

GREG RUTKIN: STOOD COORDINATOR

BY JASON PLATZNER

Almost all of us are acquainted with our Student Center, or Stood. A place where we can enjoy music, skate, hang out, play games and have a good time. The Stood has recently been put on probation for events that took place last year, and is in danger of being shut down. This school year, however, we have a new Student Center Coordinator who is standing up to keep the Stood open, fun, and more productive. His name is Greg Rutkin, and I had a chance to sit down with him and get his well needed perspective on everything going on this year.

What's your major and year?

Greg Rutkin: I'm a senior and a history major.

Tell me about the stood on probation and how that came about.

GR: Well, in the past drinking at the Stood was not a major issue. It was mostly kept on the down low, up until an incident involving a gallery showing that served wine. Plus, a girl was hit with a mic stand here and received a broken jaw during Zombie Prom, and those things resulted in the probation.

So what are you doing to prevent the Stood from getting shut down?

GR: I am enforcing the no drinking policy as well as our security. We have people checking More Cards now to prevent anyone from off-campus coming into the Stood for the parties, and whenever I see someone drinking I just throw it out. I sent a letter to students stating that the Stood was on probation and one more incident would result in it being shut down. I think it's better that people know they can drink but will result in the

Stood getting shut down than telling them they can't drink at all. People are being really respectful and it's been going pretty great.

Tell me about your new additions and plans for this year.

GR: Well we are building a new skate park that is more of its own area so there's no annoying traffic, fixing the arcade games, tuning all the pianos, re-doing the green room, and painting new murals on the walls.

I haven't found anyone who's this passionate about the stood, why are you doing it?

GR: Well, before Purchase I was a student at SUNY Fredonia, and it was just a soul crushing experience. I'm a drummer, but I wasn't in the conservatory, so the teachers didn't let me practice and I couldn't express any creativity at all. I visited Purchase and came to the Stood and I thought it was amazing, it was everything I wanted.

So it's a real connection for you?

GR: Yeah, definitely.

What's your favorite part about the Stood?

GR: I really like all the side rooms such as the Cinema, the shows, and the rooms in general.

How does it feel to play music at the Stood but be in control at the same time?

GR: That's a good question. It's cool I guess, not many people know I am the Stood Coordinator so I feel a bit unknown.

How do you feel about the incoming freshmen and new students interacting with the Stood this year?

GR: I love it. It's the same way I felt when I first came here, and when I see their excitement when they're in here, I get excited too.

Any upcoming events you're specifically excited about?

GR: I'm excited for Skates Night/Night of a Thousand Pizzas where everyone wears roller blades. I'm also really excited for Fallfest, [and] all the shows in general and I'm even enjoying the dance parties here.

Anything you want to let everyone know?

GR: Yeah, I want everyone to know that I work for you, you all pay money each month to have the Stood open for your use, and we want to know how to make it better or your views on it. I also want everyone to know that we're all working pretty hard on the Stood and trying to keep it open. I really don't want to be an asshole but I want people to be respectful when they're in here.

Greg Rutkin can usually be found in the Stood and is open for any opinions, as is everyone else who works at the Student Center. Please remember to try to be respectful towards the space as we all do pay for it.

KALLADEEN'S CORNER

BY JASON PLATZNER

It isn't rare that we find people who give their lives up for their country. The wars in Iraq and Afghanistan have taken many American lives since 2001, including Purchase student Anthony Kalladeen.

Anthony N. Kalladeen, born May 30, 1979 in Brooklyn, New York, was a hero who gave up his life for America in 2005. Kalladeen attended Purchase College and was an RA in both Big Haus and Crossroads.

A former Marine, Kalladeen was serving his second tour of duty in Iraq in the Army National Guard, when in August of 2005 his Humvee was struck by an IED (improvised explosive device) and he received wounds which took his life the next day. He was only 26 years old, and had planned to return to Purchase to finish his college career, but the fact that really caught my eye is that he only had less than a month until he returned.

Kalladeen was described as loving and extremely brave. I have never met him, but one day as I was walking in Crossroads a plaque on the wall caught my eye; Kalladeen staring at me with gleaming eyes wearing his Marine Corps uniform. I was quite interested, not even thinking that Purchase College would be home to many heroes and military personnel.

I thought to myself, "How many people walk past this corner each day without knowing that it is dedicated to a fallen Marine who was an RA in this building?"

His story is inspiring to say the least and

the more I stared at his military profiles, the more I felt as though I knew him. He had great pride in serving, and believed that if he did die, he would die a glorious death on the battlefield. His motivation for his military service was to be admired.

Yet, today all we can do is remember and honor his life and know that he gave it up for our freedom. If one day you are walking down the hall in Crossroads and find Kalladeen's Corner, remember that he gave his life for the lives of others, and that he will always be the soldier of Purchase College.

Kalladeen was a specialist in the 1st Battalion, 69th Regiment, 256th Combat Team of New York City. He died in Baghdad on August 7th, 2005. He will always be remembered at Purchase College in the Crossroads residence hall, Kalladeen's Corner.

RABBIS RESIST NEW LAW

BY JAKE MURPHY

Many religions around the world have certain traditions, laws, and guidelines for followers to abide by. All religions have their weird traditions, but maybe not as weird as this one.

Earlier this week in New York City, Orthodox rabbis publicly said that if a new law proposing the requirement of parental consent for a religious circumcision is enacted, they will ignore it. A circumcision is part of a Jewish tradition called "metzitzah b'peh" or a "bris." During this ritual, the foreskin is cut off the infant's penis, and Orthodox rabbis use their mouths to stop the bleeding.

The law was proposed when the Department of Health and Mental Hygiene stated that 11 infants have contracted the Herpes Simplex Virus. Two infants have died and two have irreversible brain damage. Rabbis say they will still not abide by the law and continue to practice the way they have.

The United Jewish Organization of Williamsburg in Brooklyn stated that the research was conducted poorly, and isn't well supported. They claim that the tradition is safe and is performed thousands of times a year around the world. Most reformed rabbis today do not use their mouths to remove the blood, yet many Orthodox rabbis in the Hassidic communities still practice the "old fashioned way."

The law now requires that the parents of an infant awaiting a bris be notified whether or not the rabbi will remove the blood by mouth. This will be called for a vote on September 13th by the city's Health Department with most Orthodox rabbis opposing it.

STAY FIT FOR THANKSGIVING

By Jason Platzner

Everyone who celebrates Thanksgiving does it by sitting down with the family, eating a huge meal, and falling asleep to television on the couch. The food coma that follows a Thanksgiving feast could set you back health wise. Nobody wants to not eat their family meals and dig in come Thanksgiving day, but there are a few things you can do to stay fit and healthy while enjoying your favorite home-cooked meals.

1. Do not starve yourself all day in order to eat your meal.

This isn't your last meal alive, you can eat all day and in fact that's what will be better for you. Not eating all day in anticipation of your feast will slow down your metabolism and lead to gaining more fat. This will also cause your blood sugar to go down and have you starving all day. Your body needs fuel, so feed your body every few hours with smaller calorie meals instead of purging on one or two meals a day.

2. Avoid the small, calorie filled appetizers.

Try not to indulge on the small snacks before the meal like cheese and crackers and other small foods, this will lead to more consumption of those and more unneeded calories.

3. Eat your vegetables.

You should always eat your vegetables. But while digesting high fat and calorie filled foods, you should have your fair share of vegetables. Don't skip them because you're eating more of something else.

4. Drink water.

Again, something you should do daily, but drinking more water helps your body maintain its caloric intake. It also will cut any unneeded calories from soft drinks or juices you may drink instead.

5. Chew your food for at least ten seconds.

This could mean a huge difference for a lot of people. When the food is served, people have the tendency to dig in and shovel food into their mouths like animals (I do). If you chew your food slowly your body will get full faster, which would prevent that over fullness feeling most people get. This will also help you digest as the body doesn't have to do as much work breaking down the food.

6. Don't overeat.

This is kind of obvious but many people see Thanksgiving as a once-a-year type holiday to over eat and stuff themselves to oblivion. This is a mistake because it could set you back on your confidence and make you gain weight. Try not to overeat and listen to your body when it's telling you not to pick up the fork anymore.

7. Be careful of calorie filled sides and watch your portions.

Try not to indulge in a plate full of mashed potatoes, stuffing, or whatever else you may have served and try to stick to healthy turkey and vegetables. While you may eat those things anyway just watch your portions! People tend to grab all that they think they can handle but this turns out being way

too much. Grab a healthy portion of whatever you want, try to stay healthy and eat that.

8. Don't skip a workout.

Many people tend to skip their workouts (runs, walks, etc.) for Thanksgiving because of their family and such. Don't get me wrong, family comes first but try to get a sweat going some time during the day instead of laying around the house.

9. Do not starve yourself of your feast.

If you're feeling self-conscious, don't worry and just eat. Be with your family and don't stress it but try to follow some healthy guidelines. Most importantly don't starve your body when it's telling you it is hungry but try to lay off going for second servings once you ate a full course meal.

10. Do not fall asleep right after!

This is one of the most important things as many people tend to fall asleep right after eating this huge meal. Try not to fall asleep because the large meal you have just ingested will turn straight into fat and will put a dent in your diet. Keep awake and let your body digest your food for four hours or so. You should not have food four hours before bed, especially if it is high in calories and carbohydrates.

Well that's all the tips I can really give you for Thanksgiving. Remember to try and stay healthy because everyone hates the feeling of being too full and self-conscious. Enjoy your time with your family or friends and have a happy and somewhat healthy Thanksgiving.

CONMAN CONFETTI

by jason platzner

Thanksgiving Day is a time of tradition for the United States, especially in New York City, when Macy's has the Thanksgiving Day Parade.

People flock through the streets staring at the rolling floats, or giant balloons of their favorite cartoon character. Always, when you look up, you see the flying confetti raining down.

This year, however, the confetti wasn't so festive. Some of the confetti used for the parade this Thanksgiving was documents, strips of shredded paper with sensitive information such as Social Security Numbers, police reports, and license plate numbers.

Most of the shredded pieces are believed to have come from the Nassau County Police Department, although they do not know why it was used, or where whoever did it got it from.

Macy's, in charge of the parade, has said that they did not officially use the documents, and only use multi-colored confetti which is bought and not shredded. This raises quite a bit of concern.

The confetti was released on the official parade route, although no one has confessed to throwing it out of a window, yet. The Nassau County Police Department has issued a statement saying that they will be investigating the matter as it is a breach of security.

PURCHASE PLASTIC

BY JASON PLATZNER

Students housed in Crossroads were surprised and annoyed with the newly added construction precautions placed around their buildings early last week.

Plastic wrap has covered windows, and signs with references to asbestos have been posted at entrances to the dorm. These signs are asbestos abatement notifications informing the occupiers that the building is undergoing a removal of asbestos.

The plastic wrap and scaffolding around the building is starting to become a nuisance to some students. One student stated that they feel claustrophobic with not being able to see through their windows, as well as dealing with the plastic-like scent that has invaded their room.

This student went on to say "It really sucks to not be able to see outside, and there is no fresh air which leaves my room hard to deal with." They also said they were not able to sleep because of the scent and feeling of being contained.

This construction may be beneficial toward the future but some say that better planning would have been more pleasant to the students.

Hopefully any further construction on the students on-campus housing will be more organized and will also be less of an interference in the on-campus community's daily life.