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in London

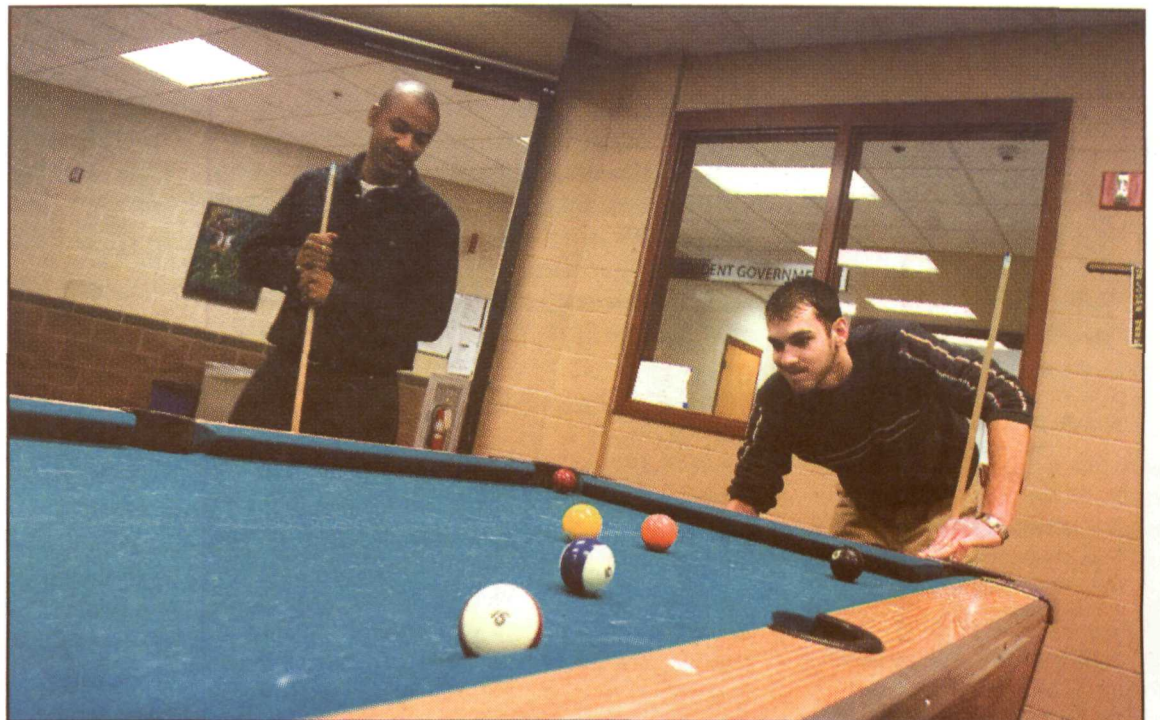
MCC STILL A LONG WAY OFF IN ISSUES OF DIVERSITY

MEGAN MCNEILL
OPINION EDITOR

Yulanda McKinney, advisor to the Black Student Union provides unique insight into the obstacles facing positive diversity

Diversity is a topic that many find difficult to discuss and define as it may mean different things to different people. One thing that most everyone can agree on is that diversity issues (namely stereotypes and discrimination) continue to plague our society and school, and are an overwhelming presence in everyday life.

Yulanda McKinney, faculty advisor for the Black Student Union (BSU), chooses one general word to best define diversity: differences. But there is no one true definition, and each individual idea of diversity is accompanied by positive and negative ideas about it. Obstacles to the positive influences of diversity are extensive and can be viewed almost anywhere, including the MCC campus. One of the biggest



Erin Thompson and Victor Klosterman, both first year students at MCC, sneak in a game of pool at the Break Room between classes.

photo by Kevin Leas

issues is that of separation among students of diverse backgrounds because of feelings of discomfort or fear of rejection.

McKinney points to popular gathering places around the school and voluntary seating arrangements in class to paint a picture of isolation by race or ethnicity. She points to stereotypes as the cause of these problems. "We are a society of 'show me' instead of reading the book, we see the movie" she explains. In essence, this means people take previous experiences with those who are different and apply them to everyone of that group. The real hurdle to positive diversity, therefore, may be expectations. McKinney urges that what people must realize is that differences and change are good and valuable.

So what is MCC doing to get it right and promote equality on campus? The answer, unfortunately, may be not enough. While

applauding and appreciating campus efforts, McKinney eloquently states, "If getting it right was the priority, it wouldn't have to be an 'effort.'" While disheartened, she remains hopeful that those who feel they are 'different' will step forward, be themselves, and present the world with an accurate view of the beauty that diversity can provide.

In light of Black History Month, the members of BSU are working diligently to dispel stereotypes and promote positive diversity through community services, but this year McKinney presents a novel concept: American culture, MCC included, must work on being inclusive year-round, not just one month. As she puts it, "The more you see it, the more it becomes a part of you."



photo by Jessica Rider

Mary Logan, Stephanie Roe, and Aaron Johnson share more than classroom experiences in the Marketplace.

INTER-RACIAL COUPLES FIND STRENGTH IN DIVERSITY

BRETT BARCLAY
OPINION EDITOR

Interracial couples have radically changed from social taboo to a generally respected relationship in American society. In fact, the 2000 census reports 6% of married black men had a white wife, and 3% of married black women had a white husband. This statistic has been documented to have doubled every decade since the 1960's.

Much of the success is well deservedly credited toward our progressive views on dating and the fact that we are not as afraid to mix with people of races foreign to our own.

Sure, you may get the double takes and exaggerated stares as people assess you and your mate but that is only because these

types of relationships are still very unusual for someone who has never experienced one. Most young people feel quite comfortable in the presence of an interracial couple

Even in Hollywood we have seen a humorous spin on interracial couples with the 1967 film 'Guess Who's Coming To Dinner' and 2005's "Guess Who." Each of these movies portray a couple of miscegenation introducing their love interest to their hesitant family.

Whether or not its being shown on the big screen or on our own campus it is gaining exposure and respect from all walks of life. The numbers will continue to grow along with our tolerance for interracial couples.



photo by Jessica Rider

MCC students Darren Yut and Jacqui Nichols have been dating for three years.

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MONROE COMMUNITY COLLEGE
1000 E. Henrietta Rd.
Rochester, NY 14623

Contact Information

Editorial Inquiries 585.292.2492
Advertising Inquiries 585.292.2539
Production Inquiries 585.292.2540
Fax 585.292.3825
E-Mail MonroeDoc@hotmail.com

Editorial Staff

Editor-in-Chief
Wendy VanDellon
Managing Editor
Chris Bigger
Business Manager
-
Production Manager
-
Photography Editor
Kevin Leas
Advertising Manager
-
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-
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Advisor
Lori Moses - VaPA

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All submissions become the property of the Monroe Doctrine.

Circulation

3,000 copies on 4 campuses

FINANCIAL AID APPLICATION TIPS

How to avoid those long lines at the financial aid office

CHRIS BIGGER
MANAGING EDITOR

As we charge head on into the spring semester, the time is already upon us to plan for our fall finances. Believe it or not, the time to apply for financial aid for the fall 2006 semester is now. The easiest, quickest, and most efficient method of applying for aid is to do so on-line. As soon as you finish your income taxes, follow these seven easy steps to assure a smooth and easy experience with the Financial Aid office

STEP 1

Get a PIN. This will allow you to sign all the forms that you fill out electronically. You can apply for your PIN at www.pin.ed.gov. It usually takes a few days to get one, so you can apply for this well before you are ready to actually fill out financial aid forms.

STEP 2

File a Free Application for Federal Student Aid (FAFSA) form at www.fafsa.ed.gov. This is your federal financial aid application. Again, you will need your completed 2005 income tax forms for this. Make sure that you keep all copies of your 2005 income documents (W-2's, Social Security, Unemployment, and Welfare benefits statements, as well as copies of both your Federal and State tax returns). You might need them for verification purposes.

STEP 3

Apply for state aid (TAP), if you filled out the FAFSA form, this will be automatically forwarded to the state if you choose by clicking on the link at the end of the online FAFSA form. If you would like to fill out the TAP form at a different time, you can do so at www.tapweb.org after your FAFSA is processed.

STEP 4

You will receive a Student Aid Report (SAR) within a week to ten days after filling out the FAFSA if you have provided a valid email address. For students who file a paper application, or do not have an email address you will receive the SAR within four to six weeks. Review this for errors and follow the instructions if corrections need to be made.

STEP 5

At this point, if any additional information is needed, you will be notified by the financial aid office. Get this information in to them as soon as possible

STEP 6

After you have completed all of the above steps, you can now apply for additional aid. There is one application that can be filled out that includes both student loans and work study. In addition to this form, you can have your parents fill out a loan application if you are a dependant and they wish to take a student loan out for you.

STEP 7

Review all of the above steps and make sure that everything is complete. If you need to go into the financial aid office, make sure that you have all the documents that are needed ahead of time.

The main thing to remember is to apply early! The sooner you apply, the more time you have to get everything taken care of so that you are not scrambling at the last minute. If you need help, attend one of the workshops that are provided by our own financial aid office. For times and dates for these, go to the MCC webpage in the student section, click on financial aid, then workshops. Also, if you need additional help, you can download the FAFSA Worksheet from their website. Remember, if you get it done now you will not be waiting in those huge lines later.

Some E-mail No Longer Free

WENDY VANDELLON
EDITOR IN CHIEF

Yahoo and America Online intend to introduce a revolutionary new way to send e-mail that would allow mail to bypass the junk mail filters and end up directly in a users inbox. These two companies said Sunday, Feb. 5 that in order to have such a service users will be charged a fee.

Fees will range from ¼ cent to one cent per e-mail and are an attempt to weed out unnecessary mail that usually comes in the form of unsolicited ads and identity theft scams. Messages that are in the inbox will then contain a seal stating that they are legitimate messages.

This new practice will also help businesses that frequently rely on e-mail but often find that important business documents are being filtered out along with the spam.

The program is being offered through Goodmail Systems and is targeting banks, online retailers, and other groups that send out large quantities of e-mail. Those that pay for the service will not be filtered out or have attached images removed.

The American Red Cross, the New York Times Co., and credit reporting company Experian have already signed up to use the new service.

MCC at Forefront of Security Training



photo courtesy of MCC Public Affairs Office

The Emergency Training Facility on Scottsville Road is an MCC campus where local law enforcement, paramedics, firemen, and security officers receive their training,

BRENDAN GIUSTI
NEWS EDITOR

The Homeland Security Management Institute at MCC is set to receive funding from the Domestic Defense Fund Act of 2004, which was introduced to congress by Senator Hillary Clinton.

Clinton calls the MCC training facility, and public safety, "a model for community cooperation."

The biggest change in the allocation of government money for homeland security is more local communities will receive higher

dollar amounts. Local emergency personnel are the first responders to any situation. This new money will benefit the responders that communities value in emergencies, police, firefighters, and paramedics.

The training facility at MCC, which started in 2003, is a joint effort of MCC public Safety, and government officials with the city of Rochester and Monroe County.

This addition to the community should help keep area responders well trained with many technological resources at their fingertips.

CRIME BLOTTER



1/19

Petit Larceny

A person reported her cell phone stolen, which was later found by the Responding Officer and returned to the victim.

Unlawful Possession of Marijuana

No criminal charges filed. Property was turned over to the Brighton Police Department for destruction.

1/20

Grand Larceny 4th

A computer was stolen from Building 5 Room 100.

1/21

Violation of MCC Policy/Publicity

Responding Officer observed and removed 30 plus unauthorized flyers from various locations.

1/22

Damage to Property/College

The gate arm in Lot A was found disconnected.

1/23

Violation of MCC Policy/Conduct DCC

Suspect used obscene language in front of Dean Topping. Suspect also made threats and used racial slurs in front of Genesee Management.

Burglary 2nd/Grand Larceny 4th

A student's room was entered and property was removed. Location of incident: Building 52 307D.

Harassment 2nd Investigation

A student was arrested for slapping another student in the face. Location of incident: Roadway by Lot P.

CORETTA SCOTT KING DIES AT 78



DAHLEEN GLANTON

CHICAGO TRIBUNE (KRT)

ATLANTA – Coretta Scott King, who toiled tirelessly in the civil rights movement and later to gain national recognition for her slain husband, the Rev. Martin Luther King Jr., died early Tuesday. She was 78.

King never fully recovered from a stroke and heart attack last year. Though she was unable to speak or walk, she made her last public appearance earlier this month at an annual banquet to raise money for the Martin Luther King Jr. Center for Nonviolent Social Change. Family members said she died in her sleep.

“Martin taught us not to fear death but to celebrate it ...and make sure you felt you had made a contribution when the time comes,” former Ambassador Andrew Young, a longtime family friend, said in a television interview Tuesday. “That certainly was the case of Coretta.”

Following her husband’s assassination in 1968, King devoted her life to carrying out the slain civil rights leader’s legacy. She lobbied for a decade to make her husband’s birthday a federal holiday, and in 1983 President Ronald Reagan signed the bill into law. Three years later, the nation observed the first King holiday.

She founded the King Center, a teaching facility, archive and museum, as a tribute to her husband’s work. Recently, the future of the financially struggling center has been in jeopardy as her four children fought publicly over whether it should be sold to the National Park Service or remain in the hands of the family.

King was born April 27, 1927 in Marion, Ala. Her father was a lumber worker and part-time barber. She once said she worked in the cotton fields all day on weekends so that she could stay late after school during the week to practice her music. She graduated from Antioch College in Ohio in 1951 with a degree in music.

A polished concert singer, King met her future husband while working on a graduate degree at the New England Conservatory of Music in Boston. Martin Luther King, a budding young preacher, was a doctoral student at Boston University. They were married in Atlanta on June 18, 1953.

Though she lived for years in her husband’s shadow, King was an invigorating influence in the civil rights movement for more than half a century. When her husband could not attend an event, she stood in for him and spoke on his behalf. She was often seen marching beside him on the front, locked arm-in-arm, singing “We Shall Overcome.”

“She is Mrs. Martin Luther King but as Coretta Scott King, she created a niche for herself,” said the Rev. Joseph Lowery, who worked alongside King in the Southern Christian Leadership Conference.

Young said she never lost her faith in nonviolence.

“She was always very progressive. She took a stand on gay rights and AIDS and educated the community that it (AIDS) was not a moral punishment but a disease that needs to be addressed and cured,” Young said.

In her latter years, King was an outspoken critic of the Iraq war and supported many social causes, saying that her husband had died fighting for the rights of all people. She was seen as a quiet force, presiding over seminars and speaking publicly on global issues.

Though many saw her as the “first lady of the civil rights movement,” she was criticized by some who believed she abandoned her husband’s mission to improve life for the masses of poor and disadvantaged people. Some did not support the King Center early on, saying that the money raised to build the multi-million dollar center could have been better used on the poor.

Her goal, however, was to create a long-standing memorial that would address issues such as unemployment, voting rights and racism.

While others in the movement were still trying to sort out how to replace the slain martyr, King chose to focus her energy on preserving her late husband’s legacy for generations. She had harsh words for those who tried to imitate her husband’s style, saying they were “stuck in emotional rhetoric.”

She is survived by her four children, Yolanda, Martin III, Dexter and Bernice.

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Distributed by Knight Ridder/Tribune Information Services.

Foreign Student Enrollment At MCC Remains Stable

BRENDAN GIUSTI

NEWS EDITOR

While foreign student enrollment is declining across New York State Colleges, MCC has experienced no change in the enrollment numbers.

In 2000, MCC had 98 foreign students enrolled full-time, and 5 years later the number of foreign students enrolled was still 98.

Despite slight variations from year to year, the total number of foreign students enrolled at MCC has been stable, and even on the rise.

The statewide drop in enrollment is largely due to the new post 9/11 regulations concerning immigration and visas.

Although these regulations affect all foreign students, those attending MCC seem to be largely unphased by the additional paperwork.

The largest number of foreign students hail from Canada. In 2005, there were 19 Canadians enrolled in the fall semester. Other students come from places as varied as Iraq, Israel, Kenya, and Japan.

MCC students are similar to Rochesterians in general when they wonder why anyone would come here to Rochester to study or live.

Originally from Oaxaca, Mexico, Ana DeTomaso explains, “there is just a lot of opportunity here.”

After leaving Mexico, Ana and her husband moved to Long Island where she attended Nassau Community College.

While there, she searched the Internet for other schools that better suited her needs. She found MCC.

“I love it. They welcome you here,” Ana said of her new



photo by Brendan Giusti

Student Ana DeTomaso chose to leave her home in Mexico to attend school at MCC.

school.

She chose MCC based on the academics and club activities the school offers.

A political Science major, Ana likes the fact that MCC offers things like Global Union, Model U.N., and even help to transfer to four year universities.

There is often a language barrier that must be overcome by foreign students. MCC offers English for Speakers of Other Languages (ESOL) classes to help this transition.

Another attractive feature that MCC has to international students is our smart classrooms. Here at MCC, unlike many colleges, there are computers in most classrooms, tremendous online resources, and state of the art learning facilities.

The layout of the campus was another reason Ana chose MCC over other US colleges. Because the buildings are all connected, students see the same faces in the halls and have an opportunity to stop and talk with others, despite the outside weather. Ana says that without this “people don’t get to talk or see people as much.”

MCC Gospel Choir Jamming With Jesus

MEGAN MCNEILL

OPINION EDITOR

In 1978, Sandra Anderson-Dyer decided to found a current MCC staple – the MCC Gospel Choir.

The main purpose of the Gospel Choir is to spread the word of God through the medium of music.

It is easy to tell when corresponding with Gospel Choir members that they are passionate about what they do. Former President of the MCC Gospel Choir and current member Sherman Modeste tells his reasons for joining the Gospel Choir in the first place. “Besides my love for all music, singing, and writing, Gospel music is one of my biggest passions.”

Members of the Gospel Choir report major gains from partici-

pating. Modeste says that it is comforting to be in a group of young people with the same convictions who come together to, “have fun, learn new music/vocal techniques, and effectively deliver the same message...we’re like family.”

So what does it take to be a member of the Gospel Choir? Besides a love for music and faith, a student must be in good academic standing, abide by the group’s constitution, and regularly attend meetings/rehearsals.

No specific performance dates could be determined, but the Choir has been invited to sing at the Damon City campus, Brighton Campus, and different churches throughout the community.

African American Alums Moving Up

CHRIS BIGGER

MANAGING EDITOR

With African American History Month upon us, we often take time to reflect on major historical figures or who is in the news on the national front. However, we have some great role models in our own back yard. There are several community leaders that hail from MCC which include CEO’s, Vice Presidents, and others from county level offices to major corporations. Of these, four have been inducted into the MCC Alumni Hall of Fame.

William G. Clark is the President and CEO of the Urban League of Rochester. He is now a current trustee of Centre for Government Research and Zion Hill Missionary Baptist Church. He is also involved with the Martin Luther King Commission, the Workforce Investment Board, the Community Place Board, and the Veterans Outreach Center Board of Directors.

Gloria M. Langston is the Vice President and Treasurer for WDKX Radio here in Rochester.

Patricia A. Stevens was the Deputy Commissioner of the New York State Office of Temporary and



photos courtesy of MCC Public Affairs

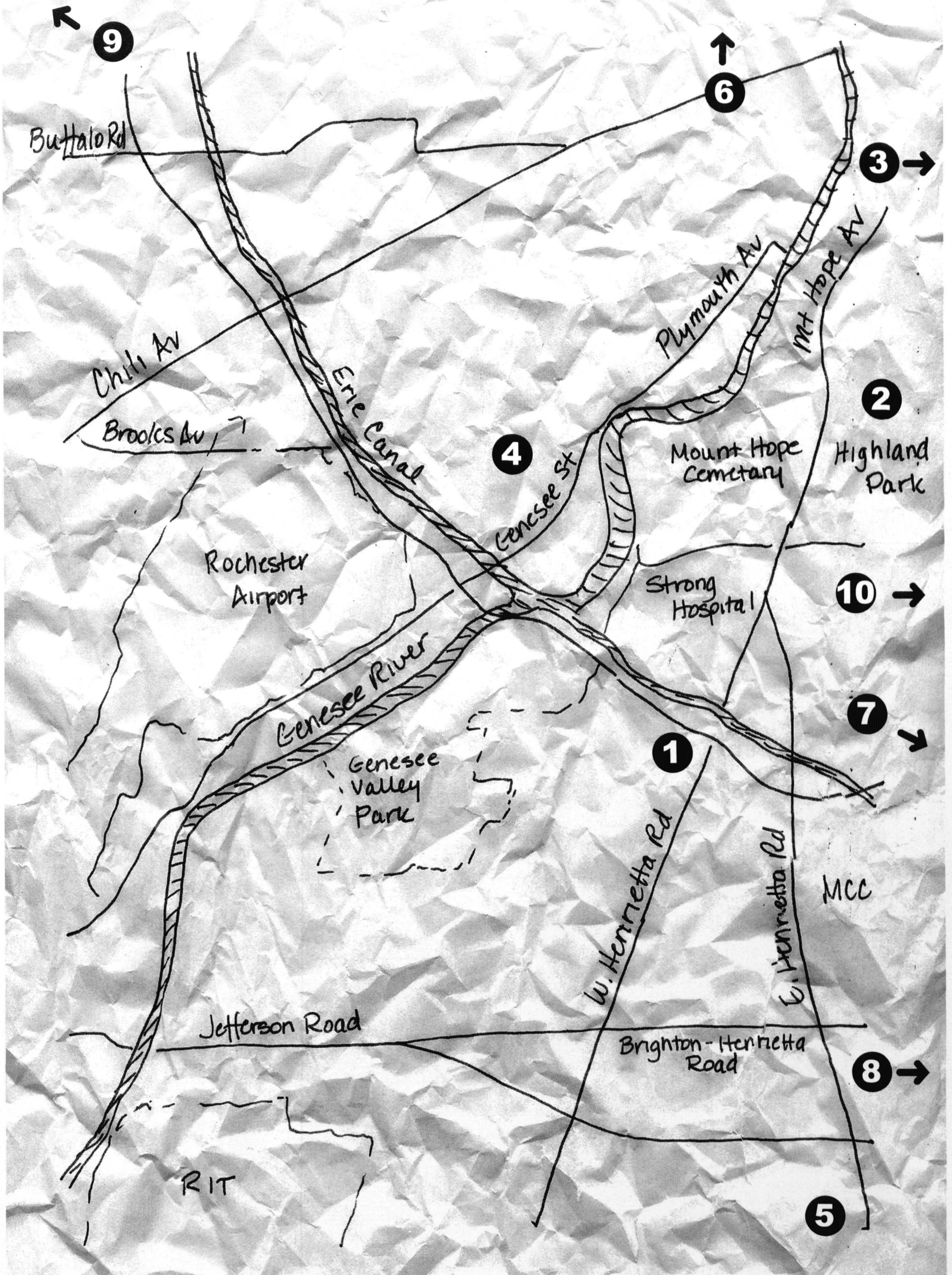
Patricia Stevens and Chester Watson are members of the MCC Hall of Fame.

Disability Insurance. At present, she is now the Commissioner of the Monroe County Department of Human and Health Services.

Chester N. Watson is the General Auditor for General Motors Corp.

The Alumni Hall of Fame is located in Building 1 on the second floor, outside the bookstore. Stop by and check it out.

TRACING ROCHESTER'S HISTORY: THE UNDERGROUND RAILROAD



Local Stations on the Underground Railroad

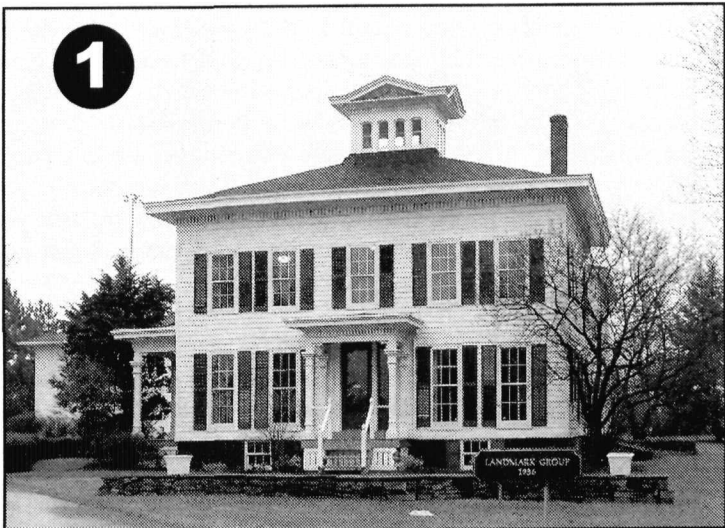
Rochester has a long and prominent place in the history of the Underground Railroad, it was in fact one of the very last stops before formerly enslaved men and women escaped to freedom in Canada. The most frequently used lines were those that spanned the distance between Henrietta and that crossed through the city of Rochester, though other stations existed in surrounding towns such as Brighton, Pittsford, Mendon and Webster.

Rochesterians aided in this effort by both actively and indirectly coming to the aid of African Americans at the time; while many housed and helped to harbor escapees, others par-

ticipated by donating time, money, and clothing.

Frederick Douglass, a spokesman and ex-slave himself, lent his own home as a station for those on the run; that home later became the current and esteemed Frederick Douglass House now dedicated to the teaching of both Douglass' personal history and the slaves' path to freedom.

Also involved were the countless middlemen responsible for the transfer of information on safety and police presence, which allowed both fugitives and citizens enough time to safely evacuate dangerous territory. Thus, Rochester takes great pride in its role in helping others to obtain liberty before the abolition of slavery.



1 The Warrant Homestead - 1956 West Henrietta Road, Brighton

Built in 1819 by Thomas Warrant. He hid escaping slaves in his barns as well as the upper rooms at the back of the house. When it was safe he transported them under hay in his wagon to other Underground Railroad stations along the shore of Lake Ontario for passage to Canada.

2 The old Frederick Douglass home near Highland Park.



3 Babcock House - 1496 Clover Street, Brighton

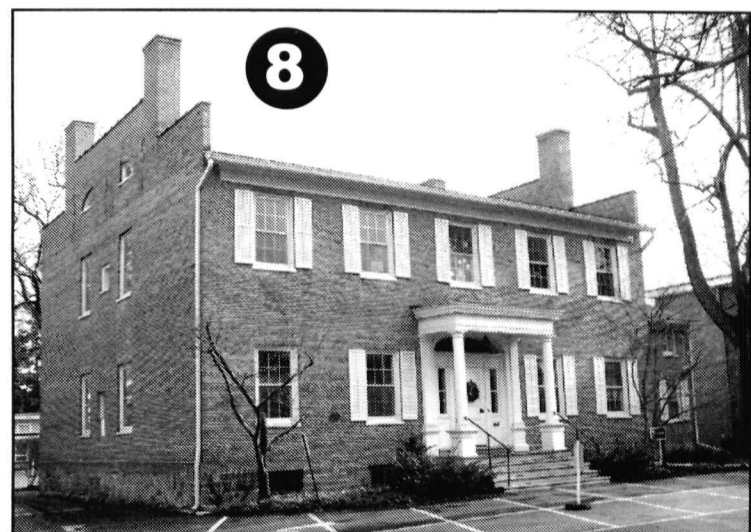
The house was built around the 1820s but was not originally known as an official site of the Underground Railroad until 1895 when modern plumbing was installed and the stairs collapsed to find a secret room that was eight feet wide by ten feet long and could hold twelve fugitives.

4 Harvey Humphrey, Esp. house at 669 Genessee Street

5 David H. Richardson's farm on East Henrietta Road near Castle Road

6 A cluster of houses where numerous Quakers lived. That is now the area where the War Memorial building is

7 The Henry Quinby farm by Mendon Ponds Park (currently by the Fieldstone Smokehouse)



8 Hargous-Briggs House - 52 South Main Street, Pittsford

The house that had a secret chamber in the basement which was used as a temporary hiding place for refugee slaves. There was a rumor that there were underground caverns that connected many of the houses along the Underground Railroad but it has never been verified because if they did exist they have been filled in.

9 Chase House - 1191 Manitou Road, Greece

The house was built in the 1830s and is not far from the shores of Lake Ontario. The home had a trap door that led to the basement. Many slaves were transported to Canada via boat.



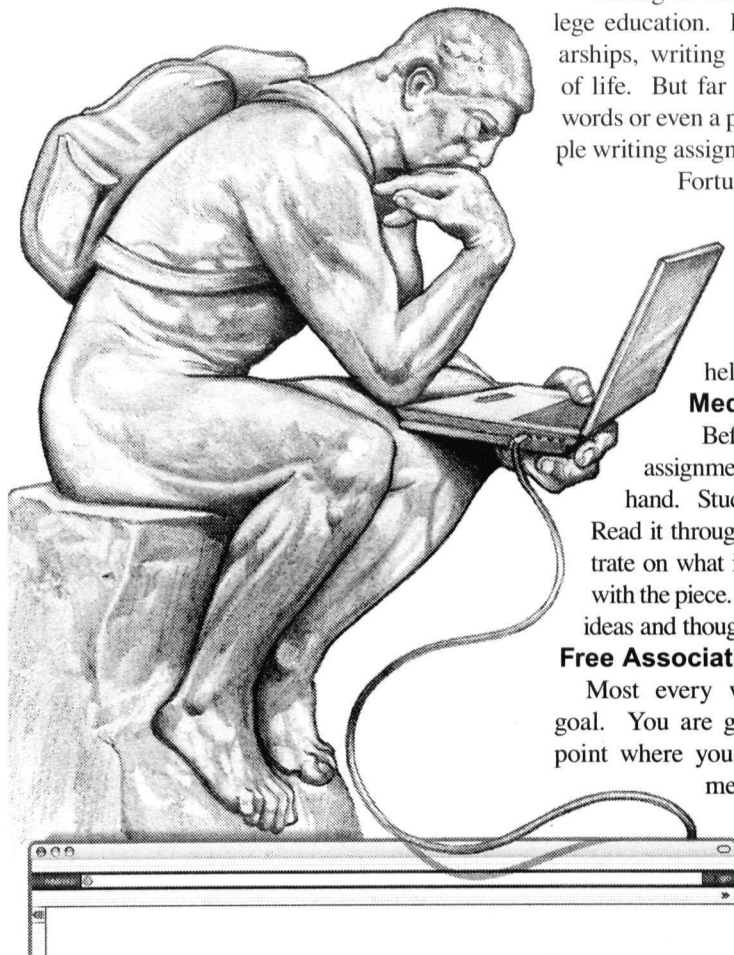
10 Hathaway House - 200 Hook Road, Farmington

While this stop is one of the least known it is one of the best documented because Joseph C. Hathaway admitted to the editor of the Standard that he was helping escaped slaves.

LIFE Styles

Breaking Through Writer's Block

ASHLEY CHASSÉ
LIFESTYLES EDITOR



Writing is an essential part of any college education. Essays, applications, scholarships, writing is a staple in many areas of life. But far too often finding the right words or even a place to start can take a simple writing assignment and turn it into chaos.

Fortunately there are ways to break out of the rut when words are at a loss and the simple effort can become unbearable.

Here are a few tips to help break writer's block:

Meditation

Before you dive into a writing assignment first look at the task at hand. Study it, review it, reflect on it. Read it through several times and concentrate on what it is you want to accomplish with the piece. After some meditation time, ideas and thoughts should begin to flow.

Free Association Writing

Most every writing assignment has a goal. You are given a task, a direction, a point where you have to take that assignment to. Use that as a starting point. Then, before you dive head first into the assignment, take a blank sheet of paper, or use your computer, and

begin to write whatever comes to time. It may or may not have anything to do with the assignment, but that doesn't matter. After about a half hour of writing you should be able to start your assignment.

Stuffed Animals

It might seem off the wall, but the biggest problem most writers have is clearly defining what it is they want to say. The task is a daunting one, especially when you are not writing on your own volition. One suggestion is to take some time before you start writing to talk with a stuffed animal, pet or your reflection and tell them what it is you want to say in your piece. This will help you vocalize your intentions and lead you into the assignment.

Exercise

If you have been working away at your writing and you come to a point where the words have stopped forming and all hope seems lost, the best thing to do is take a break. Go for a walk, a run, take a nap, to take your mind away from the writing. This will help you get be more focused when you go back to working.

There are millions of ideas out there to help you triumph over writer's block. For more information check out your local library or visit the MCC writing lab for assistance on your writing.

Campus Events

February

2/13
MCC Blood Drive
Monday, 10 a.m. - 4 p.m.
Forum 3-130

2/15
Scholarship Search Workshop
Wednesday, 12. - 12:50 p.m.
11-102
Reserve by calling 292-2248

2/27
Transfer Tour of Brockport
Friday, 9 a.m. - 2:30 p.m.
Limited seating, call 292-2248

2/27 - 3/1
Mandala Sand Painting
Monday, 12. - 8 p.m.
Tuesday, 10 a.m. - 8 p.m.
Wednesday, 10 a.m. - 4 p.m.
Forum 3-130

2/28
SUNY Application Workshop
Tuesday, 12:30 - 1:20 p.m.
Career Center 3-108
Reserve by calling 292-2248

March

3/1
SUNY Application Workshop
Wednesday, 12 - 12:50 p.m.
Career Center 3-108
Reserve by calling 292-2248

3/3
Transfer Tour of RIT
Friday, 9 a.m. - 1:30 p.m.
Limited seating call 292-2248

3/7
Scholarship Search Workshop
Tuesday, 12:30 - 1:20 p.m.
3-108
Reserve by calling 292-2248

3/8
Scholarship Search Workshop
Wednesday, 12 - 12:50 p.m.
11-109
Reserve by calling 292-2248

3/30
Transfer Tour to Nazareth and
St. John Fisher Colleges
Thursday, 9 a.m. - 4 p.m.
Limited seating call 292-2248

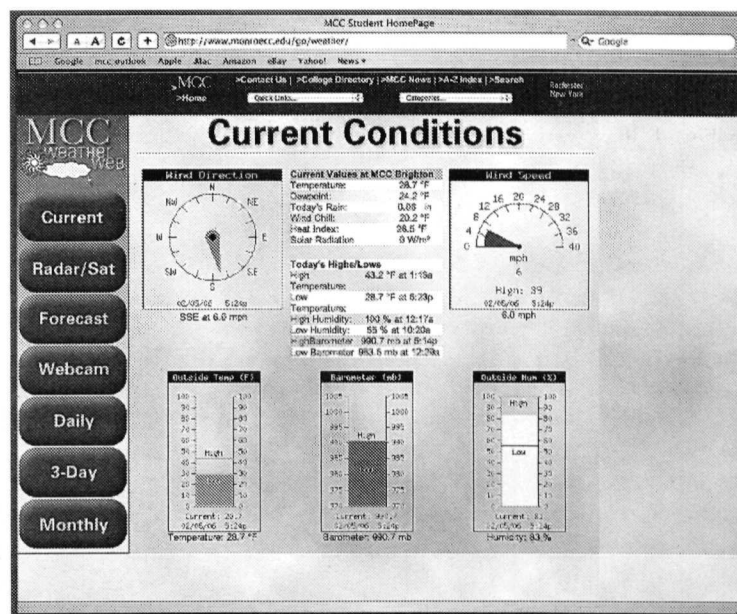
Visit the MCC Weather Web for the Daily Forecast

ASHLEY CHASSÉ
LIFESTYLE EDITOR

The MCC website offers a plethora of information and services useful for any student or faculty member in their everyday education. But with so much situated in one place, it's nearly impossible to know every feature the site has to offer.

One such feature of the MCC student homepage that one might overlook is the MCC Weather Web.

The Weather Web is a hub for information regarding the current weather conditions as they apply to MCC. The information is updated regularly to inform viewers of the temperature, dew point, chance of rain, as well as the chill, direction and speed of the wind. Viewers are also informed of the outside humidity and barometric pressure along with the highs and lows for the day.



Poking around the site a little more, there are also sections where viewers can look at the projected forecast for Monroe County, a daily almanac, and graphs of the past three days trends and monthly trends for rain, temperature,

barometer and wind.

The Weather Web is run by the science department and can be accessed by visiting the sites homepage at <http://www.monroecc.edu/go/weather>.

MCC Cinema Society Open to All Film Buffs

ASHLEY CHASSÉ
LIFESTYLE EDITOR

Do you love going to the movies? Do you enjoy friendly debate and discussion on the finer points in film making? Want to get involved in a club at MCC? Then the MCC Cinema Society might be the place for you.

The purpose of the club is the work to promote all aspects of filmmaking and watching here at the Brighton Campus. Through a series of film festivals and small cinematic productions, they hope to get more students involved and passionate about the film industry.

Another perk of this club is to bring together film majors to discuss the process, the pleasure and the pain of the business by bringing in guest speakers who are active in the industry.

In order to be a member of the MCC Cinema Society all interested students must attend two meetings each month. The club is open to all interested students. Meetings are held in building 4-120 bi-weekly at noon.

For more information contact club president Boris Sapozhnikov at boris0729@gmail.com.

Struggling Musician? Meet GarageBand.com

K. LINDEN SPERANZA
GUEST WRITER

Garageband.com is the perfect forum for independent musicians, whether you're up-and-coming or down-and-out.

The site, devoted to discovering and promoting independent bands and solo musicians, has boosted the careers of American Idol's Bo Bice as well as "adult-alternative" star Geoff Byrd (recently surpassing U2's "Vertigo" in popularity on internet radio).

The site claims to create "stars" by means of high volume distribution amongst its some 600,000 members, not to mention piquing the interest of national record labels eager to find a marketable treasure. Music lovers and creators alike can enjoy the site's many features. Search for tunes and bands by loca-

tion, genre, or approval rating, determined by members like you!

Interested in advancing your own career? Garageband.com offers tons of opportunities in their "Musicians Only" section, including CD production deals, gig finders, as well as publicity contracts. Although these special features will cost you a pretty penny, the site is considered an "equal opportunity" career-developing tool. Pay a \$20 fee to upload your songs immediately, or write an in-depth song review of another band's music to avoid the charge and earn your recognition for free. The more positive song reviews you receive, the higher your "rating" climbs, making your music more accessible to a greater number of people, and perhaps catching the eye of a record executive.

Play your cards (and guitar solos) right and you just may be the next (insert favorite artist here)!

GET INVOLVED!

JOIN A CLUB OR ORGANIZATION



The Evolution of Podcasting

CHAD FINK
GUEST WRITER

Former presidential candidate John Edwards and The Bush Whitehouse may not have much in common but they are both taking part in a huge new trend called podcasting. Podcasting has exploded since its inclusion in Apple's iTunes software last fall and since then have infiltrated every facet of modern culture.

The basics of podcasting is that anyone with a computer, an internet connection and a microphone can create their very own radio show for distribution over the web. What sets podcasting apart from other ways to get audio off the Internet is that they use a form of syndication to automatically deliver updated episodes to a listeners computer, without any further effort on your part.

The announcement at this year's

Macworld of a new podcasting suite for Apple's Garageband software makes it even easier to make your very own podcast. The program takes whatever you've recorded, makes it into the correct file format, and even uploads your podcast to the iTunes directory, all automatically.

Podcasting has also started to evolve since the advent of the iPod with video. This has spurred people to create video podcasts or "vodcasts" that can be downloaded and viewed on any computer or portable video player. In the very short time that vodcasts have been around the emergence of full, professionally made television shows in vodcast form has begun. And as technology continues to evolve and grow podcasting is here to stay.

Blast off and orbit the moon

WENDY VANDELLON
EDITOR IN CHIEF

With extraordinary places like Mount Everest offering guided tours to the summit by individual companies, what was once considered a feat for exceptional people can now be achieved by ordinary citizens.

The next step according to Space Adventures Ltd. are trips into space. Space Adventures is a private company who hopes to organize missions to the moon for the first time in 33 years. Citizens who make this journey will be among the 27 others who have orbited the moon since the history of the space program. The continued goal will be to rocket people around the far side of the moon for the small price of \$100 million hopefully in 2008 or 2009 eventually leading to the first lunar landing by a private citizen.

Applicants have to qualify for the program through a thorough full cosmonaut medical examination including psychological, physiological, and physical tests as well as many different gravity tests that include flying with an experienced fighter pilot who will take a participant through zero gravity.

The trips offered are a five and a half day lunar flight and up to 21 days at the International Space Station. Another is a nine day mission with three days of free flight in low Earth orbit and flying around the moon.

UNIQUE CLASSES AT MCC:

Zen and the Art of Motorcycle Maintenance

Often the mention of Honors courses either sparks an intense interest in students or makes them a bit wary. Many students may be unaware of the unique classes and learning opportunities provided by the MCC Honors Studies program. One such class, that is most talked about, bases its curriculum on the book *Zen and the Art of Motorcycle Maintenance* by Robert Pirsig.

Many people may have heard of the book, but don't have a clear understanding of what it's really all about. Lee Adnepos, Coordinator of Honors Studies and professor of the course, describes *Zen* as an "extraordinary book with a strange title." On the surface it is a book about a father and son's motorcycle trip, during which the father reflects on everything from Eastern and Western philosophies/spiritual traditions to mental illness and Einstein. Adnepos ultimately describes it as a book about "relationships on every level"- not just

with our family and environment, but also with ourselves.

The course objective is not just to learn about the book, but instead to think from different perspectives. Interestingly enough, Adnepos has been teaching this book for 18 years, and has encountered students who believed they would be learning about motorcycles. The goal of the course is ultimately to see aspects of life and ideas from alternate perspectives and through abstract concepts. As Adnepos says, "Learning to ask questions is more important than getting the 'right' answers."

Ultimately, the course is populated by a very diverse group of students with a common thread of eagerness and willingness to think outside of themselves. If you are curious, willing to join in on conversations, fulfill requirements, and are looking for a course to present thought-provoking topics, then this may be the course for you.

MEGAN MCNEILL
OPINION EDITOR

“Learning to ask questions is more important than getting the 'right' answers.”

- Lee Adnepos

And the survey says...

According to a Woman's Day magazine poll, 28 percent of women expect to receive roses on Valentine's Day.



Department of Education Professional Workshop Series

Monroe Community College, Damon Campus

Spring Semester 2006
ALL ARE WELCOME!

Effects of Lead Exposure on Classroom Learning
Wednesday, February 8, 2006, 12-1, DCC 5269

Joseph Hill, Communications Director of the Coalition to Prevent Lead Poisoning, will discuss the presence of lead in our community, the effects on our students' ability to learn, and the coalition's efforts to create a lead safe community by 2010.

Recognizing and Challenging Gifted Students
Monday, March 20, 2006, 12-1, DCC 5269

JoAnn Meaker, Coordinator of Gifted and Talented Education in the Fairport School District, will speak about the gifts and challenges that talented children bring to the classroom. Recognizing characteristic behaviors that indicate a need for differentiated instruction will be covered along with strategies for implementation.

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Extreme Makeover: DORM EDITION

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...to beautiful

WENDY VANDELLON
EDITOR IN CHIEF

So you're tired of staring at white walls but you're a typical college student who frequently finds themselves short on cash? Here are some inexpensive ideas to open up a room that may be cramped or add some color to those white walls.

To start with, look at color schemes, including comforters as a bed is often a multi-purpose surface and can be used as a coffee table, couch and study area. Make sure to get one that is not too light or dirt will show up quickly. Invest in pillows which can transform a bed into a couch when not being used for sleeping. This comes in handy when there is down time and friends are over.

To stop the books and clothes from piling up on the floor, raise the bed for extra storage space, get closet organizers and stack plastic crates. Also buy cheap plastic hooks for hanging up items like wet bath towels or robes.

Other additional items to consider would be frames, a clothesline, or photo albums to remember significant others, friends and family. Plants, or the ever popular Chia Pet, can also add personality or become conversation pieces while adding life to an otherwise boring corner. Add an area rug too to create a spot of color on a drab floor. There are some inexpensive ones on overstock.com.

Opening up the space in a room can be done using lights or transforming bland walls to extraordinary by using either wrapping paper from the dollar store or adhering cloth to the wall using starch. Colored chalk can also be used for murals as it erases easily from most surfaces. Mirrors also come in handy to help create the illusion of a larger room.

Before making any major changes, check with the dorm rules on painting, punching holes and using tape on the walls. Each school is different so knowing these rules could prevent future costs when room inspection occurs at the conclusion of the year.

Be creative with the room but also be respectful of your roommate's side as they also need a space to express themselves where they can feel at home. If their side of the room is cluttered with your clothes or items they will not feel like it is their space.

Most items can be found cheaply at Target, Wal-Mart, thrift stores or the dollar store.



photos courtesy KRT Media Services

It is possible to go from prison cell to fashionably functional with accessories found in stores like Bed, Bath, and Beyond.



submitted photos

This dorm room at Daeman College in Buffalo took on a distinctive Asian flair with the help of the appropriate accessories. The student received a lot of help from her interior decorator mother.



DECORATE YOUR ROOM FOR LESS

Decorating your dorm room is an important part of making your adjustment to college life an easier one. Even if you have never watched TLC's "Trading Spaces" or MTV's "Crisis" and you don't know the first thing about how to decorate, don't fret. We talked to New York designer Mark Montano and he gave us some easy, inexpensive and just plain cool ways to make your dorm seem less like a prison cell and more like home.

■ Montano says start with some pillows. "Plenty of pillows on your bed always makes it look comfier," he says. Montano advises buying cheap pillows, cutting them in half at the seams and then sewing some of your own little pillows. If you watch

the price of the fabric, this can cost next to nothing — \$2 to \$3 per pillow is what you should aim for, Montano says.

TIP: He says that when you are looking for fabrics, try to stick to a color scheme. This really helps to plate the room together.

■ Next, Montano suggests

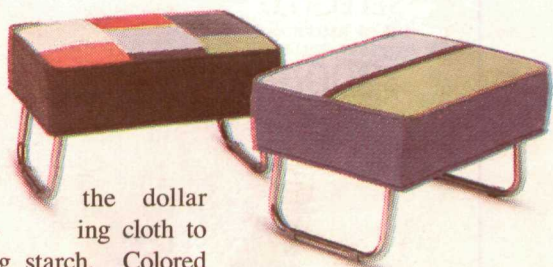
investing in a rug. "A big, industrial rug in a cool color that can be swept instead of vacuumed is good, too," Montano says. He suggests checking carpet store closeouts for good deals.

■ Tapestries are versatile. Montano suggests using the cool decorating tool to make bedspreads, curtains and wall hangings. "Remember, you can't paint your dorm room and (tapestries) will cover the ugly wall," Montano says. Check www.urbanoutfitters.com for tapestries.

■ Before you finish, make a homemade bulletin board by taping two pieces of cardboard together. Glue a piece of leftover fabric from your pillows onto your new bulletin board. "Super easy and cheap," Montano says.

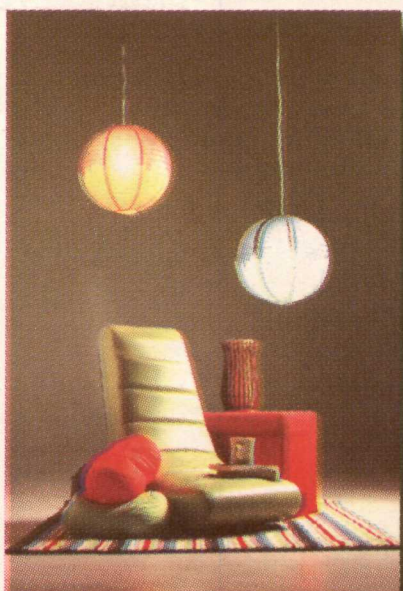
TIP: "Make sure you have some pictures of your family around, maybe just tacked to your new bulletin board. That will make you feel the best," Montano says.

Remember, don't be afraid to be creative. If you've got a large collection of baseball caps, try using them as items for a wall display. String Christmas lights across your room to energize a dull space. After all, your dorm room will be your home-away-from-home for the school year



photos courtesy KRT Media Services

Small scale and multi-functional accessories can be used to create dramatic flair and practicality.



STUDY ABROAD OPPORTUNITIES

Experience Media in London

WENDY VANDELLON

There are many study abroad programs available but every year at intersession there is a class entitled the British Media Experience in which one can experience first hand the press in a foreign country under the direction of Tom Proietti.

The trip this year included the opportunity to visit the BBC as well as the London Daily Telegraph, the office of one of the best papers in the country. Many speakers, including Michael Hollingworth, a television producer, are invited to speak and even to stay with the group for the remainder of the day's tours.

While there are planned activities, there is also the chance to be a tourist by seeing sights like Westminster Abbey, the Tower of London, the recreation of the Globe Theatre, and the Houses of Parliament. For those who did not get stuck in baggage claim in the Washington Dulles airport, there was also the opportunity to see Windsor Castle, a breathtaking structure that is actually the largest occupied castle in the world housing the Queen.

A majority of time is spent in London or its surrounding boroughs but there was also a coach trip to Stonehenge and Bath as well as Greenwich and the Prime Meridian.

While this year's trip was fraught with a series of adventures, including uncooperative airlines, the trip was not marred by these mishaps. Instead students, though tired and suffering from jet lag upon their initial arrival, were immersed in the culture including the architecture, shopping, and society.

As a whole the trip was a great success and would come widely recommended by any of the students or professors who attended this year.



This experience brought students together from many local colleges including Fredonia, St. John Fisher, and Cayuga as well as MCC.



Trafalgar Square



London architecture



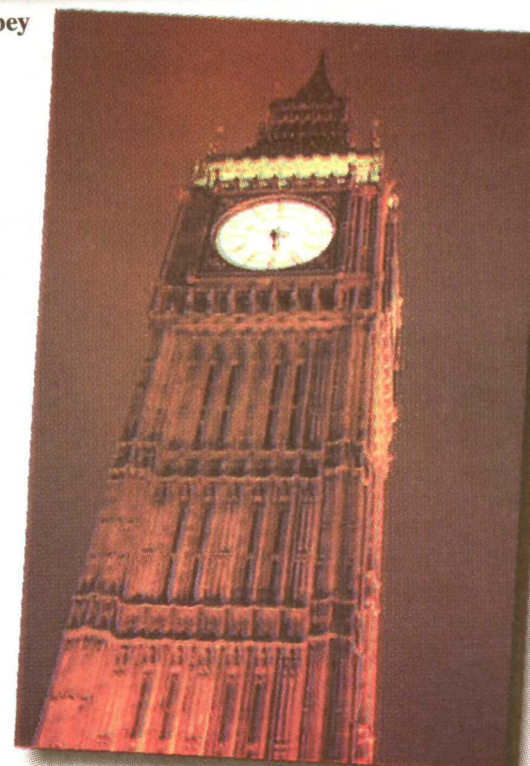
those great red double decker busses and phone booths



Tower Bridge



Westminster Abbey



Big Ben

The Doctrine Reviews...

BOOK REVIEW

Exploring the Red Planet with The Martian Chronicles

WENDY VANDELLON
EDITOR IN CHIEF

For years the human race has thought that they were the center of the cosmic universe. In Ray Bradbury's *The Martian Chronicles*, he seems to suggest that this egocentric view is not necessarily the way to gain control of the universe.

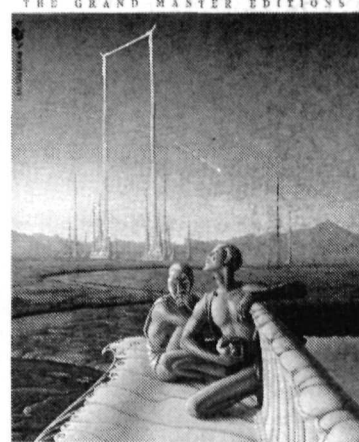
Broken up into small chapters, many of which were previously published in magazines, this quick reading novel takes one through the turbulent world of both the human race as well as that of the aliens that inhabit Mars. While the human race resembles much of what we currently know, the Martians are also

depicted as eerily human in all of their actions, even the killing of the first few individuals who land on Mars for they do not seek to be conquered and are merely protecting themselves from being probed like a child's science project.

First published during 1946, Bradbury clearly demonstrates a society that is paranoid of a nuclear holocaust, reflecting greatly upon the reality during his day. The space race is also clearly indicated as Americans reach Mars and seek to conquer the new world rather than explore the rich culture and habitat that frequents the red planet.

While concerns of the era in which it was written are prevalent, Bradbury also addresses timeless issues as well, such as the conquering of another race, echoing back to when Europeans brought diseases to Native Americans as well as the roles of women in their ever changing capacity. In many of the actions that humans perform, including giving chicken pox to the Martians, they are seen as conquerors rather than merely

B.R.A.D.B.U.R.Y.
THE MARTIAN CHRONICLES



settlers and the Martians quickly become a dying race.

While the novel seems to criticize humans for many of their practices it also offers a chance at redemption at the conclusion of the novel which is set to shock, sadden, and disturb the reader.

To many the novel may seem like merely another science fiction book that may be written off as overdone but instead the reader is faced with a text that though written nearly 70 years ago still offers a fresh approach to the genre that can be enjoyed by any reader.

LIFE Styles

MOVIE REVIEW



Hostel Seals a Satisfying Fate

MATT TROMBULAK
CIRCULATION MANAGER

Hiring a hitman may be an easy way out, but at a hostel in Slovakia, one can pay to have someone tortured, punished or killed. Unfortunately, three foreigners

believe the hostel is a place to have sex with willing women.

Eli Roth's *Hostel* sets a disturbing standard for violence. It's not for the faint of heart, but if you've seen both *Saw* movies, this shouldn't be a problem. This is literally a "hack job." Not only do limbs go flying, but so does the structure of the film. It comes to a point where enough is enough, making a certain amount of gore and acts of disturbing violence seem overwhelming.

Granted some of the scenes have the novelty, but others just seem like a rehash of previous spectacles. The novelty surely makes this film quite underrated.

There is no famous cast. No Paris Hilton or Cary Elwes from slashers in the past year, but is primarily a double-edged sword. Sometimes it works; sometimes it doesn't. One thing is certain, fans should be able to get enough of it after seeing *Hostel*.

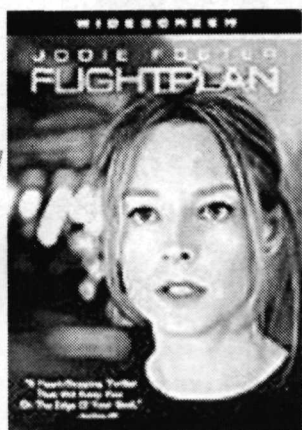
Starring: Jay Hernandez
Derek Richardson
Rating: R
Length: 95 minutes

2 1/2

DVD REVIEW

Flightplan flies onto DVD

MATT TROMBULAK
CIRCULATION MANAGER



Losing a child in a crowded environment is every parent's worst nightmare, but when you know without doubt that your child was with you on an E-474 aircraft and nobody has ever seen them is another story.

Flightplan will take you in all different directions. Is it a story of a disturbed woman, or a subliminal threat or who done it type plot. It carries this Hitchcock feel through it, a little less than on par.

The major flaw throughout the film is the repetition of suspense and the confinement of setting, which doesn't give

much room to work with. One noticeable cliché is the stereotypical Arab-American on a plane pointed the finger at as the plot deepens.

The DVD is very sparse in bonus features. With only two featurettes and a trailer, the single disc edition of *Flightplan* offers very little. The film alone is the highlight of the package. Lack of extra content is quite disappointing, but can be compensated by watching the movie.

Flightplan neither stands out as a grand accomplishment or a failure, but is still an exceptional thriller up in the sky.

FOREIGN FILM REVIEW



Monsoon Wedding

CARYL TETRO
ASSOCIATE WRITER

Monsoon Wedding, directed by Mira Nair, has been receiving rave reviews from both audiences and critics.

Her elite group of actors, who are able to create characters that involve our emotions, similar to those in the popular movie, *Steel Magnolias*, pulls us in to the culture of modern New Delhi, India.

An arranged wedding is being planned by parents from a middle-class household for a beautiful young bride with modern ideas. Location and cultural differences aside, it seems families are alike

everywhere and family quirks and stories abound.

Adding to the lighthearted feel, a touch of the dramatic is applied involving a deeply loved young relative who has been hiding a very dark secret makes this more than just fun and romance.

The quality of the music, by Mychael Danna, is a successful match and a lot of fun. Mostly in English, the subtitles are subtle and appropriate, adding, rather than subtracting from the mood.

Four stars for director Mira Nair and her crew.



LOCAL BAND REVIEW

Local Band "Burning Snella" Making More Than Just Music

JESSICA RIDER
GUEST WRITER

So what's with the name "Burning Snella"? What is a Burning Snella? Does Snella even burn? "Don't ask," answers lead singer, guitarist, and otherwise baller/shot-caller Tim Beideck. Though no one may ever know what a Snella is, we do know that the band Burning Snella has been rocking Rochester for as long as anyone on the scene can remember.

Burning Snella has released a couple of CDs and wrote WBER 90.5 FM's *The Local Show* theme

song. But most notably, you might remember a little movie called *Drivers Wanted*, the single largest film ever to come out of Rochester. Tim Beideck wrote, directed and starred in what could surely be your favorite comedy about pizza delivery drivers. Six months ago, during Beideck's re-release, the film had a long run with record-breaking attendance at many local theatres, including *The Little Theatre*. Enthused as ever about his many projects, Beideck reminds me that the *Drivers Wanted* soundtrack is due in stores around town in February; most of the music by

Burning Snella.

With another movie, *Sophomore*, in the works, (Beideck whispers that Tony Hawk and Bam Margera, might be involved) *Burning Snella*'s next recording has been put on hold, but fans can rest assured that their favorite guitar-bass-drums-violin act will be playing around town faithfully. So if you're in the mood for some peppy, cheerful and hopeful music, check out Tim Beideck on guitar and vocals, Steve Lopez on bass guitar, Tony Verrioli on drums and the gorgeous Kasia Pelepkov on violin, otherwise known as *Burning Snella*.

COMMENTARY
&
OPINION

Internalized Racism at MCC

BRENDAN GIUSTI
NEWS EDITOR

Walk through any of the halls of MCC and you will likely witness one of today's greatest social tragedies: internal racism.

Internal racism is the portrayal of negative racial stereotypes, by members of that particular race, for a perceived benefit. The strongest 'benefit' may be a sense of belonging, but is ultimately detrimental to the future of a 'color-blind' America.

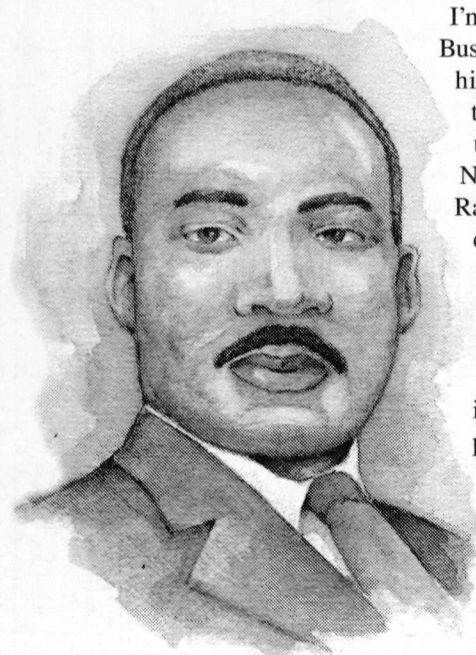
Travel along the spine at MCC's Brighton Campus and you will hear otherwise educated students speaking in a manner unacceptable for an educated person in a place of higher learning. Though these students are likely a small percentage of those attending MCC, the behaviors they exhibit only help to keep negative stereotypes alive. Since many of these students were raised in the suburbs around Rochester, their actions are not a result of geographic location but rather one of portraying racial characteristics.

The language being used by some students, along with the loitering and style of dress is not individualistic, not creative, and not what one would expect from college students.

Despite all the progress made in the last 50 years for racial equality, promoting stereotypes through internal racism only ends up negating many of these improvements.

In a college, students are supposed to think, be creative, learn, and challenge themselves to achieve higher goals. Why is it that some students strive to limit themselves and ultimately slow the progress of racial equality and harmony?

The Lessons of Martin Luther King, Jr. Still Resonate



graphic courtesy of KRT Media Services

I'm sure you've heard this quote: "George Bush doesn't care about black people." That's hip-hop artist Kanye West sharing his thoughts. How about this one? "It's time for us to rebuild a New Orleans, a chocolate New Orleans." That's New Orleans Mayor Ray Nagin in regards to the rebuilding of the disaster stricken New Orleans.

Like most Americans, regardless of race these two men most likely would list Dr. Martin Luther King Jr. as a major influence to themselves and how we interact racially in today's society. The question is; do high-profile quotes like Nagin's and West's coincide with Dr. King's teachings some five decades ago? Would Dr. King approve of the way we are treating each other as separate races today and are we carrying out his teachings? The answers are all very debatable but it is safe to say that we are headed in the right direction.

Socially, we have come a long way from the heavy oppression of the 50's and 60's. We are more open to integration in our social circles at every age level then we were in decades past. Interracial couples are becoming more accepted as we see it become more of the norm. Slowly, King's wishes are coming together on the social level.

However, in business and in colleges across the country affirmative action is still heavily influential. In his legendary speech King stated, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." Isn't the use of affirmative action judging by the color of skin rather than character? On a positive note, it is being slowly phased out of the workplace and schools.

Clearly, Dr. King's speech has had a lasting impact on many generations of Americans.

HATE ON THE INTERNET

concern over upsurge in hateful messages

WENDY VANDELLON
EDITOR-IN-CHIEF

Dr. Martin Luther King Jr. stated, "violence begets violence" but heading up this quote are the words, "hate begets hate." In a society where wars are being fought due to hatred because of ones race or religion are these famous words true?

With a recent upsurge in websites filled with hateful messages, is it any wonder that there are parents teaching their children to hate other people who are different than them in race? Just look at the Gaede twins known as "Prussian Blue" who even though they are 13 and look sweet they sing folk songs glorifying Hitler and calling the Holocaust an "exaggeration."

These two teen singers now have their own website alongside others like www.godhatesfags.com. This website has scripture from the Bible stating why homosexuality is an unforgivable sin. While everyone is entitled to their opinion through the use of the internet and free speech, what kind of message does this send to the youth of the nation who can

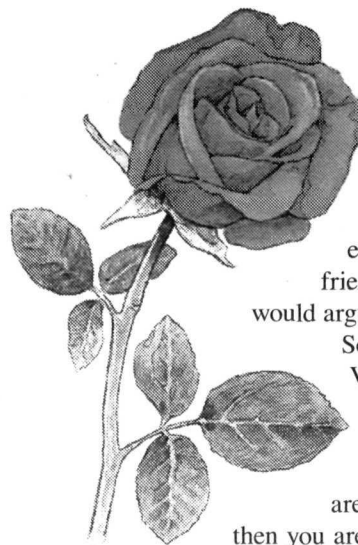
access the web at their leisure?

After such movements as the Civil and Women's Rights Movements, is it possible that scripture may not be able to be interpreted literally? Especially in the case of women. If we are trying to eliminate races and create a future in which there are no wars, then doesn't society need to be color and belief blind?

While the entire issue is a delicate subject, no one likes to be singled out just because they dress differently, are slightly overweight, have red hair, green eyes, or darker skin. Then why should someone be singled out because they don't necessarily believe in the same religion or sexual orientation?

Hate begets hate and if society as a whole continues to treat certain people as outcasts the hate will just be continued for another generation. All parents seek to bring their children up in a generation better than their own. What generation will we choose to have?

Valentine's Day: The Price of Love



May I have your attention please. According to historychannel.com, February 2004 added up to \$2.4 billion in jewelry sales, the year 2003 boasted rose sales of \$52 million in 36 states, and the average number of Valentine's day cards sent each year is about 1 billion. That, my friends, is a lot of romance. Many people would argue it's a lot of pressure too.

Society would make us believe that Valentine's Day boils down to two scenarios: you are either happily in a relationship or you are bitter at your lack of a significant other. If you are a member of the lucky first group,

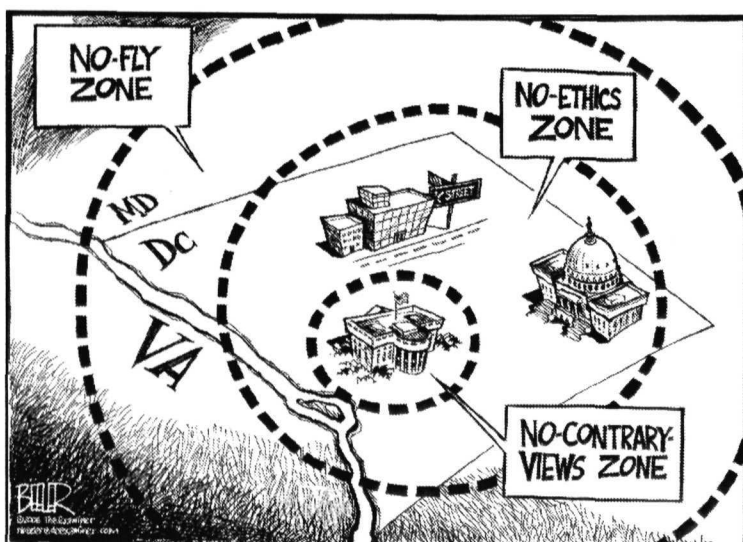
then you are expected to spend lots of money to show how much you care. If you are an unfortunate

member of the latter group, you are supposed to sit in a dark corner and brood while eating the chocolate you bought for yourself. It's either diamonds and roses, or darkness and despair.

What is it about our culture that equates love with material things? "The more you buy, the more you care" philosophy seems to be the current Valentine's Day motto, which understandably can cause boyfriends (and girlfriends) to develop clammy hands while safeguarding their wallets. Think about it: once February hits, ads for jewelers, chocolate companies, floral shops, and department stores interject your every media experience, urging you to prove your love with gifts.

This hype also serves to make singles feel depressed. We are so saturated in the idea that everyone should be obsessing about their significant others that we forget we can use this day to celebrate the love of family and friends as well.

This is not to say that nothing should ever be bought on Valentine's Day and that it is a worthless occasion. On the contrary, it is a wonderful opportunity to let someone know you care in whatever way you would like. But the bottom line? Celebrate Valentine's Day however you want, but just make sure to keep it in perspective: show people you love them not just with things, but with words and actions.



Have something to say?

Submit to the Monroe Doctrine following the submission guidelines on page 2

SPORTS
&
SCORES

MCC Hockey Hits
Halfway Point

ALICIA ACCAPEZZATO
SPORTS EDITOR

The Monroe Community College hockey team led my new coach, Craig Chamberlain got off to a rough start this season losing their first two games against Niagara and Toronto.

After the first two games, the Tribunes rebounded, winning the next two against Wheatfield and Erie respectively. At the halfway point in their season, Chamberlain's team is 7-4-1, seven wins, four losses and one tie.

The Tribunes keys to success are "great team chemistry and unselfishness, combined with an excellent work ethic," said Chamberlain. The team has 18 sophomores and ten freshmen including last year's All American pick Jake Weimer.

Top goal scorers for the Tribunes are Josh Soechtig, with 12, Craig Willis with ten and Weimer with nine. Top assist leaders are Willis with 16, Dan Carey with ten and Weimer with nine. In addition, the overall team points leader is Willis who accumulated 26 points so far this season.

Chamberlain feels that his team has the right attitudes and drive to win the Eastern Junior College (JUCO) League title.

In addition to their great offence, the Tribunes also have an excellent defense. Chamberlain believes his team has a strong defensive unit that leads with a counter-attacking style.

Leading from MCC's net are three goalies, Andrew Choma who has a 93.7 save percentage and Craig Cercone's with a save percentage of 92.5. Goalie Jake Burge also has a good save percentage of 93 and carries an outstanding goals against average of 1.50.

He expects to continue to work hard to win the National Championship. The Tribunes begin the second half of their season one point behind the first place team in their division.

In February, the Tribunes play Hudson Valley, Mohawk Valley, North County, Canton, Morrisville, and Cornell.

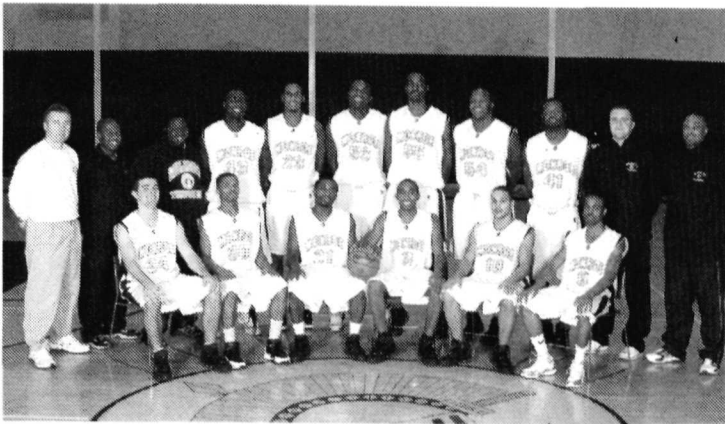


photo courtesy of MCC Athletics

This season's men's basketball team is strong both on the court and in the classroom.

MCC basketball men led by
Burns look to win it all

ALICIA ACCAPEZZATO
SPORTS EDITOR

MCC's mens basketball team is 5th in their division and looking strong as they begin the last ten games of their season. MCC is 15-3.

Coach Burns, who has been the head coach for 15 years, believes his team will, "win the whole thing." The whole thing he refers to is the region title, District title and the Championship game.

Last year, MCC won the region and District but lost in the tournament quarterfinals.

Four sophomore players, Joe Mbang, Sharud Harris, Phil Leslie and Brian Addison, lead the Tribune men. Harris is the starting guard; and Mbang leads the team with an average of 10 rebounds a game and recently signed with the University of Rhode Island. Addison is a great spark player and the first big guy off the bench; and Leslie is an older player who adds to the team's success.

However, the team is mostly freshman. Burns has high expectations for his freshman, and

knows that their fine play will ensure success for next year and beyond.

Burns recalled the best moments of the season as their two victories against 3rd ranked Mott and 12th ranked GCC. But what is he most proud of? It has been the "best year in terms of academics that makes me feel great," Burns said. It assistant coach, Demetrius Rhodes who is responsible for encouraging the players to keep focused on academia.

Burns loves the fan support and encourages those who have yet to attend to come and support the men.

The Tribunes have a ton of talent and work hard during practice, an excellent combination.

Come see the MCC men's basketball team in action as they attempt to win their region, district and championship game.

For a complete schedule visit, <http://www.monroecc.edu/depts/athletics/basketball-m/schedule.htm>.

SPORTS CALENDAR

Men's Basketball

2/14	at Mercyhurst 8pm
2/16	Jamestown-Olean 8pm
2/21	Alfred State 8pm
2/25	Erie CC 3pm

Women's Basketball

2/14	at Mercyhurst NE 6pm
2/16	Jamestown-Olean 6pm
2/21	Alfred State 6pm
2/25	Erie CC 1pm

Swimming

2/12	Region Championship 9am
3/1-4	NJCAA Championships Away 10am

Hockey

2/11	at North County 4pm
2/12	at Canton 2.30pm
2/24	Cornell 7pm
2/25	Cornell 10am

SPORTS TRIVIA

1. What was the first sport televised in the United States?

- A. Baseball
- B. Basketball
- C. Football
- D. Hockey

2. Who is the only college football player to ever win the Heisman Trophy twice?

- A. OJ Simpson
- B. Carson Palmer
- C. Archie Griffin
- D. Pete Fontane

3. What 1990 sporting championship attracted 1 billion television viewers?

- A. World Cup
- B. Superbowl
- C. Rose Bowl
- D. World Series

4. What was the first non-US country to win the Little League baseball world series?

- A. Cuba
- B. Dominican Republic
- C. Mexico
- D. Spain

5. What MCC sport team was the Nation Junior College Champion this school year?

- A. Men's Basketball
- B. Women's Basketball
- C. Men's Golf
- D. Women's Soccer

Answers:
1. A, 2. C, 3. A, 4. C, 5. D



GO
TRIBUNES!

MCC ScoreBoard

Hockey

1/11	Niagara JV	loss	
1/15	Wheatfield	win	8-1
1/18	Erie	win	9-4

Men's Basketball

1/7	Mercyhurst	win	108-96
1/12	Jamestown CC	win	77-62
1/14	Niagara CCC	win	113-60
1/17	Genesee CC	win	100-64

Women's Basketball

1/7	Mercyhurst NE	win	93-54
1/12	Jamestown CC	win	79-46
1/13	Pitt-Titusville	win	107-40
1/14	Niagara CCC	win	131-38
1/17	Genesee CC	win	92-45

BRITTON NAMED COACH OF THE YEAR



ALICIA ACCAPEZZATO
SPORTS EDITOR

photo courtesy MCC Athletics

Tracey Britton, MCC women's soccer coach, takes top honor in Division 1.

For the third time, Women's soccer coach, Tracey Britton was named NSCAA Junior College Division 1 women's coach of the year.

This is Britton's 7th year as MCC's head coach and has a record of 137-9-5. Her style of coaching motivates and encourages while building strong relationships with and between players.

She is very honored to be named coach of the year, but credits her team for the award. "I am honored but it is a representation of my team", said Britton. For the second year in a row

the lady Tribunes won the Junior College Championship.

Britton is looking forward to next year as she hopes her freshman mature and step into leadership positions. "Any of the kids (freshman) could be stars", she said.

Kerrie Brown was their leading scorer and defenseman, Jessica Bordoni played great as well.

No matter what is in store for the Lady Tribunes in the near future, it will be Britton who will lead them. She loves coaching and cannot imagine doing something else.

World Baseball Classic the Real World Series

ALICIA ACCAPEZZATO
SPORTS EDITOR

The first annual World Baseball Classic is set to begin March 3 and will end on March 20, the date of the championship game. Sixteen countries will compete to see which team is best.

The countries split into four pools. Pool A includes Japan, Chinese/Taipei, China, and Korea. Pool B is the USA, Canada, Mexico, and South America. Pool C features Puerto Rico, Cuba, Panama and Netherlands. Lastly, pool D includes the Dominican Republic, Venezuela, Australia and Italy.

The rosters are loaded with major league baseball players including stars such as Derek Jeter, Pedro Martinez, Andruw Jones, Ichiro Suzuki and Johnny Damon.

Each team contains 30 players from their given country. Powerhouse, team USA has MLB stars Alex Rodriguez, Dontrelle Willis, Johnny Damon, Rodger Clemens and Tim Hudson.

The other powerhouse team is the Dominican Republic, which has MLB players, Bartolo Colon, Vladimir Guerrero, David Ortiz, Pedro Martinez and Manny Ramirez.

The rules of the tournament are as follows, round one is a round-robin format where each team in the pool plays the other teams in that pool once. The two teams with the best record moves onto the next round.

In the next round, with only eight teams remaining, the teams are split into two pools. Another round-robin format ensues as

each team plays each other once. The top two teams from each pool advance to the next round.

There will be four teams left in the third round. The remaining teams play a single-game elimination game and the two winning teams face off in the finals set in PETCO Park.

The only problems with this exciting tournament are the timing, viewer ship and potential for injury. The games will be seen on FX, as opposed to a more watched channel such as ESPN or FOX.

While the timing does not interfere with any major Professional event, the timing is not conducive for player's peak performance. The WBC falls during the time that pitchers are working towards their best pitching form and endurance and are not yet in perfect game condition. Will this become a problem for pitcher's health or will it lessen the performance of the athletes? However, if the pitchers are not in great form the game may turn into a slugfest, which is what most Americans love to see anyway. Maybe that will help ratings.

The last problem facing the WBC is the potential of injury for the players. Although players can injure themselves during spring training games, if a player gets hurt in a game that is virtually meaningless to a MLB club, the fans, coaches and especially the owner may frown on the WBC and be less likely to want the game to exist in the future.

Price and participation may vary.
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A College Girl Named Joe

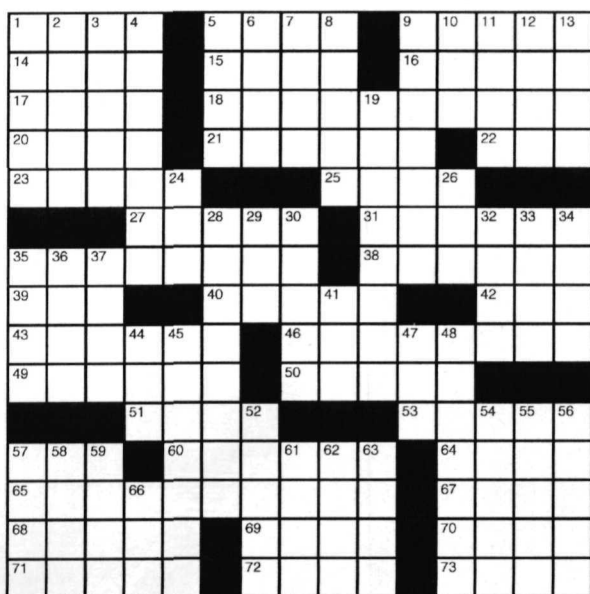


COMICS



Crossword

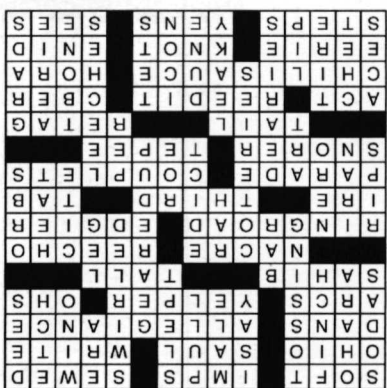
- ACROSS**
- Flabby
 - Little demons
 - Stitched
 - Louisville's river
 - Writer Bellow
 - Create text
 - Rather and Quayle
 - Loyalty
 - Trajectories
 - Barking dog
 - Surprised exclamations
 - Respectful Hindu title
 - Statuesque
 - Mother-of-pearl
 - Repeat again and again
 - Beltway
 - More nervous
 - Dander
 - time's a charm
 - Slot-filler
 - Easter event
 - Poetic pairs
 - Noisy napper
 - Hide house
 - Follow closely
 - Re-mark prices
 - Make things happen
 - Find secondary corrections
 - Radio enthusiast
 - Spicy topping
 - Bar mitzvah dance
 - Spooky
 - Tie tie
 - Author Bagnold
 - Process parts
 - Desires
 - Espies
- DOWN**
- Fountain buys
 - "Lovey Childs" author
 - Grosbeak, e.g.
 - Step in salad preparation
 - Brit's indignant comment
 - Manly
 - Influence



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2/6/06

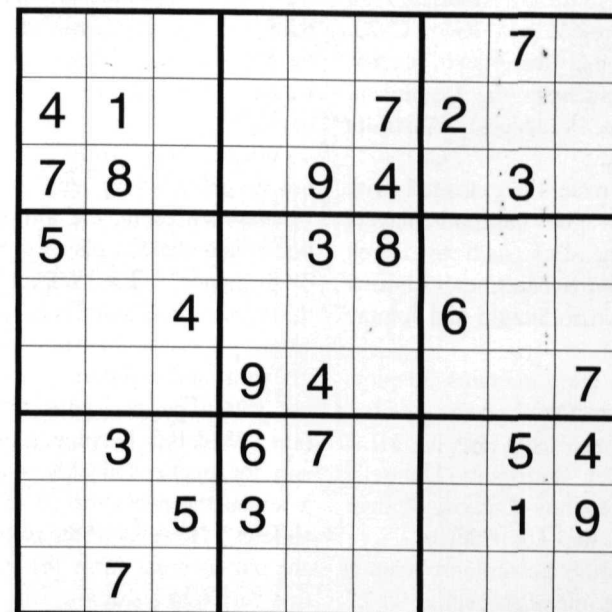
Solutions



- Like an unsound boat
- Rib-eye alternative
- Condor's digs
- Students with degs.
- Poker "bullets"
- Guitarist Atkins
- Make weary
- Sand ridge
- PC image
- Hanoi holidays
- Kind of service

Sudoku By Michael Mephram

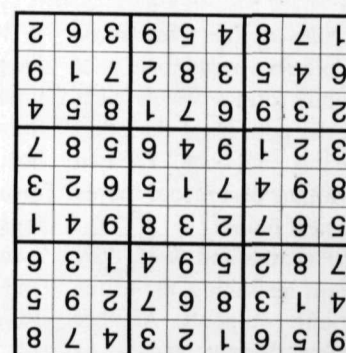
Level: Gentle



Solution to today's puzzle appears below.

Complete the grid so that each row, column and 3-by-3 box (in bold borders) contains every digit 1 - 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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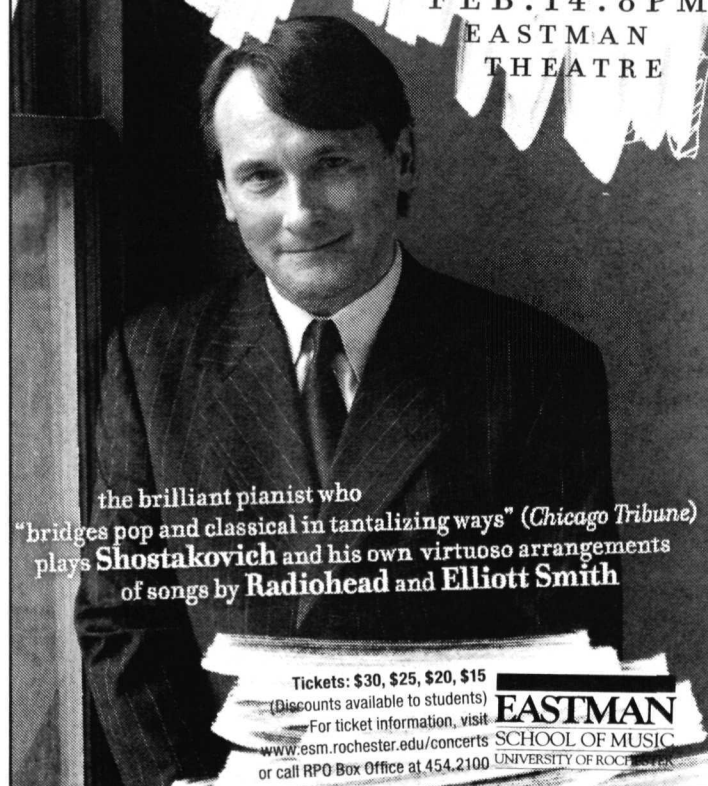
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IN HONOR OF VALENTINE'S DAY

Facts, tips and trivia about the fragrant flower

1. How many roses are produced and purchased for Valentine's Day?

The Society of American Florists estimates that 180 million stems of roses were produced for Valentine's Day in 2005; 175 million were purchased in 2004.

2. Where are most of the roses that are sent on Valentine's Day grown?

California is the top rose-producing state, accounting for about 60 percent of American roses. But most of the blooms sold on Valentine's Day come from South America.

3. Why do roses cost so much for Valentine's Day?

It all goes back to a basic economic principle: supply and demand.

The heaviest demand for roses is at Valentine's Day. In order to produce enough roses to meet that demand, growers must battle winter's shorter days and higher energy costs. The threat of bad weather can boost the cost of delivery. And because of the huge number of orders, florists must pay overtime and hire extra help. It all adds up.

4. How should I care for my roses?

- If they are delivered in plastic water tubes, remove them.
- Add flower food to a deep, clean vase filled with water.
- Trim off leaves that will be under the water line, but don't cut through or scrape the bark. Leaves that are submerged can decay and create bacteria that will shorten the life of your bouquet.
- Remove 1 to 2 inches of the stems with a sharp knife or scissors under water.
- After trimming the stems, immediately arrange the roses in the vase.
- Display your roses in a cool place, away from direct sunlight, drafts and heating vents.
- Top off the water every day, and if it becomes cloudy, replace it.

5. Is there a recipe for homemade flower food?

Add 2 tablespoons of vinegar and 1 teaspoon of sugar per quart of water.

6. What do the different colors stand for?

Roses may mean love on Valentine's Day, but be aware that each color sends its own message:

- Red: true love, respect, courage
- Yellow: gladness, freedom, friendship
- Pink: happiness, gentleness, sweetness
- White: reverence, purity, innocence, secrecy
- Lavender: enchantment
- Light pink: grace, joy
- Dark pink: thankfulness
- Peach pink: gratitude, appreciation, admiration, sympathy
- Peach: sincerity, gratitude, appreciation
- Orange: fascination, enthusiasm
- Coral: desire
- Red and white: unity
- Black: farewell, death
- Deep burgundy: unconscious beauty
- Red and yellow blend: jovial and happy feelings



7. How can I preserve my roses?

There are a number of methods for preserving roses. Try these:

- Press a single rose between pages of a book. Then, stack something heavy on the closed book. Display pressed roses in a frame.
- Use a medium-hot iron to press a rose between two pieces of waxed paper. Use new pieces of waxed paper for each rose.
- Cover the roses in clear plastic that is ventilated with tiny holes and hang them upside down in a dark place. Using this method will shrink the roses and cause a loss of color.
- Bury the roses in a granular, desiccating material such as oolitic sand, silica gel or borax, which you can buy at a craft or floral shop.
- Use a hammer to mash the end of the rose's stem. Place it in a 6-inch deep mixture of glycerin water — one part glycerin to two parts water. You can remove it when all of the leaves turn golden brown, in about two to three weeks.

8. How long have roses been grown?

Roses have existed for at least 35 million years, according to fossil records, and they have been cultivated for at least 5,000 years.

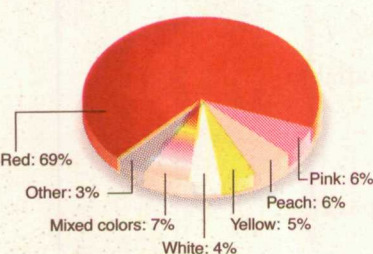
The world's oldest living rose, thought to be about 1,000 years old, grows on a wall at the Hildesheim Cathedral of Germany.

A ROSE IS A ROSE IS A ROSE

9. What holidays are the most popular for rose purchases?

Valentine's Day, Mother's Day and Christmas.

10. What color of roses is most popular on Valentine's Day?



11. When did roses become associated with Valentine's Day?

Back in the 1600s, the "language of flowers" was brought from Turkey to Europe. Roses, which symbolized love, were a natural fit when celebrating Valentine's Day.

12. Who buys roses for Valentine's Day?

According to the Society of American Florists, men buy 74 percent of Valentine's Day roses; women buy 26 percent.

13. When was the rose named the official national floral emblem of the United States?

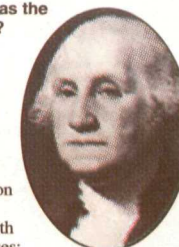
Oct. 7, 1986, when President Reagan signed the legislation into law.

14. Which states have the rose as their official flower?

Georgia, Iowa, New York and North Dakota. It is also the official flower of the District of Columbia.

15. Who is known as the first U.S. rose breeder?

George Washington.



16. How are roses classified?

The American Rose Society, in cooperation with the World Federation of Roses, has adopted a classification scheme with three main groups of roses:

- The Species (such as "wild roses")
- Old Garden Roses (those classes in existence before 1867)
- Modern Roses (those classes not in existence before 1867)

17. Can you eat roses?

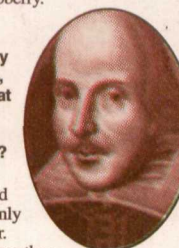
Yes, roses are edible, particularly their hips. A rose hip is the seed pod that forms on canes after they bloom. The hips can range in size from pea-sized to the size of a small apple. The rose variety determines their size, shape and color. Rose hips are high in vitamin C and have a tangy yet sweet flavor. They can be used to make tea, syrup, puree, jam, jelly and sauce. Don't try eating them raw, however, because they have stiff hairs around the seeds that can be irritating. Rose petals are also edible. You can sprinkle them on salads, use them as garnish or make them into jelly. Before using hips or petals in the kitchen, make sure that the rose from which they came has not been sprayed with fungicide or insecticide, which can be absorbed into the plant's tissues and therefore cannot be washed away.

18. What affects a rose's scent?

A rose's fragrance is one of its most endearing qualities. Typically, roses that are darker have more petals or have thick petals have a more pronounced fragrance. A rose's scent is also stronger on warm, sunny days when the soil is moist. There are more than two dozen rose scents. The seven most often found in hybrid tea roses include rose, nasturtium, orris, violet, apple, lemon and clover. Among the others are fern or moss, hyacinth, orange, bay anise, lily-of-the-valley, linseed oil, hone, wine, marigold, quince, geranium, peppers, parsley and raspberry.

19. From which play comes the famous line, "What's in a name? That which we call a rose / By any other name would smell as sweet?"

Shakespeare's "Romeo and Juliet." And that wasn't the Bard's only flirtation with the flower. Roses are mentioned more than 50 times throughout his works.



20. What's the best way to plant a rose bush successfully?

Proper planting and variety selection are the keys to producing beautiful flowers and controlling insects and disease. Rose bushes require full sun, good drainage, air circulation and organic matter in the soil.

Full sun means at least five hours of direct sunlight. Plant roses in an area with good drainage. Roses need good air circulation but need protection from hot dry wind.

They grow better in their own bed as opposed to planting them against a solid fence or house among other landscape shrubs. If your only choice is planting against a solid fence or house, plant the roses at least three to four feet from the fence or wall so air can circulate around and through the entire plant.

Prepare the soil with compost. Adding organic matter will raise the bed above the natural soil, which will provide good drainage.

For disease control, water with drip irrigation in order to keep the moisture off the foliage. Water early in the morning. Mulch with compost and bark mulch at least three times a year in the spring, summer and fall.

— Fort Worth Star-Telegram

SOURCES: WWW.FAQ.GARDENWEB.COM, WWW.ARS.ORG, WWW.SPRINGVALLEYROSES.COM, HICARDS.COM, WWW.EVERYROSE.COM, WWW.ABOUTFLOWERS.COM, SOCIETY OF AMERICAN FLORISTS, WWW.CCFC.ORG, DOTTY WOODSON, HORTICULTURE COUNTY EXTENSION AGENT FOR TEXAS COOPERATIVE EXTENSION IN TARRANT COUNTY

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