

THE DRAGON CHRONICLE

Vol. LXXXVI No. 15 • State University of New York College at Cortland • February 26, 2009

WHAT'S GOING ON?

Teach-in on women of the Congo to be held today

"Hearing the Women of the Congo" will be a campus-wide teach-in presented today to educate students on the violence against women in the Congo.

A film will be shown followed by an open discussion. The teach-in will be held from 4 p.m. to 6 p.m. in the Dowd Fine Arts Gallery.

Speaker and candlelight vigil held tonight for BAW

As part of Body Appreciation Week, there will be a special candlelight vigil and guest speaker Makenna Moriarity, a student who is recovering from an eating disorder.

The event will be held tonight at 7 p.m. in the Corey Function Room.

Cortland holds a 'Chill-a-Bration' this weekend

The town of Cortland is holding a 'Chill-a-Bration' event from 10 a.m. to 4 p.m., this Saturday, Feb. 28 at the Court House Park.

Events include a beverage tent, polar bear dunk tank, snowman building competition, snow sculpture exhibition, sled dog exhibition, family snow games and more.

Unabomber's brother to discuss the death penalty

"Confronting Violence in America-Rethinking the Death Penalty," will be presented by David Kaczynski. Kaczynski is the brother of the unabomber, Theodore Kaczynski.

Kaczynski played a role in the FBI capture of his brother. He will be talking about why the death penalty should not exist. The talk will be at 7 p.m. on Tuesday, March 3 in Sperry 105.

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Non-violence lecture reveals professor's personal life

Dr. Fitz-Gibbon talks of life and practice with his foster kids

Erica Sanderson
News Editor

The slight strumming from a ukulele accompanied by the lyrics, "If my dogs love each other then why can't we?" isn't the typical opening scene of most lectures, but this was an exception.

People packed in on Wednesday, Feb. 18, to see Dr. Andrew Fitz-Gibbon's presentation of "The Praxis of Non-violence," as the first lecture given in the new Brooks Museum, now located in Moffett 2125.

The lecture focused on defining the praxis of non-violence and the practice of non-violence in the care of children.

Through an oral presentation and the use of PowerPoint, Dr. Fitz-Gibbon explained why he chose to re-name the lecture the praxis of non-violence, not practice.

Distinguishing between the



photo by Ben Bolding

Dr. Andrew Fitz-Gibbon gave the first Brooks Museum lecture to a packed audience.

two, he explained that praxis means to bring a critical reflection and analysis to practice. Whereas, practice is to be part of a tradition and goal to which the practice moves.

Non-violence, Fitz-Gibbon said, is not simply refraining from violent actions, but a philosophical ideology encompassing a belief in what life ought to be and a respect for all sense of life, not just human

life. Ultimately, non-violence is love.

Fitz-Gibbon then concentrated on the practice of non-violence in the care of children.

SEE FIRST ON PAGE 2

Career Services staff presents job search workshop

Staff offers tips for job searching in tough economic time

Wonmi Chang &
Victoria Simoncini
Staff Writers

Focusing and offering insight on how to secure a job in this shaky economy, Career Services held a workshop Tuesday, Feb. 17, in the Corey Union Fireplace Lounge.

The workshop offered advice to all Cortland students, regardless of grade of major.

The facilitators answered personal questions to tailor-fit the workshop for all in attendance.

A job search in the current tough economic times can be draining and stressful.

In the approaching years, the expected unemployment rate will reach upwards of 10%, the workshop said.

As a college student, it is important to keep in mind that small steps over a longer duration of time will be more helpful to you in your job search.

It is important to keep your expectations realistic. Begin your search at a flexible starting point.

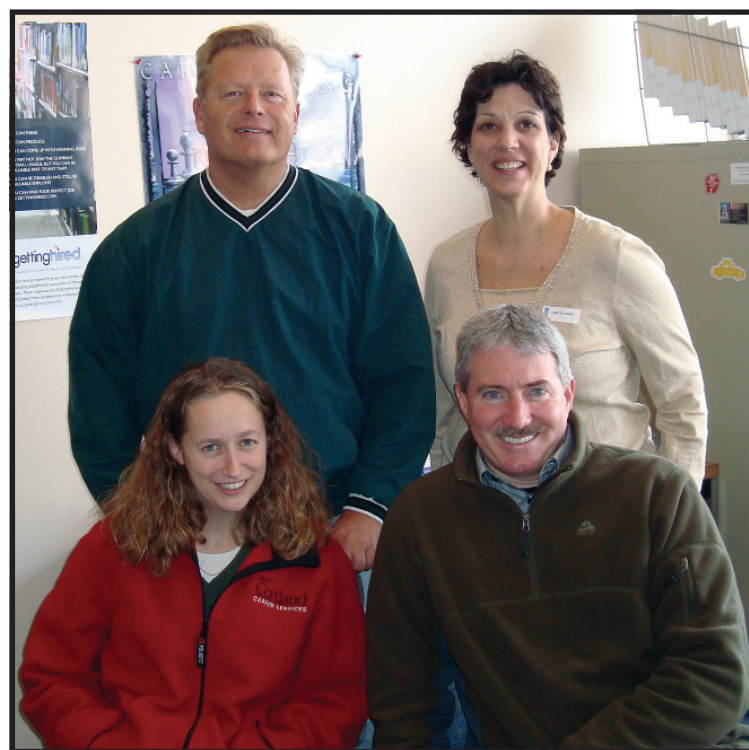


photo by Erica Sanderson

The staff of Career Services: Louis Larson, Mickey Gibbons, Lisa Allen and John Shirley are here to help all.

It is also a rule of thumb that persistence will, in the end, pay off, the workshop stressed.

One of the most important tools in aiding your search will be organization. This will not only help you to coordinate your job search but it will alleviate some stress.

One of the biggest myths that the workshop clarified about the job search is that academics do not

count towards getting a job.

If there is a job opening and it is down to you and another candidate that has the same credentials but the former received better grades in school, it is indisputable that the job would go to your rival.

Getting good grades while maintaining extracurricular activities shows employers that you possess effective

management skills.

The workshop was also informative of what employers look for when hiring. Employers seek candidates with experience, initiative, good communication skills, organizational skills, computer skills, leadership skills and self confidence.

In order to learn these skills, you must build your experience. There are many ways to build your experience; you can apply for an internship, get a part-time job, volunteer and shadow professionals who are already proficient in your field.

Networking is the number one job search method, the workshop said. Letting everyone you come in contact with know that you are looking for a job is a simple, yet sometimes extremely effective, networking tool.

It is also extremely important to efficiently market yourself. This should be done in a way that is not too overbearing, but as a networking tool that can help you with references and connections later on in your job search. By marketing, you are trying to "sell" yourself to your employer.

It is important to keep in mind all the services you possess and what you can provide to your employer.

Before applying for a job, you SEE CAREER ON PAGE 3

First Brooks Museum lecture attracts a full audience

CONTINUED FROM FRONT COVER

This topic is close to his heart, as he revealed that he and his wife have taken in 70 foster children throughout the years; children who have experienced neglect and abuse.

"His speech was very raw and personal; I didn't know of all the foster work he has done and I think

it is amazing," said student Jenna Troescher.

Fitz-Gibbon stated that in the year 2000, 1,356 kids died from child abuse and neglect; this is four children every day.

Divulging details from his personal life, Fitz-Gibbon explained that he and his wife create a new home and socialization in non-

violence for their foster kids.

Fitz-Gibbon went through a list of elements he and his wife use, and others can use, to construct a non-violent home.

First, a commitment to never use violence in any case, to refrain from shouting and to establish clear boundaries and actions for when these boundaries are breached.

Lastly, a willingness by the care giver to apologize when they step outside of the boundaries and to give clear choices to children as a way of empowering them.

Fitz-Gibbon stressed to the audience to be an example of love, compassion and non-violence. There needs to be safety, routine and caring in a loving environment

because a cycle of chaos and violence leads to untold misery for children, Fitz-Gibbon explained.

He also admitted that the opposite environment, one with no boundaries, is unhealthy as well.

There needs to be a balance, and Fitz-Gibbon declared that non-violent discipline provides parents with an alternative.

Club President spotlight: College Singers' Danielle Borkowski

A closer look at the Club President of the College Singers

Rebecca Greenland

Staff Writer

Danielle Borkowski is a junior at Cortland as a Childhood Education major with a concentration in Humanities.

She has been singing her entire life and started taking voice lessons in eighth grade, a step which has led her to become the president of College Singers.

Before committing to being an Education major, Borkowski seriously considered becoming a Musical Theater major.

Singing has always been something she loves to do and a huge part of her life, but eventually Education won out.

"When I was little I used to line up my stuffed animals and teach them," laughed Borkowski.

Alongside singing, teaching has been a great passion and Borkowski has always loved children.

Because she decided to take



photo provided by Facebook

College Singers' President Danielle Borowski, an Education Major, is active in many clubs on campus.

the route of education rather than music, Borkowski realized she

needed a creative outlet to fill her desire for singing.

She auditioned for College Singers her first semester freshman year and is now the Club's President.

As President, Borkowski is currently working on two fund raisers: one for the club and one for a separate organization.

The club fundraiser will either be a 50/50 raffle at the College Singers Concert, or a raffle for a Dr. Seuss gift basket.

The Singers will be performing selected pieces from "Suessical the Musical," a fun show that incorporates many different Dr. Seuss stories from his books.

The club is also working on raising money for an artistic foundation not yet determined. They will be selling ribbons that will be displayed at the concert.

When asked about her favorite concert so far, Borkowski responded that she didn't really have just one.

She said, "I enjoy all the concerts because each one brings out special qualities in the music and the singers."

Along with being Club President for College Singers, Borkowski is an extremely active student on campus.

She is a founding sister of a new sorority on campus, Alpha

Sigma Alpha, and is the Vice President of programming and rituals for the sorority.

Her job consists of Awards and Recognition, Service, Sisterhood and Living the Values, and is in charge of five committees.

She is involved in Gospel Choir and will be journeying to Germany in April for the choir. She is also an RA in Hendrick.

Borkowski takes voice lessons at Cortland from Marion Giambattista.

When asked what kind of music she likes to sing, she responded, "I have been on a huge opera kick lately."

Along with two seniors, Janet Boyle and Mary Papageorgiou, Borkowski will be in a recital featuring all three women on April 26, showing off her wide range with a variety of pieces.

Dr. Wilson is the director of College Singers, and the club meets during class times every Monday, Wednesday, and Friday from 11:30 a.m. to 12:20 p.m.

Borkowski works with Jonah Reardon (Club Treasurer), and Cara Shulman (Club Secretary).

She says that anyone is more than welcome to join next semester, and the club embraces new members.

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Staff Spotlight: Judicial's Michael Pitaro

Meet Pitaro, the Assistant Director of Judicial Affairs

Eric Feuer
Staff Writer

Eric Feuer recently interviewed Michael Pitaro, Assistant Director of Judicial Affairs, for our first ever staff spotlight.

EF: What is your position here at Cortland and what exactly does it entail?

MP: I am the Assistant Director of Judicial Affairs. While I have many responsibilities, I will share a few with you.

I assist Nan Pasquarello, who is the Director of Judicial Affairs, with the overall administration of the Judicial Affairs Office.

I also conduct Student Disciplinary Conferences and serve as a Judicial Advisor in College Hearing Panels, Judicial Review Boards and Administrative Hearings.

I coordinate the recruitment and selection of student, staff and faculty justices, and chair a committee that selects an alcohol speaker to bring to campus each fall.

In addition I will speak with students about the *Code of Student Conduct* and the overall judicial process here.

EF: When you were younger what did you want to do for a living?

MP: When I was really young, I wanted to be an astronaut but, heading into college I wanted to do something in psychology,

which is what I have a Bachelor's Degree in.

In Graduate School, I was a Graduate Assistant Residence Hall Director and it was during that time that I realized I enjoy working with and helping college students.

EF: So how did you end up at Cortland?

MP: Well, I had applied all over the country for a Residence Hall Director position, but ultimately I liked Cortland's size, student environment and the community.

EF: Since you deal with students on a daily basis, and talk with them about any mistakes they might have made, do you have any kind of message for them?

MP: Well, the goal of what I do is to help the students learn from their choices.

College is about preparing for the future, both academically and socially. It's all about the transition from a student to a professional.

EF: You mentioned student justices before, what do you look for in a student justice?

MP: I believe that student justices should be able to see things objectively, without bias.

They should be able to look at the facts of a case and make a fair decision. Student justices should also be a role model for their peers and abide by the *Code of Student Conduct*.

EF: Why do you think student justices are important?

MP: I feel that it is vital to have a student's opinion on the panel during hearings.

The additions of student justices on a panel help provide a student who has been charged



photo by Erica Sanderson

Michael Pitaro from Judicial enjoys helping students.

with a violation of the Code, a just hearing. A fresh perspective doesn't hurt either.

EF: What do you enjoy most about your job?

MP: Helping students learn from their choices is a good part of the job. I also enjoy seeing the students I have worked with walk across the stage at graduation. Helping students understand they have choices is nice too.

EF: So where do you see yourself in five years?

MP: Hopefully, as a Director

of Judicial Affairs either here or at another SUNY school.

As much as I like it here, sometimes you have to move to a school where there is an open position. This is a challenge of the field of Student Affairs.

EF: Last question; does Alex Rodriguez deserve a judicial hearing?

M.P: If he was a student, yes. He would have the right to a hearing, regardless of the evidence, because nothing is black and white. It is important to hear all sides of a story.

Career Services workshop

CONTINUED FROM FRONT COVER

should also update your materials, profiles and resumes, the workshop explained.

Make sure that your resume and cover letters are completely error proof. By having a mistake on your resume, it can make you seem very unkempt and put you out of the running immediately.

Your references should also be kept up to date. Call those who you feel would give you a positive recommendation and let them know you are listing them as a reference so they can be prepared in the event of a potential employer inquiring.

Another beneficial tip is to be in control of your 'online presence'. If you have a Facebook account, it is important to use discretion and take off any tasteless pictures, wall posts and anything else on your profile that you would not want an employer to see.

In this day and age, anything published on the internet can unfortunately be tied back to you, so it is important to be conscious now.

The most fundamental thing to remember about the job search is to treat it as a full-time job.

Persistence will pay off in the end. Opportunities are bountiful if you know where and how to look for them.

And finally, the most important advice is to utilize Career Services located in Van Hoesen, Room B-7.

The Career Services office can assist you in your endeavor and are ready and willing to help you in any way they can.

ATTENTION READERS:

There will be no issue next week due to Spring Break. The next issue will be available on March 19. *The Dragon Chronicle* wishes everyone a fun and safe Spring Break!

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Opinions

Do you have something to say and want your voice to be heard by the campus community? Then speak up and e-mail us your ideas, thoughts or opinions to dragonchronicle@cortland.edu.

Our View

This year, we are all feeling the drain of the never-ending winter. But instead of staying in your sweats and taking up permanent residence on the couch, get outside and enjoy all Cortland has to offer in the cold weather.

This Saturday, Feb. 28 is Cortland's 2nd annual Chill-A-Bration. There will be a chili cook-off from noon to 4 p.m., as well as a snow sculpture and sled dog exhibition. General admission is free, and it is a great way to get outside for a few hours and mingle with the community.

Also, Cortland is fortunate enough to have Greek Peak just a short drive from campus. They offer skiing, snowboarding and tubing. They also offer a discounted season pass for college students. If you're strapped for cash, as a lot of us are, you can pick up a Mountains of Fun pass from select stores around town. It gets you equipment, a lesson and a lift ticket for the beginner slope for only \$20. Check out greekpeak.net for more information on rates.

Lastly, right up the street from campus is Owego Park. Head down to Wal-Mart, pick up a few cheap sleds, and hurl yourself down a hill like you did in the good old days.

If none of these activities lift your spirits, take comfort in the fact that Spring Break is just over a week away. Be safe, Cortland, and enjoy the time off. ☺

The best of the best

FDR should be remembered as a stellar president

Eric Dillon
Staff Writer

Out of all the jobs a person can achieve, perhaps the most difficult one is to be the President of the United States.

Billions of people around the world, whether they are American or otherwise, are constantly watching and judging the president, while those who do not support him wait in agony for him to screw up.

At the same time however, those men who succeed as Commander in Chief become enshrined in our history as heroes.

A recent CSPAN poll said that the greatest president in our nation's history was the 16th president, Abraham Lincoln.

And while Lincoln definitely deserves recognition for all that he achieved, recent economic difficulties should have brought

another man to mind: Franklin Delano Roosevelt.

With the economy in trouble and a full blown depression seemingly unavoidable, one cannot help but be reminded of the Great Depression.

At the same time, we must also remember the man who helped America during those rough times.

FDR was elected as our country's 32nd President and is the only man to serve four terms as such.

Throughout his four terms, Roosevelt worked to end the Great Depression and improve the lives of the American people.

His "New Deal" not only provided vast amounts of relief to the unemployed but helped to reform many crooked business practices.

It is important to note that these were not simply handouts, as many forms of welfare are today. FDR believed in providing a "hand-up," meaning giving the impoverished the means to help themselves.

FDR's public works programs provided jobs to millions of

unemployed, while at the same time beautifying our country through the building of national parks and a more modern infrastructure.

Even today we still benefit from some of FDR's reformations. As we grow older or become ill, we now have Social Security to ensure we do not place a large burden on our families.

Roosevelt's Social Security Act provides Americans with the opportunity to live out their golden years as they please.

While FDR's policies and reforms helped a struggling America, these are not the last we have seen from many of these difficulties.

The year is now 2009 and we are faced with the same financial hardships as previous generations did. President Obama idolizes Lincoln and his ideals.

Yet during these pressing times perhaps he should look to someone who went through similar presidential struggles, for it is said that those who do not realize history are doomed to repeat it.

How to behave at a lecture

Students should follow guidelines for respectful behavior

Erica Sanderson
News Editor

Most students have been to at least one guest lecture sponsored by an organization during their college career.

Having been to dozens of them, I have found myself becoming increasingly angry every time I attend one. My anger comes from the blatant disregard of common courtesy displayed by students.

So, take notes, because here are the do's and don'ts of how to behave at a lecture.

1. BE QUIET AND DON'T TALK.

This should be obvious, but I can't tell you the number of times I have been trying to take notes at a lecture and someone talks incessantly throughout the entire presentation.

Students whisper loudly to their friends or laugh, when it is supposed to be silent for people to listen and show the guest respect.

Not only is it extremely rude, but also it is annoying for those who are actually trying to pay attention and focus. So, do everyone a favor and shut up.

2. DON'T TEXT.

The speaker can see you texting. Everyone can see your fingers flying rapidly across the keyboard in synchronized motion, your head slumped in a transfixed gaze at the colorful screen.

It's a direct insult to the speaker(s) and the organization that sponsored the event because it is an apparent showcase of the fact that you don't care and aren't listening at all.

I went to a lecture where almost the entire audience had their phones spread out in front of them, typing away while a panel talked; it was downright appalling.

I know, sometimes people get bored at lectures, so they turn to texting as a form of silent entertainment.

But please, try to contain your texting addiction for an hour or two. If you are that desperate for a mental escape, doodle on your paper or go to a happy place in your thoughts.

3. STAY FOR THE ENTIRETY OF THE LECTURE.

Let's be honest: most students only go to speakers because they either have to for a class or need the extra credit points.

Since you're already at the lecture, you should at least stay until the main part of the presentation is over and then leave before the Q&A portion if you really want to.

Don't just leave once you get your paper signed or sign your name on the class attendance

sheet.

The speaker(s) has/have dedicated their time and energy for you and your professor obviously thought it was important enough to have you go, so the least you can do is show some respect and stay the whole time.

Don't leave after the first twenty minutes, when you think you've grasped enough of the message to BS your way through the one-page summary or quiz on the presentation.

4. LEAVE QUIETLY.

If you have to leave for some necessary reason, like a mandatory prior commitment or you feel you might puke, do it quietly without causing a disturbance to others.

Students leave so loudly, banging seats and chairs, stomping feet, talking and slapping their bags and books.

The proper way to leave is to quietly and slowly get your things together, walk out without saying a word and slowly close the door behind you; don't slam it.

If you know in advance that you will be leaving early, the right thing to do is to sit towards the back, in an aisle seat so you can easily leave without forcing others to get up and without everyone noticing, especially the lecturer.

These speakers have taken their personal time, effort and energy to come and talk to us at Cortland. It hurts the reputation of our college when students behave disrespectfully. This is college; behave like adults.

THE DRAGON CHRONICLE

135 Years of Tradition

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Activities funded by SGA and MAF

What do you have to say?

What do you think about O.A.R as this year's Spring Fling artist?



photo by Danielle Eckert

"I love their new song. I'm so excited."

Amber Raymond
Freshman
Physical Education



photo by Danielle Eckert

"I'm not really a fan but I'll be there. It will be a good time."

Bob Motto
Freshman
Sports Management



photo by Danielle Eckert

"I've seen them in concert many times and it was always a blast. I can't wait to see them at Cortland."

Rachel Schlossberg
Freshman
Childhood Education



photo by Danielle Eckert

"I've always wanted to see them in concert. I'm so excited. Last year they came to my hometown and I couldn't go and I was so upset."

Greta Tomaschke
Freshman
Childhood Education



photo by Danielle Eckert

"I'm definitely very excited, especially since I wasn't too thrilled about the artist they had last year."

Nicolle Arcara
Sophomore
Speech Pathology

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Does the beard make the man?

Great men are known for contributions, also for their facial hair

Matthew Ianno
Staff Writer

When Alexander the Great came to power in ancient Greece, he enforced an odd rule within his military: all men must shave their beards.

Alexander proclaimed that possessing a long beard could work against a soldier in hand-to-hand combat because the enemy could grab the beard and use it to his advantage.

Considering razors were made of flint back then, I would rather risk my beard in combat than shave it off, but of course Alexander had his way.

It is an inevitable fact of human nature that nearly all men, and some women, will grow a beard in their lifetime unless they shave. But as I look in the mirror at age 20, barely able to grow a goatee, I wonder, "What am I missing out on?"

There have been times in human history where the beard represented filth, lower class and barbarianism, and others where the

beard was a symbol of wisdom and knowledge.

The see-saw cultural opinions and views of the beard go all the way back to the ancient Egyptians when beards and goatees were commonplace. Since then, beards have had ups and downs, sprouts and suppressants.

Peter I of Russia taxed noblemen 100 rubees in 1698 if they wished to keep their beard. That's how opposed to facial hair he was. Yet Alexei I of Russia was famous for having a beard.

Also, religious figures are often associated with beards. Muhammad authorized his followers to grow beards, Jesus is often depicted having a beard and who could picture Moses with a clean-shaven face?

Aside from these religious figures, there have been many great bearded men in the history of the world, but why is it that these men are remembered for having a beard?

For example, it's almost expected to hear two things when someone mentions Vincent Van Gogh: great artist, great beard. The two features of the man are seemingly intertwined, yet obviously unrelated.

This sort of association occurs all the time. Other famous men or

figures, with beards include John Lennon, Jerry Garcia, Karl Marx, Poseidon and now it appears Joaquin Phoenix wants in on the bearded lifestyle.

These men either grew beards or were created with them, and today they have lasting popularity because of both their legacy and their beard. So does the beard bear any power? Or does the power bear the beard?

Here in America, beards haven't been popular since the 1960s, when long hair and long beards were the trend. The beards faded but the hair stuck around for the 1980s.

Today, it is rare to see an American teenager or young adult with a beard, and I'm not sure why. It seems as if beards live and die in human culture and as we have upgraded our shaving technology here in America, the beard has yet to rebel and overcome the power of sharpened titanium.

Maybe America needs an iconic figure with a nice full beard that will inspire all other American males to grow a beard. Kimbo Slice and a Colonel Sanders have tried to no avail. Or maybe the beard is a thing of the past, simultaneously fading with the Baby Boom era, never to be popular again.

RANTS AND RAVES

Students of Cortland sound off on their loves and hates

"I know we get a lot of snow in Cortland, but the sidewalks should be plowed better. They're really slippery and dangerous when there is snow all over the ground."

Andrew Innerfield
Outdoor Recreation

"Why do people have to listen to their iPods so loudly? I don't want to have to listen to your music when I walk near you. The whole point of having an iPod and headphones is so that only you hear the music."

Katie Aylward
Athletic Training

"Ugg boots are inescapable. I can't go anywhere without being overrun by them."

Eric Earley
New Media Design

"I am insanely, head-over-heels, life-altering-ly happy that Blink 182 is back together."

Beth Newman
Adolescent English Education

"I love going to Greek Peak on the weekends to snowboards with my friends. Having the mountain so close to campus makes it easier for me to enjoy it."

Carolyn Furlong
Geology Education

"I wish it would stop snowing already. I miss the warm weather and being not having to wear sweatshirts and boots all the time."

Lauren Schutt
Communications

Want to look like a fool but not sure how? Smoke pot

Student speaks up on pitfalls of smoking marijuana

Matthew Fanelli
Staff Writer

With the recent controversy concerning Michael Phelps and the subsequent questions as to whether or not we as Americans should even care, I've decided to do a public service to all Cortland students and issue this statement: stop smoking marijuana.

Although there have been people at parties or down the street that have been smoking pot for years and attempting to start others on it, I've managed to decline, despite their multiple attempts, to take even one puff of that stuff.

Some might be asking, "Does that make you better than me?" Yes, it does.

Now don't go getting all bent out of shape. I'm not talking about the person who's tried it once at a party and it was stupid.

Obviously, it's 2009 and people are allowed to make mistakes. We all have. I'm more concerned with those people who have been smoking for years and now. They'll be graduating college with no sign of slowing down.

Pot today is a drug for kids. It's for 13-year-olds blowing smoke out of the basement window because they're mad at daddy for not buying them an iPod. They get so angry and this is how they strike

back. They're viewed as the rebellious, brooding teenager that everyone wants to be as cool as.

In reality, they're just spoiled goofs who've been given everything except discipline, and an iPod, since birth. This isn't the 60s, folks and you're not Jimi Hendrix or Jim Morrison.

You're not a starving artist looking for inspiration. Even if you were, pot isn't the substance making you deeper or more interesting if you were either of those things to begin with.

The reality is that most of us here are attempting to become educators, even if you're only teaching kickball, with the exception of a few students.

Of course we can't, as good teachers, tell our students that pot use is a swell thing to do. How could we be so hypocritical as to swear that it's a bad choice having done it for roughly 20 years?

Do yourselves a favor. Avoid this conundrum by putting down the joint. You smell funny doing that stuff anyway.

If that doesn't convince you, look at what it did to Michael Phelps' image. Some American hero he turned out to be.

It's a funny thing, but I can't remember Olympians like Casius Clay (Muhammad Ali), Jim Thorpe or Johnny Weissmuller wrapped up in marijuana controversies. They did, however, go on to become iconic, real American heroes.

There's an image and a higher standard that a man or woman is supposed to hold themselves to if they become an icon and Phelps

blew it. Of course we should care about that; he was supposed to be a good representation of America and its people.

Now what is he? He's a goof that can swim. He ruined his own image and cost himself more than just a ton of endorsement money.

He can't get back all the respect that he lost in the process. I couldn't care less for his apology.

Finally, if you're still not convinced that you should stop if you smoke marijuana, let me offer you this last final reason: It's flat out irritating.

People that you should be trying to impress, and who could have some significance to your future, would likely think you're a moron if they found out.

I hate to have to talk to you people, especially on the weekends, when you've been doing it. You don't make any sense. I'm sure I've successfully changed your minds. You can thank me later.

QUOTE OF THE WEEK

"**You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.**"

-Friedrich Nietzsche

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Entertainment

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Codas Part XLII: Pg. 9

Retreat to Ithaca for some rest and relaxation

A great massage is only a short drive from campus

Samantha Ficken
Staff Writer

REVIEW

Students searching for relaxation probably have a hard time finding it here on campus.

This time of year is when students are working hard to keep up with assignments and classes, and it is hard to have a truly relaxing day.

Quintessence Massage & Wellness offers a variety of services sure to relax any student looking for a break. Quintessence is the essence of the five major elements: spirit, mind, body, emotions and life.

A massage is the best way to serve those elements.

Quintessence is located in Ithaca and is about a 35 minute drive from campus.

They offer services such as Swedish massage, deep tissue massage, pre and post event sport massage, massage for two and many more. They also offer calf and

foot massages.

The Pre and Post Event Sports Massage is a desirable service especially for Cortland athletes.

It is a massage designed specifically for people who are involved in physical activity. It is said that this massage is used to enhance performance and flexibility.

There are services as bold as a four-handed massage; for the student looking for something a little different, as well as a calming chair massage. At Quintessence there is truly something for every person looking for a break.

Quintessence offers a really great session which is called a Massage for Two.

It is exactly how it sounds. Two friends, mothers and daughters or couples can enjoy a custom massage together in the same room.

"For Valentine's Day, my girlfriend and I went to Quintessence for the Massage for Two option. Both therapists made sure they understood what we each wanted," said senior Nick Battiste.

Since it was totally custom, we were able to tell them what we were expecting out of the massage, and we each received a great massage and were relaxed for days after."

Adrienne and Bethany are licensed massage therapists and are very calming and welcoming.

They listen to what your body needs and will help make your time at Quintessence worthwhile.

The second a client walks into the office, they are engulfed in a relaxing ambiance.

Adrienne and Bethany offer tea, coffee or hot chocolate to invite their clients.

"It was really great because after our massage was done, they had set up sparkling cider and chocolate covered strawberries which added to the whole day.

They also sat down with us and asked for feedback which is really important for anyone to do" says Battiste.

A massage is a great way to relieve stress and feel better. Quintessence Massage & Wellness offers many options for affordable prices.

It is easy to make an appointment; Adrienne and Bethany are very accommodating to their client's needs.

For more information, check out the Quintessence Massage & Wellness website at www.QuintessenceMassage.com or e-mail the office at Relax@QuintessenceMassage.com.

Take a chance and feel relaxed at Quintessence Massage & Wellness.

Gospel Choir's Music Celebration

Cortland's Choir gives an enlightening performance

Katie Rosenbrock
Entertainment Editor

The SUNY Cortland Gospel Choir put together an enlightening musical and cultural celebration on Sunday.

The show featured not only Cortland's own Gospel Choir, but The Christ Presbyterian and United Community Church Choir as well.

The show began with a welcome speech from Seth Asumah, Professor of Political Science and chair of the Africana Studies Department.

The musical festivities began with performances from the Cortland Gospel Choir under the direction of Robert Brown.

Some of the songs performed by the choir included, "I Will Bless the Lord," "Faithful is Our God," by Hezekiah Walker and "How Excellent," which included a solo by Sulema Iriarte.

The choir also sang "Total Praise," by Richard Smallwood, which included a solo by Mark Santiago. The Christ Presbyterian and United Community Choir joined in on the cultural celebration as they performed songs including, "Let My People Go," which was

adapted and arranged by Roger Emerson and "Ride on Moses," by Maurice Gardner.

Other highlights of the show included a duet of "Wayfaring Stranger," by Sharon and Bill Holbert of the Christ Presbyterian Church, a piano performance of "Colors of the Wind," from "Pocahontas" by Dorothy Thomas and a jazz set from the musicians of the Cortland Gospel Choir.

The jazz musicians included saxophonist Jamie Yaman of Cortland; keyboardist Andy Rudy, bass guitarist Reggie Siegler percussionist Benjamin Terry and trombone player Robert Brown, all from Syracuse.

Along with both choirs performance's and the jazz ensemble, Noelle Paley, Adjunct Professor of Africana Studies and Philosophy, sang "Amazing Grace" and "Wade in the Water" with students Cassandra Criscitello and Quinn Singer.

The performance also included a dance number by the SUNY Cortland Africana Dance Ensemble.

"The concert was a very enlightening experience. The Cortland Gospel Choir was outstanding and I loved the jazz ensemble as well," said junior Antonio Mancilla.

The event was supported by the Gospel Choir, the Black Student Union, the Caribbean Student Association and the Activity fee.

French Film Festival comes to Cortland

Tournées Festival to show five films during March and April

SUNY Cortland Public Relations Office

For the second time, the Tournées Festival, designed to help bring contemporary French cinema to college campuses, comes to the SUNY Cortland campus with five showings during March and April.

SUNY Cortland was awarded a \$1,800 grant to show the films. The first four, offered in March, will mark Women's History Month.

All of the events will be moderated by a College faculty member and are free and open to the public. All will be shown in Old Main Brown Auditorium.

The Tournées Festival encourages schools to begin their own self-sustaining French film festivals by supporting the festival

on individual campuses up to five times.

Each year, the festival distributes approximately \$180,000 to colleges and universities. The Tournées Festival was made possible with the support of the Cultural Services of the French Embassy and the French Ministry of Culture (CNC).

"These films are significant because they give people a chance to see a variety of films, not just from a French point of view, but also from an international perspective," said festival organizer Timothy Gerhard, an assistant professor of international communications and culture.

"All of the films are widely acclaimed, new, modern, fun and interesting."

"Persepolis," moderated by Aphrodite Ahmadi, assistant professor of physics, and Nasrin Parvizi, associate vice president for facilities management, will be viewed at 4 p.m. on Monday, March 2.

Based on a hugely popular graphic novel of the same name,

"Persepolis," is an animated film described as a poignant story of a clever and fearless girl coming of age in Iran at the time of the Islamic Revolution.

Through the eyes of the precocious nine-year-old, Mariane, the viewer watches historical events unfold and the effects they have on one extended family.

Brett Troyan, assistant professor of history, will moderate "Blame it On Fidel" at 4 p.m. on Friday, March 20.

The film portrays Anna, a nine-year-old girl living a bourgeois life in France in the early 1970s until her parents decide to become involved in left-wing politics, opposing Francisco Franco in Spain and supporting Salvador Allende in Chile.

"Blame it on Fidel" is a critically acclaimed movie, described as funny and poignant, that follows Anna and her younger brother as they adapt to the radical changes in their lifestyle.

"La Vie en Rose" will be shown at 7 p.m. on Tuesday, March 24. The film will be moderated by

Marie Ponterio, lecturer of French.

Actress Marion Cotillard won the Oscar for Best Actress in 2008 for her performance in "La Vie en Rose" as Edith Piaf, a French girl from the streets, who became one of the most popular and highly praised singers around the world.

Rolling Stone magazine writes that Cotillard "gives a performance for the ages."

On Friday, March 27, Kassim Kone, assistant professor of sociology and anthropology, will moderate "Moolaadé" at 4 p.m.

"What can I write that will inspire you to see 'Moolaadé'?" writes Roger Ebert.

"This was for me the best film at Cannes 2004, a story vibrating with urgency and life."

Legendary Senegalese author and director Ousmane Sembène provokes the audience by tackling female circumcision in a Senegalese village, and he does so in a film that, according to Ebert, "contains humor, charm and astonishing visual beauty."

"The Case of the Grinning Cat," moderated by Robert

Ponterio, professor of French and chair of the International Communications and Culture Department, will be viewed at noon on Thursday, April 2.

This hour-long film takes a look at the city of Paris and its changing social climate.

In 2001, cinema-essayist Chris Marker became intrigued by the sudden appearance of grinning yellow cat paintings on Paris buildings and public surfaces.

The Boston Globe sees "The Case of the Grinning Cat" as "further evidence of Chris Marker's exhilarating wit." *The Chicago Reader* states, "I can't think of a better portrait of contemporary Paris."

For more information about the film festival, contact Gerhard at (607) 753-2021.

For more information about Women's History Month, contact Professor of Philosophy Mechthild Nagel, interim Women's Studies coordinator and chair of the CGIS, at (607) 753-2013.

Broadway dancer to conduct musical theatre workshop

Giattino danced as a Rockette at Radio City Music Hall

Thomas Hischak

Professor of Performing Arts

The public is invited to attend a musical theatre workshop given by Broadway dancer and assistant choreographer Mary Giattino.

The workshop will take place

on Saturday, Feb. 28, in the Dowd Fine Arts Gallery.

Giattino recently danced on Broadway in the seasonal hit "White Christmas" and was choreographer Randy Skinner's assistant.

She also performed Skinner's choreography as a dancer in the 2001 Broadway revival of "42nd Street."

Giattino has danced at Radio City Music Hall as a Rockette and appeared in national tours and regional productions of "West

Side Story," "Cabaret," "Sweet Charity" and "Gentlemen Prefer Blondes."

She will teach a tap dance workshop for musical theatre students and advanced Performing Arts Institute students from 12:30 to 2:30 PM in the second floor dance studio in Dowd.

From 3p.m. to 6 p.m., Giattino will conduct a musical theatre audition workshop for musical theatre students in the main theatre which is also open to the public.

Poetry Corner

Everyday

Rebecca Job

Staff Writer

Everyday is your time to live,
Your time to experience the great things in life.
You have the choice to live on the edge or live within your limits,
So take time to seek the real joys of being alive.
Whatever challenges you, be ready to face it,
Whatever troubles you run into,
be ready to overcome them.
However occupied you may get in life,
Take time to realize the world around you,
And the people who care about you.
Recognize how others may find such treasure in you,
Be yourself, Be Unique, Be You.

Editor's Picks: Top 10 dance songs

- | | |
|--|---|
| 1. "Single Ladies"
Beyonce | 6. "Sweet Caroline"
Neil Diamond |
| 2. "Love Shack"
B52's | 7. "Sexy Back"
Justin Timberlake |
| 3. "Thriller"
Michael Jackson | 8. "I Wanna Dance With Somebody"
Whitney Houston |
| 4. "Girls Just Wanna Have Fun"
Cindy Lauper | 9. "Jesse's Girl"
Rick Springfield |
| 5. "Get Low"
Lil Jon | 10. "Baby Got Back"
Sir Mix-a-Lot |

Did you know?

- The top selling album of the 90s was "Come on Over" by Shania Twain.
- The only member of the band ZZ Top without a beard has the last name Beard.
- When The Beatles' "Penny Lane/Strawberry Fields Forever" only reached number 2 in 1967, it was their first song not to hit the top spot in the UK since "Please Please Me" in 1963.

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Codas Part XLII: Halo

The great king thrusts his sword into Beowulf's midriff

Andrew Hamilton
Contributing Writer

COLUMN

The Iscariot drew his sword out of the Great king Beowulf's back. Blood ran freely from the wound, staining the ground wine-dark as blood ran down the warrior's leg.

Beowulf turned to face the dark Iscariot with the fire of battle burning in his eyes. He roared and cast away his great wooden shield to ease the burden on his bleeding back and gripped his battle-scarred broadsword with both hands.

The Great king twisted his body, ready to swing his monstrous blade like a baseball bat through his enemy, but the Iscariot proved himself too quick with his own blade and thrust his blessed sword into Beowulf's midriff.

Though not an immediately fatal wound, it caused the hulking warrior to stagger and fall to one knee as more blood gushed from the wound and overflowed the blood-groove of the Iscariot's blade.

Had his face not been completely bandaged, one could imagine him with a look of rage and a smile of satisfaction at the damage he had done to his enemy.

However, the mighty Beowulf could not be so easily defeated by a man-made weapon wielded by a mortal hand. Completely ignoring his injury, Beowulf mustered all of the strength and speed of his arms into clutching his giant broadsword and driving it forth into the Iscariot's stomach.

The dark priest roared in pain as a look of agony reckoned itself under the bandages on his face.

Grinning with the sight of his sword buried in deep in his foe's belly, Beowulf let out a labored, proud grunt. "For all of your worthless bluster, glory will not be yours today." He growled as he

slowly rose to his feet.

The Iscariot twisted his own blade and dug it deeper into Beowulf's body, taking particular satisfaction in seeing the Great king wince in pain.

He actually began to laugh. "And what would you know of glory, you who have been blind to the light of God? I am his will in this cruel world of indecent mortals and demons such as you. It is for that reason that I hold the true glory, and enjoy the protection of all of the angels of heaven."

"Protection from the angels of heaven?" Beowulf's gruff voice seethed through grit teeth. "And where is your God now that you have a true man's sword in your belly? Where is your protection from on high?"

The muscles in Beowulf's arms tensed and rippled, and within seconds he began to lift his mighty blade and the impaled Iscariot along with it. "Have you no shame? Have you no humanity?"

He continued as he lifted the Iscariot off of the ground. "Don't you dare insult the name of the one true redeemer of man by enlacing His name with your own."

The Iscariot wailed fearfully as his feet now dangled a few feet above the ground. He felt as if the blade was growing hotter.

Even more, he thought he saw the air around the mighty Beowulf ripple as if his enemy was the source of a great heat.

"Now you will know whom the Father blesses in this time when the world needs his blessing most." Beowulf roared in bloody triumph as he held the Iscariot full

above his head.

"Now you will recognize the strength of my wayward soul forgiven! Now you will know my name. I Am Beowulf, and you will fear me."

With that, the mighty Great king swung his sword with his enemy upon it like a mighty hammer and smashed both blade and foe upon the ground with a prodigious boom that echoed through the nearby mountains.

The mighty blow sent the Iscariot flying off of Beowulf's sword and crashing across the ground.

Left heaving and sweating heavily for his effort, Beowulf fell to his knees and used his sword to hold his upper body upright as he looked to the Iscariot's body where it landed a few yards away.

All was silent save for Beowulf's heavy breathing and the whimpers of Carmen behind him as she held Emanuel, the child the Great king was destined to protect, closer to her chest.

Blood continued to stream steadily from Beowulf's wounds, but it seemed as if the long battle with the Iscariot had at last come to an end.

That was when the worst that could happen came to be. As if a set of invisible strings on the dark priest's shoulders and arms were being pulled, the Iscariot's limp body began to rise.

To be continued...

Request past chapters from the author at:

Andrew.hamilton@cortland.edu

An evening of Celtic music and dance

The Finger Lake Pipe band will perform in Ithaca on Feb. 28

Steve Monroe
Contributing Writer

The Finger Lakes Pipe Band invites you to an evening of Celtic music and dance, at 7p.m. on Saturday, Feb. 28 at the Ithaca Presbyterian Church, located at 315 North Cayuga St in Ithaca.

In addition to pipe band music, this lively evening will feature music by Ithaca's own Mark and Kate Cushing playing various

Pipes, Accordion, Whistles and more.

Also featured are highland dances by The Binghamton Scottish Dancers and Irish Step Dancing performed by Damhsa Ceol & Craic. A reception will follow the performance.

Tickets are \$7 for adults, \$4 for children under 12, or \$25 per family and are available at the door or by calling (607)-273-0963.

The Ithaca Pipe Band is a non-profit organization, dedicated to the promotion of Celtic culture, its music and tradition through the teaching and playing of the Highland bagpipe style.

The band is under the direction of Pipe Major Mark Cushing.

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Women's hockey finishes season

Red Dragons lose two games to Elmira to conclude season

Chris Ryan
Sports Editor

The Cortland women's hockey team ended their regular season with consecutive losses to nationally fourth-ranked Elmira last Friday and Saturday. The Soaring Eagles defeated the Red Dragons 3-0 Friday and 9-0 Saturday.

Friday night, the Soaring Eagles defeated Cortland 3-0 to clinch the ECAC West regular season championship.

Jamie Huntley had a goal and

an assist, while Jenna McCall and Tiffany Hart each chipped in a goal for Elmira. Goalie Allison Cubberley had 21 saves to post a shutout for the Soaring Eagles.

Hart gave Elmira a 1-0 lead late in the first period after Cortland successfully killed off a penalty.

The Soaring Eagles would use the power-play to their advantage with a power-play goal in both the second and third period to lock up the victory.

Despite the loss, freshman goalie Katie Double set a career high for saves with 59 stops for Cortland, and totaled 565 saves for the season.

She became the first Red Dragon freshman to surpass 500 saves in a season since the

women's hockey program was re-established in 2000-2001.

Elmira improved to 19-4-1 overall and 15-1-1 in the ECAC conference, while the Red Dragons fell to 3-18-3 overall and 2-13-2 in conference play.

The Red Dragons looked to turn back Elmira on Saturday in their final game of the regular season.

The Soaring Eagles overcame Cortland 9-0, and improved their record to 20-4-1 overall and 16-1-1 in the ECAC.

Huntley recorded a hat trick for Elmira, while Erika Godwin added two goals and two assists.

Kayla Coody had five assists to go with one goal, and goalie Cubberley recorded another shutout for the ECAC West regular season champions.

The Soaring Eagles scored twice in both the first and second periods.

In the third period, Elmira broke out with five goals, including two on the power-play, in the final period.

Cortland sophomore goalie Brianna Barlett had 52 saves in the defeat. The Red Dragons finished the season with 3-19-3 overall and 2-14-2 in conference play.

NBA's quiet deadline

Teams make trades as they look to make a playoff run

Mark Nader
Staff Writer

There was speculation that big names like Shaquille O'Neal, Amare Stoudemire, Vince Carter and Antwan Jamison could all be on the move.

However, the NBA trade deadline was lackluster as the biggest names moved were Brad Miller, who went from Sacramento to Chicago and Rafer Alston who went from Houston to Orlando, making it a quiet deadline.

Miller and John Salmons were exchanged for Drew Gooden, Andres Nocioni, Cedric Simmons and, Michael Ruffin. Ruffin was then traded to Portland.

Although Miller is the former all-star, Salmons has the potential to be the bigger addition to the Bulls. Salmons, a 6'6" small forward had been averaging 18.3 points per game while adding 4.2 rebounds and 3.7 assists for the Kings, the worst team in the league.

In Salmons, the Bulls add a solid defender while adding to their depth. The Kings, whose season is all but lost, made this move to have more available salary cap money for next season.

In the other marquee trade, Houston Rockets point guard Rafer Alston went to the Orlando Magic in a three team deal as Brian Cook went from Orlando to Houston.

The Memphis Grizzlies acquired Orlando's 2009 first round draft choice along with bench players Mike Wilks and Adonal Foyle.

Orlando was in desperate need

of a point guard as their starter and all-star Jameer Nelson was lost for the year after having season ending shoulder surgery.

The Knicks made a couple moves of their own, adding Chris Wilcox from the Oklahoma City Thunder and added Larry Hughes from the Bulls. As of February 21, the Knicks were two games out of the eighth and final playoff spot.

Early in the second half of the season, the Boston Celtics and Cleveland Cavaliers, led by LeBron James, look to be favorites in the East as they hold the second and third best records in the league respectively.

But the defending champions were struck by injury as all-star forward Kevin Garnett will be lost for two to three weeks with a right knee strain that he suffered in last Thursday's loss to Utah.

Boston isn't the only team who lost an all-star. Just as the Phoenix Suns were heating up with 140 point nights in back to back wins, they found out they would lose power forward Amare Stoudemire, for the rest of the season and possibly post season play as well without him.

Stoudemire who is averaging a team high 21.4 points per game this season, had surgery to repair a partially detached retina in his right eye which he suffered in a victory last Wednesday.

Since firing head coach Terry Porter and replacing him with Alvin Gentry, the Suns had found a rhythm on the offensive end.

They currently stand one spot out of the playoff picture, trailing the Utah Jazz by a half game.

The Lakers are running away with the number one playoff seed in the West with a lead of seven games over the San Antonio Spurs, currently behind Los Angeles at second place.

It would be interesting to see if these minor deadline moves will affect the futures this NBA season.

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March Madness preview

NCAA tournament looks to be as unpredictable as ever

Paul Dagiolo
Staff Writer

March is right around the corner, and that means that we are on the brink of entering the most exciting time of year in the world of sports.

The NCAA men's basketball tournament is the most intriguing and competitive tournament, and with this year's parody it doesn't look like it will disappoint.

There has been five different number one ranked teams this season (North Carolina, Duke, Wake Forest, UConn, and Pitt.), and there could potentially be a sixth this week.

A big reason for the recent parody in the college hoops has to do with the recent NBA rule stating that players have to be at least 19 years old in order to enter the league.

This has caused some of the top high school prospects in the nation to go to college and showcase their talent in the championship tournament.

This season, the Big East and ACC conferences have been head and shoulders above the rest. There is a good chance that there will be up to 16 or 17 teams invited to the top 64 from those two conferences combined.

Pittsburgh, with its tenacious defense and lose attitude, is primed to make a serious run after handedly knocking off UConn last week.

Another powerhouse Big East team to watch out for is Louisville. Coach Rick Pitino has them running and gunning and game breaker Terrance Williams could be the factor that pushes them through the tournament.

As for the ACC, it is still wide open for many teams. Although North Carolina was the favorite, they've showed that they can be had if the outside jumper isn't falling.

Arguably the most well rounded of the group is Wake Forest. They can force the ball inside and with the outside capabilities of Jeff Teague they can put up points in bunches.

The team from this conference who has really slipped under the radar is Florida State. Don't be surprised if they push UNC and Wake for the ACC crown.

The tough thing for the tournament committee this year is to figure out who the last 32 teams should be after the conference winners.

Boston College, Georgetown and Maryland are a few bubble teams who happen to be victims of being in great conferences.

Penn State, Kansas State and Texas are some teams that may only get in the tournament if they win their respective championships.

The one thing that separates teams come tournament time is experience, and Memphis is a club who has plenty of that.

When they are on their game they have enough athletes to guard anybody and create chaos for the other team in Conference USA. Michigan State of the Big Ten has been there all year long as well, and they always have a tendency to play their best ball down the stretch.

One of the most intriguing story lines of the tournament, however, will be Oklahoma.

With the recent concussion of superstar Blake Griffin, it will be interesting to see if they have enough in the tank if Griffin is not 100 percent. All in all, this year's college basketball tournament does not look to disappoint

Men's hockey

CONTINUED FROM BACK COVER

a pass from Cortland captain Mike Maier.

The Red Dragons' play during the first period was physical and tenacious. Plattsburgh seemed to be caught off guard by the Red Dragons' sense of purpose.

Joey Wilson of Plattsburgh scored on the power play just 33 seconds into the second period.

Wilson was fed by the puck work of Nick Rolls and Phil Farrow who picked up the assists. Farrow then scored two minutes later to set the pace of the period.

Putting Plattsburgh up by three at the end of the second was Willock, who was assisted by the phenomenal stick work of Clarke.

Cortland battled in the third period, but Clarke fired a puck over Cortland goaltender Mike Reilly's glove at 11:17 into the period.

At 14:21 into the period, Cortland coach Joe Baldarotta

called goaltender Mike Mistretta into the net for Mike's final career game.

Just before the game's finish, Plattsburgh struck for the last time with a goal by Riley Hill, who was assisted by Nick Rolls and Bryan Hince.

Cortland's defense had a breakdown, which left Mistretta with little chance to make the save. The Dragons outshot Plattsburgh 26 to 25.

Reilly allowed five goals against and made 17 saves. Mistretta made two saves and allowed one goal against. Hence, Plattsburgh's goaltender, made 25 saves and allowed one goal against.

Junior Mike Friel commented, "The boys had worked hard this season. The freshmen have made an impact and we've seen some great play by players like Palmisano and Gold. We will rest and train in the off-season and will be looking forward to next fall."

Athletes of the week make big splash

Swimming and diving athletes set records at SUNYACs

Cameron Daniels
Staff Writer

Each week one male and one female athlete are selected as Cortland's athletes of the week. These student-athletes are selected based on their excellence in athletic performance in the past week.

Dan Evans, a junior on the men's Swimming and Diving team, along with Taylor Houseman, a junior on the Women's Swimming and Diving team have been named Cortland's Athletes of the Week for the week ending February 18.

Dan Evans (Hamburg) was named male athlete of the week for his performance over the past week at the SUNYAC's in Buffalo. Evans won three individual events at the Championships, and was also part of a relay victory.

Along with his four first place finishes, Evans also led Cortland to second-place in three other relays. Evans finished first in the 50-yard freestyle with a time of 20.89 and also finished first in the 100-yard freestyle with a time of 45.90.

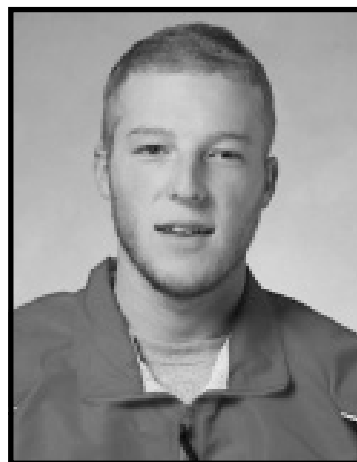
His preliminary time of 45.73 in the 100 yard freestyle was good enough for a Cortland school record and also a SUNYAC meet record.

Evans also finished first in the 200-yard freestyle with another school record of 1:41.29.

He was also part of four relay teams, where he helped Cortland finish first one, and second in the other three.

Evans led Cortland's first place in the 200-yard freestyle relay, which was a new school record of 1:23.57.

Evans was the anchor on two relay teams that finished second.



provided by cortlandreddragons.com

Dan Evans and Taylor Houseman were the Cortland male and female athletes of the week of February 18.

He helped the Red Dragons set a school record in the 400-yard medley with a time of 3:29.64, and another school record in the 800-yard freestyle, with a time of 6:56.75.

In all six of these races, Cortland's times helped them earn NCAA provisional "B" cut performances.

The only non-"B" cut race for Evans was the 400-yard freestyle with a time of 3:06.92 in the relay. Evans was the lead leg of the 400-yard freestyle relay team.

Evans' efforts in the seven races at SUNYAC's helped earn him SUNYAC Championship Meet Outstanding Male Swimmer. The honor was voted on by the SUNYAC League coaches.

Overall, Cortland finished second at the SUNYAC Championships with 609 points. SUNYAC Geneseo took first with 967 points.

The Men's swimming and diving team finished up the season with the Last Chance Meet at NYU. NCAA Championships will be held March 18-22.

Taylor Houseman (Wellsville/Wellsville) of the Women's Swimming and Diving Team has been named Cortland Athletics' female athlete of the week.

Houseman led Cortland to a fourth place finish at the SUNYAC's in Buffalo. At the individual event, Houseman broke

two school records and also helped the Red Dragons set two records in relay events.

Houseman's time of 1:06.70 in the 100-yard breaststroke broke the school record which Houseman herself had held.

She also broke her school and individual record in the 200-yard breaststroke with a time of 2:25.02. Houseman's school record in the 200-yard breaststroke leg was good enough to earn her third place in the event.

Both her 100-yard and 200-yard times were good enough to be NCAA provisional "B" cut times.

Houseman was also part of a school record setting 400-yard medley relay team that finished with a time of 3:59.33.

Houseman swam the breaststroke leg of the 200-yard medley relay team that finished with a time of 1:50.89.

The Red Dragons Women's Swimming and Diving Team finished the season on Saturday at NYU.

At this event, Houseman improved on her record time in the 200-yard breaststroke with a time of 2:23.53, shaving almost two seconds off of her time from SUNYAC's.

The NCAA Championships for Women's Swimming and Diving will also be held March 18-22.

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The Dragon Chronicle

Sports



Cortland Athletics Scores

MEN'S ICE HOCKEY

Cortland 1
Plattsburgh 6
Next: Friday vs. Potsdam

MEN'S BASKETBALL

Cortland 68
Fredonia 71
Next: Tuesday @ Potsdam

GYMNASTICS

Cortland 181.55
Brockport 187.60
Next: Saturday vs. Ithaca

WRESTLING

Cortland: 2nd place out of 9 @ ECAC Championships
Next: Friday @ NCAA National Championships

WOMEN'S BASKETBALL

Cortland 55
Fredonia 45
Next: Tuesday vs. Geneseo

BASEBALL

Cortland 16
Catholic 1
Next: March 8 Spring Break Florida Trip

Athletes of the Week



provided by cortlandreddragons.com

Joe Murphy Wrestling

Crowned ECAC conference champion in heavy weight class



provided by cortlandreddragons.com

Katie Double Women's Ice Hockey

Set career-high in saves in a game with 59 against Elmira.

Wrestling captures second place at ECACs

Cortland to send two wrestlers to national championships

Daniel Harding Jr.
Staff Writer

For the Red Dragons the East Coast Wrestling Conference Championships held in Oswego were the cultivation of an entire year's hard work.

It was a do or die tournament where only the champions would continue on to compete in the national championships.

As the defending conference champs the team wasn't going to hand their title over to anyone.

At 125 pounds, Peppy Cabrera had been to this tournament before and was determined to do some damage.

Cabrera wrestled in five tough matches winning three of them to place third.

Aljamain Sterling, who is no stranger to competing, wrestled well and secured a second place finish.

At 141 pounds, Stephen Perez competed in arguably the most difficult weight class in the conference.

Perez battled relentlessly to secure a fourth place finish.

Senior and two time All-American Paul LeBlanc, the four time conference champion, went



photo by Daniel Harding Jr.

Cortland's Mike Ciaburri fights hard at the ECAC Wrestling Championships.

3-0 against his competition including an exciting triple overtime win against the determined Ithaca opponent.

By placing first, LeBlanc will be returning to Cedar Rapids, Iowa for the NCAA Division III National Championships.

He will battle for the one accolade that has eluded him thus far, that of a national championship and the right to call himself the best wrestler in the nation.

At 157 pounds, junior Kevin Sackett moved up a weight class

from 149 to compete for the chance of going to nationals.

Sackett didn't reach his goal this year but placed a respectable fourth. Will Brodfuehrer also placed fourth in a very deep weight class.

At 174 pounds, Mike Ciaburri has worked tirelessly all year long to secure himself a spot on the national scene. While he lost a close one to place second.

Martino Sottile also place second after defeating two seasoned opponents.

Freshman George Debrovsky didn't quite have the experience to place but will have to be prepared for next year.

In the heavyweight class, junior Joe Murphy was crowned the conference champion after going 3-0.

This will be Murphy's first trip to nationals, but he hopes to return from Iowa with All-American honors. Both Murphy and LeBlanc will travel to the national championships in Cedar Rapids Friday, March 6.

Red Dragons end regular season on sour note

Cortland hockey loses to both Potsdam and Plattsburgh

Gabe Schaub
Staff Writer
& **John Perrotta**
Contributing Writer

The Cortland men's hockey team dropped two games this weekend as they lost to Potsdam on Friday, then to top-ranked Plattsburgh on Saturday.

This concludes the regular season for the Red Dragons, who finish with an 8-15-2 record overall and a 5-9-2 record in SUNYAC play.

On Friday night four players scored goals to lead Potsdam over Cortland 4-1 at Alumni Arena.

The only goal for the Red Dragons was scored by Senior Mike Maier. Freshman goalie Mike Reilly made 30 saves for Cortland.

Cortland dug a deep hole, allowing two early first period goals.

After two more goals by Potsdam in the second period, they



photo by Ben Bolding

Cortland's Jarrett Gold looks for the puck in Friday's 4-1 loss against Potsdam.

led 4-1 heading into the third period.

The Bears killed off three Cortland power plays in the third period to hold on for the win.

The Red Dragons were defeated by the number one team in the nation Plattsburgh 6-1 last Saturday.

Saturday night was Senior Night and Cortland's five seniors, Mike Maier, Mike Egan, Nick Catanzaro, Tim Lloyd, and Mike Mistretta were honored prior to the start of the game.

The first period appeared promising as the Red Dragons skated with Plattsburgh to a 1-1 tie

at the period's finish.

Plattsburgh's Eric Greene was the first to strike with a goal, assisted by Andrew Willock and Dylan Clarke.

Cortland's goal was scored five minutes later by Jarrett Gold who shot top shelf after receiving

SEE HOCKEY ON PAGE 11