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ISSUE 13 · SPRING 2008



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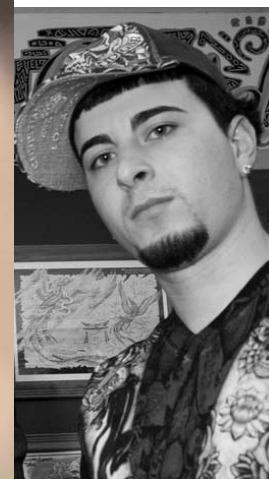
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COVER PHOTO BY SEAN O'KANE

From the Editor

INEVITABLY, WE MUST all take the next step. Sometimes we do it voluntarily, other times the world leaves us no other choice. Many of us will stray far from where we started; some will become professionals, some will become parents. Some of us will realize our wildest dreams, and others might discover the hidden opportunity in not getting what we want. Soon enough, we will all leave the lives that have become so familiar and step out into the uncertain.



As we prepared to close this issue, I began thinking a lot about the inevitability of change, of growth and of progress. About how taking that next step is not something that can be stopped. It is predestined. As are the people we are meant to become.

The people within these pages are embodiments of that very idea. The local band on the cover fighting for recognition, the trio of Hofstra grads on the verge of television superstardom, the student turned soldier who patrols the streets of Iraq, and the many voices of upperclassman who have shared their wisdom and parting advice as a swan song to their time spent as undergraduates. As they all join us in anticipation of taking that next step, so too does our country. We stand at the cusp of a historic election. We approach the next hopeful chapter in the story of America while America looks hesitantly to its 6th year at war.

Our hope for these stories was for them to look to the future while remembering the past. They celebrate new communities, vintage clothes, former athletes, rising stars, new beginnings and proper goodbyes. They are stories about our ability to endure, the necessity of risk, and the inevitability of moving forward with our lives.

These stories are the result of months of exhaustive work by the most dedicated and talented team of writers I've ever had the opportunity to know and work with.

Special thanks needs to be attributed to Ariel Servadio and Michele D'Altorio for the passion they put into this issue and for their willingness to hold my hand through every tough decision I had to make. To Sean O'Kane and Jackie Hlavenka for their masterful photography; to Jillian Sorgini, for her uncanny ability to come up with clever headlines; to all of the talented writers who made these exceptional stories come to life. And, of course, to professor Carol Fletcher, for the guidance, support and love she's shown, not only in regards to the production of this magazine, but to all of us personally through the years.

For those of us about to take the next step, I'd like to dedicate this issue to you, and to those of you whom I've had the privilege of sharing this experience with.

Thank you,



Pulse

HOFSTRA'S STUDENT MAGAZINE
ISSUE 13 · SPRING 2008

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culture & trends

CULTURE & TRENDS

They Need

GIRLFRIENDS

From Dempster Hall to GBS,
three geeky guys score big

By JACQUELINE HLAVENKA

PHOTO BY CHRIS LANGAN

IN THE THREE SHORT YEARS

since graduation, they've signed with CBS, have been courted by the producer of "Sex and the City," and can boast that the creator of "The Office" is one of their fans. But before filmmakers Brian Amyot, Angel Acevedo and Steve Tsapelas made it big, they made the journey through Hofstra like any other student—though they admit to still having some nostalgic feelings about their college days.

"I miss meal plans. I miss my dorm room," Tsapelas sighs, folding his hands and bursting into a laugh.

Today, inside their two-bedroom apartment in Astoria, Queens, just blocks away from the rickety elevated N, R, W subway line at Ditmars Boulevard, the place resembles a grown-up dorm room—walls covered in movie posters from "The Rules of Attraction," "Kill Bill" and "Friday the 13th"—topping it off with a 350-plus DVD collection that nearly covers the living room. There's equipment lying around, laptops hooked up in their bedrooms, cell phones at their side. It's early February on a Friday afternoon and the writers strike is still raging on. The only sound is the shake of the subway train.

"There are things I miss about college, but I'm done now," class of 2004 graduate Brian Amyot laughs. He is 26 years old now, sitting at home in his apartment in Astoria with roommates Steve Tsapelas and Angel Acevedo. The three are the creators of Ragtag Productions, a full-service video and production company specializing in short films and video editing.

"Yeah, Steve really misses college a lot. He cries about it," Amyot jokes.

"Go buy a dorm room then. You should make a story about that, a guy living in his dorm room," Acevedo says, jumping into the conversation.

"And where would it go from there?" Tsapelas asks.

Angel looks over at Steve, shrugs his shoulders and shakes his head.

"There's a lot of stories, man."

He should know.

After graduating in 2004, the guys of "We Need Girlfriends" tossed their caps and gowns and became virtual pioneers of Internet story-telling when their Web series became the first to be signed to a national broadcasting company.

A Reel Beginning

In the year 2000, Amyot and Acevedo, both freshmen, joined Popcorn Flick, an

on-campus film appreciation club. That's where they met Tsapelas, a sophomore. As they continued to attend the club's movie screenings, Brian, Angel and Steve became friends. But there was something missing.

"There was a small group of us in the club that wanted to actually make a film," Amyot explains. "It was based on a script that I wrote. The three of us and three other guys just decided to take over and said, 'This is what we're going to do. We're going to make films, and show them.' That's how it got started—just six people getting together and wanting to make a film.

The "it" Amyot refers to is the Hofstra Filmmaker's Club, but the beginning of the club had a rocky start. Meetings had low attendance, conference rooms were impossible to book and little was accomplished.

"I would go to the meetings and it would be seriously people in the [Rathskellar] just talking, and that was it," Tsapelas said.

Eventually, Brian, Angel and Steve took over the club later in the year when the other three original members dropped out the project.

"The guy whose idea it was said, 'Do you

want it? Just take it,'" Amyot explains. "And we were already in the process of doing this film, which would be the first Hofstra Filmmaker's Club film."

Take One

During a ten-day shooting period, Angel, Steve and Brian worked on the first Hofstra Filmmaker's Club (later abbreviated to HFC) movie called "The Next Day," a 45-minute feature film that made its grand debut at the Student Center theater, generating a huge response from the student body. They self-financed all production costs, bought food out of their own pockets and found actors and actresses that would work for free through Hofstra's drama department.

"There was a lot of excitement," Amyot recalls. "The club went from being like six people to the next year, a lot more. It was more established, but we thought we could do more than we probably should have."

After the success of the first festival, Brian, Steve and Angel had a better understanding of the limitations of the club, and some new ideas for making HFC more effective.

"That was the year the Filmmaker's Club was such a development over time because the first year we were figuring out what we

wanted to do and the second year we just learned a lot working with each other," Amyot says.

A Changing Landscape

In early 2001 as HFC aimed to bring students together, the environment for Hofstra's film and television majors in the School of Communication was much more divided. The idea of media convergence—the coming together of many forms of written and visual communication—was only blossoming, not yet a reality.

"There was no real connection between your senior year and your freshman year," Tsapelas, a film production major and English minor, recalls. "What I think we did the best is that we got freshmen, sophomores and juniors together because, I mean, freshmen would come in and be [production assistants] on senior film shoots, and there was a real knowledge and network for crew members. We helped with the learning process. When we started, you would make three films in your entire film career—but now, people are making so many films, working on so many films."

The scene in Dempster Hall was different too. According to the crew, the film kids

didn't mess with the TV students, and vice versa. What the group hoped for was that students of all ages—whether freshman or seniors—would earn a good deal of experience on film shoots and figure out their strengths.

"When Angel and I were freshmen, I didn't know what it was like to work on a senior film," Amyot explains. "I didn't have any of these experiences, but through the Filmmaker's Club, we could use it as a system to give people new opportunities."

From Short Films to the Web

After paving the way for future film students, Brian and Angel left HFC in the hands of a new generation when they graduated in 2004, and joined with Steve, who graduated in 2003, to form Ragtag Productions out of their apartment in Queens. To get their feet wet in the New York City film scene, the crew began entering their work into city-wide 24-hour and 48-hour film competitions and created a series of short films.

"We kind of just developed our skills a little bit more," Tsapelas recalls. "Around that time, the Internet was really just taking off. Well, it already had taken off, but sites

like YouTube and all those video sites really got popular."

From there, they traveled around the country to different festivals, visiting places like Indiana, Chicago and Georgia, and eventually landing back on Long Island. Though the festivals helped Brian, Steve and Angel gain experience and exposure, the costs began to add up. Airfare and festival entry fees started to drain their wallets—and their energy.

"We wanted to do a longer project, we wanted to do a feature, but we didn't have the resources—time and money," Acevedo says, sighing. "We all were working full-time jobs, and we

didn't want to make a feature length movie by shooting it on the weekends."

Then, they had the idea that changed television history.

"We combined the idea of doing short films with a longer story by doing a Web series. It would be an extended story, but short episodes. Combined together, it would be a feature length movie. Internet video was exploding," Acevedo explains.

The Anti-"Entourage"

After they were simultaneously dumped by their girlfriends, Tsapelas created caricatures of himself and his friends in a story called "We Need Girlfriends"—an anti-"Entourage" for geeky twenty-somethings; a love letter to post-grad life; a witty, delightfully neurotic look at the struggle of dating for both men and women.

"It was just this idea. We were watching 'Entourage' a lot and we were kind of the opposite of that," Tsapelas laughs. "It wasn't easy for us to pick up women. It was a constant struggle out there."

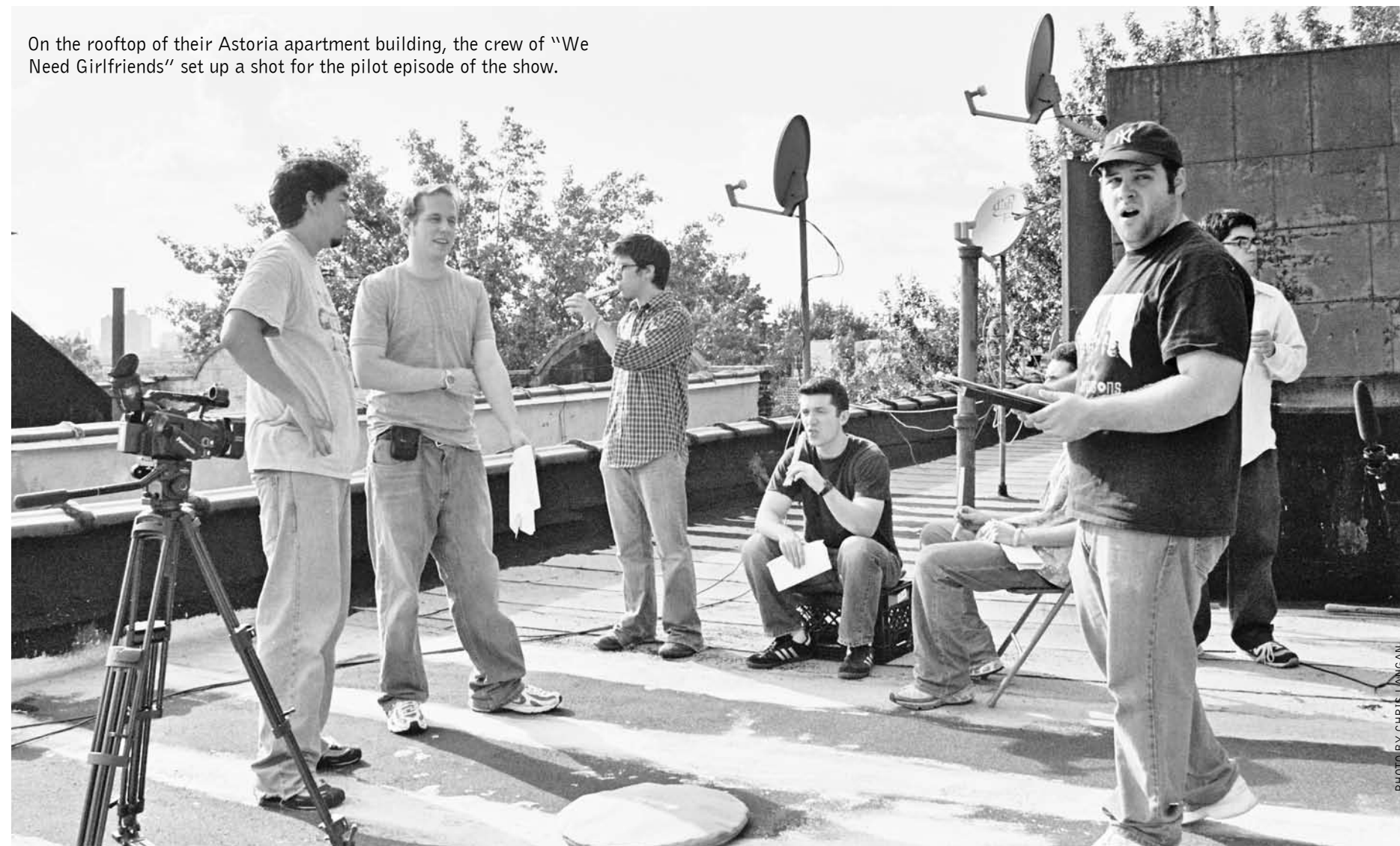
After developing a plan to film one episode per month, the crew cast actors that were somewhat exaggerated versions of themselves—hotheaded schemer Rod (Evan Bass) represents Angel, earnest Tom (Patrick Cohen) reflects Brian's personality, and nerdy, cerebral Henry (Seth Kirschner) best portrays Steve. To cut down on production costs, most of the episodes were filmed in their Astoria apartment or around the neighborhood. The actors and actresses worked for free. The equipment was free from the full-time production jobs the crew worked. The only major costs were providing food for everyone on film shoots.

"We shot all locations around and people were doing favors for us," Amyot explains. "These are places where people knew us, and they pulled us favors. We pulled everything we had and just tried to use it."

The shots have a man-on-the-street feel: the camera moves with the actors while they walk and talk, which keeps the audience involved. The House of Sudz Laundromat down the block—where Brian and Angel do their laundry—became a popular shooting location for the show. The sweeping camera shots of the Triborough Bridge, Astoria Park and rooftop gardens set the mood for the show's characters: these are city kids on the brink of adulthood, looking for love in a landscape of infinite possibilities.

Team Rod, Spank Bank, Squirrels: How "WNG" Created a Phenomenon

By using social networking Web sites like MySpace and YouTube, Brian, Steve and Angel generated a fan base for the



On the rooftop of their Astoria apartment building, the crew of "We Need Girlfriends" set up a shot for the pilot episode of the show.

PHOTO BY CHRIS LANGAN

show. They set up MySpace pages for the characters.

"People were friending them and treated them as real, and that's how we built our audience," Acevedo explains. "And then, when we released the first episode, they realized these are characters in this new show."

Within a day, the pilot episode reached thousands of hits. Over time, the fans wanted to talk to the characters. They read the character blogs, they wrote on their walls and entered contests. In a way, the fans were part of the show itself.

"They were messaging the character pages, they wanted to talk to the characters!" Amyot laughed. "We kept this interactivity with the fans so they could feel like they are part of the show."

As they gained more popularity on the homepages of MySpace and YouTube, the show coined a few popular phrases, such as "don't scam on my squirrel" and "spank bank," phrases that soon became trademarks of the show itself. T-shirts immortalizing Episode Four's Jenga squabble between Rod and Henry are sold on the "We Need Girlfriends" fan site.

The show subsequently provided a launch pad for local bands wanting their music to get heard.

"We would find bands on MySpace who let us use their music and we would get their fans, they would get our fans, and we built up all these relationships," Amyot explains. This exchange resulted in "We Need Girlfriends" having a soundtrack unlike any other show.

"WNG'S" Big Break

The show was booming. People were sharing it all over the Web, with each episode generating half a million hits. Advertisers

wanted to place items on the show. Fans wanted to know what it was like to be with Henry, Tom or Rod. The decision was unanimous. It was time to take "We Need Girlfriends" to the next level.

In May 2007, just after the completion of their seventh full-length episode, the creators took time off from their jobs to travel to Los Angeles to meet with film executives interested in the "We Need Girlfriends" franchise. There, Brian, Steve and Angel signed with an agency called United Talent and got a manager.

"We thought we would get someone to finance 'We Need Girlfriends' online, and television wasn't necessarily it," Amyot explains. "At the same time, Greg Daniels contacted us, who is the creator of the American version of 'The Office.' He was a fan of 'We Need Girlfriends' and we met with him."

Daniels knew all the lines. He knew every episode.

"He said it would make a good television show," Amyot says with a smile.

After coming back to Astoria to film more episodes, the creators were back in Los Angeles in July 2007 when another opportunity came knocking.

"We Need Girlfriends" was a finalist for an Online Emmy Award for Best Comedy and had caught the eye of Darren Starr: writer, producer and creator of the HBO hit "Sex and the City."

"We got contacted by someone that works with Darren Starr," Amyot explains. "There's a producer named Clark Peterson and he said, 'Oh, you should check out these guys, they are funny.' They brought it to another guy named Dennis Erdman and he loved it, and had worked with Darren Starr, and Darren Starr watched it and loved it too."

Housed underneath Sony Pictures and Darren Starr, "We Need Girlfriends" became the first Web series ever to be signed to CBS.

The Future

When "We Need Girlfriends" launches on CBS, the creators want the dynamic of the show to stay exactly the same, even though the medium will be going from Web to television.

"We want to tell stories that aren't on TV, we want to give these characters a voice," Amyot explains. "We want to connect with the same type of audience."

When the guys take the time to reminisce, they realize that the audience of "We Need Girlfriends" has grown up with the show itself. However, some things will always stay the same.

"I remember we were at a Halloween party, and game of spin the bottle broke out, and I wasn't participating and Angel was playing," Tsapelas explains. "These two girls kissed, and Angel looked over at me from the other side of the room. He just yelled out, 'Spank bank!'"

The guys laugh. Steve looks around the apartment with what can only be nostalgia. "No one said that line quite like Angel," he reminisces.

"I didn't make that up, that's been around," Acevedo notes. "I did it to be funny."

But like "We Need Girlfriends" as a whole, Brian, Steve and Angel discovered their niche through film. They are setting a standard for aspiring filmmakers all around the country.

"You made it your own," Tsapelas says. ■

FASHION

By JILLIAN SORGINI

INK

From tattoos to T-shirts: One student, with the help of his tattoo artist, makes his fashion dream a reality

A frat brother launching a fashion line? Unheard of—until now. Mike DiLascio, a senior at Hofstra University, is a walking contradiction.

Among his brothers in Zeta Beta Tau, DiLascio has always been known for his keen sense of style. "Half of them are robbing my closet before we go to the bar," DiLascio says of his brothers, a few of whom he lives with off campus.

Still, DiLascio never dreamed of launching his own line until he began collaborating with tattoo artist Steve Avolos, 23. Avolos, who designed all the tattoos that cover DiLascio's back and arms, agreed to draw the designs for DiLascio's line of tattoo art T-shirts. He currently works at Dark Child, a tattoo shop in Hempstead.

"I always wanted what was in my head on my clothes," says DiLascio.

As it turns out, what was in DiLascio's head was just as contradictory as his starting a fashion line in the first place. The art for his line is inspired by ideas of good meeting evil.

Avolos turns DiLascio's ideas into art. He sketches the tattoo-like imbalanced images, such as a devilish creature tempting an angel, which will be later screened onto T-shirts. However, DiLascio says the line is by no means sacrilegious—but there is a darker side to it intended to remind wearers that there is no good without evil.

"It [the line] explains a lot of things that go on in life," DiLascio says. "There is a lot of evil in everyday life and it's so easy to be tempted by it. Sometimes good people want to flirt with evil."

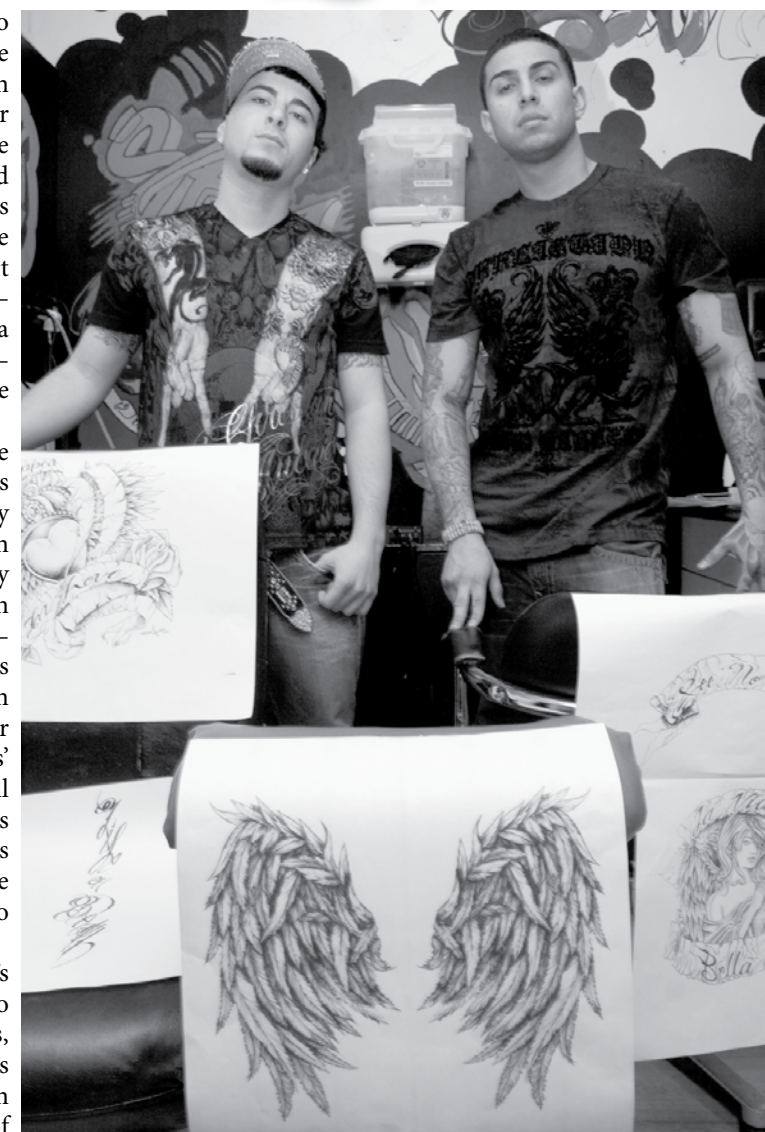
Like the message it displays, the line has both good and dark sides. Although DiLascio and Avolos work well together, they say keeping designs fresh and original can be a challenge. Another potential issue: In the world of tattoo fashion, DiLascio feels as if many designers sell different versions of the same thing. He also fears that it may be difficult for a new designer to gain recognition. In an industry where people flock to purchase apparel from Ed Hardy, a popular tattoo art fashion line, getting started can be tough.

Another problem rests with patenting. While DiLascio has two ideas in mind for a name to his line, the process of trade marking does not come cheap. After looking into it, DiLascio found that patenting and trade marking can run upwards of \$2000. As an alternative, DiLascio is putting a quote inside each t-shirt to make each piece as original as a tattoo.

So far, DiLascio and Avolos have chiseled out ten designs, five for men and five for women, and a small show is currently in the works. Each shirt will cost \$80—which may seem a bit steep to some—but fashion can be a costly industry.

The influence of fashion lines like Ed Hardy and Affliction is certainly noticeable in DiLascio's line—but what sets his line apart from the others is sheer passion. Avolos' attention to detail in each of his designs speaks for itself—some take hours to complete.

From men's hoodies to women's T-shirts, the trend is everywhere. Even the popularity of tattooing bodies is on the rise with the help of popular television shows like "Miami Ink." As tattoo art becomes more and more ingrained in society, DiLascio hopes to leave his own mark of permanence in the fashion industry. "Society has never accepted tattoos and tattoo art, and now everyone is getting [it]," he says. ■



Mike DiLascio (left) and Steve Avolos stand in a sea of sketches to be screened onto T-shirts for their new clothing line.

"I always wanted what was in my head on my clothes."



PHOTO BY CHRIS LANGAN

PHOTO BY SEAN O'KANE

Peace, Love & SPONSORSHIP

By KAITLYN PICCOLI

While the music industry is crumbling, festivals are thriving... but at what cost?

Sprawling green fields, naked bodies rolling around in mud, over-priced food, portable toilets, and an endless supply of mind-altering substances abound, while a huge stage blasts out sonic boom to a crowd of hundreds of thousands of fans sprawled out on blankets, all grooving along in unison. We've all seen the pictures and heard the stories—some of us have even experienced it firsthand. This is the magical, mythical alt-universe known as the music festival; a kind of utopian Mecca where music lovers flock for a few days, strangers become family, the laws of society melt away, and the spirit of rock and roll runs wild.

It's the scene we typically associate with music festivals like the original Woodstock: a bunch of hippies gathering in a vacant field for a weekend of free love and far-out music. But a lot has changed in 40 years, as more than one original Woodstock attendee has lamented. Massive, colorful banners now adorn the stage, proudly displaying the name of the corporate sponsor du jour. Festival-goers are bombarded by promoters

handing out free merchandise, whether it's cans of Red Bull to keep the crowd pumped or Trojan condoms promoting free love with a modern sensibility.

The industry has changed, and so have the attitudes of young people. The flower generation died only four months after Woodstock, when a young man was stabbed to death by a Hell's Angel member at the notorious Altamont. Thirty years later, the horrific riots during Woodstock '99 proved that the festival formula—music, alcohol and masses of adolescents—can be toxic. Corporations seized control, and by digging their claws in deep, tamed the beast. This is the reality of today, and our generation has to make the best of it.

In the last few years, music festivals have become ubiquitous. The Virgin Festival, All Points West and Mountain Jam are just a few happening near New York this summer. Major corporations are in a frenzy to slap their names on the hottest ticket, because they know young fans will flock to them in record numbers. These days, festivals are packed with college-age kids looking for a good time. They are young, careless and

eager to spend their money on pretty much anything it takes to make sure that good time happens. And big businesses are eager to give them that opportunity.

Festivals are no longer a movement; they are an industry. They don't represent the counterculture anymore, but the culture itself, a dichotomy of pleasure and business, and all the compromises that mixing the two entail.

Whether corporate sponsorships, trendy promotions, and big budgets are ruining the spirit of music festivals or actually enhancing them depends on who you ask.

The recent influx of money to the festival scene, although corporatized, grants artists the ability to do things that would have been impossible 40 years ago.

"There is a more corporate mentality now and huge reliance on sponsorship. Not that it's a bad thing—these festivals cost money and you need support to keep them going," says Martin "Boz" Boorer, who has served as Morrissey's lead guitarist and musical director for 17 years.

Today's festivals are not only pleasing to the musical ear; they are a jolt to all senses.

Sponsored funds allow artists the freedom to use incredible stage setups, like The Flaming Lips' elaborate UFO theme.

PHOTOS BY KAITLYN PICCOLI

Artists have the best equipment, mind-blowingly elaborate stage setups, and the opportunity to share the stage with some of the best bands in the world, in places they would not otherwise have the chance to play.

"It works both ways," says Boorer, who has played festivals in cities such as Zagreb, Croatia, and Novi Sad, Serbia. "Not many artists can afford to make those trips on a regular tour, so it becomes a great opportunity for the performer to play live in a region they had never had the opportunity to travel to. For the fans, it's often the first time they are getting to see their favorite bands or artists."

Many fans, however, bemoan the multitude of traveling festivals that have hopped on the bandwagon in the last few years, such as Warped Tour and the reincarnated Lollapalooza tour in 2003. These tours, which only last one day, are a far cry from the true experience, and are more of a glorified concert than an actual festival. "They're fast-food festivals," says Tom Brennan, a Hofstra student who has also toured with Morrissey as an assistant audio tech.

"With festivals, it is what it is," says Brennan, referring to the free-wheeling attitude and spontaneity that form the traditional festival vibe. These touring festivals, however, with their rigid schedules and cookie-cutter format, allow for minimal deviation. Strict time limits force artists to play quick sets, which are usually condensed

to just the hits, disappointing the die-hard fans that pay triple the usual ticket price to see them.

Another modernity taking the festival scene by storm is the Internet, as YouTube and message boards allow fans to be there, without actually having to be there. Thanks to YouTube, concert footage is available online within an hour of a performance, and can be seen from any living room in the world. Fans are uploading concerts from their phones and posting them on the Web. While this is certainly convenient, it undoubtedly hurts the festival market, not to mention the experience. "[The Internet] takes the mystery and allure, the 'specialness' out of it," says Brennan. Set lists are posted in advance, ruining the surprise for fans

Massive crowds flock to major festivals like Bonnaroo every year.



“THERE IS A MORE CORPORATE MENTALITY NOW AND A HUGE RELIANCE ON SPONSORSHIP.”

wondering what their favorite band will play. Entire festivals are streamed live from websites, and live concert DVDs continue to sell big.

Granted, Woodstock '69 sold what is now iconic live footage of the event. Still, if fans can see and hear the concert in their own bedrooms, why bother showing up?

According to Jay Rigby, festivals have a loyal built-in fan base built upon the "festival vibe" and the chance to escape the "real world" for a few days. Rigby, who has toured many festivals like Fuji Rock, Big Day Out, Magnolia Fest and Bonnaroo with the band Railroad Earth, and who also happens to be a Hofstra student, says that festivals are "a step back in time," a safe haven for our modern generation to fly their freedom flags and enjoy the atmosphere with a diverse crowd who share their mentality. This is why festivals were created, and why they will continue to thrive, no matter the lineup or the number of corporate sponsors.

So maybe festival-goers won't mind the T-Mobile cell phone charging stations scattered throughout the grounds, or paying \$7.00 to take a shower sponsored by Garnier Fructis shampoo, because that is simply the price you pay to have that freedom nowadays. As Jackie Finney, a junior from Hofstra who has attended several festivals, points out, this is just a sort of evolution. For the most part, the spirit of festivals remain, but in order to keep them running, we must bend to accommodate our technology-crazed and consumer-driven generation. "It's integrating modern technology, while keeping the same atmosphere," says Finney. ■

CONDITIONED for Success

By SEAN O'KANE

A Hofstra grad helps his band break through Long Island's cluttered music scene

**"I LOVE LONG ISLAND."
"I HATE LONG ISLAND."**

Nate Cyphert and Anthony Giambalvo, both members of the band This Condition, don't typically disagree like this. But despite the love/hate relationship with this isle of suburbia, they are both thankful for being here.

In the frantically evolving digital music era, Long Island is one of the few remaining important geographical music scenes, ranking among the likes of Austin, Texas Atlanta, Ga., and New York City. Alexander Ferzan, a Long Island-based manager and artist development representative, says as little as four years ago, "Long Island was the new Seattle." He believes that the island has become a graveyard for tons of broken music, referring to the clutter of so many similar sounding bands. Succeeding in getting past this clutter is one of the few

ways into an industry that is starved for fresh, good talent.

The crowded Long Island music scene is showing early signs of recognizing This Condition as one of its rising stars—a strong first step for the band in the marathon race to make it big in the music business. In other words, This Condition is a band you will want to know now (so you can say you knew them later).

Cyphert's voice is the first quality that distinguishes This Condition from other bands. With his vocal range resting comfortably in the tenor range (similar to falsetto of The Rocket Summer's Bryce Avary, but with more power underneath), his vocals succeed at grabbing listeners' attention. Once they have listeners hooked, their other strengths take hold as the energetic guitars and bass provide a high-energy pop to their music, all the while resting on the solidly-driving drums.

The band members, all from Long Island (save for Hofstra-grad Cyphert, a Pennsylvania native), recently won a "Battle of the Bands" contest hosted by Adelphi University. After making it through multiple rounds with scores based on a mix of fan voting and a panel of judges, This Condition took home the win in late March of this year.

Beating out four other bands in the final round, This Condition based their high-energy performance around Cyphert's front-man presence, the band's talented musical performances and the crowd's enthusiastic interaction. One fan even jumped off part of the stage. They were also the only band to pull the entire crowd close to the stage; the other bands could do nothing to contain the scattered college crowd.

The win allowed them to open for Adelphi's Spring Concert featuring Yellowcard and Brand New, two well-established bands

with avid fans. Performing with those bands added to the growing exposure This Condition has received throughout the past year.

Aside from the Adelphi contest, the band has lasted deep into other Battle of the Bands competitions in the area. They've also participated in an MTV2 online competition, and have worked hard promoting themselves through online media.

The intense whirlwind is taking place as each member is either working on or has wrapped up their post-secondary studies. Guitarist Giambalvo, 18, currently attends SUNY Farmingdale. Bassist Nick Cantatore, 19, is a Nassau Community College student (drummer Stephen Keyes, 20, used to go there), and guitarist Mike McGovern, 22, goes to (and travels to band functions from) Marist University in Poughkeepsie. Lead singer and guitarist Cyphert graduated from Hofstra in May 2007, and at 23 is the oldest member of the band.

Despite their young ages, the members of This Condition come across as if they are already veterans of the music scene they are trying to break into. Name any Long Island music venue and they trade stories like war veterans. Start talking local bands and they'll dissect what they believe to be the best and worst of their peers. Since most of the members are from Long Island, they have a somewhat natural understanding of the local music community.

Given that, it makes sense that on a dreary Saturday morning in February the band members would be hard at work in a furnished basement in Plainview, N.Y. Sipping coffee to stay alert during the "early" practice (as college students know, any hour before noon on a Saturday is early), they practice various aspects of their music, debating arrangements of drum breaks and possible crowd sing-a-longs. They are situated just minutes away from the hometowns of bands like Taking Back Sunday and Brand New, bands that just ten years ago were practicing in front of similar scenery.

This Condition was born in 2006, a product of happenstance acquaintances made in workplaces and through friendships. Three of the members had played together in bands before, a common mark of many bands from Long Island. They worked on writing and performing, and recorded a five-song EP in 2007 called "Find it in You."

The songs from that EP have been played over 50,000 times on the band's MySpace

page, a number that has grown to be just as important (if not more) than record sales in today's industry. In fact, the number of EPs sold is almost an obsolete figure.

"Our EP is on iTunes, and we've sold about 300, but we have way more plays online," Cyphert says. "We watch that a lot more. On a day where I can check the MySpace and see like 400 plays, that's awesome."

"When you're booking a tour, agents will look at your friend count and play count [on MySpace]," McGovern adds. "The biggest thing is every band's doing it and you have to get past them."

How to do that is a question most bands today are still asking. This Condition is trying a few new things to get to that level. As immersed as they are in the Long Island scene, they are doing what they need to do to stand out. Each member has his own idea of things that can do thrive.

"We're still not the popular

just blows up," Cyphert says.

But the band's main efforts are going toward using what Long Island has to offer to its advantage. This is where Cyphert's time at Hofstra is paying off—he graduated from the

Lead singer and Hofstra graduate Nate Cyphert

"Once we started performing better live, people stopped coming out of pity. They started coming to have fun."

kids on the schoolyard, that's why we want to get out of here and tour," says McGovern. "You can get too involved in this scene, so we're kind of lucky we're coming in from the outside."

"Colleges are key now," Giambalvo says.

"I don't even look to mainstream radio," adds Cyphert, "but colleges can get you there."

The band is also looking at Internet radio as well, working with the likes of DJ Rosstar, an online radio pioneer who has a Midas touch in many music related circles.

"Any band that he talks about on his show, their MySpace page

university's young music business program, which the university describes as helping students and musicianship that prepares them for a wide range of further educational and vocational activities

PHOTOS BY SEAN O'KANE

TAKING THE TEMPERATURE of Long Island's Best New Bands



Nate Cyphert agrees with an idea from guitarist Mike McGovern while practicing in guitarist Anthony Giambalvo's basement in Plainview.

that include music as a component."

"It really did help, I'm a lot less naïve," laughs Cyphert.

His studies have also helped stress the importance of actual people, not just numbers online. One of the biggest benefits of attaining any sort of success as a band in Long Island is the characteristically passionate fans. Bands from the area that have become extremely popular all have very loyal and traditionally avid fan base.

"That's definitely part of what we want," says Cyphert. "Fans in general are a huge part—they power all of the online stuff, and we have fans who are very passionate."

For proof of the power local fans hold, look no further than Nassau County natives Lights Resolve, who won a Samsung Mobile Unsigned Bands Competition. The contest was judged completely by the votes of fans,

and Lights Resolve received over 20,000 votes on their way to the win, which netted them \$7,500 cash and an opening spot on a major U.S. tour. When This Condition caught wind of this news, they were excited.

"They won that?" Cyphert asks as the band starts spouting superlatives about their Nassau County companions. "They definitely deserve it."

With a young fan base already established, the members of This Condition say they want to expand to other age groups, especially their own.

"We've done a lot better with college age people," says McGovern. "Once we started performing better live, people stopped coming out of pity. They started coming to have fun."

Which, according to Cyphert, adds to the credibility of the band. He explains, "If

you're 25 and your fans are 15..."

"...it's almost like bands like that don't want to play music, they just want to woo girls at shows," Keyes cuts in.

"That's why the Battle of the Bands is our make-or-break point for the summer," McGovern adds. The win not only put them in the Adelphi concert, but netted them \$1,500 as well. The money will be used to ease the costs of both a planned summer tour and recording sessions for their next EP.

"We are working with a booking agent, and we have close to 40 shows in the Northeast planned," says McGovern.

Cyphert looks surprised by this information. "Wow, really? Forty?"

The busy upcoming summer will prove to be an important one for the band, with the tour and EP serving as benchmarks to

measure their success.

Since graduating, Cyphert has been spending a lot of his time away from work doing band-related activities. Applying what he learned at Hofstra has been crucial, he says, and has paid off.

As for the rest of the band, they're focusing on their studies until they can devote all their time to music.

"Right now we're all in school and we aren't ready to stop that," McGovern says.

Once the semester is over, the band will focus on the busy summer and continue to take steps to becoming a more professionally legitimate band, something that can mean different things depending on who you speak to.

"I know I don't want to be looking for a major label deal or anything like that. It's a lot to deal with," Cyphert says.

Bands like Paramore and artists like Madonna have signed "360 deals," an idea This Condition seemed to approve. These deals basically allow the record label to take more profit from tour ticket and merchandise sales (mainstays for income of every band) in exchange for offering a larger lump sum upon signing.

"I think it's cool. I like the idea. If the label signs you they have to stick to you because they've already invested money in you," says Keyes.

"It's bringing artist development back into view," adds Giambalvo.

Where This Condition actually goes from here rests on a few things. Success with their upcoming EP and tour could keep up the momentum they have already built so well. And as always in the music business, one chance meeting with a producer or manager could be the lucky break that speeds things up. The talent is there, as is the incredible amount of passion for what they're doing. The band has an honesty that is visible in their music and in their performances—a rare find in a time when most bands are just working for the next record deal.

The steps This Condition has taken to succeed started with small ideas, many of them originating in classrooms. Now, they find themselves in a world where it is no longer a dream to play with bands they grew up listening to, nor is it a fantasy to have devoted fans following them from show to show. The members of This Condition have invested in the Long Island music scene for many years now, and with the returns finally coming in, they couldn't be any happier. ■

For an exclusive music download from This Condition, go to www.pulsemagazineonline.com.

ON FIRE

Envy on the Coast

From free shows on Calitins Quad to opening for Angels and Airwaves, this band (which includes two former Hofstra students) has made it far in just over a year, and this is just the beginning.

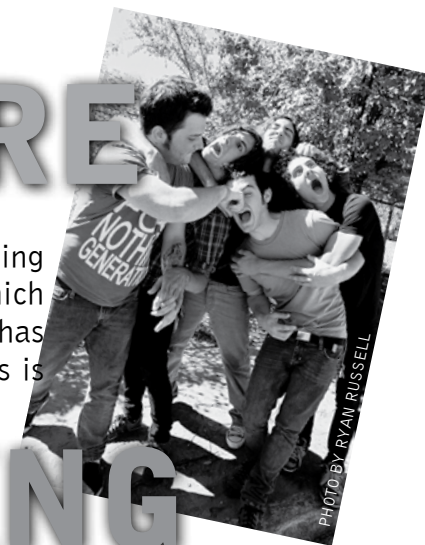


PHOTO BY RYAN RUSSELL

SIZZLING

Lights Resolve

After gaining moderate success with the band Last Week, the three guys in Lights Resolve are using a Samsung Mobile contest win to launch them into the national spotlight.

HOT

Show Me Action

Don't be fooled by the Carrot Top-esque appearance; lead singer Jack Tangney brings some serious energy and a fierce identity to this funky Rockville Centre band.

WARM

Escape the Skyline

After countless lineup (and band name) changes, this half-Hofstra quartet finally has a solid lineup with great potential. They are working on their first EP and booking live shows.



PHOTO BY SEAN O'KANE

COLD

Destiny or Design

A band that lost to This Condition at Adelphi, and has played before at Hofstra. They are on the rise, but need to get past simply playing at colleges.



This Condition performing at Adelphi's Spring concert featuring the bands Brand New and Yellowcard. They took home \$1,500 in prize money and an opening spot at Adelphi's Spring concert featuring the bands Brand New and Yellowcard.

PHOTOS BY SEAN O'KANE
ILLUSTRATION BY ARIEL E.M. SERVADIO

12th Time's a Charm?

Blake Boshnack knows rejection. The 22-year-old has tried out for the popular FOX television show "American Idol" eleven times, and while two of his auditions have been televised, he's never advanced to Hollywood. The cutoff age to audition is 28, so Boshnack has another six years before he's too old. "I'm going to keep giving it a go," he says. "I've got nothing to lose."

Becoming a famous singer is something he's wanted for as long as he can remember. Growing up, he says he sang all the time and joined his school's chorus. Upon graduating high school, he faced a difficult decision: go to college or focus on performing. Advice from his father and much deliberation led Boshnack to enroll at Hofstra University in the fall of 2003 as a finance major. At times, he questioned his decision—but the premiere of "American Idol" gave him the opportunity to study for his career and pursue the entertainment industry on the side.

Boshnack first attempted to try out for the show's second season in New York City but he arrived late and was turned away. In 2004, Boshnack was back in the city for season three auditions and scored a tryout.

"So much is riding on like, ten seconds," Boshnack says of auditions. He explains that the tryouts attract anywhere from 15,000-20,000 people, all of whom audition for judges and producers, who cut the group down. During round one, auditioners can be cut off anywhere from ten seconds to one minute into their song.

"Idol" hopefuls who make it past round one perform for the show's executive producers. If they make it past them, it's on to the celebrity judges: Simon Cowell, Paula Abdul and Randy Jackson. Round three tryouts are the ones viewers see on TV.

Boshnack first made it to Simon, Paula and Randy while auditioning for season four. "Making it past the first round for the very first time was just a very good feeling," he says.

The feeling didn't last. Randy enjoyed Boshnack's performance but Simon and Paula didn't. Nevertheless, he continued to try out.

Boshnack says one perk of auditioning was travel. He used to attend auditions in nice cities and turn them into mini-vacations. Orlando, San Francisco, Boston, Washington, D.C., and Las Vegas are some of the places he's visited—quite the variation from his hometown of Hewlett, N.Y. Now, out of college since December 2006 and working full-time at Vision Financial Markets in the city, he explains he's more serious about his time and has made the decision to only try out locally.

Boshnack tried out for season five twice, and for his second audition he did something that would make him famous in the "Idol" community. He donned a Statue of Liberty costume and, to accompany the gimmick, sang Frank Sinatra's "New York, New York." He made it to round two, where the producers loved him—and told him that he'd have to wear the costume again for round three.

Boshnack was nervous to wear the costume in front of the celebrity judges. But he did as he was told, and less than two words into his song Simon cut him off and kicked him out of the room. However, the costume proved to be what he considers one of the most successful ideas of his life.

On January 17, 2006, "American Idol" aired the clip of Boshnack in the costume. According to Boshnack, the clip was viewed by an estimated 35.5 million people. Boshnack was instantly bombarded. An "Idol" publicist called him to see if they could give out his phone number, because the show was getting tons of calls asking about him. Boshnack agreed, and over the next few weeks he was interviewed and featured in magazines like *Us Weekly*, *TV Guide Magazine*, *Rolling Stone* and *Star*. He appeared on the front pages of the *New York Post* and *Washington Post* entertainment sections. He performed live on "Good Morning America" and "Fox and Friends" and was featured on the FOX 10 p.m. news. A principal at a local elementary school

After eleven unsuccessful tryouts, Blake Boshnack, a Hofstra alumnus, refuses to give up his dream of becoming the next American Idol



Blake calls this costume one of the most successful ideas of his life.

asked him to come in and speak with the kids.

After the interest died down, Boshnack continued to audition. In season seven, he made it to Simon, Paula and Randy again. He didn't make it to Hollywood, but his audition was televised.

Through it all, Boshnack says he couldn't have done it without the support of his number one fan—his mom, who has traveled with him and helped him to pay for various expenses.

What's next for Boshnack? He's turning 23 in May, and then a June 28 wedding to fiancée Caitlin LaVoie, also a Hofstra alum. Like his mom, LaVoie is supportive of Boshnack's ambition.

He will also keep up his "Idol" blog. He types up his thoughts on each episode and sends them out in an e-mail.

"I'm pretty obsessed with the show," he says. ■

Check out www.pulsemagazineonline.com to hear Blake sing and vote on whether or not you think he deserves to make it to the top!

PHOTO COURTESY OF BLAKE BOSHNACK

Rebuilding the TENT OF TOMORROW Today

Partnering with UPenn, the New York City Parks Department is taking steps to bring history back to Flushing

THEY ARE THE TOWERS from the 1997 hit "Men in Black," the valley of ashes from F. Scott Fitzgerald's classic "The Great Gatsby" and a sanctuary for slow-witted cartoon character Homer Simpson, who thought Flushing Meadows was a land of many toilets.

The three space-age concrete towers that overlook the Long Island Expressway are part of Flushing Meadows-Corona Park in Queens. Inside the park's "Tent of Tomorrow" from the New York State Pavilion at the 1964 World's Fair, lie pieces of a forgotten time—a time where the future seemed infinite.

Over the years, the shiny vision of the future became tarnished. Today, the towering escalators and elevators ascend to nowhere, now corroded and decaying; broken-down concrete covers the ground with grass spurting out of the cracks; busted-out glass can be found where there once was a rainbow-colored canopy; and a road map lies on the floor with no destinations.

In 1964, renowned architect Phillip Johnson created the design for the Pavilion with three main elements: the Tent of Tomorrow, the large circular area with the Texaco road map; the observation towers; and the 'Theaterama,' a two-story building now occupied by the Queens Theater in the Park.

The Texaco road map was designed with help from the Rand McNally Company. A map of New York was enlarged 64 times and made into terrazzo, a type of concrete that visitors could walk on.

Faced with structural problems, vandalism and urban decay, the Tent of Tomorrow and the Pavilion would have become a thing of the past—but the New York City Parks Department decided to intervene.

The Parks Department, according to a statement, "is eager to conserve the important historic elements of the New York State Pavilion and also consider adaptive re-use concepts that will meet the needs of the space and community." After working closely with the University of Pennsylvania (UPenn), the Parks Department received a \$40,000 grant from National Endowment for the Arts to restore the Pavilion's famous Texaco road map.

Frank G. Matero, chair of the graduate program of historic preservation at UPenn and a native New Yorker, approached the Parks Department approximately three years ago to concentrate on restoring a small part of the Pavilion—something that would be identifiable and doable with a modest budget.

"He [Frank] suggested we look into conserving the terrazzo floor ... the great Texaco road map," explains

John Krawchuk, director of historic preservation at the Parks Department.

"[People] recall the great Texaco road map because it allowed [them] to see the areas where they were born or where they had visited," Krawchuk says. "One of its most popular stops was New York City and there was a 'you are here' section on the terrazzo floor. People would stand by their towns and be photographed. The 'you are here' was very popular."

Visitors also recall the suspended cable ceiling, which featured 1,500 fiberglass panels, creating a stained-glass "tent" over the Pavilion. Elevators reaching 226 feet high gave people a bird's eye view of the entire fair.

When the fair closed in October 1965, demolition took about a year. The grounds were dedicated as a park in June 1967, but most of the Pavilion was gone by then, according to the Parks Department. At night, the park became a scene of vandalism and crime. The once beaming symbol of the future showed an ugly side—and crumbled.

In 2007, the Pavilion was ranked among the most endangered buildings by the World Monuments Fund, a group that looks at sights of significance all around the globe.

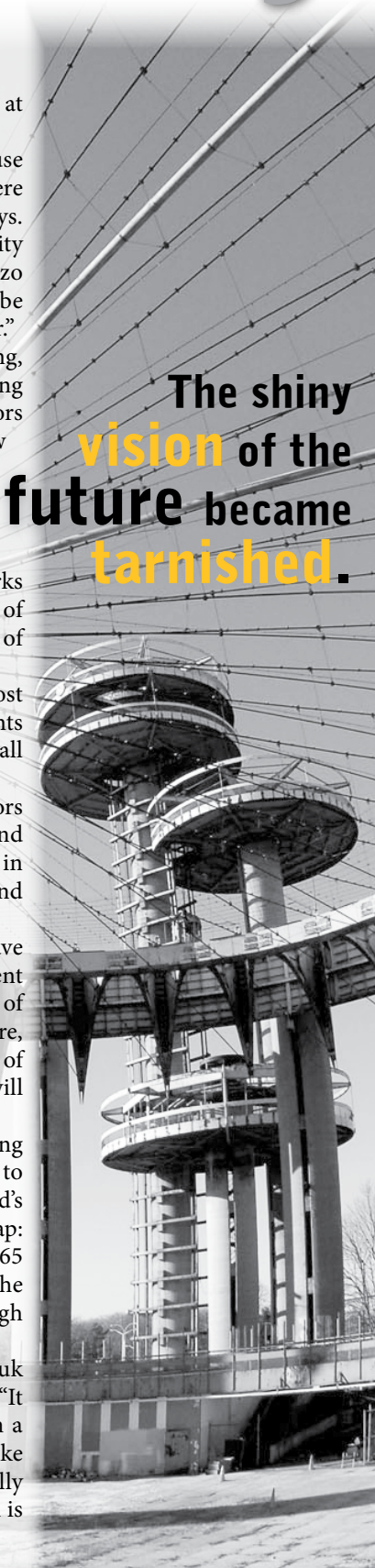
Despite its problems, New Yorkers and visitors alike never lost their attachment to the towers and the Pavilion. The World's Fair is deeply embedded in New York's social and cultural history, physically and psychologically.

Preservation groups have come together to save the remainder of the Pavilion. The Parks Department recently commissioned a study on saving the Tent of Tomorrow, a process privately funded by Unisphere, Inc., that they hope will be completed by the fall of 2008. Once qualified engineers are found, money will be raised for the stabilization of the project.

The Parks Department has also been working closely with the Queens Museum of Art (QMA) to heighten community awareness of the 1964 World's Fair. The QMA exhibit is titled "Back on the Map: Revisiting the New York State Pavilion at the 1964/65 World's Fair," and it allows visitors to view the restoration from a new angle, guiding them through the continuing process.

"You really feel the power of space," Krawchuk explains, remembering the Pavilion's glory days. "It definitely symbolized the future. I think it's taken a while—it's taken the next generation of people like me who have grown up in the 1960s and 70s to really recognize that the architecture we all grew up with is significant and has cultural importance." ■

The shiny vision of the future became tarnished.



By MICHELE D'ALTORIO

RAPUNZEL, Rapunzel, IF ONLY YOU WERE Brunette

Once upon a time, a physicist tested whether fairy tales could stand up to science

HOW GREAT WOULD IT BE if fairy tales could actually happen? Think about it—if you wanted to sneak someone into your dorm at night, you could just open your window, throw down your hair and have your visitor climb up. If life at home was getting a little stressful, you could climb a giant beanstalk and escape the pressure for a while.

Unfortunately, while anything is possible in fairy tales, the same doesn't apply to real life. Or does it?

As Science News Researcher Chris Gorski explains in his article "The Science of Fairy Tales," some fantastic tales might not be so magical after all. The article was written for Inside Science News Service, a program supported by the American Institute of Physics (AIP).

Gorski, whose job at AIP entails researching new scientific discoveries that could make good stories on local news shows, found his inspiration in an article called "Settling and Swimming of Flexible Fluid-Lubricated Foils." While the title doesn't exactly scream "happily ever after," Gorski explains that the article included mathematical calculations for conditions that would allow a carpet to fly. The idea that a carpet could fly outside of a cartoon set Gorski wondering whether other magical happenings that we attribute strictly to fairy tales could occur in everyday life.

He combed through dozens of fairy tales to find ones likely to stand up to scientific scrutiny, and finally settled on a few, two of which were "Rapunzel" and "1,001 Arabian Nights."

The result? "Basic physical principles and recent scientific research suggest that what readers might mistake for fantasies and exaggeration could be rooted in reality," Gorski says.

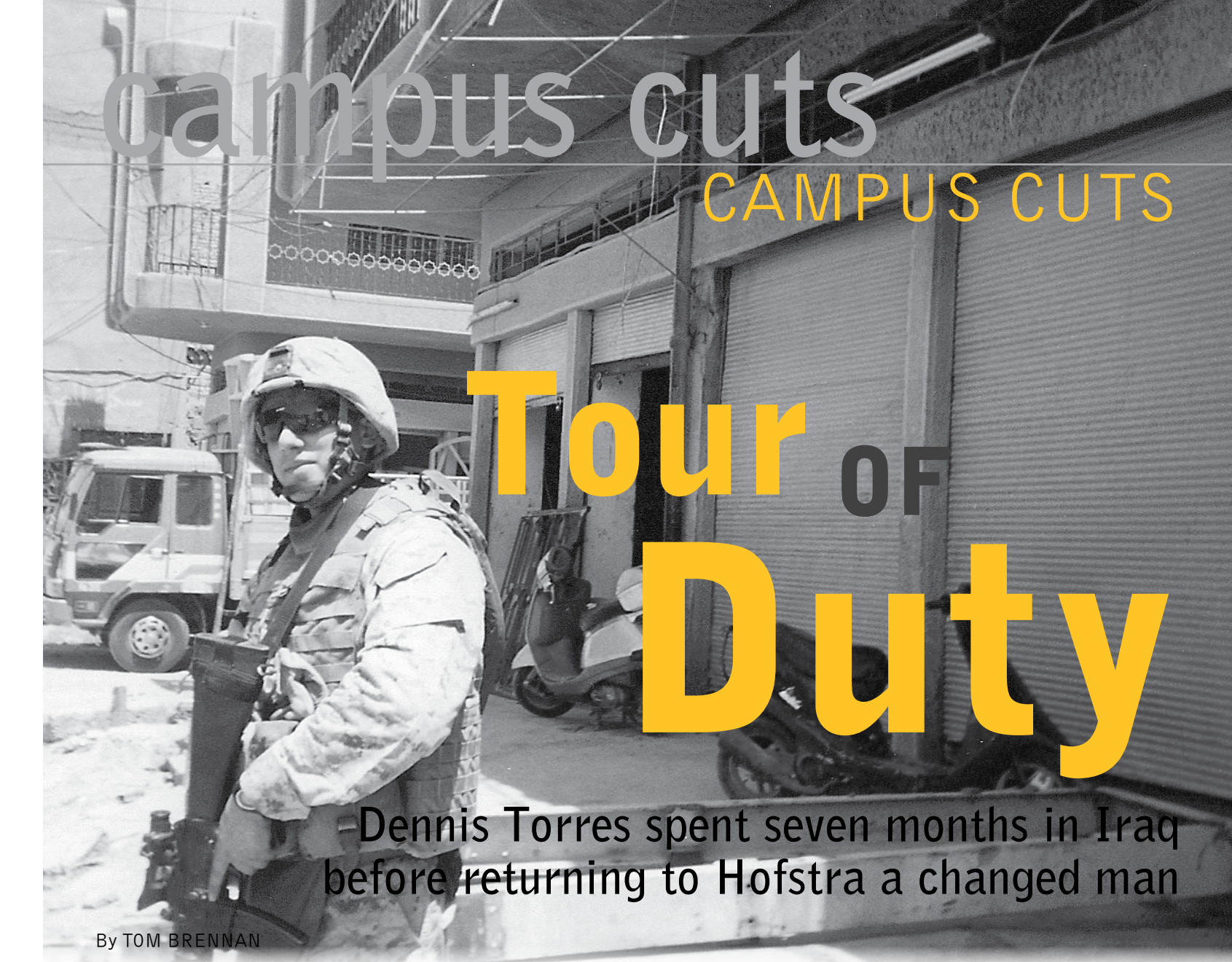
Hair Power

Take Rapunzel, who throws her hair out the window to allow her prince to climb up. "The chain of events begs readers to ask a question," Gorski says. "Can human hair support the weight of another person?"

It certainly can. An average strand of human hair can support about three and one-half ounces. Darker hair tends to be thicker than blonde hair and would therefore be able to support more weight. Rapunzel is a blonde, and based on averages, she probably has around 140,000 hairs on her head (brunettes average

(continued on page 34)

Science proves that hair this long could support the weight of many, many suitors.



By TOM BRENNAN

IT IS MIDDAY IN THE CITY OF FALLUJAH, IRAQ, AND LANCE Corporal Dennis Torres is near the end of a seven-month tour. He is manning a gun turret in the rear Humvee of a four-vehicle convoy traveling down the northernmost road in the city. Torres is dressed in full body armor in the sweltering desert heat as he scopes for any signs of trouble.

Just as he is about to pass a Marine observation post, Torres notices a red, wobbly object pass two meters in front of his convoy. Seconds later, there is an explosion as the object hits its intended target. The Marines dismount and gun fire breaks out immediately. The 21-year-old Valley Stream native is a long way from home.

The convoy was returning from a logistics run, accompanied by a new unit, that had arrived to relieve Torres's Unit 125. Before they were to depart for home, Torres and his unit were to show Unit 124 around the

area, a tour which entailed teaching the new unit how to avoid danger by taking the best routes.

The red object that Torres saw was a rocket-propelled grenade, fired by insurgents who had targeted the post. The purpose of a Marine observation post is to secure the road to prevent the planting of IEDs (improvised explosive device) by insurgents. This was a pre-determined strike that Torres's convoy just happened to encounter.

Torres says the thing that surprised him most about the incident was how quickly his convoy was supported by the Iraqi army. The convoy had passed an Iraqi army post shortly before the grenade was fired. As the Marines drove passed the Iraqis, they waved to one another and exchanged hellos, unaware they would be side by side in gunfire just moments later. As soon as the grenade struck the observation post, the Iraqis came immediately to support the Marines. "I was

firing my rifle and they just showed up out of nowhere. I was surprised to see how fast they came. I was shocked, they were right by our side," Torres recalls.

...

A year prior to the attack, Torres was a junior majoring in labor studies at Hofstra University. He candidly admits he wasn't a very good student. In 2005, Dennis Torres, like many college students, prioritized his social life over that of academics. "Cs get degrees was my motto," Torres laughs. He was simply going through the motions of college life.

That all changed in December 2005, when he was called up for active duty. As a United States Marine Corps Enlisted Reservist (USMCR), Torres knew this day was approaching. He had been informally told to expect it. He received the official call on his cell phone one afternoon while driving with his girlfriend.

Upon activation, Lance Corporal Torres

“I HEARD THE GUNFIRE AND THEN THE PHONE WENT DEAD.”

spent three months training at a Marine base in Twentynine Palms, Calif. In March 2006 he was deployed to Fallujah, a city in the Iraqi province of Al Anbar, located roughly 43 miles west of Baghdad. There he would spend the next seven months assigned to Unit 125, a unit based out of New England. Torres worked as a field radio operator; he implemented a communication plan for the entire company, working directly under the company commander.

Torres was halfway through his tour when Abu Musab al-Zarqawi, the leader of al-Qaida in Iraq, was killed, an occasion Torres calls “monumental.”

“We were obviously happy, he was the number two guy,” he says, “but we had no idea what was going to happen as far as retaliation from al-Qaida.” Al-Zarqawi led a brutal insurgency that included homicide bombings, kidnappings and beheadings. He was also believed responsible for dispatching numerous suicide bombers throughout Iraq to attack American military and areas with large concentrations of Shiite militias. Al-Zarqawi was killed in a bombing conducted by the United States Air Force on June 7, 2006, while attending a meeting in an isolated safehouse north of Baghdad.

“I was twenty minutes away from where he was taken out; it just shows how close to harm’s way you actually are,” Torres says.

Torres believes al-Zarqawi’s death gave legitimacy and validation to the military presence in Iraq, in addition to giving credibility to what the military is doing day in and day out. “No one knew where he was ... it shows he was in Iraq. To be in Iraq when he was taken down was extraordinary,” Torres says.

If the death of al-Zarqawi was a highpoint for Torres, his lowest moment in Iraq was the death of a fellow Marine from his unit. The Marine (whose name is withheld out of respect for the family) had been on foot patrol in the city and was killed as a result of a drive-by shooting by insurgents. The insurgents shot him in the armpit, where a bullet-proof vest offers no protection. “They know exactly where to shoot us,” Torres says. “If a bullet goes in sideways, you’re done.”

When news of the incident reached

the combat operations center, Torres accompanied a convoy that arrived on the scene within minutes. The wounded Marine had been moved to a courtyard that offered more protection while awaiting support. “They popped smoke for us so that we could have some kind of concealment in case any [insurgents] were around,” Torres explains.

The wounded Marine was on his back, with his legs elevated in an effort to stop the bleeding. He was placed in the back of a Humvee and driven to the nearest hospital, where he was pulled out and put on a stretcher. Torres knew there was no hope left. “He was lifeless, his arms flapped down and his skin was all yellow, I’ll never forget it,” he recalls.

A dreary wait in the hospital parking lot followed. A couple of the wounded Marine’s Sergeants, who were on the foot patrol, were also present. “I felt a lot worse for them, they were hit hard,” Torres says. He says that many of the Marines waiting at the hospital were thinking the same thought—“if only we could have gotten there sooner.”

When the Marine was officially pronounced dead, Torres and his fellow Marines were brought into the hospital room to see him for the last time and pay their respects. Torres is quick to add a somber footnote to the story; this had been 24th birthday of the fallen Marine.

Frances Krivicich, 21, Torres’ girlfriend of three years, describes her boyfriend’s first combat tour as a difficult time for her. Communication was hard, as e-mail was unreliable and phone calls were rare. Torres could call at any given moment, she says, so Krivicich was sure to have her cell phone by her side at all times. “I developed an attachment to my phone that I haven’t been able to shake since,” she laughs.

Torres would call Krivicich about once every two or three weeks or whenever he had access to a satellite phone or was in a base with phone service. Once, when Torres made a satellite phone to call Krivicich, she heard gunfire in the background.

“I heard the gunfire and then the phone went dead,” Krivicich explains. Nervous and panicked, she waited a full five minutes before receiving a call from Torres. “I

thought I was going to throw up. I had no idea what was happening,” says Krivicich.

Torres remembers the call well and laughs while recalling the incident. He explains that the gunfire heard was not hostile, but routine random firing by the Iraqi police. Torres explains that the sound of gunfire is common, as police in Iraq often fire their guns in the air for no reason. “Their mentality is, if they hear something, they aren’t going to check it out, they are just gonna fire first,” Torres explains.

Torres feels the media coverage of the war in Iraq can be unbalanced and is often an inaccurate portrayal of the ongoing military efforts. While he believes people need to be reminded of the increasing death toll in Iraq, he believes the media portray their efforts too negatively. “I think a lot of people see our presence there as a destructive force and we are just there abusing Iraqis,” Torres explains. “We’re not there to overwhelm the people; we’re trying to help.”

Torres wishes the military presence in Iraq was more humanitarian-based, as he recognizes how much is needed there.



Torres, with girlfriend Frances Krivicich at the Marine Corps Ball, November 2007.

“The missions we were doing [included] searching for insurgents and raiding houses. I would rather be reconstructing their infrastructure. They lack even basic sanitary needs; there is no garbage pickup for instance, it all just lies on the side of the road,” Torres explains.

Although Torres wishes more schools could be set up and more bridges could be built, he acknowledges that those goals will not be possible until the level of security increases significantly. Private contractors have all but disappeared, and ideals such as repairs and education are, sadly, not realistic at this time. “The insurgents make those kinds of goals impossible,” Torres relents.

From the start, Torres’ return date was not definitive, and the possibility of his tour being extended was a constant fear for him. “We always heard rumors of tours getting lengthened, we were like, ‘Please God, don’t let us be the unit that gets extended,’” Torres says. When Michigan-based Unit 124 arrived to relieve his own unit, Torres knew his time in Iraq was at an end. His unit would train the new unit for a week, and then depart for home.

Torres returned home in November 2006 a changed man. He returned to Hofstra the following semester with what he calls a clear outlook and a focused determination on his academic life. Torres believes his time in Iraq has helped him become a better student. “I was motivated to do certain things that I never had been before,” he explains. “I never took the time to realize what resources I had.”

Having had virtually everything stripped away from him for seven months, he now appreciates the things he once took for granted. “In Iraq, there wasn’t even running water or indoor plumbing; you had to use a port-a-john in full flack and Kevlar. There was no sense of security, you could get bombed at any time,” Torres explains.

He says that now he even appreciates the simple fact that he can sit in a classroom without looking over his shoulder. No longer satisfied with Cs, he is taking his academic life seriously and aiming for As. “I am so thankful to be here now,” he says. “Most people simply walk by the quad on their way to class, but now I just have to stop and realize how beautiful it looks sometimes.”

Krivicich feels that Torres’ experience in Iraq changed him for the better. “He’s a lot more forward-thinking now, not just thinking about tomorrow, but six months from now and what he’s going to do with his life,” she says.

If his time in Iraq helped Torres become a better student, he acknowledges that his time

Torres stands at Hofstra’s Veterans Plaza, a memorial that stands in tribute to all Hofstra veterans who have served our country.

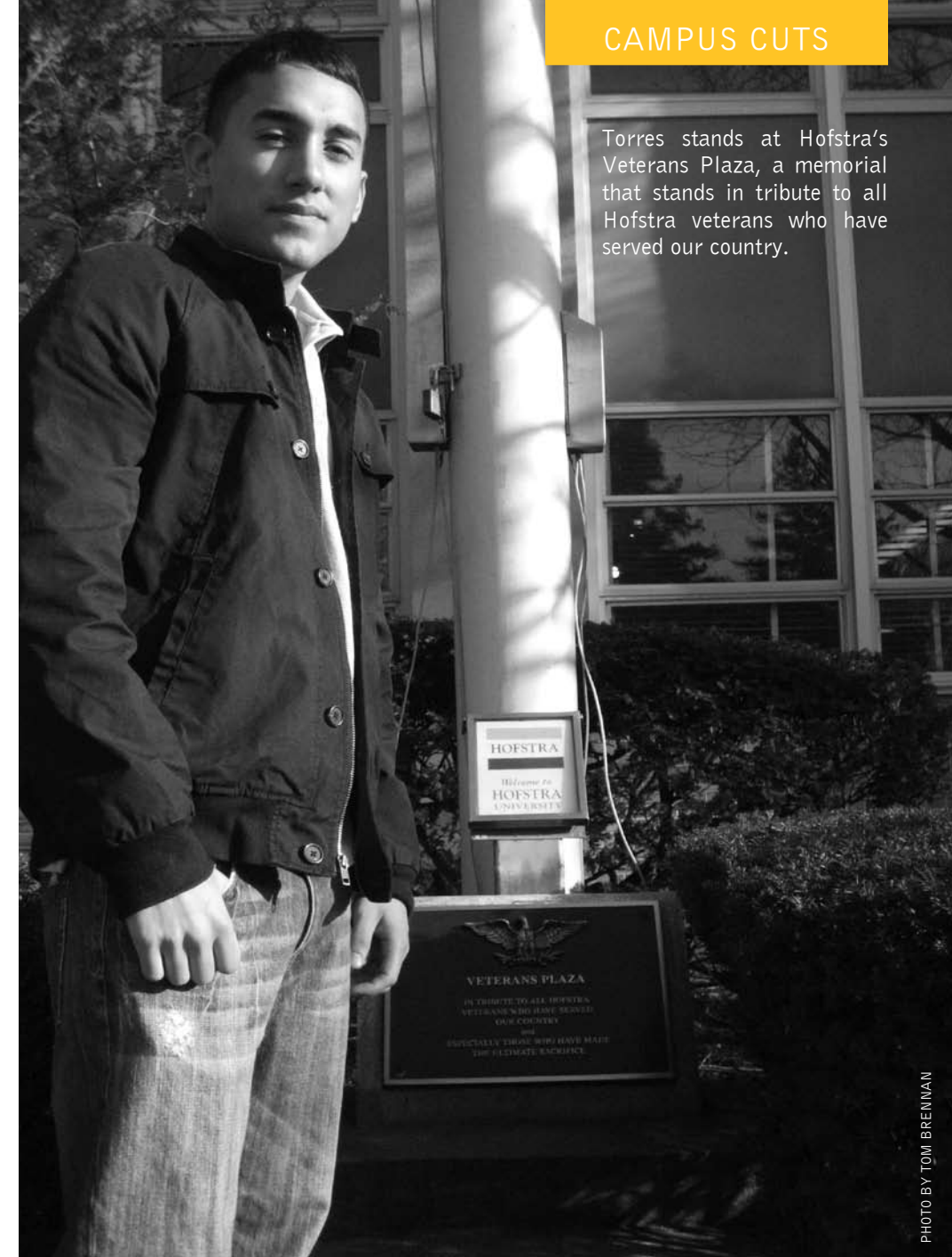


PHOTO BY TOM BRENNAN

at Hofstra has made him a better Marine. The Marines may educate troops on specific cultures and language, but Torres explains that the information given is largely forced in a short period of time. He prefers learning in a university environment where students can be challenged by professors.

Taking Professor Stefanie Nanes’ Politics of the Middle East, for instance, helped Torres acquire a critical analysis of the Iraq situation. “Courses like business management and speech communication have also really helped me to become a more effective leader,” Torres adds.

On May 17, Torres will once again depart for training at the Marine base in Twentynine Palms. He will be leaving for a yet unknown destination in Iraq in August

with Unit 225. When he returns to Iraq, he will return as Corporal Torres.

The tour will again last seven months, and upon returning Torres hopes to complete his degree at Hofstra. His ultimate goal is to be a civil servant. “I want to help people,” he says. His ideal position would be to work for the Department of Labor, where he can help secure the rights of workers and ensure that work conditions are enforced correctly. He hopes to own a home on Long Island and eventually complete a master’s degree.

Torres admits that it isn’t often he talks about his time in Iraq. Although the experience was eye-opening, he doesn’t believe in using what he’s been through as a way to get ahead.

“It was a very humbling experience,” he says. ■

By MICHELLE CARLSON

The GREAT Debate

An inside look at how Hofstra landed a Presidential debate—and why

HOFSTRA UNIVERSITY, THE HOST FOR THE FINAL 2008 presidential debate, is spending millions of dollars to make it all happen. By the time the events have all come to an end in October, the entire debate will have cost between \$3 and \$4 million.

According to Melissa Connolly, Vice President of University Relations, this money includes a fee of \$1.35 million to the Commission on Presidential Debates for their expenses, as well as for getting consultants on how to handle the media. In addition, the university will have paid for many of the physical changes being made before the debate.

Is it worth it?

Since Nov. 19 of last year, when the Commission on Presidential Debates publicly announced that Hofstra was chosen to host the debate, students have had an unprecedented opportunity to actively participate in, and learn about, the world of politics. And hosting the debate brings worldwide attention to the university. Indeed, the competition to host the debates is intense.

The process that landed the university in the center of one of the most exciting presidential elections in history began following the last series of debates hosted by colleges in 2004. The University of Miami, Washington University at St. Louis and Arizona State University all hosted debates between George W. Bush and John Kerry.

According to Connolly, those events first got the university's president, Stuart Rabinowitz, wondering if that kind of thing could happen at Hofstra.

Then with the presidential conference on Bill Clinton hosted by the university in 2005, the sense of excitement on campus was enough to get President Rabinowitz looking ahead. He charged some of his senior vice presidents with the task of looking into

what it would take for a presidential debate to become Hofstra's next big event.

In March 2007, an extensive application was submitted to the Commission. The application, the size of a large book, analyzed everything from facility uses and backup power generation to security concerns and parking issues. "The application process itself is daunting enough that you don't do it lightly," says Connolly.

Other aspects of the Hofstra community were highlighted as well. "You had to show them that there was something about Hofstra that made it an interesting fit to host a debate," she adds.

This prompted the university to include in the application descriptions of the Peter S. Kalikow Center for the Study of the American Presidency, the Law School, and the Center for Civic Engagement, among other academic strengths. Also included was the university's past experience in hosting 11 presidential conferences.

The thorough application included letters from elected officials at all levels of government. According to

Connolly, it was important to know that the county, the town and the village would all be willing participants in the debate. "All of those people have some say over roads and transportation networks, and police and ambulances," she says. "They have to be cooperative or it won't work."

During the Commission's first site visit, they met with both university officials and local political leaders. "They really wanted to understand how much you wanted to do it," says Connolly. "They wanted to see some people who were excited about having it because it is an enormous commitment on our part."

The Commission also looked into the campus facilities during their first visit. "Our combination of facilities happens to be very good for what they're doing," says Connolly. The debate will be held in the David S.

Mack Sports and Exhibition Complex, also called the Arena, and the media center will be right next door in the Physical Fitness Center.

But even at an early stage in the process, the students were a crucial component. Another thing the application needed was a letter from the student body stating why the debate would be important to the students themselves.

The university's Student Government Association, also known as SGA, began working on a letter that would accompany the application. The letter highlighted the many positive educational aspects the debate would bring, particularly Educate '08.

Educate '08: Dialogue, Democracy and the '08 Debates, is a yearlong series of events focused on the election and politics. The program focuses on students, as well as faculty and the public, learning about the presidential candidates and understanding the big issues affecting them right now.

"I already have a sense that because they're personally involved, they feel more personally invested," says Connolly. "I hope it really increases participation, not only as a voter, but also in understanding and creating their own opinions and perceptions about individual issues."

Students are equally excited about the educational prospects the debate has already brought to campus. "It's really more of getting the culture and the shock back into politics," says Student Government President Brent Weitzberg.

"It used to be looked at as, 'Oh politics, it's so boring, it's so corrupt and I'm 19 years old, what do I want to have an interest in this for?' But now, it's so different because it affects you," he says. "The decisions that [the candidates] make between the war, the economy, the job markets—everything. It's really a direct link to you."

Another member of SGA, Peter DiSilvio, 22, agrees that the debate is truly transforming student education and politics. "It gives students an inlet into a world they would normally never see. Forgetting about the debate itself, there are going to be media here, there are going to be people of great influence and high respect," he says. "It is going to bring a totally new dynamic to

what college life is. This entire campus, its culture is about to shift in a very profound way. The center of gravity is going to be this debate for the foreseeable future, so it's going to be pretty incredible."

This past semester, Indecision '08, Comedy Central's satirical coverage of the election, made a stop at Hofstra; primary watch parties were held; and a game show called the America Cup tested student political knowledge. Such high profile political analysts as Charlie Cook and David Gerger visited campus. Next semester, the university will continue with even more events for students and the surrounding community, including visits by New York Times columnist Maureen Dowd and Democratic strategist James Carville.

New courses were added for the fall that correspond with the debate. The courses relate to a variety of majors, including drama, biology, and economics, as well as one course specifically for the Honors College.

Many political science majors are especially excited about the debate. "Having all this develop around your major is monumental," says Weitzberg, who also described it as being like "a kid in a political candy shop."

Lindsey Ross, 21, another political science major, said this is what she loves. "It's really exciting for me to walk around campus and see [the debate] really take a hold of the student body."

But it's not just the political science students who are getting wrapped up in the debate. The university is trying to make the entire experience as multidisciplinary as possible.

The Hofstra Museum will open a display of art history on presidential conferences and Hofstra Entertainment's Annual Musical will be "1776."

The excitement will continue to grow next semester as the big night gets closer.

Invitations have gone out to ex-presidents, ex-treasury secretaries, and even to Comedy Central in hopes of getting someone on campus who does politics. Other big names to look out for include Tim Russert from MSNBC's "Meet the Press" and Chris Matthews from the network's "Hardball," who will broadcast live from the university.

"We absolutely want it to be just a fantastic experience for our students," says

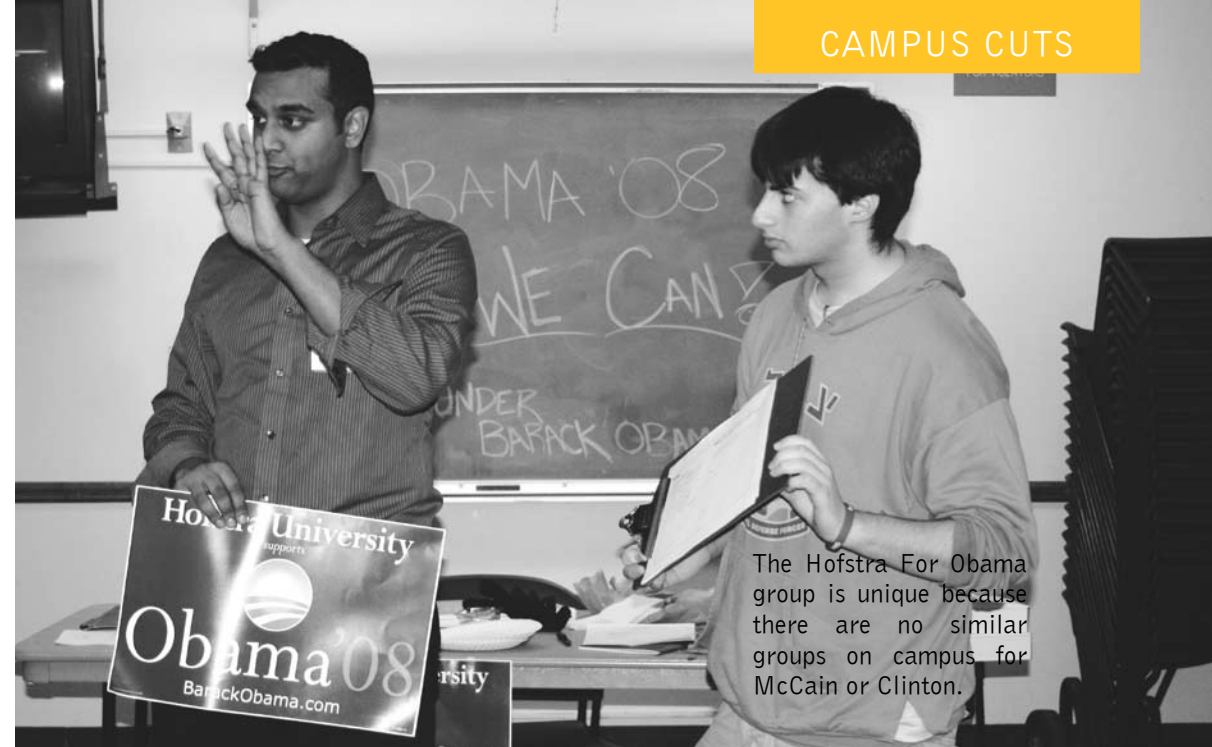


PHOTO BY JACQUELINE HLAVENKA

The Hofstra For Obama group is unique because there are no similar groups on campus for McCain or Clinton.

Connolly, "but we also want it to be a very good experience for our neighbors."

The university will host town hall meetings with local experts and faculty. The goal is to bring together high school and college students, senior citizens and other members of the community to help people gain a more complete understanding of such important issues as health care.

Events and programs for students will continue to provide as much opportunity as possible to get involved. However, on the night of the debate, only a small number of students will be in attendance.

While the arena can hold 5,000 people, only between 800 and 1,000 seats will be available during the debate. More than half of those tickets will go to the campaigns, and the Commission keeps some for themselves and the media. The remaining tickets will be given to Hofstra, which Connolly estimates will be between 100 and 300 tickets.

Every one of the available Hofstra tickets will be given to a student. President Rabinowitz has made a pledge that he will not be in attendance and that no member of the administration or faculty will receive a ticket—all in an effort to give as many students as possible the opportunity to attend.

Before the debate, the university is undergoing several physical changes

to campus facilities. These includes improvements to the Physical Fitness Center, possibly having to construct a stage, upgrading bathrooms, putting an elevator in the center and making sure the arena is very specifically temperature controlled. "You have to create a facility that is flawless," says Connolly.

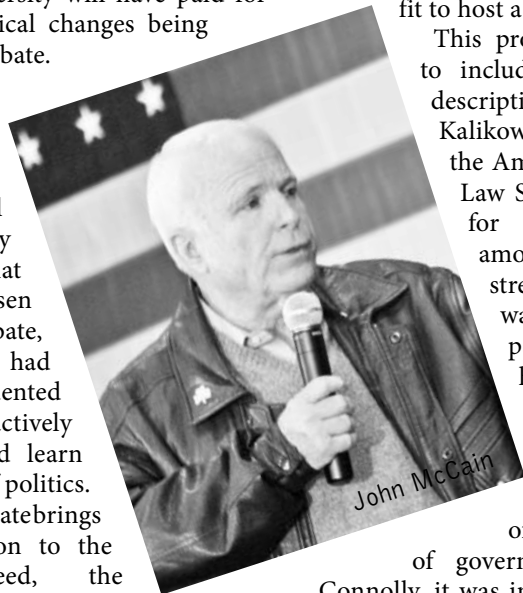
While these changes may be an inconvenience for the time being, many of the upgrades are likely to help the university. "After we're done with this, we're going to have a lot more wireless capability than we have now," says Connolly. "And a lot of the improvements that you have to make will help the university in the long run."

Commission fees and physical changes are not the only things Hofstra is financing.

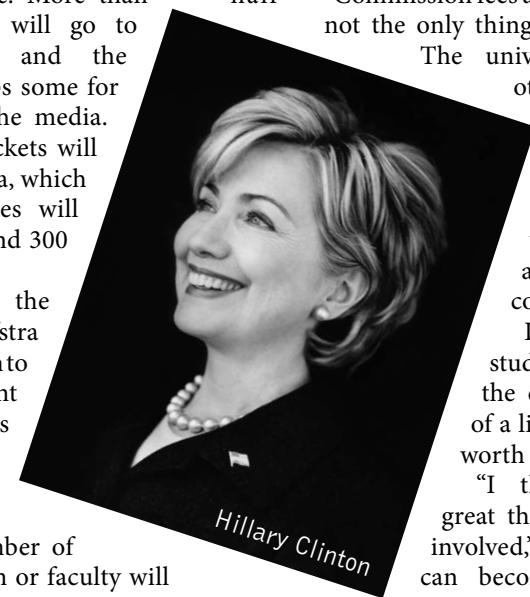
The university is paying for other accommodations, including shuttle buses for off-campus parking, backup power generation, wiring for journalists and other security costs.

Despite the cost, students might just receive the educational experience of a lifetime that makes it all worth it.

"I think that it's really great that students are getting involved," says Weitzberg. "You can become educated on the issues, express what you want to see changed, express your viewpoints and what's most important to you, and see what can be done about it." ■



John McCain



Hillary Clinton

What's in a MAJOR?

By MAGGIE BIUNNO

You'll never guess what these Hofstra alums are up to today—achieving the unexpected in fields so different from what they studied in the classroom

“A MAJOR DOES NOT EQUAL A JOB,”

says Fred Burke, executive director of Hofstra University's Career Center. Students who are unsure about their choice of major need not panic. Even after graduation, the opportunity exists to stray from the traditional careers associated with a major and try something new—just as these Hofstra alumni have done.

Some explaining to do...

2007 alumna Megan Allison admits that she did not have a plan while at Hofstra. “I still don't really have a plan,” she laughs.

Allison, a film studies and production major, found herself at home in the Hofstra Filmmakers Club. After graduation, Allison returned to her hometown of Houston, Texas, to indulge in the summer heat. But come August, Allison headed back to New York to attend graduate school at the New School, and to face the inevitable—the often dreaded post-graduation job search.

Almost immediately, Allison found a listing for an internship with Kidzhouse Entertainment, the production company responsible for the Nickelodeon show “The Naked Brothers Band.” While this experience seemed like a perfect match her major, Allison ended up working as an art intern for the show through November, and was stuck doing mostly office work. Occasionally, she created artwork for the show.

According to Allison, she was still searching for her ideal job—a daytime position that would help her balance the sectors of her busy life. She was a grad student earning a master's degree in media studies and she was an aspiring screenwriter with numerous works in progress. Allison says she applied to several openings, but did not hear back or receive any interview requests.

In January 2008, she finally came across the position of “science explainer” at the New York Hall of Science. Allison says that this job fit her specifications exactly—she didn't want an office job or too much pressure—and so she applied. Today, Allison spends her days explaining scientific happenings and answering questions about more than 400 hands-on exhibits.

After her graduate studies are complete, Allison says she would like to be a full-time screenwriter. However, she does not think it is essential for graduates to solely seek jobs within the comfort zone of their major. “I kind of wish I had branched out and done things that were not just film,” she says. “Whatever your major is—it is still going to be there, in case you want to try something else.”

Network for success

In 2006, just a year before Allison, Billy Breuer left Hofstra with a degree in psychology. With networking help from his sister, Breuer scored a pre-graduation internship with an information technology recruiting company in Westbury,

N.Y. His internship led to a job opportunity, and Breuer now works as a permanent placement coordinator at Sapphire Technologies, networking for a living.

Siblings aren't the only way to get an edge on the competition. Another alum found success in relationships he formed while on campus—with people and with the university itself.

Les Bayer has worked in several industries in the 40 years since he left campus. Bayer, who graduated in 1968 and was a brother in Delta Epsilon Beta (now national Zeta Beta Tau), participated in a variety of campus activities. He says he was hooked when he joined WRHU, Hofstra's on-campus radio station. Bayer loved it so much that he began to look for outside jobs in radio. Over the years, his jobs have spanned from radio to retail to sales on commission. No one would ever have guessed that Bayer was a pre-med student who graduated with a degree in biology.

Within a month or two of graduation, Bayer called WHN radio station in Manhattan, N.Y., with hopes of filling an open position. He spoke with the program director, who happened to be a graduate of Adelphi University. “The fact that I had worked at WVHC and [now known as] WRHU was instrumental in getting me ‘in the door’ to interview with him and the station manager,” Bayer explains. “With all the experience I had gained at Hofstra—on the air, engineering, tape editing, writing, etc.—they made me an offer at the first interview.”

After a year programming music and writing news and sports, a university alumnus offered Bayer an opportunity to get into radio network news with ABC. Even though he started with a pay cut, the promises his friend made—more opportunities would be available at a big network—came true. Bayer started as a desk assistant or “copy boy” and quickly moved on to give the news to famous faces, like Ted Koppel. Eventually, he landed the job of editor. After that, yet another university alumnus and fellow fraternity brother called and helped Bayer land his final radio gig at WCBS News Radio.

“I guess there is some truth to the old adage,” he says. “It's not necessarily what you know, but who you know.”

But after a year, Bayer fell victim to a lay-off where, as he describes, the “last hired were the first fired.” He found a position at a newspaper as an assistant managing editor, but he says the shoe just didn't fit right for that job. He ended up reluctantly accepting a position at Bloomingdales, a job his father helped him to get.

For the next 15 years, Bayer worked his way up from assistant buyer to department manager to buyer. The position became something that he thoroughly enjoyed, but he says he still craved something more.

That craving is what led Bayer to take a risk and dip his foot into something he'd never tried before. “I went from a secure job with a salary, to take a chance,” Bayer says. And that is how Bayer found himself in the paper

distribution business, a job he's worked at since 1988. His cousin owned a company selling paper cups, straws and other goods, and Bayer decided to leave Bloomingdales to work for him. “Working on commission was the best thing I ever did. You have to push yourself to be motivated,” he says.

Bayer has also been working with alumni in the radio industry to create a “Rolodex” of contacts for graduates. “[It will be] invaluable to anyone who wants to stay in the business,” he says.

Taking your minor to major places

Like Bayer, Nick Rafter also developed a strong relationship with WRHU. And also like Bayer, communications was not his major. After majoring in broadcast and print journalism, one after the other, Rafter finally decided to pursue political

science. “Within a year, I had three majors,” Rafter says. He says he knew he had discovered his fit because these were the classes where he wasn't staring at the clock the entire time.

With a minor in journalism, Rafter worked as a traffic director, news director and program director for WRHU. However, once he left the university, he worked as a legislative aide for the New York Families for Autistic Children in Ozone Park, Queens, but wasn't thrilled with the mostly administrative duties. Rafter left that job and spent his free time writing a novella, “Watts on Third,” which was picked up in August by Llumina Press and is now available on Amazon.com.

But it wasn't until 21 months after his graduation that Dean Susan Murphy set Rafter up with a gig at WLIW where he would be producing, planning and booking for several shows.

Rafter says his current career incorporates all the aspects of WRHU that he enjoyed.

“To be quite honest, what I really focused on in my degree was international politics and that I'm not using at all,” Rafter explains. “What I'm using is my casual conversation with professors, what they taught me outside of the classroom,” he says, referencing a trip he took to Washington, D.C., with the political science department.

“Try to find what you like to do and then mold everything else around it,” he says. “That's the most important thing.”

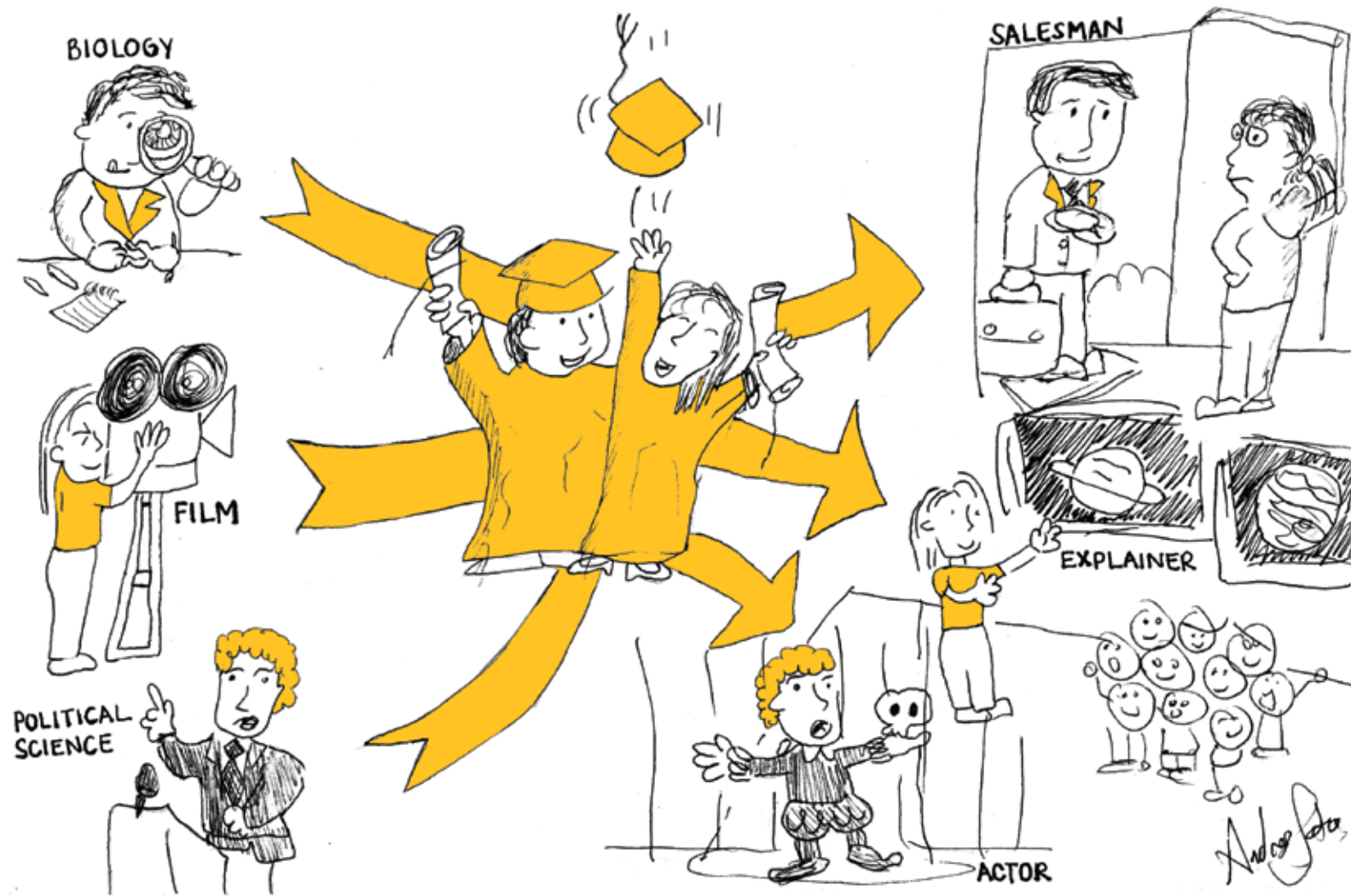
Where your passion leads you

Varick Boyd played football for Hofstra. He graduated in 1992 after studying political science, like Rafter. Boyd worked for sports facilities at the university, and later began to pursue paralegal studies at

Adelphi. Boyd hated this field, and decided to try his hand at the industrial organizational psychology graduate program back at Hofstra. However, he still wasn't satisfied and so he dropped out of grad school in 1994.

Boyd scanned the phonebook and found an acting instructor, an old woman he described as nearly in her 90s, and he began to follow his heart. Throughout this journey, Boyd quit his position as assistant director of sports facilities.

In 2000, Boyd moved to Jersey City, N.J. Since starting his career as an actor, he has performed in many political shows. Today, he is signed with CESD, a talent company known for its voiceovers. ■



CARTOON BY ANDRES SOTO

WHAT I WISH I Knew

By ERICA C. LAMAR

We asked some of our current students if they had any tips about negotiating campus life that they'd like to share with the incoming freshmen. Here's what they said:



"Commuters can get involved with programs like Entertainment Unlimited, which offers barbecues in the fall and spring."
- Tara Simicich, Sophomore Dual Education Major

"Get to know the dean in your department; the more you know them the better they can help you with post-graduation and planning for classes. Make sure you check in from time to time to be sure that you're on the right track."
- Taquana Stanford, Junior Broadcast Journalism Major



"The best time to get food from Kate and Willies is when it first opens at 6 p.m."
- Michael Jarrett, Junior Sociology Major

"Don't forget to read 'Guide to Pride!' This is important because if you ever get in trouble that's what the admins refer to and you don't want to get caught out there."
- Jeff Thomas, Senior Public Relations Major



"I make sure that every one of my professors, advisors, RAs, upperclassmen and everyone I come in contact with knows my name or my face; it's important that you stand out when you're in big school. Make sure that you keep a copy of your DARS on hand at all times, and a resume, because you'll never know when an internship, scholarship or job can be made available for you!"
- Robert Beale, Senior Radio, Television & Film Major



"It's better to sell your books to each other than back to the book store; print a list of the books you have and put up fliers around campus with your asking price for each book and make back your money for the next semester's requirements."
- Jeff Thomas, Senior Public Relations Major

"It's important to go to events for free stuff. My RA told the residents in Nassau that if we come to events and stay until the end we'll get tickets, and whoever gets the most tickets wins a cool gift like an iPod or an Xbox."
- Dana Anataki, Sophomore Education Major

"Definitely go to your advisor each time you register, and make sure they remember you; it will make it easier for you in the long run."
- Matthew Manning, Junior Film Major



PHOTOS BY ERICA C. LAMAR

body & mind

BODY & MIND

All the RAGE

Can venting your anger actually be beneficial?

By MICHELE D'ALTORIO

PHOTO BY SEAN O'KANE



IT'S EARLY MORNING. YOU'RE WAITING IN LINE

at the coffee shop for your daily morning jolt. The line is long, and 10 minutes pass before you finally reach the counter, place your order, and walk away with your steaming hot drink in hand. You place your lips to the cup to take that first wonderful sip and realize ... it isn't the right drink. What do you do?

It's human instinct to get angry. Still, yelling and ranting isn't the best solution. It may get you what you want in the moment—but come the next day, you may be embarrassed to show your face in that coffee shop, and you may earn yourself a not-so-desirable reputation as an angry person.

Psychologists have long warned against excessive anger; uncontrolled, rage can derail relationships and even cause medical problems. But recent studies suggest that anger, at a mild level and under control, can lead to better decision making and clearer thinking. It can alert the senses and help people pay more attention to their surroundings. People who are mildly angry tend to feel more in control and optimistic. The key to reaping anger's benefits is to remain in control of the emotion—and that's where things get tricky.

The Positives and the Negatives

"Anger has both pros and cons, there's no doubt about that," says psychology professor Howard Kassinove, Ph.D., who directs the Institute for the Study of Treatment of Anger and Aggression at Hofstra. Recent studies at UCLA yielded results that show anger can be good for people—so long as it's kept below a rage and under control.

Tony Fiore, Ph.D., a psychologist,

therapist and anger management trainer in California, believes another benefit of anger is that it can help people overcome certain fears and insecurities. "You fail an exam in college, and you're scared of failing the course," Fiori explains. "All of a sudden, you get [angry] and say, 'I'm not going to let this happen!' It activates that emotion."

People who get angry once a month or so, Kassinove explains, would be characterized as having short-term, or infrequent, anger. People who get angry multiple times a week are characterized as having long-term anger, he says. Studies have followed people with long-term anger over a period of five years, and the results show that those people are three and a half times more at risk of heart disease, cancer or stroke. Long-term anger is also associated with drug addictions, alcoholism and damage to property, Kassinove says.

"You need a moderate level of arousal," Kassinove explains. He divides anger into three levels—annoyance, anger and rage. Displaying annoyance can be beneficial when trying to accomplish something or give instructions. Studies show that parents who show moderate anger with their children often get the point across more quickly than if they had spoken calmly.

"Healthy anger is yelling at your child when they are about to touch the hot stove with their hand ... if someone you love is harming themselves, you might yell at them," says Swami Sadashiva Tirtha, founder of the International Vedic Institute and the first American to earn a Doctor of Science in Ayurvedic research, which is an ancient system of health care that relates to physical, mental, social and spiritual harmony.

A study done at UCSB explains that anger helps people take action, and when angry,

people are less likely to base their decisions on irrelevant outside factors. "You're more likely to get what you want with that moderate level of anger," Kassinove explains.

Fiore believes anger is most beneficial when it turns into some sort of social good. "Like the people who started MADD (Mothers Against Drunk Driving)," he says. "That was founded by two mothers whose children were killed by drunk drivers. That's a good use of anger."

Get Mad, Get Ahead

Yet another possible benefit of anger is that when displayed in a professional environment, it can help people get ahead. Not all people though—just men.

Victoria Brescoll, Ph.D., a post-doctoral research associate at Yale University, has spent time studying the way men and women are perceived when they show anger in a professional environment. The results show that when men get angry during an interview or in a professional environment, they are perceived as more powerful and as a higher status than those who weren't angry or were sad.

Angry men are also paid a substantial amount more than angry women. The study shows men who got angry during an interview were offered a significantly higher salary than women who got angry during an interview. Results published in *Psychological Science* in August 2007 showed that the average salary offered to an angry man was \$38,000 while angry women were offered an average of \$23,500.

Is there a solution? Brescoll would like to see diversity training taking place in work environments. She says the things women are usually educated about on the job are

what to do in the event of sexual harassment or other related situations, not what to do in the event of a gender stereotype.

The Slippery Slope

If a person's anger level gets too high and turns to rage, the benefits disappear—replaced instead by an array of negative consequences.

Still, it can be difficult for people to control the emotion. Rewind to the coffee example. Kassinove admits that receiving an incorrect order is a legitimate cause for annoyance. However, he believes that getting too angry won't help the situation.

"If [anger] is at a low to moderate level, it arouses you to take an appropriate action to solve the problem," says Kassinove. "If it's too high a level, you become so involved in your own anger that you don't take the steps to solve the problem."

Kassinove suggests alternative solutions: Go to the front of the line and assertively talk to the person standing there, explaining what happened. Or, waste the money, throw out the drink and get your caffeine somewhere else. "It's a less pleasant solution, but it is a solution," he says. The most desirable solution would be to maintain the level of annoyance and not let the human instinct to get angry take over—in the coffee shop and in life in general. The question is, how?

The \$64,000 Question

Basically, there are three ways to deal with anger—and only one is beneficial. "You can hold your anger in, and that's bad because it festers inside you; it's not good to be passive because you don't really solve your problems," says Kassinove. "The other

option is to let your anger out, to scream, to yell ... and that's not good either ... the problem's still there. The third solution is what we call anger control, meaning to learn some techniques to bring the anger under control!" Controlled anger is the only form of anger where people can benefit from better decision making and heightened awareness.

"Anger management is the \$64,000 question," Kassinove says. He believes the best way to help people would be to begin anger regulation training in kindergarten. "We don't learn anywhere in life how to regulate our emotions," he says, explaining that to regulate anger, a person must first realize he or she is angry and then evaluate their behavior to realize it isn't good. Then, the person can calmly think of a better solution.

The way to do this, Kassinove believes, is to have a long-term program. Learning to control an emotion is a skill that needs to be taught to people over and over again for years, he says. Modern anger treatment programs generally run for eight to 10 sessions, and then the person in treatment is free to go. "Suppose I said that my goal in life was to teach you Portuguese," Kassinove says. "I'm going to give you 10 sessions. How fluent would you be?"

Kassinove doesn't believe that anger can be eliminated all together. "It's a part of our biological past," he explains. But he does think that early training would prove to be helpful in controlling future anger issues.

While some states like Massachusetts do have early training programs, most, if not all, New York schools do not.

So how do people control the emotion and maintain a healthy level of anger?

"Spiritual practices like meditation, yoga ... living one's life purpose ... following one's dreams, these are ways to prevent anger," Tirtha says. He summarizes how to avoid anger in four steps: make searching for inner peace a priority; eat healthy, balanced foods; live a healthy, balanced lifestyle; live a lifestyle that would help the world in some way.

Kassinove offers other suggestions: "There are lots of books out there that are very good for the public that teach you anger management skills." He believes books can be helpful because they explain that when angry, people do have the capacity to simply let it go. Kassinove also suggests taking a deep breath when anger starts to rise; sometimes by consciously making the decision to breathe people will find themselves more in control of their emotions.

Fiori believes that assertively dealing with anger is better than letting it settle inside. "Nip it early in the bud," he says, "instead of letting it turn into a volcano. That's when people blow up ... they've been letting it sit inside."

The Bottom Line

"You have to know that anger is a misunderstood emotion," Kassinove says. "As psychologists, we have devoted a tremendous amount of time to anxiety and depression, and we have ignored anger. I would say that until 25 years ago, psychologists weren't even looking at anger." He adds that he is happy that the Saltzman Center decided to address anger as a clinical problem, and was delighted by the opening of the clinic three years ago.

It's time for this complex and overlooked emotion to take the spotlight. ■



Losing your temper and causing a scene isn't the most effective way to fix an incorrect order.

Investing IN YOUR SEXUAL Health

By ARIEL E.M. SERVADIO

A little research and some online shopping go a long way

DESPITE WHAT YOU MAY HAVE BEEN TOLD, THERE ARE MORE ASPECTS TO YOUR SEXUAL HEALTH than not contracting sexually transmitted infections (STIs). Yes, feeling healthy sexually does involve regular visits to the doctor, but using products that improve—not inhibit—your sexual desire can benefit your sexual health, too.

No Glove No Love

Condoms can be more than just another barrier method of protection. Condoms can allow you to safely explore new sexual horizons with different colors, flavors and textures that have the potential to take an otherwise normal experience to the next level.

Yes, if you are sexually active, you have to use them: Unless you are 100%, without a doubt certain that you are in a monogamous relationship, your partner has no STIs (and can show you a test to prove it), or pregnancy is not an issue (either because you're in a homosexual relationship, are using another form of contraception, or you *want* to get pregnant), they are a necessity.

"I've diagnosed a 46-year-old grandmother with chlamydia, so condoms aren't just for the young," says Dr. Kate O'Connell, an OB/GYN at Columbia University Medical Center in New York City, and known as just Dr. Kate on Condé Nast's sex blog *Daily Bedpost*. "But you're even more likely to be diagnosed with an STD when you're under the age of 25."

Once you've accepted that, the fun can begin. Taking the time to look into new options and being willing to shell out a little extra cash will allow you to find a condom that can better meet your sexual needs.

Looking beyond the aisles of your local drugstore and venturing into that vast resource known as the Internet for your condom search can help you find great things. There are entire

websites, like SafeSense.com and Condomania.com, devoted to all of the different kinds of condoms that are out there. SafeSense and Condomania not only allow you to search by brand, but by style, including options like "Thin", "Textured", "Non-latex" and "Female".

Still not sold on the "condoms are a necessity" thing? Looking into one of these websites might lead you to something like the Kimono MicroThin condom, which claims to be the thinnest latex condom on the market in the U.S. Some couples say it feels like not wearing a condom at all; problem solved!

Some additional bonuses offered by sites like these are that they often sell condoms for a cheaper price than you can find in most stores, and they offer condom samplers. If you aren't quite sure what you want, you can buy packs that include condoms of many different styles and brands, and have a whole lot of fun trying them all out.

And for those with latex allergies, there is a now a better option than lambskin condoms (which, for the record, do not prevent STI transmission anyway): polyurethane.

Look for brands like Trojan Supra and Durex Avanti SuperThin.

Some people choose polyurethane condoms over latex regardless of allergies. "Many find them more pleasurable because they're thinner and conduct heat better," says Dr. Kate.

Female condoms are also made of polyurethane, and while not as popular as the male version, they can be a good alternative in relationships where women want to give the condom wearing a shot.

Speaking of females, for those in lesbian relationships, dental dams are an excellent way to prevent transmission of STIs through oral sex. You can either purchase actual dental dams (squares of latex in many

Your SEX drive doesn't just vanish with the absence of someone to have sex with.

color and flavor varieties, kind of like condoms), or make your own by cutting a male condom up one side.

Avoid condoms with spermicide! If you've ever used a condom with spermicide and it ended up being very uncomfortable for the female involved, there's a good reason why: nonoxynol-9.

Emma Taylor and Lorelei Sharkey, better known as Em & Lo, authors of many sex-related books including "The Big Bang: Nerve's Guide to the New Sexual Universe", and sex bloggers at DailyBedpost.com, say that "nonoxynol-9, which is condom manufacturers' spermicide of choice, has been shown in some studies to cause vaginal irritation." This can actually increase your chances of contracting HIV and other STIs.

The fact that it could cause you or your partner discomfort (how unsexy is *that*) should be enough reason to nix the spermicide. If it's not, the possibility that it can increase your risk of contracting an STI when you're trying to avoid them, should do it.

If you're in a relationship, the options above are all great ways to keep you safe and healthy while staying sexually satisfied. But what if you're not in a relationship? Or what if you are, but your libidos don't exactly match up?

Self Service

Your sex drive doesn't just vanish with the absence of someone to have sex with. Nobody loves you like you.

Whether you're single, in a relationship, or just like to collect things, the Internet makes it easier and less embarrassing than ever to expand our sexual horizons. As Em & Lo mention in their book "Sex Toy: An A-Z Guide to Bedside Accessories", "You can thank pro-sex feminism, comprehensive sex education, Alfred Kinsey, Ernst Grafenberg (of G-spot fame), Betty Dodson, *Sex and the City*, et al., for contributing to the mainstreaming of sex toys."

Sites like GoodVibrations.com and Babeland.com, which also have brick-and-mortar stores in several locations as well, easily outdo the traditional seedy sex shop on the corner of Ew Avenue

and Don't Go In There Street by providing both a wide range of products that are both male and female-friendly and a whopping dose of knowledge with each one.

Here, too, materials are a big thing to consider. Sticky phthalate-ridden jelly rubber toys are no good for a number of reasons. They're porous and can't be properly sterilized, they reek, and because of the toxic plasticizers in them, they're not safe for skin contact without your favorite barrier method—a good ol' condom.

"The latest studies show that phthalates can interfere with hormones and may reduce sperm count, cause testicular cancer, or counteract breast cancer medicines," say Em & Lo.

While there are lots of safe materials out there that sex toys are made of—metal, hard plastic, and glass included—100% silicone is always a safe (and softer) bet. Silicone toys are non-porous, can be boiled to sterilize, are odorless, very durable, and velvety soft.

They may be significantly pricier than toys made out of jelly rubber, but you get what you pay for, and your health is worth it.

Check It Out

Going to a doctor annually, whether it's one in a specialized field like a gynecologist or urologist, or just a general practitioner, is essential to your sexual health. In addition to testing you for STIs and making sure your sex organs are healthy, your doctor can give you helpful information that can improve your sex life.

"Regular visits *are* important," says Dr. Kate. "It's probably more important to see a gyno once a year than an internist or family doctor, if you're [a woman] under the age of 30 and otherwise healthy. Your gynecologist can discuss contraception, check you for STDs and discuss any sexual issues you have."

Ultimately, your sexual health comes down to *you*. You need to do some research, *you* need to spend some money and *you* need to learn to take care of yourself in a way you never may have considered before. It's important that we learn to take our sexual health into our own hands (no pun inte—oh fine, pun definitely intended). ■

STIs and STDs: What's the Difference?

- **STI** = Sexually Transmitted Infection
- **STD** = Sexually Transmitted Disease

STI and STD are often used interchangeably, although that's not always correct. STIs encompass STDs; that is, all viruses, bacterias and parasites that are transmitted through sexual contact or play are infections. They become diseases when symptoms of that infection appear or are felt. So if you're a male with HPV, and have no symptoms (and it's very likely that you wouldn't), you have an STI, not an STD. If you're a woman with HPV and you have genital warts or an abnormal pap smear, congratulations, you've got a bona fide STD.



Condoms can cost you less cash online.

PHOTO BY SEAN O'KANE

LET'S TALK ABOUT

Answers to your sexual quandaries are right here on campus

SOME SAID THEY WOULD GO TO PLANNED PARENTHOOD. A few would turn to their friends. Others said they would scour the Internet for solutions. But when a dozen Hofstra students were asked where they would turn if they faced a sexual health problem, only one said he would go to the Wellness Center.

Unbeknownst to many students, the Wellness Center offers students a range of confidential services to ensure their sexual well-being, from cheap condoms to vital information about women's health. Here's just a few:

Exams

The Wellness center offers gynecological exams on a regular basis. Appointments must be made in person and there is a \$20 deposit fee, but it is returned after the exam. The only cost is any lab fees.

Birth Control Pills

For students interested in going on birth control pills, but are too shy to talk about it with parents, the Wellness Center will prescribe them. No documentation shows up on any tuition bills. If Dutch Debits are used, it discreetly shows up as a Wellness Center charge. Birth control pills do not protect against any form of sexually transmitted infection (STI). However, they are 97-99.9 percent effective in preventing pregnancy, according to Dr. Ruth K. Westheimer

and Sanford Lopater's textbook "Human Sexuality: A Psychosocial Perspective."

Condoms

The idea that the man is responsible for bringing the condom is as outdated as the belief that the world is flat. While students can use their Hofstra card to buy condoms at Dutch Treats, the Wellness Center practically gives them away, charging just \$1 for 10 condoms.

"They are cheaper than a piece of bubble gum," says Maureen Houck, the director of the Wellness Center. "Literally, students come in and hand us a dollar and it's a nonverbal communication most times. They hand us a dollar, we give out a bag -- it's as simple as that."

Condoms help prevent the spread of sexually transmitted diseases (STDs)—something birth control pills do not do—and are therefore advisable even if a man's partner is on birth control (*to learn the difference between STIs and STDs, see p.31*). Like birth control pills, condoms are not 100 percent effective. According to the Mayo Clinic, the breakage rate for condoms is two out of every 100. Out of every 100 couples who use condoms consistently and correctly, two will get pregnant.

Morning After Pill

Should the condom break, emergency contraception (EC) like Plan B or the

By JILLIAN SORGINI

Sex

Morning After Pill is now available over-the-counter. Traveling off campus for the pill is not necessary. The Wellness Center offers the Morning After Pill for \$35, which is actually cheaper than the \$50 charged by the CVS Pharmacies scattered along Hempstead Turnpike.

When taking any kind of emergency contraceptive, it is important to remember that it is just that—an emergency option. Overuse of the pill is a growing concern among sexual educators.

"Condoms are far less expensive and less hard on your body [than emergency contraception] after the fact," says Logan Levkoff, a sexologist and sexuality educator in New York and author of the book "Third Base Ain't What it Used to Be: What Your Kids are Learning About Sex Today and How to Teach Them to Become Sexually Healthy Adults."

Some of the side effects associated with taking an EC are headaches, dizziness, irregular bleeding and breast tenderness.

Testing

Two-thirds of people with a sexually transmitted infection (STI) are 25 years old or younger, according to the Association for Ambulatory Health Care. Getting tested regularly for STIs is extremely important. Although the Wellness Center currently does not offer free STI testing, it does refer students to places where they can be tested locally at a price suitable to their budget.

And what of the rampant rumors of the elusive "Hofstra red," supposedly a type of STD unique to the students here? Or the rumor that Hofstra has the highest STD rate among universities?

Nonsense, says Houck. "I've been here for 10 years and I've heard those same rumors—actually, people who have been here longer have heard the rumors too," she says. In fact, if statistics were to be gathered regarding the STD rate among students, the Wellness Center would be among the first places to keep them.

Not that minding one's sexual health isn't vital.

"What is the difference between true love and a virus?" Houck asks. "A virus is forever." ■

Putting Out

Risqué writers find opportunities by putting it all out on the Internet

By KRISTINA TRNKA

"DON'T KISS AND TELL" is an idea of the past for a select group of girls who jump-started their careers by baring it all on the Internet. Take Jessica Cutler: When Cutler, 26, started her blog the Washingtonienne, all she expected was a way to help friends stay up to date on her life. "I thought if I posted somewhere, my friends could check in at their leisure, rather than spending time e-mailing back and forth, IM-ing [or] talking on the phone at work," says Cutler. In 2004, Cutler started working for Ohio Sen. Mike DeWine as a staff assistant. Thirteen days after she started her blog she was let go from her position. The reason? Unacceptable use of senate computers.

In her blog, Cutler wrote intimate details of her

rendezvous with coworkers and even about getting paid for sex by some men in the very cutthroat world of Capitol Hill. Unfortunately, she was discovered by the Wonkette—a Web site that showcases gossip from Washington, D.C., and the U.S. political arena.

The Washingtonienne had many repercussions, some of them legal. For example, Cutler was sued by R.S., a man she wrote about on her blog, for invasion of privacy. She was named one of Washington's 25 Most Loathsome People in 2005. However, the blog also led to some opportunities for Cutler—she signed a deal with Playboy Magazine, and had a nude photo spread posted on Playboy's website.

"I think it showed what's possible through blogging," Cutler says of the opportunities she was exposed to. "If it hadn't been me, it would've been someone else."

Although Cutler deleted the Washingtonienne, blog archives can be found on Wonkette's Website under "The Lost Washingtonienne." She didn't give up blogging, though—Cutler turned her online personality into a book, "The Washingtonienne," which was published by Hyperion Press in

2005. She also continues to blog on a new, less risqué page called Jessica Cutler Online.

Lena Chen, an undergraduate at Harvard University, also garnered attention through blogging, but at a younger age. Chen started her blog, Sex and the Ivy, in 2006 while in her sophomore year of college. The blog addresses Chen's accounts of sex, men and life. Although Sex and the Ivy isn't Chen's first blog, it is the one that turned her quickly into a controversial figure. With a daily readership of over 1,000, Chen's blog went from a fun, low-key project to a social phenomenon.

The publicity she has received through Sex and the Ivy has created opportunities for her to contribute to a variety of online and print publications, including The Boston Globe Magazine, Hustler Magazine, CollegeHumor.com, and thePEEQ.com. Chen says she doesn't see many repercussions except that her blog might not be beneficial for a corporate job. However, that idea hasn't stopped her from writing some highly controversial entries, including Yes Was Never So Easy, an entry where Chen describes an intimate night where she was going to say no to sex with her friend, but was easily persuaded into changing her mind. Chen includes details such as how rough, hot and pleasing sex with him was.

Ruth Fowler wanted to publish a novel. While editors thought she could write well, they told her she wasn't commercial enough for a book deal. One editor recommended

that Fowler start a blog, so he sent Fowler a link to a blogger known as Belle de Jour. Fowler began reading that blog and others, and decided the editor was right. "I only wrote a blog to become a professional writer, shallow as that may sound," says Fowler, who goes by Mimi on her blog. With the goal of a book deal in mind, Fowler blogged what was on her mind. Posts range in topics, including her experiences with stripping, meeting men and teaching yoga. She says she doesn't aim to be provocative. "I guess it's just my natural state of being," she says. In the end, however, the blog got her what she wanted—Fowler's book "No Man's Land" will be released on June 19, 2008 from Viking, an adult division of Penguin Group.

Like other provocative bloggers, Fowler sees both perks and downfalls of the lifestyle. Landing a book deal was her goal, and she attained it. Fowler also writes for The Observer, Britain's oldest Sunday newspaper, a job she wouldn't have landed had it not been for her blog. However, she does see some negatives of blogging, such as receiving hate mail, being stalked and getting fired from jobs. "If I had my way I'd kill the blog tomorrow," Fowler says, "but apparently I need it for publicity, which kind of sucks ... I hate blogging. I think it's cheap." Fowler says she feels like she is selling parts of herself on the Internet—but like other provocative bloggers of the 21st century, Fowler has reaped the benefits of kissing and telling. ■

"If I had my way I'd kill the blog tomorrow, but apparently I need it."



Author of sex blog, Sex and The Ivy, Lena Chen out for the night.

PHOTO BY JACQUELINE HLAIVENKA
PHOTO COURTESY OF LENA CHEN



Condoms are cheaper than a piece of bubble gum at the Wellness Center.

“I’M PRETTY SURE FROGS DON’T TURN INTO HUMAN PRINCES.”

FAIRY TALES

(continued from page 18)

about 100,000 hairs; redheads 90,000 and people with black hair around 110,000). Therefore, her mane would be able to support about 30,625 pounds—well above the amount any suitable prince would weigh.

Gorski says that the problem wouldn’t be the strength of Rapunzel’s hair but rather its lack of support. “Her hair would not break, but it might rip out,” he says. However, this could easily be solved if she were to tie her hair around something prior to throwing it down to the prince, making the anchor point something other than her scalp.

It’s a Bird, it’s a Plane, it’s a ... Flying Carpet!

As for “1,001 Arabian Nights,” or what Disney fans call “Aladdin,” there are real-life conditions in which a carpet can fly. But don’t get caught up in thoughts of the romantic magic carpet ride through a starry sky scene from “Aladdin”—real-life conditions only account for a small, thin carpet flying at a speed of about one foot per second.

In his article, Gorski compares the flight of the small, thin carpet to the motion of a piece of tissue paper floating to the ground after it has been dropped. Maxim Marienko, an assistant professor of physics and astronomy at Hofstra, says that to achieve this, an energy source, such as a loudspeaker, would need to be placed under the carpet. The vibrations from the sound coming out of the speaker would allow the carpet to float. It wouldn’t be the fastest carpet ride—but it would be possible.

The air surrounding the carpet would need to be vibrating at the right frequency, notes Marienko.

“We know that the sound waves create energy,” Marienko says. “Energy transfers from the source of sound ... the carpet needs energy to fly.”

Glass Slippers Aside

What about other famous fairy tale moments? If someone were running late and didn’t have a ride, could they count on magical happenings to get them to their destination on time? “How about a pumpkin

turning into a carriage by magic in ‘Cinderella?’” asks Ashley Pennisi, a Hofstra senior.

Not exactly. “It seems highly unlikely that a pumpkin could grow wheels, so the carriage is kind of out,” Gorski says. But don’t nix the possibility all together—the current record for the world’s largest pumpkin is 1,689 pounds. If carved out and placed on a wagon, a makeshift carriage could be possible. However, a modern day Cinderella would probably still be late, because preparation of the carriage would take quite some time.

Suppose someone needed help with their chores—is it realistic to count on friendly creatures for assistance, as Snow White and Cinderella do?

“I think that’s possible,” Gorski says. Perhaps mice and other woodland creatures wouldn’t be much help, but animals in general could. “Think of seeing-eye dogs. People can also train monkeys to do various things,” Gorski says. Helping Hands, an organization that assists people with disabilities, trains monkeys to do daily activities such as opening jars and microwaving foods. “I think there may be more of this type of thing going on than we realize,” Gorski says.

Entering the Realm of the Impossible

Speaking of Snow White, Hofstra senior Anne Marie Collins wonders if it is “really possible to be poisoned and put into a coma, then wake up with little to no mental [and] physical side effects?”

Probably not. “From what we all know, the person who doesn’t move for such a long time, her muscles should be weaker,” Marienko says. “Even people in hospitals who need to simply stay in bed for a long time need some exercise to get their muscles in shape.”

So is there anything else that fairy tale advocates shouldn’t count on?

“I’m pretty sure frogs don’t turn into human princes, despite the wishes of fairy tale-loving little girls,” Gorski says. ■

survival guide

SURVIVAL GUIDE

UNPLUGGED!

In a society consumed by technology, I decided to see what life would be like if I “unplugged” myself for a week

By DELIA PAUNESCU

“WHAT ARE YOU GOING TO DO... read?!” snickered a classmate when I mentioned my plan. I had decided to try to go one week without using any electronics. I started on President's Day, thinking the days off would make it easier to not have a cell phone or Internet. Here's what happened. Note: In the absence of a computer, I was forced to handwrite all my notes, since typing them wasn't an option until I plugged myself back in.

2/18/08, Day ONE, 1:30 a.m.

Only the first day and I've already cheated. But I really did need to go into my cell phone to write down phone numbers. Tomorrow will have to go online and set vacation e-mail, away messages, Facebook status and whatnot. Very ironic that going without technology these days first requires the use of technology.

11:00 p.m.

Walked around Manhattan without cell phone. Well, I had my phone but it was turned off. There was a strange comfort in knowing it was there.

But off it remained. Actually, it was freeing not to think of who to call or what

texts to send. I just looked at bargain novels in Strand Books.

The walk back to the subway was odd. Several years ago I found that life in college doesn't leave time for long phone calls. I've long foregone peaceful strolls for quick phone conversations. I could only continue walking and maybe make eye contact with a passerby—imagine that!

2/19/08, Day TWO, 6:20 p.m.

Day two and I'm already feeling aggravated. Had to call everyone from phone at a friend's apartment before returning to campus. Left messages asking friends to call my room phone. Coming back to Hofstra, I had to take train to Hempstead where I knew the Blue Beetle would be. It took twice as long as the train to Mineola but not being able to call anyone to ask for a ride, it was nice knowing that beat-up blue bus would be there.

Back at the dorm, my first impulse was to turn on laptop. But I couldn't.

Instead, I unpacked from weekend away, did RA paperwork, put up flyers, did homework and dusted: things that would normally have been left until later. I was ahead on my to-do list and had never felt better. Maybe this foregoing technology thing won't be so bad.

7:50 p.m.

Lucky enough to have lovely friends who did call and spent several hours talking to them on the phone, much like when I was 14. Went downstairs to see RA on duty and found out about the RA outing to Wing Night.

Dad called, gravely concerned: “Have you told your friends what you're doing? Because I'm afraid they might call the police if you don't answer for a few days.”

Concern No. 2: “Are you aware of how many messages and e-mails you'll have when this is done? Especially because you do all that texting.”

Now, I'm frustrated because although I made it a point to give my room number to

“Texting Friend” (the one person in your life with whom face-to-face interaction is rather lackluster but as a texter, is spectacular), he never called. There's also no phone that dials out in my building, so couldn't call anyone about plans. Actually, nearest working phone is old pay phone in front of library. But does it even work? While waiting for call that never came, found “Millionaire Matchmaker” reruns.

Wonder if phone can hold all texts I will receive this week? What happens if texts received go over limit?

11:15 p.m.

While at Wing Night, made plans to meet fellow RA at gym in the morning.

Oh no! I am going to Brooklyn for “Macbeth” tomorrow night. How will I get there alone?! This is bad.

2/20/08, Day THREE, 2:30 p.m.

Today is even more terrible. Feel as though one of my limbs has been cut off. Now that classes and everyday life are back to normal, I find I can do very little.

Went to *Chronicle* office to make a phone call.

While walking through campus, was told that the number I put up on Facebook to my room is wrong and I can't change it.

Still keep cell phone with me as phone book.

I feel frustrated, like I can get nothing done.

11:35 p.m.

Woman next to me at “Macbeth” was texting throughout the show. I was extremely irritated. More than that, realized my own longing to text.

2/21/08, Day FOUR, 8:45 a.m.

Finally left cell phone at home.

Some say technology is bad. Argument has been made that as a culture, we're self-obsessed and that's why we're online doing social networking and on cell phones all day. We need to know others are paying attention to us.

Perhaps we have turned our lives into one big phone conversation, one large text link, one massive IM chain, only pausing for actual events which will be treated as fodder for our endless discussions.

11:50 a.m.

Cell phones ring during class. Rarely are they the embarrassing rap song booming over the silence but rather, small beeps or quick pulsing of the vibrate mode. Sounds that can be ignored, hidden in the shuffle of paper, rustling of jackets and small coughs. Sitting in class, had nothing to do but listen.

No texts for me.

4:30 p.m.

Have broadcast journalism class in beautiful new room adjacent to converged newsroom. Temptation was overwhelming. Professor was late, allowing everyone more time to surf the Internet. Found myself twitching like a proper addict at the thought of e-mail organizing, Facebook stalking and general online searching. As visions of nymag.com blogs and J.Crew online shoe store danced in my head, I heard a noise... it was me, literally whimpering! In the middle of class!

Lord, I knew this was going to be a challenge but never imagined I would have such a strong reaction.

11:45 p.m.

Went to dinner at Cheesecake Factory with *Chronicle* girls. It was fun, but lots of planning was involved. Couldn't wait 'til last minute to send mass text but was forced to speak to invitees on campus.

Only three more days until freedom ...

2/22/08, Day FIVE, 2:30 p.m.

Snow day! With blizzard last night, spent day in bed. Went to *Chronicle* office to call Mom and Dad. Missed parents very much. With snow, home in Florida seems very far away. But despite mild loneliness, have enjoyed choosing bad reality show reruns.

8:05 p.m.

Thanks to aforementioned lovely friends, I am going out tonight. Have plans to re-enter singles scene at bar by campus. Although I stopped going there freshman year, there's nothing like a snow day and being cut off from the rest of the world to make one rely on closest resources.

2/23/08, Day SIX, 2:15 a.m.

Just returned from bar. Giving up technology also includes giving up digital camera, which is usually glued to hand on nights out. Photos are poured over in the morning over breakfast, reminding us of the night's silly events. Why be expected to remember frat guy spilling beer all over the front of a new top when there is a photo of your reaction posted on Facebook?

Met a cute boy (friend of a friend and thus, not a creep). After night of dancing and yelling over the DJ, I dreaded the thought of giving my cell number to him. What if he calls tomorrow? What if he hears the silly “I'm not using technology, hehe” voicemail greeting?! Would be most embarrassing. Decided to avoid entire scenario and left quickly before he got a chance to ask. “Thanks for the drinks. Nice to meet y...” I was already out the door.

1:25 p.m.

Normally, Mom's weekly call to “catch up” or friends with breakfast plans will cut into deep weekend slumber. No cell phone to

ring equals no waking up at a decent hour.

2:15 p.m.

Weekends are prime for Internet perusal. Can tell myself I will do homework, but will actually sit for hours reading up on celebrity haircuts, shopping for summer dresses and maybe writing six lines of a five-page paper. But not today. Can't even see if cutie from last night friended me. Blast this assignment! Guess it's another day of “Millionaire Matchmaker.”

2/24/08, Day SEVEN, 12:22 p.m.

One more night. Not even 24 hours. Must distract self with homework, TV or magazines.

1:34 p.m.

Just realized RA paperwork is due by 6 p.m. and must be e-mailed to director. Certainly cannot be expected to lose job over this assignment. Guess I will use computer for work-related e-mails only.

4:30 p.m.

Finished paperwork and am opening up Internet explorer. Have missed this feeling! Can't imagine how many e-mails there will be. But, I will send the report and be done.

9:02 p.m.

Look at the time. Guess I've been online longer than expected. There were 157 e-mails waiting. Naturally, I had to move on to Facebook, MySpace and Google News. Everything is rushing forward in grand tidal wave of information and must be absorbed.

2/23/08, Day EIGHT, 4:23 a.m.

Found myself on Web site that sells shower caps that resemble French berets. Knew when I started counting how many friends would like one as a birthday gift (seven) that things had gone overboard. Like a true addict, I had spent time away and now am in full relapse mode. Have definitely fallen off the wagon.

In the time I went unplugged, I over-drafted my checking account, missed three parties, and only spoke to my parents once.



You never realize how dependent we are on computers until they're gone.

Sure, the communication I did have with friends was great. There were sit-down conversations, voice-on-voice telephone calls and even Texting Friend was forced to seek me out. Still, I can't help but think about the time I wasted looking for a friend or just trying to get a message to someone.

In the time freed up by not texting in class, I got to thinking (no, not about what the professor was saying). We might be spoiled but technology is moving forward—letting us connect to each other more easily. Plans change quickly and technology can accommodate that.

Technology gives us control. It lets us go out and live our lives and do whatever we want while still being completely tuned in, turned on and most importantly, reachable.

Having both extremes in the last week has shown me that balance is key. Maybe I'll put the cell phone away during dinner with friends or close Facebook when doing homework. Like all vices, technology should be used in moderation.

Oh, and in case you were wondering about the cute guy from the bar ... He passed his number to our mutual friend for me to have. At least now when I give him mine, I won't have to worry about him hearing that embarrassing voicemail... ■

Every time someone walked by chatting away on a cell phone, I quite literally wanted to smack them.



“WHAT ARE YOU GOING TO DO, READ?!”

YOU'RE on the **Sleeping Couch** TONIGHT!

These couch potatoes are far from lazy—they're crossing the country, indulging in culture and making bonds that stretch for thousands of miles

ATTENDING A THURSDAY night party at a Manhattan bar can lead to many things: drinking, dancing—maybe even a vacation opportunity.

In the shadows between Irving Place and 3rd Avenue, there is a small doorway facing 15th Street where a sign over the door reads "Revival." Once inside, the party can be heard before it can be seen. Down the narrow hallway, past the iridescent liters of Absolut and Stoli, the ceiling opens up into an outdoor patio, blanketed with unfamiliar faces.

"Are you here with CouchSurfing?" a shadowy face asks. "Great—welcome. Make sure you tell the bartender you're with the couchsurfers. You'll get a deal on drinks."

Every Thursday evening, the scene may look the same, but it definitely is not. The venue will be is always frequented by eager travelers but as people come and go from the city, the stories and experiences are never duplicated. And that's how, without ever leaving the bar, a worldwide community of travelers welcomes a stranger—and may even offer up a couch.

... CouchSurfing International, Inc. (CS) is a networking opportunity for travelers. Forget spending \$100 or more on hotel rooms and visiting typical tourist attractions—CS creates an environment that allows foreigners to feel at home while traveling.

This non-profit organization became a reality when founder Casey Fenton, 29, decided to travel to Iceland in 1999. Fenton, who describes himself as an "adventurer extraordinaire and social networker" (and is currently traveling the globe), was seeking a more genuine

travel experience than staying in a hotel could provide. He took the initiative and e-mailed over 1,000 university students in hopes of finding a place to stay. Fenton says he received responses, but knew there had to be an easier way.

That's where the idea for CS came about. With some friends, Fenton created an online community where members could meet people from around the world who might be willing to offer up a couch and give a personalized experience of their cities. Co-founder Dan Hoffer, 30, had "couchsurfing" quite a bit before the term became the official name of the organization. When approached with the idea, Hoffer quickly jumped aboard in 2002.

"I thought it would be a lot of fun to try to facilitate more adventure and self-discovery while traveling in a structured way," explains Hoffer, who works full-time for the software company Symantec and resides in California.

From the site's launch in January 2003, Hoffer describes the response as a "gradual growth process." However, the site's statistics show weekly sign-up numbers have increased steadily each year. In the beginning, it was about 100 per week. From 2006 to today, as many as 7,000 people have signed up a week. According to Hoffer, the site instantly received media coverage when it was a Yahoo! Pick of the Day within two months of its launching. Today, the organization boasts more than 470,000 registered "couchsurfers."

... When joining the CS

community, users are able to decide how much they want to be involved. If they don't want to open up their home, they can choose to just meet for coffee or

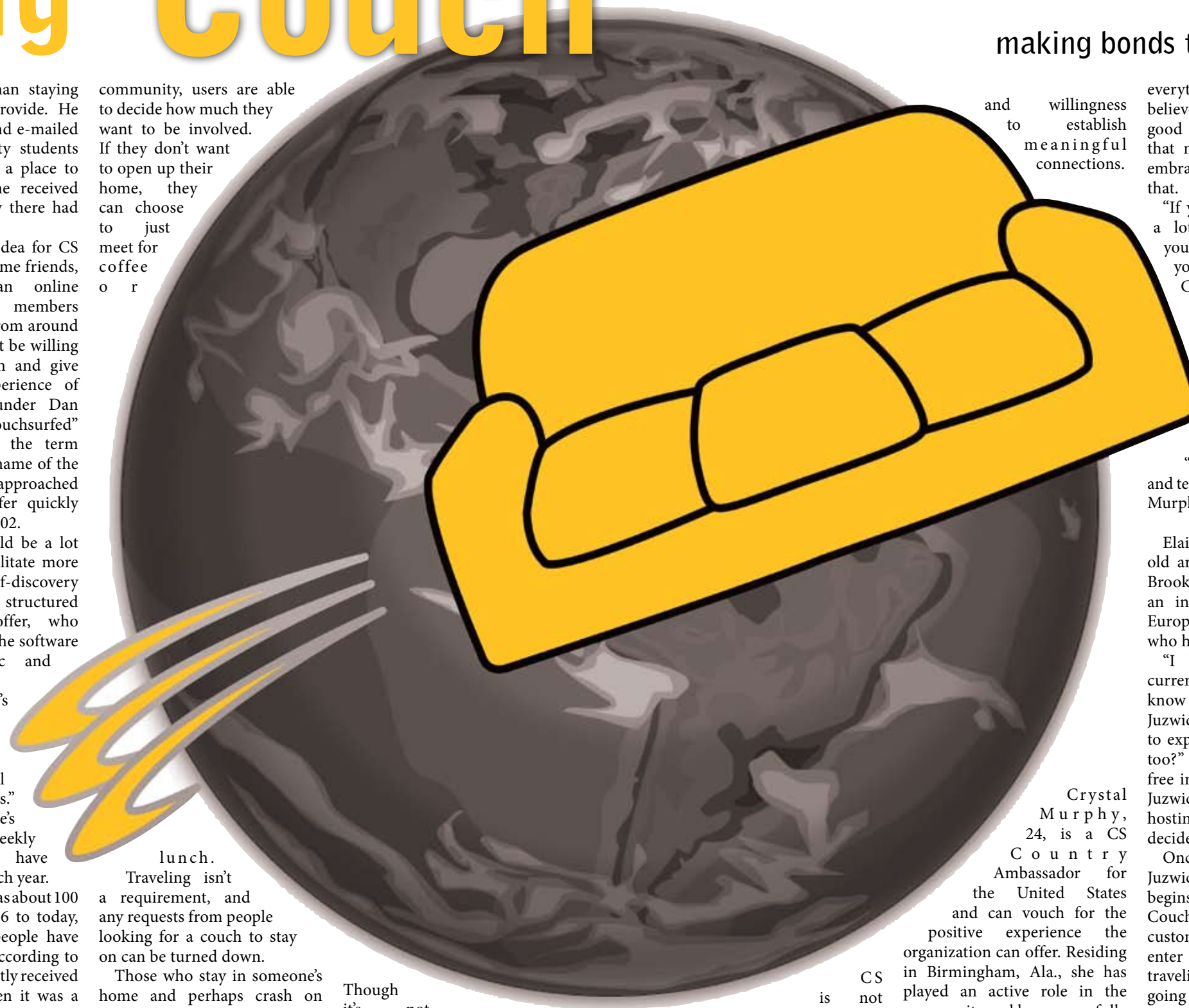
lunch. Traveling isn't a requirement, and any requests from people looking for a couch to stay on can be turned down.

Those who stay in someone's home and perhaps crash on their couch are considered "surfers." Surfers need not pay a fee to stay, but an ideal surfer would consider helping out with chores or cooking one night.

People who offer up their homes are considered "hosts."

Though it's not mandatory that hosts spend time with their surfers, there is an understanding that the host will play a vital role in making the surfer's experience the best it can be.

TONIGHT!



and willingness to establish meaningful connections.

everything. Most couchsurfers believe that many people are good at heart and they project that message. The community embraces that and recognizes that.

"If your host does not spend a lot of quality time with you, then unfortunately, you're not getting the true CouchSurfing experience," says Murphy.

Hosts are expected to show surfers what their city means to them. Surfers should be able to get an insider's view of the city and the lifestyles within it.

"[CS] is like having a show and tell—but with an entire city," Murphy says.

...

Elaine Juzwick, a 27-year-old artist currently residing in Brooklyn, N.Y., wanted to find an inexpensive way to travel Europe and visit her best friend who had moved to London.

"I began thinking, OK, I currently live in a hostel—I know hostels are pretty cheap," Juzwick says. "But how do I want to experience Europe—cheaply, too?" By Googling "staying for free in Europe while traveling," Juzwick discovered several hosting sites, and eventually decided to check out CS.

Once a member of the site, Juzwick explains, the adventure begins. Clicking on the CouchSurf! tab allows users to customize a search, so they can enter how many people they're traveling with, where they're going and which languages they'd prefer their host or fellow surfer to be fluent in. Juzwick has experience in couchsurfing as both a surfer and a host, experience she gained while working at the Pirate Haus Inn, a hostel in St. Augustine, Fla.

"I was already dressed, ready to go—somewhere. I was very excited by his invitation," Juzwick says. "I hopped on a bus and spent an amazingly dream-like day and night at his

"The most 'popular' people tend to be listed first," Juzwick explains. "Either they're really cool, are in a really good location or have been couchsurfing for a long time—or all three!"

Finding where to stay then boils down to what each host offers—factors that vary depending on his or her personal housing situation, how long surfers plan to stay and how well potential travelers "click" and get along with the hosts, Juzwick says. "I have almost always been invited to stay longer if I wanted to. But people have busy lives, some people have work and others simply don't have the room."

CS allows for advance planning of places to stay, as well as last-minute arrangements. Juzwick took advantage of the former. While busy with a public art project in Jacksonville, Fla., she arranged the first stop of her European trip—to Cork, Ireland. Seamus, Juzwick's host, was almost exactly her age, and she says he had a very heavy Irish accent.

Seamus offered Juzwick his bed, and he slept on the floor. The next morning, Juzwick enjoyed a breakfast of whole wheat toast lathered with butter and honey alongside oatmeal and tea. Then, with Seamus, she toured the downtown. Juzwick, eager for a variety of experiences, moved on to contact Hugh, an Ireland man who shared her hobby of playing the flute. The night after her e-mail inquiry, Hugh invited Juzwick to come to Bantry, located on Ireland's southwest coast.

"I was already dressed, ready to go—somewhere. I was very excited by his invitation," Juzwick says. "I hopped on a bus and spent an amazingly dream-like day and night at his

Crystal Murphy, 24, is a CS Country Ambassador for the United States and can vouch for the positive experience the organization can offer. Residing in Birmingham, Ala., she has played an active role in the community and has successfully hosted over 70 surfers.

"If you look at CS, it's not about a free couch to stay on," says Murphy. "We're an amazing community that opens homes, hearts and where we share

CS is not just about free accommodations. As a non-profit organization, CS won't expect money from surfers' or hosts' pockets. Instead, they are expected to reciprocate with acts like cultural understanding

house, a restored farmhouse, located in what was, to me, the most beautiful countryside I've ever seen." Juzwick had her own bedroom, which she describes as "tucked away in the rolling green hills near glittering coast." Her vacation didn't end there—Juzwick continued to use CS for the remainder of her Eurotrip.

...

The idea of opening your house to a stranger or staying with someone you've never met sits uncomfortably with much of the population for obvious reasons. Indeed, college students traveling abroad are often targets of crime (See "Overseas Thieves," p.42). According to CS

from the upper members of the community, and is the most important thing a member can do. Members who vouch for other members should only do so if they truly believe the person they are vouching for is a great person and an asset to the community. Once a user has been vouched for, he or she must give out three vouches in return.

The third and final safety check is referencing. Referencing tells users the most about other members. References come from both hosts and surfers—anyone within the community can provide a reference for anyone else. References can range from

in this manner. If the surfer is not familiar with that style of interaction, it may cause some discomfort for the surfer. Surfers should think twice before commenting on the behavior of their host as being erratic or rude because it may be just a difference in culture.

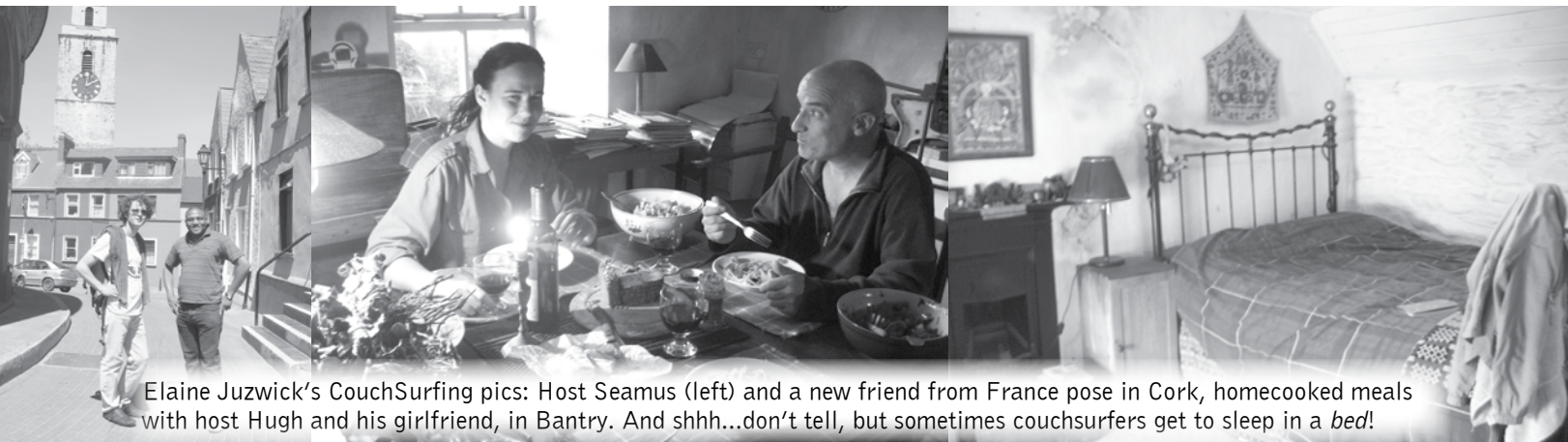
Other negative references could have to do with the house being too small or too dirty. Once, a negative reference was posted because a host was spamming from his home computer. "Rarely is it, 'The person was standing over my bed trying to take off my clothes,'" jokes Murphy.

Hoffer says that the individuals

together in her apartment. And while in Istanbul, I stayed with a Turkish man for two nights on the Asian side of the city. I would not have experienced one-one hundredth of the good times in those cities without my hosts."

For his host in Varna, a student on holiday, LaFemina worked to the best of his ability to make a Mexican dinner, consisting of bean chili with pineapple, potatoes, rice and tomato salsa.

LaFemina further explains that CS goes beyond the hosting. When people are a part of a network that cares about others, he says, the relationship they establish does not stop once the



Elaine Juzwick's CouchSurfing pics: Host Seamus (left) and a new friend from France pose in Cork, homecooked meals with host Hugh and his girlfriend, in Bantry. And shhh...don't tell, but sometimes couchsurfers get to sleep in a bed!

enthusiasts, however, surfers are not strangers but part of a community—a community that like other living environments consists of respect, understanding and care. But for those who are skeptical about becoming hosts or surfers, CS has three safety checks designed to ease the minds of potential users.

The first check is verification. After a minimum \$25 donation, CS will send a verification letter to the potential user's house. The recipient is required to enter the letter's code into the system, to let CS know that he or she is a real person with an address. The donation will fund site expenses such as server hosting, database maintenance and other necessities for keeping a functioning online community.

The second safety check is vouching. Vouching is an umbrella effect that stems

negative to positive. As a whole, less than 0.1 percent of CS's references are negative. The site tracks long-term statistics, but also constantly updates real-life introductions and new couches from the past hour, day and week. For example, on Tuesday, March 25, 2008 at noon, there were 180 introductions in the past hour and of those rated, 146 were positive and were none ranked as negative. In the past week, there were a total of 14,458 new couchsurfer unions, with 11,840 positive ratings and just 21 negative ones. The remaining 2,597 surfers and hosts had not submitted ratings yet.

"Most often, negative references tend to happen because of a cultural gap in behavior and customs," says Murphy. For example, a surfer may be in a country where it is custom to be more abrupt and direct, and the host will behave

monitoring the site do not remove a profile if a bad review is received, but the complaint will be there permanently for anyone else to see. A profile would only be deleted if a criminal offense occurs—and in that case, a police report would also be filed. Profiles would also be deleted if the site's terms of use were violated—something a spammer might do. CS Media representatives did not confirm if such violations had ever occurred.

...

Mike LaFemina, 22, a Hofstra alumna and now a graduate student in the school's Teaching English as a Second Language (TESL) program, has met with fellow surfers while in Bulgaria and Turkey.

"I spent three consecutive nights hanging out with my hosts," he says. "In Varna, my host and I cooked dinner

meal or stay is over.

"I've been in contact with my Turkish host since June," he says. "We've been discussing our thoughts and what people are saying in our respective countries about the recent happening in Congress. I value his opinions and his friendship."

LaFemina says he hopes that one day his Turkish host will have the opportunity to return the kindness he received while couchsurfing.

"To be honest, it can be a little scary at first," says LaFemina. "But the people I've met are genuine people who truly care about this project and are dedicated to making this world a better place to live." ■

VACATIONING FOR Cheap

Forget the comfort of a familiar name—these sites offer travelers spectacular deals

By NICOLE NASCA

IN RECENT YEARS, TRAVEL WEB SITES SUCH as Orbitz, Hotwire, Travelocity, Priceline, and Expedia have become household names. In this \$24 billion online travel industry, these Web sites constantly compete for things like having the best slogan, easiest navigation and finest customer service. However, their extensive marketing strategies do not provide them with the one thing they all pride themselves on having—the cheapest price.

There are hundreds of Web sites that will provide travelers with outstanding prices and packages that will indeed blow the well-known travel sites out of the water. "Everyone knows about the major online travel agencies like Expedia, Orbitz, and Travelocity," notes Peter Greenberg, author of *The Complete Travel Detective Bible*. "They spend lots of advertising dollars. However, some alternative sites you may not have heard of are definitely worth checking out."

When traveling within a set time period it is best to book a trip as soon as possible. This will allow travelers to receive a good deal on airfare as well as confirmation and peace of mind that the desired travel dates were secured. Remember, the time period of April through August is very popular for trips to tropical and beach-like locations.

Web sites such as Cheapcaribbean.com provide easy navigation as well as some

of the best deals there are to find. This Web site is wonderful because, unlike most of the well-known and common travel sites, it allows travelers to book an all-inclusive travel package. These packages generally include airfare, hotel, all meals, all alcoholic and non-alcoholic beverages, taxes, gratuities, and usually non-motorized water

guaranteed to have the lowest cruise rates. The organization buys up state rooms on various cruise ships and then sells them at their own rates. They offer deals for cruises that depart from anywhere in the world.

Many people do not realize that starting in March and ending in October, New York is an excellent port from which to

There are hundreds of websites that will provide you with outstanding travel prices and packages, which will indeed, blow the well-known travel sites out of the water.

sports. For the same vacation, on the exact same days, on the same flight to Cancun, a trip booked through Cheapcaribbean.com was \$250 less expensive than one booked on Travelocity.

Voyagers who are over 21 and are looking for a fun but affordable vacation should check out Vegas.com. This past spring break, it was possible through the site to book a vacation package to Las Vegas, Nev., that included hotel and airfare with an 8:00 p.m. checkout time for \$450 a person. The package was for five days and four nights at the four-star Luxor Hotel. For the same exact trip, Expedia.com charged \$615 without the late checkout option. Vegas.com not only provides itself as a booking agent, but it is also a guide to the entire city. It allows you to look up shows, nightclubs, restaurants, and any other attraction in Las Vegas at the lowest possible cost.

If the Caribbean and Las Vegas do not seem enticing, try Cruise.com. This Web site is

take a cruise. On a cruise, food is included in the price of the trip. However, beverages and gratuities are extra. For a six-day Norwegian Cruise leaving from New York City and traveling to Florida and the Bahamas in August 2008, Cruise.com charges \$779. Priceline.com charges \$969 for the exact same cruise.

For the last-minute, spontaneous people, Travelzoo.com is a wonderful way to save money and be spontaneous. This Web site lets travelers choose their location and it gives a large choice of last-minute deals.

When planning a trip remember that taking the effort to research and put some time into planning it will yield tremendous results. While the usual travel Web sites provide convenience and the comfort of a familiar face, travelers should not be afraid to investigate and shop around. The money saved by shopping around can add up to a few margaritas enjoyed by the pool! ■

PHOTOS BY ELAINE JUZWICK

PHOTO BY JACQUELINE HLAVENKA

Overseas Thieves

SHANNON BENNETT, a 21-year-old Hofstra senior, was enjoying her dream vacation in Florence as a part of Hofstra's 2006 Venice study abroad program. It was the beginning of January, and Shannon and her friends decided to kick off the new year by spending the day sightseeing and hitting a club. As they explored the city, they encountered a group of four young, well-dressed Italian men. Shannon had no idea that in a few hours, those same men would rob her in the nightclub and her dream vacation would become a nightmare.

Shannon's situation is not unique. College students traveling abroad are easy targets for professional thieves and distraction artists, who use tricky strategies to steal anything they can get their hands on. "The biggest crime abroad is not violence, not rape, not murder—it's theft," says Detective Kevin Coffey, an active law enforcement officer and travel safety expert. Coffey says it is often difficult to gain statistics on such crimes because they frequently go unreported or police departments do not make them known to the public. He receives at least 50 e-mails each week from travelers with stories like Shannon's.

Shannon and her friends were having a blast dancing and laughing when the evening took a nasty turn. "Three of [the guys] pushed me up against a wall and stole my purse, which contained my passport, all other forms of I.D. and my cell phone," says Shannon. Locals in the crowded nightclub were reluctant to help. "I was yelling for an hour in Italian for help and no one would assist us." Frustrated, she went to the police. "They did nothing but file a report and laugh the entire time."

Although young people may feel invincible, any tourist is vulnerable. Collin Kornfeind, a

Hofstra junior currently studying at the University in Amsterdam, experienced a similar situation while sleeping on an overnight train in Morocco. Collin says he and his friend, Emily, were sleeping on the train when her backpack was stolen. Emily had tied one shoelace across her backpack, attaching it to her other shoe, while she slept. Upon waking up, Collin recalls hearing Emily gasp, "Where is my backpack?!"

"She only had her duffel and one shoe," Collin says. He and Emily were horrified to discover that a man had burned Emily's shoelace, stolen her backpack and exited the train before they woke up.

Again, the police were not helpful. "We went to about five police departments—each passed us onto another—who had a report filed about what was stolen and where. However, it wasn't until we were out of Marrakech ... that we were told that the Moroccan police were like the Mexican police—nothing gets done unless you bribe them," says Collin.

Realizing that police in certain areas

can have a b r o a d attitude towards tourists, many organizations are creating programs to educate travelers about safety issues and to assist them should they become victims.

By KAITLYN PICCOLI

They're coming up with ingenious ways to rob American students—and you could be next

Coffey is the founder of Corporate Travel Safety, a company which trains traveling professionals and students on how to prevent pick pockets and distraction scams. "The most important thing to know about thefts is knowing how they occur, and knowing the most vulnerable locations," says Coffey.

He says that the best way for travelers to prevent becoming victims is to educate themselves about the strategies of thieves. Coffey suggests reading books and listening to audio CDs on the subject, such as his own "Traveler Beware! An Undercover Cop's Guide to Avoiding Pickpockets, Luggage Theft and Travel Scams" and "The Complete Travel Detective Bible" by Peter Greenberg.

Coffey also suggests "sanitizing your wallet"—determining exactly what you need for your trip, and leaving the rest. Not only does this minimize loss when pick pocketed or robbed, but it also makes filing a police report easier. Coffey also sells travel gear that have specially designed mechanisms that, when used properly, are virtually thief-proof.

The Safe Haven Network is another resource student travelers can turn to should they find themselves in trouble. This organization, based out of Agoura Hills, Calif., was founded by Donald and Joanne Kaplan in memory of their daughter Alyson, 20, who was robbed and murdered by a man while visiting London in 2003.

The Safe Haven Network gives local, up-to-the-minute weather and news alerts to travelers and can provide emergency transportation from anywhere in the world. The company is also establishing "Safe Havens" around the world, where young people will be able to seek assistance.

"Eventually we'll have a location on every corner in every city around the world," says Donald Kaplan.

For more information about the Safe Haven Network, visit globalsafehaven.org or call (877) AIK-7550. For information on Corporate Travel Safety, visit corporatetravelsafety.com. ■

Look Chic for Cheap

Do you get tired of the everyday, run-of-the-mill stores all offering the same fashions? Why not go vintage?

By ERICA C. LAMAR

VINTAGE THRIFT STORES in the Hofstra vicinity and in Manhattan offer cheap, chic looks that will have your friends and family ready to go retro the second they see you sporting them. I ventured off of Long Island and onto the other island for some fashion finds, and couldn't believe some of the things I came across.

Housing Works

www.housingworks.org

This fashionable thrift shop chain has seven locations in New York and offers a lot more than just clothing. The store's Chelsea location caters to both men and women and offers high-end name brands such as Dolce&Gabbana (D&G), Marc Jacobs and Michael Kors. I looked around for five minutes and found a classic D&G pencil skirt in off-white and gold for \$40! The shoe collection is to die for—you won't believe the great looks you'll find. They also sell books, new and old, for as little as \$1. Housing Works also encourages people to donate clothing, money, household items or anything they can spare to help the homeless and people living with HIV and AIDS in New York City.

Chelsea Location: (212) 366-0820
143 W. 17th St. (between 6th & 7th Avenues)

Hours:
Monday-Friday, 10 a.m. – 7 p.m.
Saturday, 10 a.m. – 6 p.m.
Sunday, noon – 5 p.m.

Angel Street Thrift Shop

www.angelthriftshop.org

Located across the street from Housing Works, Angel Street is a chic shop that offers a smaller range of designer clothing, but has a nice variety of antique-style bracelets, earrings and necklaces in an assortment of

colors. All the jewelry is arranged behind a glass case, making it look like a very enticing colorful candy display. The store separates its pieces by color (ladies, think Forever 21). Angel Street offers some great summer dresses in bold and bright colors. For guys, there are great Polo, Lacoste and Izod collections. A Green Day tour T-shirt was on sale for just \$6. For those who are moving out on their own soon, furniture and artwork sell here for affordable prices as well. Angel Street Thrift Shop's proceeds help individuals and families impacted by substance abuse, HIV, AIDS and mental illnesses.

Location: (212) 229-0546
118 W. 17th St. (between 6th & 7th Avenues)

Hours:
Monday-Saturday, 10 a.m. – 6 p.m.
Sunday, noon – 5 p.m.

The Family Jewels

www.familyjewelrynyc.com

This quirky shop inspired by the 40s and 50s features threads that are pulled straight from the era—but aren't as pocket-friendly as some other thrift stores. I did, however, find a great pair of vintage yellow leather gloves for \$20 and a black silk floral scarf for \$15. If you don't mind searching—and you're into the mod look and refuse for your outfits to be second-rate—this is the place to go. The employees at this elegant, eccentric outlet are friendly and avant-garde, and the racks at this shop are flowing with elegant dresses that would fit the likes of Grace Kelly and Marilyn Monroe. The clothes seem to be ripped directly from the time period between the turn of the century and the 1980s—styles that have inspired fashion designers like Gianni Versace.

Chelsea Location: (212) 633-6020

AND SNAG SOME OTHER GREAT DEALS, TOO!

130 W. 23rd St. (between 6th & 7th Avenues)

Hours:
Monday-Sunday, 11 a.m. – 7 p.m.

Annex/West 25th Street Outdoor Flea Market

www.hellskitchenfleamarket.com
(click on "West 25th St." tab)

On Saturdays and Sundays, shoppers can experience the great outdoors—on West 25th Street and Sixth Avenue. This flea market has great deals on many different items, but you must shop wisely—it's only open two days each week! Vinyls sell for \$1 (I bought Michael Jackson's "Thriller" and Kanye West's "Graduation"), fur coats go for 50 to 75 percent off, and great tribal home décor and furnishings are offered at impressive prices.

Location:
West 25th Street and 6th Avenue

Hours:
Saturday & Sunday, 6:30 a.m. – 5 p.m.

Cheap Jack's

www.cheapjacks.com

Cheap Jack and his wonderful staff members do alterations on your vintage clothing while you wait, making this store unique. Huge couches throughout the store provide comfort while you shop. This shop offers high-end classic clothing from the 1920s to the 80s at inexpensive rates. What more can vintage shoppers ask for?

Location: (212) 777-9564
303 5th Ave., at 31st Street

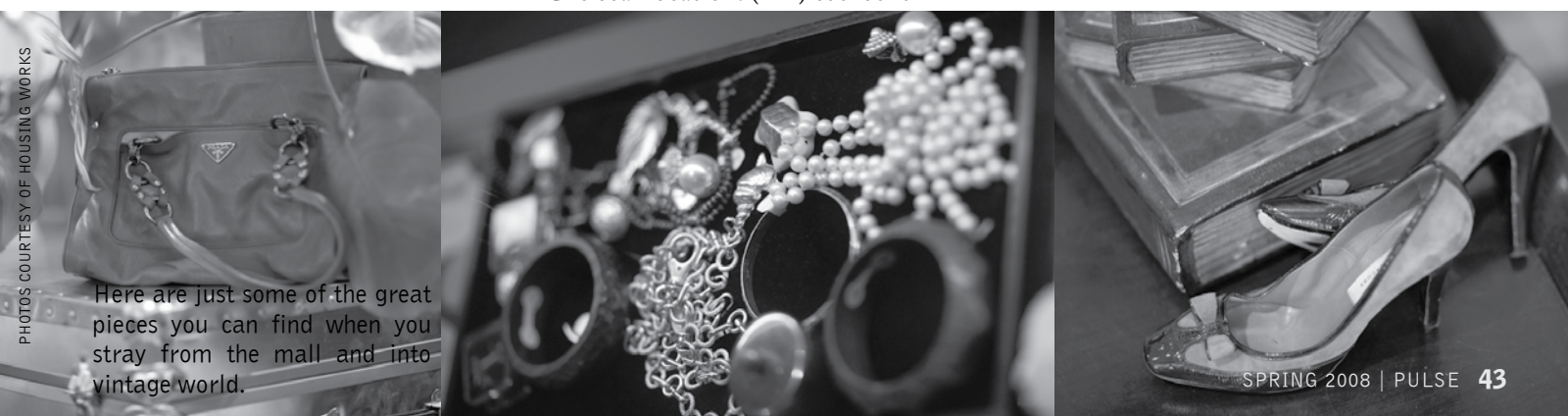
Hours:
Monday-Saturday, 11 a.m. – 8 p.m.
Sunday, noon – 7 p.m. ■

Check out www.pulsemagazineonline.com for links to online vintage stores.

"The biggest crime abroad is **not** violence, rape, or murder—it's **theft**."

The straps of this bag were slashed by a thief in Barcelona, Spain.

PHOTO BY KAITLYN PICCOLI



Here are just some of the great pieces you can find when you stray from the mall and into vintage world.

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pride plays PRIDE PLAYS

Lotti's Heart is ANYTHING but SOFT

PHOTO COURTESY OF HOFSTRA UNIVERSITY ATHLETIC DEPARTMENT

Junior softball pitcher Kayleigh Lotti survived a life-threatening heart condition and open heart surgery to become a dominant leader for Hofstra softball

By ED MORRONE



Kayleigh Lotti survived open heart surgery during her senior year of high school and has come back stronger than ever for the Pride, including winning 23 games her sophomore season.

IN THE SPORT OF SOFTBALL, IT MAKES SENSE THAT THE pitcher would be considered the heart of the team while out on the diamond. Every flick of the pitcher's wrist is crucial; each windmilling thrust toward home plate could determine the outcome of the game. For Hofstra junior softball pitcher Kayleigh Lotti, being the heart of her team literally takes on a whole new meaning.

The fact that Lotti is a unique talent in the sport is no longer worthy of front page headlines. Her contribution to Hofstra softball has been undeniable. No, what makes the South Attleboro, Mass., native so remarkable is not what she has accomplished while at Hofstra; rather, it's the fact that she is still breathing after surviving open heart surgery that makes her story so captivating.

Flash back to the summer of 2004, the one before her senior year of high school. Lotti had already become a pitching phenomenon at St. Raphael Academy in Pawtucket, R.I. In her first three years, Lotti was named Gatorade Rhode Island High School Player of the Year twice and was regularly auditioning for big-time college recruiters.

Lotti was warming up one day as she had done a thousand times before, this time before a national summer tournament in Colorado. Only this time, something wasn't right.

"All of a sudden, my arm felt really weird, sort of like a tingling feeling," Lotti recalls. "I couldn't throw. I couldn't even hold a ball. My family and I went to a walk-in clinic where they took X-rays of my arm and chest and those showed blood notches on my ribs."

Lotti didn't know it at the time (mainly because her parents were protecting the then 17-year old from the severity of her condition), but those notches were the first indicators of a previously undetected heart problem. After undergoing further tests back home in New England, Lotti was diagnosed with coarctation, a narrowing of the aorta, something that is usually

flagged in early childhood.

Fortunately for Lotti, doctors caught the problem just in time. Had they not, she could have died out on the field where she had accrued so much success. While her classmates were beginning the last chapter of their high school careers, Lotti was being prepped for surgery in Boston. Still, as she tends to do inside the pitching circle, Lotti kept her cool.

"I wasn't worried. I just knew it was something that I had to get done. I couldn't try to maneuver around it," says Lotti, who remains surprised by the condition considering there is no history of heart problems in her family. "I wasn't scared at all until I was in the hospital that morning and they had a nun come down and pray for me. That freaked me out a little bit, and my dad started to cry."

Nevertheless, the seven-hour surgery was a success. The doctors who performed the procedure actually helped Lotti's eventual return to the sport by making the incision on her back side instead of her front, which assisted the range of motion on her right side so that she would be able to throw a softball again.

But while the surgery fixed Lotti's medical problem, the aftermath was still a nightmare for her. Not only was the recovery process grueling, but the medical procedure occurred at the most inopportune time—before Lotti had committed to a college.

"I was so upset because I had worked my entire life to get to that point and then one little incident has the power to set you all the way back," she says. "I lost all of my muscle and had to start all over again, which was frustrating. But at the same time, I had nothing to lose, so I just went out there and did my best."

In a sense, Lotti had everything to lose. The fact that she had her operation during the peak of college recruiting may have taken some potential scholarships off the table. Lotti admits to that, saying that a couple of coaches, who she wouldn't name, backed out right away. "I guess they

had doubts I wasn't going to be able to come back," she says.

Those doubters only made Lotti work harder. She was back in the circle for her senior season, allowing no earned runs the entire year and only one over her final two seasons. Her commendable work ethic caught the eye of Hofstra Head Coach Bill Edwards and the rest, as they say, is history.

"We always thought she would fit great into the Hofstra program," Edwards says of Lotti. "When we found out about her setback, it didn't in any way change our opinion of her. We were there for her. We wanted her to know that regardless of whether or not she was able to pitch again that we wanted her to come to Hofstra and be a part of our program."

Edwards, now in his 19th season at Hofstra, is approaching 700 wins for his career, a good indication that he knows a special talent when he sees it. Although considered a regional softball powerhouse, Hofstra is geographically challenged when it comes to attracting recruits, so Edwards and the program took a chance on Lotti, one that has paid off ever since.

"We don't recruit a lot of kids, so if I'm going to sell family and I'm going to sell dedication and we backed out and didn't stay true to our word, I wouldn't be able to wake up in the morning," Edwards says. "That's what we're about here at Hofstra."

Lotti certainly appreciates her coach's loyalty. "He was always with me 100 percent, and that meant a lot to me that he would do that," she says.

Time for another flashback, this time to Feb. 18, 2006, Hofstra's first game of the 2006 season. Coming off a 43-win 2005 campaign, Lotti found herself inside the pitching circle as a freshman, starting her first collegiate game against Temple. To say Lotti made a good first impression on her new team would be an understatement, as she threw a five-inning no-hitter in a 10-0 Hofstra win.

"To see her come into Hofstra in her first game and throw a no-hitter, that was special," says Edwards, who used the word "special" to describe Lotti seven times in a 10-minute interview. "Everybody was rooting for her because we knew what she had gone through. She worked so hard to get to that moment where she could throw her first college pitch ... I was proud to be her coach."

Edwards often says Lotti has "the potential to be the most dominant pitcher ever to put on a Hofstra uniform," which is no small compliment considering some of

the arms he has coached (Adrienne Clark, Callie Osborne, etc.). All of the kudos is just fine to Lotti, who is just happy to have so many supporters in her corner.

"My parents are my best friends, and I couldn't have done it without them," Lotti says. "And my teammates have been so supportive and I love them. They're my family and you just need that family love."

While not as dominant as former national sensations such as Jennie Finch or Cat Osterman once were, Lotti manages just fine here in Hempstead. She won 41 games over her first two seasons, including a stellar 23-5 mark in her sophomore year. In that same year, she racked up a Hofstra single-season best with 319 strikeouts.

Her junior year should finish no differently, as Lotti's right arm will continue to guide Hofstra softball to its unprecedented success (the program is shooting for its seventh Colonial Athletic Association title in the past eight years).

The surgery? Pretty much an afterthought. Though she still carries a scar on the right side of her back and has her blood pressure monitored on a regular basis, Lotti leaves that part of her in the past. However, she still is aware of the risks.

"I always say that if I get hit with a ball in the chest, there's a good chance that I could die," she says. "My heart could explode or whatever. But if I get hit in the chest, it's what God wanted to happen. He saved my life once by having this doctor just randomly pick up on this heart condition, so if that's what I'm meant to pass away from, then it will be meant to be."

As for her coach, well, consider him greedy, because he still wants to see Lotti get better.

"By the middle of this season, she'll be at her peak and from then into next year is when you'll see the real Kayleigh Lotti," Edwards says. "I always have it in the back of my mind that she's a special kid. I almost feel spoiled watching her. When I see her conditioning and I see the way she is, she's a competitor. She's fine, and she's going to be absolutely tremendous."

Lotti herself continues to count each day as a blessing, approaching each softball game with a newfound sense of respect and urgency.

"When you can't do something that you love, you realize how much that you miss it and for those few months I was freaking out," she says. "I just want to live every day right now and go out and keep trying my hardest. That's all I can really do." ■



“MY TEAMMATES HAVE BEEN SO SUPPORTIVE AND I LOVE THEM. THEY’RE MY FAMILY AND YOU JUST NEED THAT FAMILY LOVE.”

IT'S Tierney's Team NOW

By DOUG BONJOUR

He inherited a roster of rookies and a team that had lost its 21-year leader. But the head coach of men's lacrosse has hit his stride

IT WAS AUGUST 7, 2006. HOFSTRA UNIVERSITY'S PRIDE Club Lounge buzzed with anticipation as university administrators and reporters piled into their seats facing the bright blue banner with the fierce lion logo that has come to represent Hofstra athletics. In a matter of minutes, the banner would serve as the backdrop for a historic moment for one of the university's most successful athletic programs.

The men's lacrosse team, which had amassed a .610 winning percentage and had won eight conference championships during the 21-year regime of Head Coach John Danowski, was about to change.

Danowski, who took over as head coach in 1986, transformed the team into one of the nation's elite. He left the Pride in late July 2006 to assume the same role at Duke. As the Pride bid farewell to Danowski, they welcomed back a familiar face. Seth Tierney, who served as assistant coach at Hofstra from 1995 through 2000, returned to become just the fifth head coach in the program's 59-year history.

"When you get into this profession, your

Seth Tierney has settled in as head coach.



ultimate goal is to become a head coach," says Tierney, 39, a Long Island native.

Following the 2006 season—in which Tierney served as associate head coach at his alma mater, Johns Hopkins—Tierney did not need to campaign his interest in leading a team. Under the teachings of Johns Hopkins Head Coach Dave Pietramala, Tierney had become an attractive candidate. He met with representatives from Army, Dartmouth, Hobart and Stony Brook concerning possible coaching openings.

"You work hard to do your job, and people notice it," he says. "I'm humbled by that people thought I was ready."

When a return to Hofstra was offered just weeks after Danowski left, Tierney jumped at the opportunity.

However, the pressure to succeed was intense. One season prior, a strong senior class featuring six All-Americans helped direct the Pride to a 17-2 record and brought them within a goal of the program's first ever trip to the Final Four. With many seniors gone, Tierney had become the face of a youthful but promising roster.

"The unfortunate and fortunate part of things were the year before I got here, they were 17-2 and they had a tremendous senior class," says Tierney. "We had an opportunity to basically start again with a lot of guys that were inexperienced in playing time. It was a very fitting way to start."

In Tierney's first year, the team sputtered to a 6-8 record behind a roster featuring 20 underclassmen. Tierney found himself in midst of a learning experience while trying to transform the program into his own.

"My first year I did a lot more chair spins, where you just sit in your chair and go around and around because you don't know what to do first," he says. "When you're a first-year head coach, you want to do everything by 3 o'clock the first day. It's just physically impossible."

Tierney also knew developing a strong relationship with his players would be imperative.

"I wanted to earn some trust and I wanted them to think that they had to earn some trust," he says. "I think for the most part, both the team and myself

have done that very well. There's a very strong relationship there now."

The players feel it too.

"He's a player's coach and he will do anything for us and in return we will do anything for him," says senior Kevin Unterstein, midfielder.

The bond between Tierney and his players began on day one. Before Tierney's press conference to introduce himself as the new head coach, he met with the individuals he was about to lead.

"I just wanted them to know that I was one of them," he says. "Coach Danowski was absolutely taking the program in the right direction, but his direction might be different than mine, so I wanted to tell them some of my thoughts, some of my ideas, and some of my expectations."

Senior Mike Unterstein, midfielder, says Tierney was here to win. "He's not going to come in here and try to rebuild the program. He's going to turn the players he has into winners."

Tierney's competitive approach has been displayed on and off the field. And while he insists that he needed to prove himself to his players early on, they believed otherwise.

"I had known of him long before he came here and he had proven himself at the last school he was at with the success he had there," says junior Tommy Dooley, attackman.

Prior to joining the Pride, Tierney helped orchestrate a fierce Johns Hopkins offensive attack from 2001-2006. In his final three seasons on the staff, the Blue Jays offense ranked among the nation's top 15 teams in scoring.

Now that Tierney is back in yellow and blue, his alma mater is reminded of his ability to thrive. On March 8, Johns Hopkins visited James M. Shuart Stadium as the top-ranked team in the country, but Tierney coached the Pride to an 8-7 overtime victory. It was the first time in Hofstra's history that they defeated a team currently ranked on top of the polls. As one of the team's senior leaders explains, Tierney is hoping to mold a winning attitude that lasts for the long haul. "He basically said that he plans on turning us into a winning program not every other year, but make it a consistent thing ... We don't want to fall off one year and then come back another," says Mike Unterstein. ■

PHOTO COURTESY OF HOFSTRA UNIVERSITY ATHLETIC DEPARTMENT

Former Met GETS SCHOOLED

By KENNY PORPORA

IT IS RARE that the culmination of a dream come true possesses that elated jubilation we expect from it. But as Charles "Chip" Pidgeon was called from the bullpen in his first Major League Baseball game with the New York Mets to pitch against Mark McGwire, it did. Everything about it lived up to his expectations. After years of Little League, high school baseball, and daydreaming about playing professional ball, he was beginning the dream his father had imagined for him while growing up in Shoram, Long Island.

His name is Charles, but everyone calls him "Chip." That is his identity, possibly the only one he's ever had. He loves retelling the stories from his past. One of his favorites is the story about how he struck out Mark McGwire on a cold night in 2000. With a wad of tobacco jammed in his bottom lip, Pidgeon rattles off the details of the night with uncanny vividness. He calls the moment the highlight of his career.

Pidgeon, now 29, was drafted by the New York Mets out of Shoram High School, where he was a celebrated left-handed pitcher. His father was an athletic director for the Patchogue-Medford school district and began teaching Pidgeon the game at an early age. Baseball is in his blood. At 6'3" and over 200 lbs., his 88 mph fastballs caught the eye of regional talent scout, Pat Short. Soon after, Pidgeon began receiving the attention of every ball club in the major leagues, some of whom began offering him contracts to play professionally, among them the team Pidgeon had idolized since boyhood: the New York Mets.

"I wish everyone could experience that feeling at least once in their professional careers," says Pidgeon, as he paces excitedly through the halls of the Shoram Public Library. When he talks about baseball, he can't keep from smiling. "I always thought I'd be a baseball player," he says. "I just knew it would happen."

Pidgeon was a 9th round draft pick for the Mets on June 3rd, 1997. He was offered a contract for \$140,000 in cash, plus \$70,000 after he finished his first year and \$8,500 per semester, for eight semesters of school, should he decide to attend college. He was just 18 years old when he signed it.

PHOTOS COURTESY OF CHARLES PIDGEON

When his career in Major League Baseball was cut short, Charles "Chip" Pidgeon was determined to live on

Pidgeon played in the minor leagues for three years; first for the Port St. Lucy Mets in Florida and then the Kingsport Mets in Tennessee. With his dues paid, Pidgeon was called up to the majors. In 2000, he was part of the 40-player roster that won the National League Championship, an accomplishment few professional athletes can stake claim to.

But along with every dream comes a harsh reality. The sheer competitiveness of the sports world began to wear him down. "The biggest shock is when the novelty wears off," he says. It can just be very hard."

This competitiveness caught up with Pidgeon in the spring of 2001, when he was released from the Mets franchise. Holding back tears, Pidgeon was told by the current Mets bullpen coach, Guy Conti, that he would no longer be playing professional baseball for the team he loved.

"It's very humbling to come back home after experiencing something like that," he says. "I remember my mother telling me to stop acting like I had been released from jail, but in a way, being released from jail would've been better. At least then you have the relief of freedom."

He had been told he could no longer do the thing he loved, the same fate that has driven many of his colleagues and former teammates to drugs and alcohol. Pidgeon says he has even had friends commit suicide in some cases.

"At 24 years old, the thing they saw themselves doing for the rest of their lives is over," he says. "For a lot of us, baseball was the only thing we'd ever known."

Perhaps the hardest part, though, was feeling as if he had lost his identity as a person.

However, Pidgeon did not want to let the depression he felt dictate his future. He kept playing baseball, despite his ejection from the Mets, and was quickly signed by the Florida Marlins in the fall of 2001. But that winter, he was involved in a severe car accident. His grey 4Runner was hit from behind on the Southern State Parkway, causing it to flip over. The accident caused

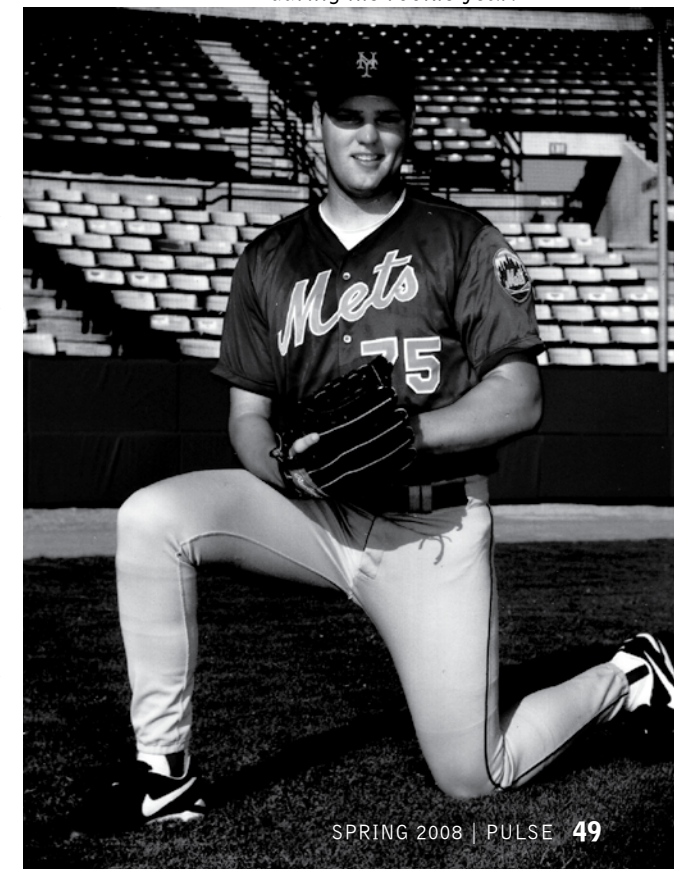
serious damage to Pidgeon's shoulder and back. He says he knew immediately it would be the end of his career as a baseball player.

In a way, this is where his life began. Pidgeon was determined to not let the death of a dream be the death of him. He began taking classes at Hofstra, where he is a physical education major. He has dabbled in investor trading and is now a shareholder in All-Pro Sports Academy, where he is a private trainer for kids 4 years old to college age. He expects to graduate in 2010.

Acceptance is the key to his new life. He admits he was never much of a student, but is determined to create a new niche for himself. He has gone from throwing fastballs to writing philosophy papers and cramming for tests.

"I look forward to my future as a student and to a career filled with possibility," says Pidgeon. "The saddest part is that I don't play anymore, this game I used to love so much. After I graduate, I'd like to start playing for fun again. I miss it." ■

"Chip" Pidgeon in Shea Stadium during his rookie year.



HOFSTRA

Decade of CHAMPIONS

Pulse's sports editors pick their admittedly subjective choice of the 10 best Hofstra student-athletes of the past 10 years

ALTHOUGH THESE TIRELESS AND DRIVEN men and women might not have their names engraved on national championship trophies, they all are driven by a special desire to excel.

No. 10: Kayleigh Lotti, softball pitcher (2006-present)

Lotti is a junior now, but make no mistake— by the time her career is over, she will have broken nearly every softball pitching record Hofstra has. Lotti won 41 games in her first two seasons alone, and is on pace for over 1,000 strikeouts.

No. 9: Giovanni Carmazzi, football quarterback (1996-99)

Carmazzi is most famous for going down in history as one of the biggest all-time busts of the NFL Draft. After amassing a program record 10,415 yards of total offense in his Hofstra career (including 3,554 passing yards in 1997—another program record), Carmazzi was selected by the San Francisco 49ers with the fourth pick in the third round of the 2000 NFL Draft. Carmazzi never threw a pass in his brief two-year pro career, but there's no denying his place in the Hofstra record books.

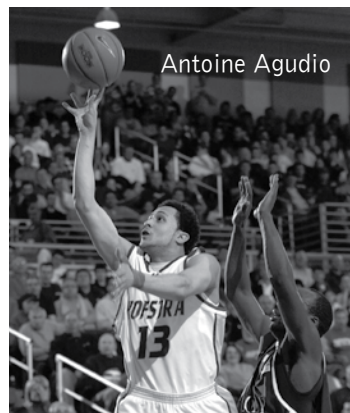
No. 8: Doug Shanahan, men's lacrosse midfielder/football defensive back (1997-2001)

Not only did Shanahan accomplish the rare feat of playing two Division-I sports at the same time, but he excelled in both. Shanahan's football dominance came first, as he recorded 11 interceptions over a two-year span in 1999-2000. Then, Shanahan had a lacrosse season in 2001 that was second-to-none. He tallied 43 goals in 2001 and won the inaugural Tewaaron Trophy as college

lacrosse's player of the year.

No. 7: Antoine Agudio, men's basketball shooting guard (2003-08)

Agudio became the men's basketball program's all-time leading scorer this season, breaking a record that had stood since 1965. The graduating



Antoine Agudio

senior finished his brilliant Hofstra career with 2,276 points.

No. 6: Charles Griffin, wrestling (2004-08)

Griffin, the 2007 and 2008 CAA Wrestler of the Year, is one of only a handful of Pride wrestlers to have been named All-American multiple times. Griffin was also a four-time qualifier at the NCAA Championships where he had two top-three finishes, something no other Hofstra wrestler can say.

No. 5: Shellane Ogoshi, volleyball setter/libero (2004-07)

A four-year star on the volleyball court, Ogoshi came to Hempstead all the way from Honolulu, Hawaii, and helped lead the Pride to its first NCAA Tournament appearance in six years when the 2006 squad went



Shellane Ogoshi

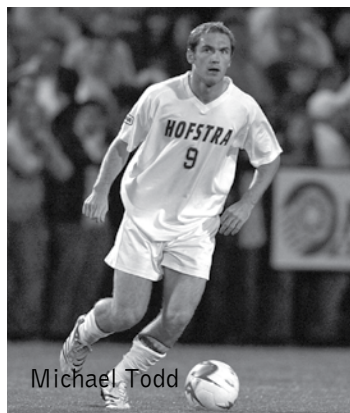
24-7. Ogoshi was a three-time all-CAA first team selection and was named the conference's most outstanding player in 2005.

No. 4: Loren Stokes, men's basketball guard (2003-07)

Stokes was one of the leaders of the rebirth of the men's basketball program, leading the Pride to 83 wins in his four-year career, including 20-plus victories in his final three years. Stokes ranks third all-time with 2,148 points and was the 2007 CAA Player of the Year.

No. 3: Michael Todd, men's soccer forward (2003-06)

The Cleveland, England native ranks second all-time in career points (101), third in goals (40) and third in assists (21) and was one of two men's soccer players to garner All-American honors.



Michael Todd

The most impressive thing about Todd was his ability to create offense despite being often met by double and triple teams. Todd was part of three straight Hofstra CAA championships and its only two victories in the NCAA Tournament.

No. 2: Craig "Speedy" Claxton, men's basketball guard (1996-2000)

Claxton accomplished what other players could not—he combined record-breaking statistics with postseason success (Speedy led the Pride to the NCAA Tournament in 2000). Claxton ranks sixth all-time in career points and still holds the Hofstra records for career assists and steals. His efforts were rewarded when the Philadelphia 76ers made him the 20th overall pick in the 2000 NBA Draft.

No. 1: Sue Weber, women's soccer defender (2005-07)

There has never been more of a dominant, underappreciated player in the history of Hofstra athletics than Sue Weber. As a blanketing, shut-down defender, Weber never filled box scores or stat sheets; rather, the two-time All-American led by example on the field. Weber was named CAA Defensive Player of the Year every year and was part of the conference's all-first team in all three of her seasons at Hofstra. She also was a vital part of the only two NCAA Tournament appearances in program history, and was one blown call away from leading the Pride to the Sweet 16 in 2007. Weber personified what it was to be a student-athlete (her cumulative GPA was 3.89), and it is for these reasons that she comfortably earns the top spot on this list. ■



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