The Knothole, October 24, 2008

SUNY College of Environmental Science and Forestry Student Body

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Lately, campus seems more like a watercolor than an academy. Warm tones cover the landscape as cool breezes fill our heads. Autumn is the most remarkable of times; everything gives back to the Earth instead of taking from it. The majority of local flora have begun to give their nutrient rich leaves back to the soil. Watching birds hop in the dried leaves reminds me of my younger self, jumping in leaves piled higher than my head.

This fall, I have found myself laughing and jumping just as loudly and tall as ever. It is important during such a chilly transition to maintain a cheery disposition. Excursions to pumpkin patches, campgrounds, and local bike rides constantly remind me that this is a beautiful world we live in. I may not be able to swim in Green Lakes any longer (not that any of us would do that since it is highly illegal), but taking a stroll and some snapshots is a fabulous fall alternative.

If you’re still feeling chilly after carving a pumpkin and eating a freshly picked apple, I suggest you move your body. Get your blood pumping by getting your groove on! I’m not off my rocker, I realize festival season is over, and I am mourning with the rest of you. But, I am telling you; nothing can warm your soul like a jamming study break. Break out the old guitar, blow that didg, bang on the tambourine. Not of the musically talented variety? Go out and support a local musician or a band visiting ‘cuse at the Westcott Theatre or Funk ‘N Waffles. If you haven’t got the talent, time, or funds necessary thus far; have no fear. All you need is an Internet connection and a favorite song to go on a musical adventure. Groove while studying in the comfort of your own home to the best jams you’ve never heard on Pandora.com.

So, this fall, if you’re feeling chilly, wrap your soul up with a tune. Whether it is the melody of leaves crinkling, friends laughing, or bands jamming, you’re sure to feel the warmth.

For Our Earth,
Rachel

LUNCH SPECIALS

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Cartoon Politics with GREG HAWK

Would you like to sign our petition?

The Knothole reserves the right to edit submissions for length and content.

Meetings Wednesdays at 6 pm in Marshall B9 (basement)
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focus group,” describes Ben Shott, “concerned primarily
with the need for more capacity here on campus.”
This keen observer does not stand alone. Julie
Houde is one of many Stumpies concerned with one in-
tangible aspect of campus life, easy to state but difficult
to define - space. A growing undertone of conversation
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of analyzing this issue. “We are, perhaps, most like a
focus group,” describes Ben Shott, “concerned primarily
with the need for more capacity here on campus.”
I recently sat down with the group to take in
their ideas and concerns on the matter. I had expected
to hear disparaging remarks about the lack of a student
center here at ESF and what the administration is doing
poorly in its relationship to its students. Instead, I heard
quite the contrary about the matter. These students
went on to describe the need for a creative solution
to the paradox of lack of student space. They did not
demand the immediate construction of a student center
but instead suggested ways to improve and expand the
quality of space already available to students. The cham-
pion for this cause seems to be the new space in the
basement of Bray Hall, which will be allocated to stu-
dent organizations such as the Undergraduate Student
Association, Knothole, and Empire Forester. It will also
be available for general use for the entire student body
to take advantage of. “The space we have been given
around campus - especially the new Bray space - must
be exploited to its fullest,” explained Julie.
The general consensus was that there is an over-
all lack of communication between high ranking admin-
istration and the common Stumpy. The students I have
spoken with are aware and empathetic with the New
York State budget cuts. The new Bray space may not be
the student center many individuals around campus are
requesting, but it is space all the same. The opening of
this space has no current date attached with it. How-
ever, I have learned from various sources that the area
is in the process of renovation and cleaning and will be
available as soon as possible.
The student body also seems to be embracing
the new gateway building that is the first on the priority
list of the Vision 20/20 plan to be integrated on cam-
pus. While the exact details of the uses for this building
are still in the development phase, the building is to
be focused in the way of further ESF outreach. Slotted
third on the list of priorities is the much desired stu-
dent center. It is the lack of attention given to the future
student center that seems to be most troubling to many
students.
While “Bray space” and other campus initiatives
to develop common areas in already existing spaces are
not comparable to a brand new student center, they are
a step in a positive direction. The notion of a student
center may have a concrete end, but in the short term it
is more of a concept. College students represent a micro
chasm of societal issues from political to cultural, and
the progress of ideas and creativity needs a space to
interact and develop. New space will not come without
hardship and expense, and this is perfectly understand-
able. However, this does not by any means qualify a lack
of interest in the space needs of students. Construction
projects come with cost, and few students would find
this reality unacceptable.
Groups such as the committee on student space
are examples of vehicles to keep the lines of communi-
cation open between students, faculty, administration,
and the entire campus community. Few places invoke
the strength of fraternity that the ESF campus holds
dear. With proper communication and discussion, the
noise that can be heard around the quad can be focused
and amplified, leading to improved student life and
more space for each member of the campus family. At
least, that is one Stumpy’s dream for My ESF.
For more information on how to get involved with the student
space relations of our campus, contact Julie Houde at jm-
houde@syr.edu or Ben Schott at Bschott@yahoo.com.
Think Globally,
Project Chapstick

by Ashley Koprowski ('11)

Ever wonder what goes into the products you use daily? Ever read ingredients on the labels of your personal products and think to yourself, “what is that chemical I can hardly say?” The knowledge of what mass producers put into everyday items is highly important. Awareness of possibly harmful chemicals in the things you buy will help people to be healthier and educated overall. In today’s world, there are many products that aren’t even fully tested by the FDA before being released.

Do your homework! One good resource for figuring out if the personal products you use are safe is www.cosmeticdatabase.com. On a level of 1-10 of toxicity, this database will help you understand the severity of how dangerous some of your everyday lotions and make-up items can be. The most convenient way to avoid harmful chemicals is by avoiding running to purchase items in a store. I find that making your own personal items not only can be fun, but is a safe technique for getting good use out of your personal stuff. A good way to start is with chapstick; you’d be surprised by just how many chemicals are in such a small container. The convenience of your home and the fun-filled knowledge of how to make lip balm enable you to know that you’re being truly eco-friendly. Wasting gas to go to the store along with being a part of rampant consumerism are two other considerations to think about as well.

Changing the huge corporations may not happen today, but not being part of their business allows for a gradual change. Next time you’re in the store, take a look at the plastic wasted in these items. The money you spend on lip balm will decrease by buying bulk of beeswax instead of the packaged products. Hey, go big or go home by purchasing the organic beeswax in bulk! Making an event of it with friends or family is a good way of spending quality time with an eco-friendly purpose. By spending the time at home making chapstick, you can discover which ingredients result in the best product for you instead of the continuous trial and error of store bought items. So do your part while having fun by trying out this lip balm recipe!

Make Your Own:

Materials Needed:
- Pure Yellow Beeswax
- Organic Extra Virgin Olive Oil
- Vitamin E Oil
- Honey
- A soda can
- Lip balm tubes or tins

*Beeswax & containers can be bought at any major arts and crafts store. Ex. Michael’s. The rest can be found in any grocery store near you.

Directions:
1. Using a double boiler method, boil water in a pot and take a soda can and cut the top off to prevent a mess. Make a spout at the top of the can by pinching one side.
2. The ratio of beeswax to olive oil is key in the outcome of this recipe. Go by 3 parts oil to 1 part beeswax. Melt the beeswax and the olive oil together in the soda can. (3/4 cup olive oil: ¼ cup beeswax)
3. Test by dipping a teaspoon and putting it into the freezer for one minute. Try it out and if it’s too soft, you need to add more beeswax. The opposite is true if it’s too hard, then add more oil. (small bits at a time)
4. Finally, when you pour the concoction into the tubes or tins, add as much vitamin E oil and honey as desired.
5. Enjoy your lip balm to the fullest; add stickers or labels for your products!
by Katherine Mann (’09)

When you arrive at the farmers market just off Exit 23 on I-81, prepare to keep an open eye for a parking spot. Every Saturday morning the lot is packed, as Onondaga County residents flock to the rows of vendors displaying the very best produce and other food items Central New York has to offer. In addition to fresh fruits and vegetables, you can purchase freshly baked bread and pastries, honey, peanut butter, eggs, milk, cheese, and even tofu. If you are looking for some houseplants to brighten your apartment, or perhaps a seasonal bouquet, plant and flower vendors offer an excellent variety as well.

As a college student with a limited food budget, I wish I had known about the farmers market sooner. It’s one thing to want to eat healthy and another thing to be able to afford it. Funding a diet packed with fresh produce purchased at Wegman’s or even Price Chopper or P&C can leave your bank account decimated by the end of the month. At the farmers market, however, I am able to purchase all the food I want for usually around ten dollars—twenty at the very most, when my refrigerator is completely empty. This includes my weekly supply of bread and dairy products in addition to fruits and veggies.

Since I started going to the farmers market, my trips to the supermarket have been cut in half, and the amount of money I spend on food has been cut down as well. It’s a great way to save money, support our local farmers, and eat well all in one stop. The farmers market is open year round on Saturdays, from 7 am to 2 pm. There is also a Thursday market that is open May to mid November, 10 am to 5 pm.
The Westcott Cultural Fair

By Kayla Miloy

There’s nothing that makes me feel good like waking up to a parade. Pleasure filled me at noon, on Sunday September 21st, as the 17th annual Westcott Street Cultural Fair kicked off with a parade right past my front porch. Ambling down to the 500 block of Westcott St., I watched the kids on skateboards, enjoying the festivities as much as I was (one with a sign offering “free hugs”). Looking beyond where the road has been blocked off, my eyes coasted an extravaganza of cultural festivities. Hundreds of people teemed over Westcott St. and the side streets from Concord to Dell. Captivated almost immediately by a Latin dance performance occurring on one of four stages, I gazed at girls with roses behind their ears who swished their flowing skirts and stomped in time to upbeat tunes. Only a couple hundred feet away I sat down to an equally entertaining Yiddish song about love. These two performances were only a tiny slice of the incredible cultural feast compiled on Westcott St. In fact, the whole fair—whose purpose since 1992 has been to celebrate the diversity and uniqueness of the Westcott neighborhood—is almost over-stimulating in its enormity and diversity.

There were over 100 vendors, selling homemade jewelry, soaps, and clothes; all varieties of food and fair goodies like caramel apples and balloon animals were offered. There were less traditional fair activities available like psychic readings, book shopping, or discussions about women’s rights, free thought, environmental action, coping with depression, and working with community organizations.

The Westcott Cultural Fair is organized completely by volunteers and funded in part by the City of Syracuse, National Grid, WAER, the Cultural Resources Council, as well as businesses and individual donations. Sharon Sherman, the executive director of this year’s fair said, “Hundreds of volunteers are involved in creating this fair.” These volunteer coordinators went a step further to make the 17th cultural fair the most environmentally friendly yet. Besides pushing food and beverage vendors to use biodegradable materials for take out and packaging, there are recycling/compost/waste stations located up and down the block. These prominent stations, provided by OCRRA, collect compost in biodegradable plastic bags and are staffed with volunteers (many of them ESF students) who explain the benefits of recycling and composting.

Even though the gray sky threatened rain, it was impossible not to enjoy a day where the whole neighborhood came together in a celebration of the unique, vivacious community we live in. Adam Gold, the keyboardist of Sophistafunk says it succinctly: “I’ve always wanted to have a big dance party with all my neighbors in Dorian’s parking lot. Give it up for yourselves; we’re all a big family here.”

Photo Credits: Luke Sarrantonio
Tobias Letchworth’s Case

OPENING STATEMENT:
Man, Palin is the devil incarnate sent from the seventh level of H-E-double hockey sticks to make sure this country goes down in flames. People need to open their eyes to the bureaucratic agenda, but there is still hope, and his name is Ralph.

POINT:
Okay, seriously people, we are one McCain malady away from having some washed up beauty queen running the country. That doesn’t scare you? Her husband is part of a political party that wants Alaska to cede from the union - I say let them. She can start a new life with Track, Trig, Bristol, Willow, Piper, and her other assorted terribly named offspring. Seriously, those are some of the worst names I have ever heard, and I should know – ask my brother Nugs Letchworth. But at least her abstinence-only policies are effective. Clearly the best way to prevent kids from having sex is to tell them not to have it. IT’S GENIUS! And obviously quite effective, as we now have countless Palin progeny roaming the earth. Seriously, when you and your daughter are pregnant at pretty much the same time, you know you’re in Alaska, you probably belong there, and we’d appreciate if you stayed there. I’m not hating on Sarah Palin for being a hockey mom, it’s just that she’s better qualified for an oval shaped rink than an oval shaped office. As for her and the president of Iran, I think she’d have trouble with him. I hear he’s a very cunning linguist.

CLOSING STATEMENT:

Brock Johnson’s Case

OPENING STATEMENT:
Tobias, I don’t see the point of debating the merit of Sarah Palin. The people have already spoken, and Palin is the bomb diggity, bro. Simply put, Palin ain’t playin’.

COUNTERPOINT:
You know, Brock Johnson doesn’t even care that she’s Canadian. Anyone that can field dress a moose without breaking a sweat deserves to lead this country. Some people say that if - and I’m knocking on my 100% American ash baseball bat that I hit that double off PJ Wilkins to win the ‘02 sectionals here - something were to happen to the robust and vibrant John McCain, she would become president, and that is “scary”. Scary? First of all, Brock Johnson doesn’t like it when someone uses words that aren’t in his vocabulary. Second of all, Bro-Magnons, even if that were true, it would be the best thing that could possibly happen to us. How could any foreign leader deny that she’s totally do-able? The Brock says this is a recipe for American dominance. Besides, bros and hoes of the jury, I think that if she can handle being Miss Wasilla 1984, she can handle a little man named Mahmoud Ahmadinejad. (WIKIPEDIA). I can’t wait for November 5th, when Sarah Palin turns this “two party” system into one keger, under god, invincible, with wet t-shirts and jager for all.

CLOSING STATEMENT:
Bro, you ready for Brock to end this debate? WWW.VPILF.COM. In fact, not only is she a VPILF, she’s also a definite MILF, a soon-to-be GLF, and if we’re lucky, the PILF of America.

Game over, thanks for playing.
AROUND
A PICTURE’S WORTH 1000 WORDS:

ESF FALL SPORTS SHOWCASE

Photo credits: Yumie Kawasaki
**Michelangelo: The Man and the Myth**

By Jess Telano ('11)

A five foot tall print of David, in his ivory nakedness, loomed over me as I stepped into Syracuse University's esteemed art gallery. I was excited to see the works of one of history's most notable artists, but the emotions were quickly extinguished as I walked further into the exhibit. Overall, I found the exhibit to be disappointing. The collection was more of a tribute to Michelangelo's legacy than an actual showing of his work. A tribute is not necessarily a bad thing, but it was just not what I had expected. In fact, most of the pieces, such as a monument of Michelangelo made in 1823, were tribute works by other artists made centuries posthumously. The point of the exhibit was to show the many facets of “the man” behind the Sistine chapel - the architect, the businessmen, the poet, etcetera. I did not realize I was attending a biography lesson upon entering SU gallery. Most of the wall space was filled with text-time-lining his life. I had expected to see more of his raw work.

However disappointing the artwork was, or lack there of, I had not known Michelangelo as a poet. I was blown away by his ability to write so beautifully and eloquently. In the room dedicated to “Michelangelo: the Poet,” two original poems stood encased while most of the other pieces filling up most of the room were translations or transcriptions of his poems, also made centuries posthumously.

Finally getting to the last room of this exhibit, I encountered artwork created by the hands of the Renaissance man himself. Gazing at the four original sketches standing before me, I couldn’t help but feel like I was in the presence of greatness. These small but amazing pieces created 500 years ago made my trip to the exhibit worthwhile.

As I left SU’s art gallery, I had a mixture of feelings towards what I had just experienced consisting of both elation and deflation. I’ve come to conclude that ‘Michelangelo: the Man and the Myth’ was okay. Not bad, not amazing, and that’s it.
Inherent to the idea of community is the notion of consistency. A uniform sharing of needs, desires, and lifestyle, not for the enforcement of a few but rather the acceptance of a whole. One may liken this collective voice to a rhythm or beat, rising up from some common ground and leaving in its wake a people and their town. Just a short drive up route 81 traveling north bound lies such a village where rhythm flows vibrantly and sounds loudly for any bent ear to hear; trickling up from a river and molding a community.

Pulaski is just miles from the white caped waves of Lake Ontario. It is in the physical connection between the two that bounds Pulaski forever to the lake, the land, and the inhabitants of past and present. Gliding from rock to rock around bend after bend, through white rushing currents and slow tranquil pools, the Salmon River gives identity to the town and a face to the rhythm found beneath the rocks of its very waters. The majesty of the river can perhaps be most appropriately credited to its use as a channel for the hundreds of thousands of gilled visitors it receives each fall. Atlantic, Chinook, and King salmon find this water a final resting place after performing their single most relevant task of procreation. These same wandering salmon have made their way through the river and through Pulaski for years, decades, centuries, and beyond. Historic writings of an Indian village named Otiahanague once settled upon the shores of the mighty watershed give witness to the same runs of salmon found today, supplying a people with sustenance, and providing a valued legacy for present Pulaskian generations.

Today, increasingly prolific runs of these salmon and trout make Pulaski a beacon for the adventurous angler and a destination of a lifetime for anyone daring to test its icy waters. It is in this capacity that the Salmon River serves as a different sort of channel. A channel for the recreation of fellow anglers and for life long memories of the rod and reel variety. They come to Pulaski for the fish, the folklore, and the pre-dawn cups of coffee mixed with just the right proportion of sugar and excitement of what the new light may offer.

The village itself seems quite ordinary, two miles from the exit places you in the center of town near the ever bustling grocery market and fast food strip. Intermingled between motel and diner a repeating sequence of bait shop, fish cleaning station, and bait shop can be observed, eager to supply visitors with the tackle needed to catch the fish they have so longed.

However, it is in the people of Pulaski that the rhythm is most obvious. The old man slowly strolling toward the Salmon’s shore carrying with him the rod his father received from his grandfather and generations prior. The river runs through the salmon shaped mailboxes each with their own creative and fishy variation on the theme, which stand house after house and row after row in neat columns of the village streets. However, the beat is best kept within the fishing tales. Fables which mend together adding molecule to white lie and forging a dense fog which flows directly into anglers minds inciting trout filled dreaming.

For those who avidly visit the region and spend countless days on the river, there is much more to pursue than fish. The Salmon River is a place to reflect, to remember encounters of the past while taking abreast the brilliant foliage and cold dark currents. The river is a place to teach a child to fish and become hooked on their wild eyed exuberance once more. Remembering old friends and fishing buddies who wade alongside no longer, yet seem to be forever etched into the resounding paradise.

In Pulaski are the seasons, summer bearing fall and fall carrying the burden of winter with the hope of warmth and life to return in spring. Seasons may come and reshape the river but what is written beneath the surface stays consistent and to the members of the community; honest. The town itself becomes simply an extension of the water’s edge and a reflection of the river’s flow. In the more graceful words of author Norman Mclean, “The river was cut by the world’s great flood and runs over rocks from the basement of time. On some of the rocks are timeless raindrops. Under the rocks are the words, and some of the words are theirs.”
Decending down dark streets, sun has set, air is chilled.
Winds whipping my dress, whistling in my ears.
My pedals flying faster, destinations do not matter on this dark, damp night.
With silent skies overhead, heavy darkness cloaked these streets with a new light.
Riding bikes at night, decending down dark streets without fright!

By Sarah Gluck
Another Shade of Green

By Kevin Phu ('12)

Around forty years ago, the modern environmental movement was born. Smog choked major cities and toxic chemicals crept their way into consumer products making the average home a potential death chamber. Guaranteeing the highest standard of life for Americans, the scientific community and government regulators clamped down on pollution. Richard Nixon signed into effect the Environmental Protection Agency. However, that narrative has become quickly unraveled after a disastrous twenty years of reactionary backlash and legislative rollbacks. The environmental mantra that has adequately managed to influence Washington for the past few decades must evolve into a new holistic solution to deal with the problems facing the 21st Century. For change to happen, progressives and environmentalists must develop a new agenda that can allow its marginalized special interest appeal to a broader base of supporters.

At first glance, it seems completely logical that the environment should be a top concern among voters. We all breathe our earth’s air and drink its’ water and it seems obvious to want our surroundings, both natural and manufactured, to have the most stringent standards of quality. Standards which guarantee our loved ones access to a world free of toxins and carcinogens. However, I have yet to see a poll where the environment is ranked even close in the top ten of voters’ concerns. For the past four decades the environmental movement has followed a simple tactic; expose the public to the harm the industrialized world has committed. While emotionally appealing, this does not lay the psychological motivation to purchase pricier products that have a smaller carbon footprint. Meetings to inspire environmental change are often dull, involving tedious phone banking and the occasional rally. Compare this to an unrelated group advocating their own cause, Church patrons who attend services weekly and can actively network with their parish and Reverend. They usually don’t begin political grunt-work until they’ve enjoyed lively music and feel spiritually fulfilled. With all this in mind, environmentalists still scratch their heads wondering why their issues have not managed to invigorate their constituents as effectively as other platforms whose leader builds community and camaraderie before anything else.

The environmental community today faces a crossroads as well as an opportunity. We can continue to barely scrape by Congress, insufficiently lobbying for legislation, or we can develop a new movement that can galvanize our core supporters as well as attract new constituents to our coalition. As we have seen, our message can escape the narrow conservationist maxim and be used as an engine to promote human rights and economic growth as well as others with some more ingenious political imagination. With this in mind, we can manage to exert leverage over Washington that can rival the current oil industry. The possibilities are seemingly endless and the stakes too high for us to trudge on while our fossil fuels are dwindling and oceans are rising.
Okay, maybe you luck out and the full text of every source you need is a click away from wherever you found the citation. But if it isn’t, here are some hints that I hope will make searching easier.

If you’re using a citation-only database and need to go elsewhere to find full text, make sure you’ve got the International Standard Serial Number from your citation. This is an identifier in this format: 1739-4421. This is a searchable term in the advanced search in SUMMIT, and in many other electronic search tools. It will exactly identify that journal—very handy when you’re looking for something with a generic title like “Transactions,” “Annual Report,” “Bulletin,” etc.

Abbreviated journal titles aren’t always obvious and easy to guess—is it Journal OF the Society... or Journal FOR the Society? Is the full title even in English? Try searching the title as abbreviated in the database or bibliography in the SUMMIT catalog (basic search, journal title). For example, searching the title as “J. Am. Soc. Hortic. Sci.” will bring up the Journal of the American Society for Horticultural Science. But even this doesn’t always work, because the abbreviated title may not have been included in the full cataloging record as a searchable term. Then what?

Try two reference sources on permanent reserve at the main desk in the library:
Periodical Title Abbreviations by Abbreviation
CASSI (Chemical Abstracts Services Source Index)—also good for conference proceedings
An online list grouped by discipline:
All that JAS : Journal Abbreviation Services
http://www.public.iastate.edu/~cyberstacks/JAS.htm

Conference/seminar proceedings are a pain to search! They may be cataloged as serials, and each additional volume may be added to the same call number. If each conference is on a different topic, each may be under a different classification number. Even finding out what to look for can be frustrating. The 47th Annual Symposium on Meerkats may be Annual Symposium on Meerkats (47th: New York : 2005) or Proceedings of the ... Annual Meeting (with the specific number left out because it’s part of a series) or Proceedings (or Papers, Transactions, etc.) of the 47th Annual... The “official” name of the conference is actually the corporate author in a library catalog—no, it doesn’t make sense to me either, and I’m a cataloger! The title of the conference may be different (Proceedings, Transactions, or even a distinct title like Meerkats Are Marvelous: Proceedings of...).

The easiest way to search proceedings in a library catalog is to use an advanced ”all of these” (not “as a phrase”) search and enter the most important words. This should get fast results no matter how a particular society or institution named its publication!

Two databases in the SUMMIT collection can also help in pinning down proceedings: PapersFirst (if you’re looking for individual papers) or ProceedingsFirst (if you want to find all the presentations from the conference). The advanced search gives you a lot of access points, including even the city where a conference took place. (“Wow, remember that meerkat conference in Las Vegas? What was the title of that fantastic paper?”)

AS ALWAYS, OUR LIBRARIANS ARE HAPPY TO HELP YOU TRACK DOWN THE MATERIALS YOU NEED FOR YOUR RESEARCH!!!
Taurus
April 20 - May 20

Get up and get noticed!! This week get up early before classes and take some extra time on your appearance. Whether it is doing something a little different with your hair or picking out a nice outfit just put a little extra effort into your looks this week it won’t go unnoticed. The grad girl or guy in a few of your classes is finally going to see you in a different light and like what they see. Try to strike up a conversation with him or her, you will be surprised by how friendly and inviting people are.

Gemini
May 21 - June 21

There is going to be a lot of drama in your life that is going to be coming up in the next couple of days. Remember not to lash out or panic; everything will be ok, you just need to have faith and stay calm. Even though you have much more important things to worry about than that stupid paper that is due by the end of the week, don’t skip out on doing your projects or homework assignments because when all the drama starts to die down you don’t want to be left with bad grades. Try and keep yourself on track and if you feel yourself slipping ask a friend for help- that’s what they’re there for.

Virgo
August 23 - September 22

You are usually a charismatic and fun person to be around, while forgetting to take others’ feelings into consideration. Try to work on watching what you say, and listen to people when they speak, instead of taking over the conversation. Knowing your personality, you are probably thinking that this horoscope doesn’t apply to you, but think again. Having a loud or opinionated personality is not a bad thing, it is what makes you you. Just try and tone it down a little this week you will be surprised by what you actually hear when you finally listen.

Aquarius
January 20 - February 18

Indulge. Treat yourself to a something nice this week, whether it is going out to the movies, going shopping, or just going out to eat instead of cooking. Yes, you are a college student and money is more than likely tight—but what is life without a few splurges? Don’t turn these splurges into habits, however. Once you do treat yourself to something special don’t feel guilty; you have the right to enjoy life to the fullest so make sure you do.

Pisces
February 19 - March 20

Just do it. You have been putting off working out for months, but now it is time to get back in shape. Start working out more and you will be surprised that when you exercise, your eating habits will improve dramatically without a conscious effort. You will not see a huge improvement at first but keep it up and all at once you will become more satisfied with your body. When you go to the gym try to use others for encouragement, you will be surprised by how much this can help.

Cancer
June 22 - July 22
Despite all the time that you’ve spent learning about nature at ESF, it seems like you haven’t gotten to get outside and enjoy enough of it this year. This week is going to be stressful between classes and work, but try to make some time to enjoy the outdoors. You will be amazed at what a difference it makes in your mood and in your life. Whether it is a quick jog in the graveyard or a local park— get outside and remember why you came to ESF!

Leo
July 23 - August 22

Sagittarius
November 22 - December 21

Hey, start a diary. Yeah it might sound a little silly at first but it will be a great way of looking back at all the fun you had in the “good old days” and it’ll be a huge stress reliever for now. You don’t have to pour your heart and soul into it, just jot down a summary of your day and whatever else you feel like. You have a habit of venting to others about your issues. Your friends really want to be there for you, but save them some drama by writing in your diary. Trust that this will be better for everyone. Make sure you take some time to look through your diary and realize that things that seem so crucial at one point in time aren’t really the center of your world.

Scorpio
October 23 - November 21

Capricorn
December 22 - January 19

Learn from others mistakes. Right now someone around you is making appalling decisions which is hurting a lot of people and themselves. As a spectator in the situation it is easy to pass judgment, but keep in mind that they are engulfed in the situation and it is not as easy to see things or people for what they really are. Delicately try and help them see through a different pair of eyes while keeping in mind that this could be you in a few months and you will need the help from others to keep you from making bad decisions. Try to be as helpful as possible without being too pushy and in the end remember it is their life not yours.

Aries
March 21 - April 19

Libra
September 23 - October 22

Let people know how you feel. You’re usually not the emotional type, but recently it seems like you have been annoyed with a few of your peers. You may think it is for stupid reasons, but you will be surprised how many others feel the same way. Don’t let others walk all over you. Even the littlest things can end up snowballing into a big deal. Address potential issues right away because in the end it is better to just let a person know how you feel right away, rather than harbor your feelings and then one day explode over something small and insignificant.

Use this weekend as your outlet. Try not to overthink your actions, despite all that may be going on in your life. Go out this weekend and do whatever comes to your mind. You’ve always been responsible so you know where to draw the line. If things do happen to get out of hand your friends will be there to bail you out, hopefully it’s not out of jail. Your friends will surprise you by how responsible they can be. Let people see the other side of you and enjoy yourself. You deserve it!

Photos from: http://goldhafen.de/istock/zodiac.jpg
Woodsmen Team & Forestry Club

The Woodsmen Team and Forestry Club practices every Monday and Thursday. We meet at 6:45pm at the old Greenhouses behind Bray Hall. We carpool from there to the Lafayette Experiment Station. You don’t have to come both days! Come see what we are all about!

Any questions? Just email Laura Hahn: archerylaura@yahoo.com.

Hope to see you there!

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THE WESTCOTT THEATER
524 Westcott St. Syracuse, NY
18+ $10/$14 9:00PM