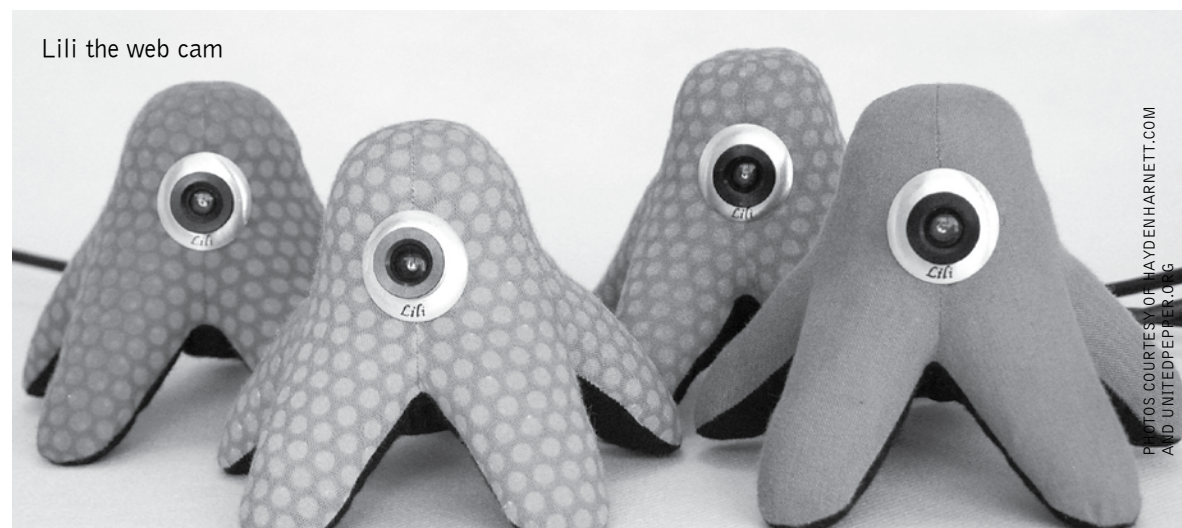
Eco-Cool:

•Lili and Oscar Web Camera and USB Hub

Lili, a web camera, and Oscar, a USB hub, are packaged in recycled and recyclable packaging, and are derived from 70 percent fair-trade productions. Lili and Oscar have a low ecological impact through the use of renewable and recyclable materials. Visit unitedpepper.org.uk

•Hayden-Harnett Friends of Al Eco-Tote

Inspired by Al Gore's "Inconvenient Truth," this all natural canvas, limited-edition eco-tote is committed to helping the environment. The designers will donate \$25 from each sale to global warming charities and \$10 to American Forests to help plant trees and reduce carbon dioxide in the atmosphere. \$55 Visit haydenharnett.com



Lili the web cam

PHOTOS COURTESY OF HAYDENHARNETT.COM AND UNITEDPEPPER.ORG

Bundle Up, BABY

Dress to impress this winter with these tips from editors at *Elle* and *Details* magazine.

By ALEXANDRA BACKES & DARIA PERRONE

THE LEAVES ARE CHANGING

as is the fashion around campus. Flipping through magazines, we drool over the must haves for the season. Walking through the mall, we gawk at the window displays of the latest trends at our favorite stores. But as college students, we could never afford a complete wardrobe makeover.

Tricia Schreiber, fashion credits director at *Elle* magazine, and Micah Johnson, associate fashion editor at *Details* magazine, provide us with tips to find our style this season. Warm up your credit card; you have a lot of cold weather shopping ahead of you

What are this winter's colors?

GIRLS: Jewel Tones. Rich emeralds etc.

GUYS: Lots of jewel tones, cranberry, teal, purple. But the biggest color for fall (and last spring) is gray. Mixing gray tones is a new way to dress - charcoals, heathers, dove gray, etc.

In your opinion what are the essentials for winter fashion?

GIRLS: Essential for women's winter fashion is always a classic, basic warm wool coat in black or camel hair, accessorized with hats, scarves and gloves. It can carry you from daytime to evening.

GUYS: Classic items will get you through - a black or navy pea coat, many of which are shorter this season, crew and v-neck cashmere sweaters in bright colors, corduroy jeans, and suede desert boots in brown or beige.

What is the main fit for clothing this winter?

GIRLS: The longer length of tunics is still in this winter, but the fit trend is really to accent the waist with belts and wearing skinny jeans. There is a need to be body

conscious, as opposed to letting the tunic cover everything up.

GUYS: There's no major silhouette change in men's fashion, but many designers showed a shorter pant length. Thom Browne has been pushing this trend for a few years, and now others are catching on (such as UNIS and Yves Saint Laurent). Show off your bright socks!

What accessories could make or break a college student's outfit?

GIRLS: Accessories are an easy way to liven up an appearance. This season belts made a comeback - a belt can really make or break a college student's outfit.

GUYS: Collegiate scarves are in - whether you're a student or not. Brands like Louis Vuitton, Victor & Rolf, and J. Crew are doing great ones. Also Toy Watches are great - they're those plastic watches with transparent watch straps.

What are the "It" boots for the season?

GIRLS: Flat knee boots a la Equestrian style or motorcycle style look great with skinny jeans.

GUYS: The biggest trend on the runway for footwear is the military lace-up boot. The good news is, while you can get a pair from Yohji Yamamoto (Yohji had a collaboration with Doc Martens this season) or Paul Smith, you can always pick up an inexpensive pair at the Army Navy store.

What is this winter's staple piece?

GIRLS: This winter's staple piece is a chunky knit sweater. In any variety, either long or cropped, it is a great layering piece. Wear a tank top, a light cashmere sweater and end with a chunky sweater on top.

GUYS: The cropped Pea Coat



Girls: Don't leave the house without a chunky knit sweater and equestrian-style boots.

PHOTOS BY AMANDA DECAMP



For guys, the staple pieces this winter are a pea coat and a collegiate scarf.

•The Reader Digital Book from Sony

It can hold up to 160 eBooks at a time and weighs just nine ounces. With a six-inch display screen and the breakthrough technology of Eink®, this digital book can go just about anywhere. A single battery charge will allow you to turn 7,500 continuous pages, so snuggle up next to the fireplace and get your read on during this winter break. \$300 Visit sonystyle.com

•Zeno This handheld, portable electronic medical device is clinically proven to make

25 PLACES TO SCORE A DISCOUNT WITH A

Hofstra I.D.

By KELLI DeWALT

College students are notorious for being in debt. With tuition, food and housing rising every year, students are always strapped for cash. Fortunately, many businesses in the area offer student discounts for anyone who presents a Hofstra I.D.

2. Apple Store

At the Roosevelt Field Apple store, all college students receive discounts on Apple products along with \$100 off laptops and computers.

1. AMC Loews Roosevelt Raceway
With a student I.D. one can receive a movie ticket for \$7.50 before 4:00 p.m. and \$8.50 after.

7. Cold Stone Creamery
Students will receive 15% off their purchase at the Cold Stone in Westbury.

3. Bally Total Fitness

Students nationwide may sign up for a four-month summer college membership for \$156.

4. Beach Bum

By using their I.D.s, students can sign up for a one-month unlimited package on their bronze tanning beds for only \$29, platinum beds for \$99 and titanium beds for \$149.

5. Broadway shows

Student rush tickets are available when the box office opens or a few hours before the show for only \$20-30.

6. Carnegie Hall

Starting at noon on the day of performance, students may purchase tickets for \$10 for select events.

9. Hair Express

Hofstra students receive \$5 off their haircut.

8. Coliseum Deli

Students purchasing a lunch order will receive one free 24-ounce fountain drink. For breakfast orders, students get a free 16-ounce drink.

10. Islanders

An hour before the game, students may purchase tickets for only \$10.

11. J.Crew

At Roosevelt Field, students will receive 10% off their entire purchase.

12. Lincoln Center

Students may purchase tickets for \$20 at the Avery Fisher Hall Box Office for "Lincoln Center Presents" events. This includes: Great Performers, Mostly Mozart and Lincoln Center Festival Series.

13. McDonald's

With a Hofstra I.D. 10% will be taken off one's value meal at the location right next to school.

14. MET (Metropolitan Museum of Art)

Admittance into the museum is only \$10 with a student I.D.

15. Modell's

If a student wants to speak with the manager, he or she will be able to receive 10% off his or her purchase.

16. Moe's Southwestern Grill

By providing student I.D. 10% will be taken off one's purchase.

17. MOMA (Museum of Modern Art)

Full time students will be admitted for \$12.

18. New York City Ballet

During the year students may purchase student rush tickets for \$12 for select performances and shows.

19. NYC Opera

Students can receive 50% advance tickets (one week prior to show) or pay \$16 for rush tickets (after 4:00 p.m. on day of show).

20. Napolini Express

Students will receive 10% off their meal.

21. Sony Style

All students can receive up to \$300 off their laptop purchase.

22. S&S Hair Care Studio

Located on 684 Fulton Avenue in Hempstead students can receive a hair cut for only \$10 on Monday, Tuesday and Wednesday.

23. Stop and Shop

The convenience store right across from Twin Oaks provides a 10% discount for Hofstra students.

24. Subway

Students will now receive 10% off their purchase.

25. Tin Alley Bar and Grill

Now, students can receive 10% off their meal at Tin Alley right down the road in Garden City. "We're happy to welcome the Pride," the manager said. ■



IT'S BEGINNING TO COST A LOT LIKE

Christmas

Surviving the holidays on a budget in New York City

Believe it or not, it is possible to go to the city without blowing your week's pay.

WITH THE BIG APPLE covered in the powdery white stuff, it doesn't have to cost you much green to take in the city that never sleeps. It's possible to see it all on a shoestring budget.

Perhaps the most popular activity in New York City during winter is ice skating. Yes, you could spend \$14 to skate at Rockefeller Center, but you could also choose one of the cheaper options. The Trump Wolman Skating Rink in Central Park is \$5 for skate rentals and a \$12 admission fee.

The Pond at Bryant Park costs even less. Located behind the New York Public Library on 42nd Street, the Pond is free to the public. If you don't have skates of your own, however, you may have to pay \$10.

Following a nice afternoon of skating, skip Starbucks; after all, you can get it on campus. Take a trip to City Bakery on 5th Avenue and 18th. A cup of hot chocolate at this bakery just north of Union Square tastes like a liquefied chocolate bar. To top it off, toss in a homemade marshmallow – yes, everything homemade is better – for \$3.75.

Are you a theater person? Heard how Mel Brooks and company are charging upwards of \$500 for a good seat to *Young Frankenstein*? Have no fear. Broadway producers now make it a point to set aside tickets for students.

For popular Broadway fare, two hours prior to every performance, between 15 and 25 seats are raffled off for roughly \$25 per ticket. All you have to do is show up, write your name on an index card, and they're shuffled up and pulled like a bingo game. The seats are generally located in the front row, though it's subject to availability.

Other shows, like *Legally Blonde*, *Spring Awakening*, and other great dramas make use of a student rush system. Go to the box office when it opens the day you want to see the show, show your student ID to purchase a ticket for around \$25. Shows sell out fast, so you want to get to the theater early so you don't walk away empty handed. For more info, check out www.playbill.com.

The non-profit Roundabout Theatre Company has set up a youth ticket program called HipTix. Free for anyone under 35, HipTix guarantees you a seat to any of their

shows for \$20. This season, their productions include Claire Danes in *Pygmalion*, Rosie Perez in *The Ritz*, an adaptation of Alfred Hitchcock's *The 39 Steps*, political drama *The Overwhelming*, and a revival of the classic musical *Sunday in the Park with George*. In a recently opened black box space, a new drama titled *Speech and Debate* sells tickets for \$20.

“A CUP OF HOT CHOCOLATE AT THIS BAKERY JUST NORTH OF UNION SQUARE TASTES LIKE A LIQUEFIED CHOCOLATE BAR.”

Frequent concertgoers, listen up. You probably realize how expensive it is to get a good seat at Madison Square Garden. All you have to do is go to one of the morning news programs, like *Good Morning America* or NBC's *Today* show, for your opportunity to see big name musical talent for free.

Located in Rockefeller Plaza, this winter, the *Today* show will host musical guests Aretha Franklin, Celine Dion, and the Brian Setzer Orchestra. *Good Morning America* will feature Duran Duran and Jordan Sparks live from their location in the heart of Times Square, right across the street from MTV.

While hanging out at Rockefeller Plaza, look up and take in the sight of the Rockefeller Center's Christmas tree. This year, the gigantic Norway Spruce will stay up through January 6. While on your Christmas tree tour, check out the one at Lincoln Center.

In the mood for a laugh? David Letterman tapes on 52nd Street. Conan O'Brian tapes in Rockefeller Plaza, along with *Saturday Night Live* and the *Today* show. *Regis and Kelly*, *Rachael Ray*, and *The View* all tape within blocks of each other on Columbus Avenue. Tickets aren't hard to come by. In fact, representatives from David Letterman's *Late Show* walk Times Square daily to find people willing to sit in the audience. Otherwise, all you have to do is go on their respective Web sites and fill out a ticket request form.

Another way to get more information that doesn't cost a cent: Google. ■

pride plays

PRIDE PLAYS



MARATHON MEN

With runners from Kenya to Farmingdale, the men's cross country team enjoyed greater success this fall, although the greater population didn't take notice.

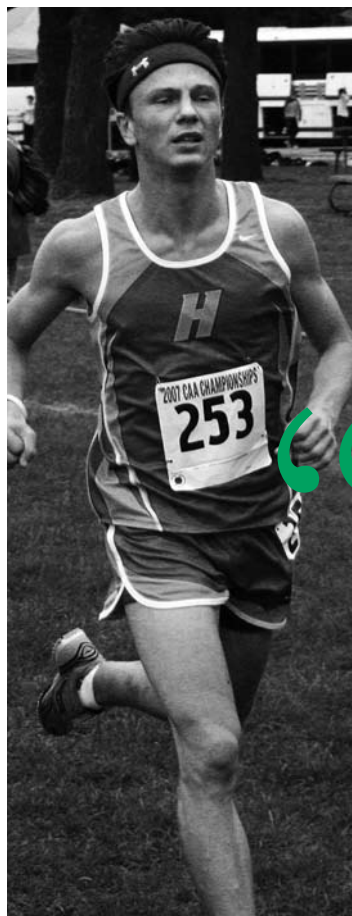
By RICHARD ADRAGNA

PHOTO BY DAVID GORDON

PHOTO BY AMANDA DECAIR



Hard training pays off: In the CAA Championships the Pride finished fifth, marking its best team finish in this race.



ON A SUNNY SATURDAY afternoon in Bethpage State Park, people gather around and, save for a few murmurs, it's quiet. Then, from a distance, there is a rumble, reminiscent of rival armies running toward each other in the heat of war. It's the sound of footsteps. Then the screams and shouts commence, as coaches and supporters yell words of encouragement to the runners. Hofstra's Kemoi Laban storms ahead with the finish line staring directly in front of him. An opposing runner is not too far behind. He gives it his all, and nearly passes Kemoi. It isn't enough, as Kemoi madly sprints across the finish line first. His teammates are not far behind, crossing the finish and snagging the overall team title.

Pride athletics has enjoyed all kinds of success in recent years, from the tournament appearances in men's and women's basketball to, more recently, the resurgence of its football squad and the dominance of the women's soccer program. The men's cross country team, though going unnoticed, is getting in on the fun as well.

The Pride men's cross country team enjoyed plenty of success this past fall. The team won its own invitational, with senior Kemoi, of Nairobi, Kenya, taking the individual champion title in 26 minutes and 47 seconds, his best time since he came to the University from Warner Southern College in Florida. (Earlier, Kemoi ran the

race in 24 minutes.) At the 2007 Disney Cross Country Classic in Florida, the Pride finished second out of 41 teams, with freshman Rich Schmitz coming in 13th place to lead the charge for the Pride. The Pride also finished fourth of 23 teams in the team standings at the Albany Invitational.

In the CAA Championships in October, the Pride finished fifth, marking its best team finish in the CAA Championships.

"All of our top seven runners are unbelievable," says head coach James Sewell. "This team is a combo of veterans who worked very hard over the summer, plus some new guys who are stepping up and pulling their weight."

While the cross country runners accomplished a lot this season, their strength of character and representation of the University impressed the administration.

"The men's cross country program represents Hofstra University in a first class manner, as with every other team," says athletic director Jack Hayes. "If our teams do well and represent the University right, it gets the Hofstra name out and becomes an effective public relations tool.

"These gentlemen, like Roy Seter for example, are great representatives of the cross country program. These are the kind of people and programs we are hoping to promote."

Seter, a senior political science major from Farmingdale, came

as a freshman with two others, including senior Stephen Santore, as "the new starting core for Hofstra cross country," says Seter. This was a time when the program was not on the map. Sewell, who coached at Adelphi three years prior to coming to Hofstra, just wrapped up his third year as the head coach of the program.

"This is a very tight unit," says Sewell. "Some people look at the individual achievements in the sport, but the team component is just as important. They have done a great job motivating one another and themselves. The team gets together every day, they have been roommates, and they have respect for each other."

Seter can strongly attest the words of his head coach.

"It's a very close-knit team," Seter says. "We got twelve guys that we are surrounded by from day one. During the summers, we try and get together because when you have a small team, it's easy to do that. I consider them my brothers."

This type of bond is important, considering the many backgrounds the runners come from. Kemoi was born and raised in Kericho, Kenya, but didn't get his start in running until his family moved to Nairobi.

Seter, meanwhile, has been running since the seventh grade, at the recommendation of his gym teacher in elementary school, who happened to be the cross country coach at his

middle school.

"We had these pumpkin runs when I was little and I would always beat the sixth graders when I was in fourth and fifth grade," he says. "So she said for me to come out for the team. One thing led to another and by the time I knew it I fell in love with the sport. I've been doing it ever since."

This past summer, the team got together for a challenge to push each other in order to become successful for the upcoming season.

"For summer training, we put on our AIM profiles how much mileage we've done," Seter explains. "It was just to keep each other honest, gauge each other and see how each of us are progressing. Our goal was to hit 500 miles or 600 miles depending on who it was and what training plan was assigned."

After going over it, the team took off with a set goal in mind. The team went beyond its summer goal.

"We had guys that ran 650 to 700 miles this summer," Seter says.

Some people will wonder how this is even possible.

"For us to fill in 500 or 600 miles, we had to run twice a day, which was hard because most of us were working full-time jobs yet at the same time we wanted to do it," Kemoi says. "Basically we ran five miles in the morning and in the evening we ran like nine or 10 miles. In a given week we ran about 80 to 90 miles. One time we ran when it was 97 degrees and everyone almost collapsed. We were sweating so badly that some of us were like 'Do you want to still do this?' We kept going."

Despite the many miles put on their legs, the team managed to recover quickly.

"The cool thing was we had school trainers over the summer," he says. "We saw them and talked to them about what was wrong and they fixed our legs."

Although Kemoi and his teammates covered a lot of ground, they held off on buying

a new pair of sneakers since the school provides them with a pair at the beginning of the fall season.

"We didn't change our sneakers. We ran on what we had because sneakers are expensive, like \$150 for a pair," he says.

Despite the success the team accumulated this year, the public attention sorely lacked.

Hayes mentioned that many factors come into play in a student's decision as to whether or not he or she would go see an athletic event.

"It could be difficult for a student to see an athletic event off campus because he or she may have classes and extracurricular activities on campus," he says. "Still, our responsibility is to create an atmosphere for those people who come to an athletic event to be so fun and exciting that when they leave, they would want to come back."

Kemoi says that the way a given race is run makes it difficult for spectators to enjoy it.

"We don't get a lot of people because firstly, we run in front of everyone only in the beginning and end. We mostly run into the woods for the majority of the races. Secondly, our races are held in Bethpage, which is far from Hofstra, so we don't get more people. However, our parents, some of our friends from school, and people from the athletic administration did come to see us and give us their support."

Seter, though, would love for members of the student body to give his team their full support.

"It's something you get accustomed to as a cross country runner, but at this point, it's my last year and I feel like we've worked so hard yet have gotten so little attention," he says. "We're well respected by other athletes but we do want other members of the school to take notice and give us some support." ■

RUNNING ON THE FLIP SIDE

Kemoi Laban has been the Pride's top individual finisher for most of this season, capturing the individual title at the Hofstra Invitational and finishing sixth individually at the Delaware Invitational.

Kemoi, as his teammates call him, was born in the small village of Kericho, Kenya. He lived in Nakuru before settling with his family in Nairobi during his high school years. The son of teachers, Kemoi has six brothers and three sisters. Two of his siblings also reside in the United States.

Even though Kenya takes pride in its long-distance runners, Kemoi did not become interested in cross country until late in high school.

"I played handball and soccer back home," Kemoi says. "In the 10th grade my brother ran in the United States and got me into it."

He happens to be tired of people saying that only Kenyans are superior long-distance runners.

"People think Kenyans are runners and all, but I am pretty sure everybody can run," he says with a smile and a laugh.

Kemoi came to America as a student at Warner Southern College in Florida. In 2004, he met the Pride's cross country team in Orlando.

"Coach [Sewell] was good to me and I met some of the runners, like Roy [Seter]," he explains. "They told me that Hofstra was a good school and that I might be good there, so I gave it a try."

Kemoi left his native Kenya in search of more than education. He longed to experience America.

"Basically I wanted to see the flipside and see America, even though when I got here, I couldn't speak English," says Kemoi, a senior health education major.

He acknowledges the problems that ravage his home country.

"I don't like to tell about the war stories, and I think it's bad to see people in my country dying of AIDS. Reality is reality, though."

Still, Kemoi says, "Life there was pretty good."



Betcha didn't know: HOFSTRA'S FINEST

By BOB BONETT

Take a glimpse into the big-name players from a Swedish soccer phenom to a five-foot Hawaiian volleyball star

Johannes Grahn Men's Soccer

Futbol — no, not the football we are used to seeing — is the international sport. And for coach Rich Nuttall's men's soccer team, Swedish-born Johannes Grahn gave the program a flash of what to expect for the next three years, as he led the team in his first season.

Perhaps the most adventurous part of Grahn's season, though, wasn't penetrating opposing Colonial Athletic Association defenses, but rather becoming accustomed with the nuances that separate American life from Swedish life.

The first hurdle is trying to grapple with the idea of futbol being called soccer.

"I've always said futbol since the beginning, but have started to call it soccer more and more just because I'm in the U.S.," Grahn says. "But for me it'll always be futbol."

In fact, the American version of futbol has even caught Grahn's eye.

"I like it and I've learned the rules now," Grahn says.

As far as the subtleties, such as music and food, there are both positives and negatives.

"The USA has got the best music in the world, with the most artists and everything," Grahn says.

Yet, in terms of food, Grahn prefers his country's home-cooking.

"It's unhealthy," he says. "There's cheese on everything which I don't prefer, and a lot of fast food."

Grahn, who has put together an MVP-caliber season, will look to lead the Pride to the playoffs next year after the team missed out on the opportunity this season.



PHOTO BY KYLE MARTEL



PHOTO COURTESY OF HOFSTRA UNIVERSITY ATHLETIC DEPARTMENT

Niki Williams Women's Basketball

Not many athletes will admit they, on occasion, rock out to Disney tunes.

Then again, not many athletes have made the kind of strides Hofstra women's basketball point guard Niki Williams made on the court last year.

Prior to the 2006-07 campaign, Williams was slotted into the lineup as a sixth-woman, forecasted to play about 20 minutes per game in relief of starting point guard Jeanell Hughes.

A few games into the season, however, Williams received the chance to start for the Pride. She never relinquished the role, and eventually led Hofstra into the National Invitation Tournament.

Thus, a year later, Williams is the only returning starter from last year's squad, and is expected to play the role as the team's veteran leader.

"We don't have as much experience [this year] playing without the four seniors as we would like," Williams explains. "There are so many talented players this year, though."

Williams is plenty confident, especially when it comes to her one-on-one game. Her counterpart on the men's team, Greg Johnson, earned the nickname "Playstation" for his agility on the court, similar to a video game player. Nevertheless, Washington's reputation doesn't deter the fact that Williams could take him on the court.

"I think I'd have to back off Playstation and give him some room, but I could compete with him," Williams says.

As for those Disney-themed tunes on her iPod, Williams claims ownership to her younger siblings.



PHOTO BY SEAN M. GATES

Shellane Ogoshi Volleyball

It's like the infamous Rudy story: a five-foot-nothing athlete in a world of vertically-gifted participants.

Utility star Shellane Ogoshi, (she has played both libero and setter in her career), overlooked by every Division I school in the United States due to her lack of height, received a call in the final hour from the University, asking the Hawaiian product to join the volleyball team.

"I'm happy with what I've been able to do for Hawaiian volleyball players," the senior says. "It's nice seeing other Hawaiians on the court."

While she does not plan on pursuing any sort of volleyball career after college — opting only for a possible coaching career or another venture in the volleyball world — Ogoshi says she would not mind challenging volleyball head coach Lauren Netherby-Sewell to a beach volleyball match to earn bragging rights.

Growing up in Hawaii, Ogoshi still loves playing on the beach, specifically for the post-match reasons.

"You get to play on the sand next to the beach, and then afterwards, jump in the water," Ogoshi says. "I love that."

Included on Ogoshi's unparalleled Pride volleyball resume is the program's record for most career digs, multiple CAA Player of the Week honors, CAA Player of the Year honors, and back-to-back CAA Setter of the Year accolades. In addition, there is the satisfaction of showing the big-name Division I programs that height doesn't matter when it comes to Ogoshi's on-court volleyball prowess.

Antoine Agudio Men's Basketball

Last year for the Pride's men's basketball monster, the three-headed led the way from the backcourt. This trio allowed Hofstra to don one of — if not the — most electrifying three-guard set in the NCAA.

One year later, Agudio is the only member left of the triumvirate of highlight-reel players. Agudio enters the new year, however, with few worries as to the capabilities of the young, new-look Pride.

"We have some guys that are going to step up big," Agudio says. "Greg Washington, a center, is a guy everyone should look out for."

Agudio will look to eclipse a number of Hofstra records throughout the year, most notably the all-time point scoring mark. Prognosticated as the Pride's biggest offensive threat, Agudio entered the year with 1,664 career points; ahead of pace to break the school's all-time scoring mark held for 40 years by Steve Nisenon of 2,222 career points.

Agudio admits there are a few athletic junctures that he would struggle with.

"Kayleigh Lotti [a senior pitcher for the softball team] is the best female athlete at the school," Agudio says.

Asked if he could hit Lotti's pitches, Agudio, says, "No way; she throws too hard and she's too good."

Back on the court, though, Agudio expects big things from the Pride for the season. A year removed from a disappointing campaign that saw Hofstra miss the NCAA Tournament, the senior guard forecasts the Pride to stay in contention for a CAA crown and, if the chips fall into the right place, a trip to the Big Dance. ■



PHOTO BY SEAN M. GATES

Big Ten Transfer Finds HOME at HOFSTRA

Starting quarterback Bryan Savage's circuitous journey to Hofstra.

HIS TRAVELS HAVE TAKEN HIM

from the college town of Madison, Wisc., to the farms of Kansas and finally to the hustle and bustle of Long Island. Junior quarterback Bryan Savage, a two-time transfer, finally found a home under center for the Pride through what his coaches – old and new – say is hard work.

Through the first 10 games of the year, the Pride went 7-3, a drastic turnaround from a season ago when they finished the year 2-9. The Pride owed a lot to Savage, who threw for 2,539 yards and 13 touchdowns in the first 10 games with a 63.4 percent passing rate.

Now seemingly comfortable under center, Savage didn't always have things go his way, especially to start his collegiate career. Despite several schools courting Savage after he graduated high school in 2004, he

decided on the University of Wisconsin.

"I chose Wisconsin because Brian White [former Wisconsin coach, and now offensive coordinator at Syracuse University] and I meshed," Savage says. "He is a good coach and a great guy. I felt comfortable with him and the school."

This comfort soon would be lost when White left Wisconsin and the Badgers reconstructed their coaching staff. After the coaching changes, Savage decided he would leave the Big Ten Conference and look for a new school.

Savage transferred to Coffeyville Community College in Kansas, where he knew he would compete not only for the starting quarterback job, but also for a roster spot. Coffeyville could list only 12 out-of-state players on its roster.

"I was nervous leaving Wisconsin and going to Coffeyville," Savage says. "I could get cut if I did not become one of the top two quarterbacks, but competition brings out the best in you and Coffeyville showed me I could still compete."

After a season starting at the junior college, Savage decided to test the NCAA market once again. Still a fan of his recruit, White would become instrumental in the Pride courting Savage.

"White is a friend of the program and he told me about Bryan." Hofstra head coach Dave Cohen says. "We watched his tape and thought it was impressive. We

met him and thought he was a great kid." Cohen and his coaching staff offered Savage a scholarship and a roster spot, but never a starting position.

"Coach Cohen told me it's fair competition for the starting job," Savage says. "When you are a transfer you cannot ask for anything other than a chance to compete."

When he arrived at Hofstra in the spring of 2007, he again found himself in a battle for the starting position. "Playing in Coffeyville helped me out and so did the competition," Savage says. "Competition is a big part of football."

Pride coaches immediately took notice of Savage's dedication and work ethic. "Bryan is the football equivalent of the basketball gym rat," quarterbacks coach Dave Patenaude says.

Savage proved himself not only to his coaches, but also to some of his teammates. "Savage came in and did a lot of extra stuff, watching film trying to understand the offense," senior receiver Charles Sullivan says. "The quarterbacks usually run with the linebackers. He came in right with us and proved he wanted to play right away."

Hard work was nothing new to Savage but more of a character trait. "Savage worked his ass off when it came time to train," Wisconsin strength and conditioning coach Ben Herbert says. "He was the type of guy who wanted to get better any way possible and it showed in his training."

Not only is Savage playing, but he has had a huge impact on the football team. He has managed to find the end zone not only through the air, but by ground. Savage led the team with 10 rushing touchdowns heading into the final weekend of the season.

"If you look at our football team the biggest difference is the quarterback," Cohen says.

Although the Pride will only have his services for another year, Savage has found a permanent place after bouncing around for a bit. "When you transfer, especially a multiple transfer like Bryan, you are looking for a happy home where you can start," Cohen says. "I think he found that here. He is one of the guys in the locker room." ■

PHOTO BY STEPHEN COONEY



Practice makes perfect. Savage has tried three different schools to finally find his home at Hofstra.



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