

ST. JOHN FISHER COLLEGE

CARDINAL COURIER



Powering Down:

Fisher's facilities services
needs students' help to
cut energy bill

Hidden Behind a Screen:

How Fisher students
portray themselves
on social media

A RUNNING START:

Mark VanMarter

APRIL 2018
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Farewell to the Courier

I would never be the same person without the Courier. I learned more and made more friends in the Courier office than in any classroom or dorm room.

I am so thankful that I was able to serve as Editor in Chief during my senior year. This is one of the most challenging roles I ever had, but it was worth every second. I am appreciative that Courtney Haupt saw my ability to lead because this opportunity taught me so much about news and what it means to be a leader. With that being said, I want to thank Courtney for her constant support and guidance. She brings a wealth of knowledge to Fisher and it is unfortunate that someone with a perfect combination of professionalism and excellence will no longer be the advisor of the Courier.

I also want to thank Cecil Felton for his endless advice. He has been an integral part of my success at Fisher. Cecil and Courtney's instruction have provided me the tools to succeed after Fisher. I also want to thank Jack Rosenberry, Mari Villa and the entire Media and Communication staff for teaching me the basics of journalism and providing a foundation for me to grow from.

The success of the Courier would never be possible if students, faculty

and staff didn't provide their input. Thank you to every person who has been a part of an article and shared their perspective. The Courier provides a voice for the Fisher family and I encourage you to continue to speak up.

As Editor in Chief, a lot of responsibility falls on my shoulders. But the Courier would never be as successful without the help of staff members. Thank you for listening to me and allowing me to guide you in the right direction. I hope I left the underclassmen with knowledge, a commitment to truth and a passion to produce a quality product. Never settle for anything less than great because the Courier will always remain a part of Fisher history.

"Journalism can never be silent: that is its greatest virtue and its greatest fault. It must speak, and speak immediately, while the echoes of wonder, the claims of triumph and the signs of horror are still in the air."

– Henry Anatole Grunwald

Being the Editor in Chief opened my eyes to many things. During this time, I think the Courier reached a point of excellence. News is constant and it is created every minute by our president, North Korea, school shootings, empowered women, your favorite sports team and even a royal wedding. Fisher must not fail to see that news is growing and journalism is necessary to inform the public. I hope that the Courier remains as a magazine that upholds the foundation of communication for years to come.

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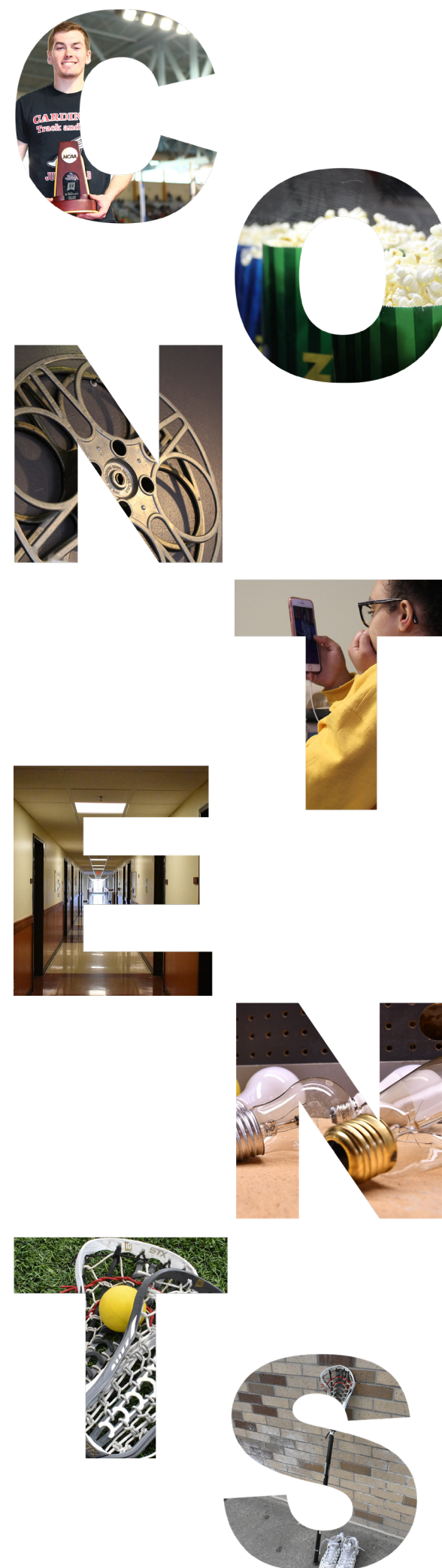
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MISSION STATEMENT

The Cardinal Courier was created to provide the St. John Fisher College community with quality news coverage. Not only will this news agency work to seek, investigate and report the news, it will strive to do so with honesty and integrity. *The Cardinal Courier* will provide the campus with a medium in which to read interesting news articles, thought-provoking editorials and entertaining features. *Cardinal Courier* staff members hope to inform and educate their readers.

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4

Corporate Consolidation

James Bailey

6

Breaking Ground

Brian Boye

7

Battle of the Services: Streaming vs. theaters

Diana Russo

10

Hidden Behind a Screen: How Fisher students portray themselves on social media

Natalie Gates

12

Powering Down: Fisher's facilities services needs students' help to cut energy bill

Evan Bourtis

17

New Talent

Justin Miles

18

A Running Start

Nicholas Klein



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Cover photo by Diana Russo

Corporate Consolidation

and in the case of Sinclair, may be getting even larger. Sinclair reached a deal to buy Tribune Media last year for \$3.9 billion. According to a New York Times piece by Zach Wichter, this merger would put Sinclair into 70 percent of American households. This is only potentially possible due to a relaxing of broadcasting regulations by the Federal Communications Commission (FCC) under Trump. The FCC previously restricted media groups owning local stations from reaching more than 39 percent of households.

The issue with this consolidation is that it limits the options of viewers to choose to watch a network that they trust.

"If Sinclair is the only local station for viewers to turn to, how much does their reputation even matter?" said Media and Communication Professor Arien Rozelle. "Sinclair will

have cornered the market and viewers won't have a choice."

The effects of this consolidation can already be seen down the road in Syracuse. In 2009, Syracuse's CBS affiliate WTVH merged with the city's NBC affiliate WSTM. In 2013, both were bought by Sinclair. The only other local news affiliate in Syracuse? ABC's WSYR, owned by Nexstar.

Having a large network of local stations is not always necessarily a bad thing, especially when it comes to breaking news from halfway across the country.

"When we had that shooting down in Fort Lauderdale, Florida, we were one of the first stations to be able to get that stuff in Rochester just because we had a local affiliate down there in Fort Lauderdale," said Ferguson. "That made it really easy."

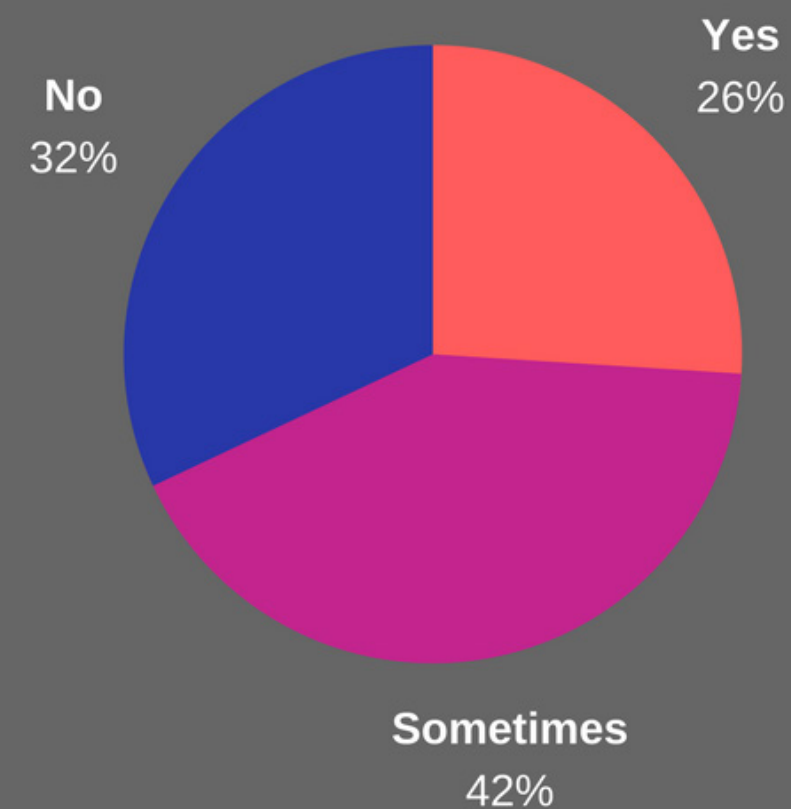
Still, corporate consolidation of local news can threaten the integrity of

local broadcasts in the eyes of some viewers. As senior Rob Potenzino said, "What is the point of having local news if it's just going to be nationalized across the board?"

Reporting local stories is still the primary focus and primary content of WHAM, WROC and local stations across the country. Reporters, anchors and producers fill these newsrooms 24 hours a day working to break the next big local story. Unfortunately, all of the attention has turned to national news packages that some people may have nothing to do with.

As Sellepack said, local news should stay local and for the most part, it still is. But with so much corporate consolidation already occurring and even more on the way, one has to ask how long it will stay that way.

Do you trust the media?



* 31 people participated in a Twitter poll from April 16-17



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Sinclair Broadcast Group's promotional message made headlines and it is blurring the line between local and national news

Holy Saturday, or Easter Eve, is not celebrated in America the same way that its December counterpart is. There is no pomp and circumstance in the hours leading up to the celebration of Jesus Christ's resurrection.

In many journalistic circles however, Holy Saturday, March 31, 2018 will be remembered for a very distinct reason. Timothy Burke of Deadspin posted a brief 516 word article and a one minute and forty one second video that immediately went viral.

You have undoubtedly heard about this by now. News anchors across the country at many of Sinclair Broadcast Group's 192 stations read the same script denouncing biased, fake news as being "extreme-

ly dangerous to our democracy."

The backlash from the public was harsh and immediate. Jim Carrey tweeted that Sinclair anchors were "robotic drones." National media referred to the promotional video as propaganda.

Sinclair is known to be a conservative news group who regularly push through "must run" segments not only from Chief Political Analyst Boris Epshteyn, a former senior advisor to President Donald Trump, but also scripts read by affiliates' local anchors. This can be troubling to viewers of these local stations.

"It's frightening that people who you are supposed to trust are instead moving towards a clear political agenda," said junior Dan Sellepack. "I think that local news should stay local."

Sinclair is the largest owner of local news stations in the U.S., but they are far from the only one to push through "must run" packages. Nexstar Media Group is the second largest network owner of local news stations in the U.S., consisting of 170 stations across the country including WROC Channel 8 in Rochester. Nick Ferguson, a former production assistant at WROC, recalls that Nexstar, like Sinclair, sent their affiliates "must run" packages that stations must run whether they want to or not.

"There were some packages that were just plain childish in my opinion that we had to run anyways because Nexstar made us," said Ferguson. "You have to do what you don't want to do sometimes because they're your parent company."

Sinclair and Nexstar are both large

Breaking Ground

The new dorm is coming to campus in fall of 2019



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Construction for the Upper Quad Residence Hall will begin after the 2018 commencement and will open to students for the fall 2019 semester.

The new building will be smaller than Keough. It will have one main kitchen and one main lounge on the first floor, but on the other two floors there will be a lounge and two study rooms on each. There will be a different style of furniture to allow for more storage and a laundry room will exist on every floor. The entire hall will be composed of double rooms with a shared bathroom between them.

A video has been posted on the Fisher website that shows what the building is planned to look like.

This year's freshman class is the largest Fisher has ever had, and the new residence hall is designed to alleviate the tripling situation, where three students are placed in a room designed for two. The 42,000 square foot building will add 156 beds.

"It promotes the expansion of new students," said freshman April Hathaway. "Our class in particular had more freshman coming in, so I'm glad that they're making accommodations for that."

There have been three housing studies over the last five years, and two years ago, apartments were considered as a possibility.

"What we found was the demand wasn't high for apartments on campus, and the cost to students would've been very high," said Terri Travaglini, assistant dean of students and residential life.

The new residence hall will eliminate 58 parking spaces in lots N and P. A parking circulation study completed in January found a decrease in issued parking permits and an increase of excess parking spaces since 2013. Additionally, Fisher is anticipating undergraduate admissions to remain the same.

Hearings for the new project have been ongoing in several town of Pittsford board meetings since January 2018 and have been on schedule.

The new project will be constructed by Labella Associates, the same company that has built the most recent buildings at Fisher.

Ever since Keough was built, an additional residence hall next to it has been in the campus master plan. This will be Fisher's first new housing addition since 2005. The college is currently looking for a new master planner as a guide for future developments.

Currently, the new residence hall is intended for upperclassmen but the college will stay flexible to possible changes in the future. There will be opportunities for students to offer their thoughts on certain design aspects once the construction is underway.

"In a way I think it's a good thing that they're doing residence halls only because I know they've made improvements on the other buildings and expanding them," said Hathaway. "I think residence halls are becoming an important aspect of people choosing a college and deciding where they want to go."

BATTLE *of* the SERVICES:

Streaming vs. theaters



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Twelve movie theaters in Rochester battle with streaming services to capture the attention of consumers. Even with the popularity of streaming giants, the traditional viewing experience might not have taken a back seat.

Movie theaters emerged in Rochester in the early 1990s. Even with the large screen, surround sound and endless snacks, theaters compete with Netflix, Hulu and Amazon Prime, just to list a few.

Sophomore Kyrell Johnson admitted that he goes to the movie theater once every two months, primarily when he is on a date. Even though Johnson uses Netflix or Hulu, he realizes that theaters are still relevant.

"Sometimes you want to go out for the day to go see the movie," said Johnson. "It's not really the same as staying at home and going to see it."

But some think otherwise. Austin Wildey, general manager at Pittsford Cinema 9, has noticed a decrease in overall theater attendance.

Story continued on page 8



Photo illustration by Kate Perry
// Photos by Diana Russo

Story continued from page 7

"We have seen a decline in theater attendance, especially since you can find movies now online, you can just stream them, if you are tech savvy," said Wildey. "Also, prices have increased over the years. But I think it's still relevant. It's still something to do. People want to have date night or have a reason to leave the house possibly."

A basic Netflix and Hulu account costs a user \$7.99/month and Amazon Prime costs \$49/year or \$4/month. Johnson realizes that these services offer a wider variety of options and are more convenient for users. People can cancel their membership whenever they would like and they can stream shows right at their fingertips. Several services also feature exclusive shows, which frequently end up as big hits.

Even though these Netflix originals haven't found their way to the big

screen, viewers might be better off. Movie tickets range from \$5 - \$9.75 at Pittsford Cinema 9, which is only eight minutes away from Fisher. If high school and college students present student identification, they receive \$1 off. Ironically, Wildey said most high school and college kids visit the theater at night during the week, when tickets are most expensive.

Sophomore Emmy Simimski does factor in the cost of the movie prior to going to the theater. She also enjoys staying in bed and watching her favorite shows or old movies off a device. Even though streaming services are convenient, she realizes that theaters are a luxury. Instead of waiting for the movie to appear on a streaming service, Simimski enjoys watching it on the big screen first.

Streaming giants might be on the rise, but Wildey has noticed an in-

crease in the number of college students who visit the theater. He credits this increase to cheaper prices and the option to buy tickets online.

"Our usual price is cheaper than most of the larger theaters anyway," said Wildey. "And we also offer a larger selection of candy and I think the best popcorn in Rochester."

On the contrary, the cost doesn't bother Johnson. However, he will shy away from going to the theater if a movie received bad reviews. Even with less options to choose from at the theater, Johnson prefers them over streaming services because the films that air tend to be more relevant.

Relevancy isn't the only thing that holds back viewers. Wildey admitted that there is a decrease in sales when public safety is seen threatened in the news. At that time, Wildey said that security levels at the theater increase by incorporating bag checks prior to entering.

In order to compete with streaming services, Wildey said that the theater underwent changes to entice customers. Wildey said that revenues increased in all theaters when 3D and reclining leather seats were added. The addition of these luxuries brought people to the theater but they come with a cost.

"We lost about 60 percent of our seat capacity," said Wildey. "But just the movie go experience has improved for people because they are more comfortable."

If that isn't enough, Wildey said that New York theaters might follow in the footsteps of theaters in the South and add more amenities. For example, dinners and alcohol might become a part of the viewing experience.

With innovations at the forefront and a competitive mindset, Wildey is confident that people will still go to the movies.

"Theaters, I don't think are going away anytime soon," said Wildey.



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NOW PLAYING



Photo by Diana Russo

10 MOVIES

Here are a few upcoming movies for the spring and summer season

I Feel Pretty (April 20)- The comedy follows the life of an ordinary woman (Amy Schumer) who has little to no self-confidence at all. Her self loathing suddenly comes to a halt when she wakes up from a fall with all the self-confidence in the world.

Avengers Infinity War (April 23)- The Avengers need to team up yet again to take down a new villain, Thanos. Will the Avengers be enough to stop the most powerful super villain yet?

Overboard (May 4)- Kate (Anna Faris), a hard working single mom, decides to get revenge on a rich man after he throws her equipment overboard. After the rich man suffers a case of amnesia, Kate shows up to the hospital and convinces him that she's his wife, and they live a simple life.

Bad Samaritan (May 4)- After a thief breaks into a man's house, he discovers more than he bargained for. Inside the house, he finds a girl locked up with chains. After the thief attempts to go to the police, the owner of the house turns on the thief and hunts him down.

Solo: A Star Wars Story (May 25)- This action-packed movie follows young Hans Solo and his

encounter with Co-pilot Chewbacca and gambler Lando Calrissian.

Jurassic World: Fallen Kingdom (June 22)- This movie takes place four years after the horrors of the Jurassic World theme park. A volcano is erupting on the island and Owen (Chris Pratt) and Claire (Bryce Dallas Howard) must return to save the dinosaurs. But they encounter a new and terrifying breed of dinosaurs.

Ocean's 8 (June 8)- Debbie Ocean (Sandra Bullock) assembles a group of seven other women to try and pull off the biggest heist in Met Gala history.

The Incredibles 2 (June 15)- The long awaited second chapter of The Incredibles picks off almost seconds where it left off years ago.

Life of the Party (May 11)- Housewife Deanna (Melissa McCarthy) decides to go back to college after her husband dumps her. In this comedy, Deanna jumps right into the wild life of college.

Mission: Impossible - Fallout (July 27)- Tom Cruise stars in another action-packed thriller, this time racing the clock after a mission goes wrong.



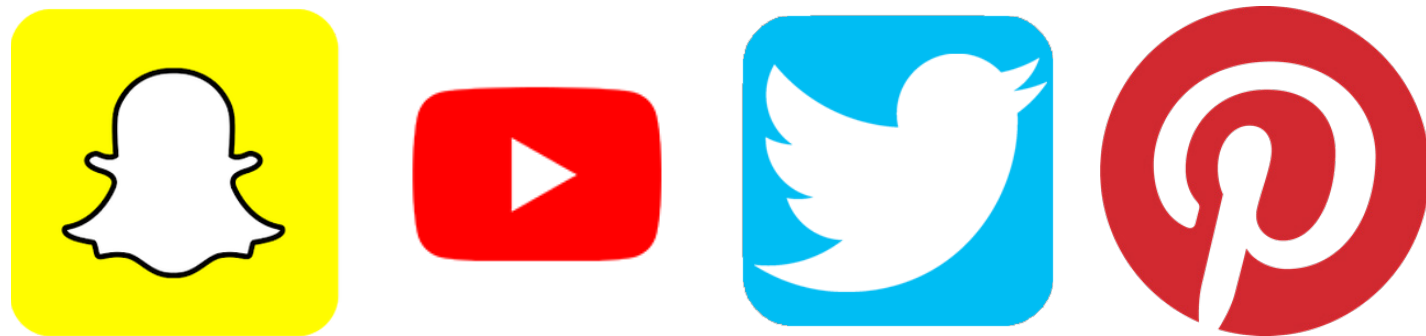
Photo by Diana Russo



Hidden Behind a Screen: How Fisher students portray themselves on social media



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If you walk around any building a few minutes before class starts, you can see students flooding the halls, the majority of them staring down at their phones. Most might be streaming music but others could be creating a blurred identity of who they truly are. Social media has a wide variety of platforms today, making it hard to pinpoint what students are doing on each one. In general, students post what is important to them and they portray themselves in a certain way. Instead of posting a realistic picture, young people tend to share the highlights in their life.

Senior Caitlyn Littlewood uses a variety of social media platforms, but prefers Instagram because most of her peers use it too. She said she uses social media to depict herself in a certain way.

"For my social media [specifically Instagram] my biggest thing is my bio," said Littlewood. "I am trying to portray what is in my bio, and telling people I am a college kid but also well-balanced and like I'm having a good time. I

think everyone posts things to get attention in a certain way, like if you post a picture in your bathing suit, you are probably going to get more likes. But it is also how society makes us want to portray ourselves."

There is pressure to have a large number of likes on a social media post because people like to know that they are validated by their peers. These likes can signal a positive response for students and it may encourage them to post something similar.

Marketing Professor Hemant Sashittal agreed that students choose to pose themselves in a certain way. He said Twitter is a platform where users seek followers to pay attention to them, Instagram uses leaders who have a significant following base to inspire others with similar interests and Snapchat is a 'connection to an out there,' meaning you can be friends with someone on Snapchat, but not in real life, and it isn't weird.

"On each social media they [students] are portraying a different message, and I think it depends on what social media and what student," said Sashittal. "Social media may well be your personal television channel. Imagine

if you had a TV channel. On CBS I see baseball, football, sitcoms and news. What would I see on [your] channel?"

Similar to a TV channel, social media is specific to one's interests. You watch what you are interested in and similarly, would post about topics you are interested in.

"In general Fisher students tend to have interests that would align with their posts, including how popular you are, what friends you have," said Sashittal.

"Students at this point in their lives tend to show off these things."

Sophomore Ryan Simmons admitted that he is "indifferent" about social media and if someone encourages him to post something on Instagram, he is more likely to do it.

"I am influenced by sports," he said. "If someone takes a cool picture of me playing, I will post it."

Freshman Matt Breslin uses social media for entertainment rather than socializing or keeping up with news. He believes Fisher students in particular try to portray themselves as more social than they actually are.

"Fisher students try to act like they party harder than they normally do," he said. "It just seems like they are showing fake personalities."

However you choose to portray yourself online, your identity is not private. David Baronov, chair of the depart-

ments of sociology and anthropology, realizes that there is no distinction between public and private life online.

"The difficulty with how college students portray themselves in social media is the word 'social,'" he said. "Most of us shop publicly and go to the bathroom privately. Even public bathrooms have private stalls. Social

media purposely blurs the lines between private and public behavior."

Privacy and individuality are topics within the realm of social media that can greatly affect what and how people post.

"We post many thoughts and images intended for close friends and these then enter the general public sphere because a private thought is social death if it is not loudly expressed publicly," said Baronov. "This

is necessary to prove you exist. However, if the only way we can express ourselves is by sharing our unfiltered private thoughts and images publicly, then it will be the judgments other people that begin to shape our own private thoughts and images and soon the idea of privacy and individuality will disappear from memory."

"Social media may well be your personal television channel. Imagine if you had a TV channel. On CBS I see baseball, football, sitcoms and news. What would I see on [your] channel?"

— Hemant Sashittal



Photo by Diana Russo

Powering Down

Fisher's facilities services needs students' help to cut energy bill



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Fisher has recently become more energy efficient, but its electricity bill could still support a purchase of about 4,037 iPads.

The electricity bill in 2017 was \$1,413,000, according to Ken Widanka, director of facilities. Fisher also spent \$360,000 on natural gas, used for heating and hot water. Since Fisher is heavily tuition-based, the majority of that money comes from students' tuition.

Even with the addition of buildings and increased enrollment, the energy bill hasn't fluctuated much. This can be credited to installing light emitting diode (LED) lighting, new boilers and better insulation. In order to take advantage of the energy-efficient upgrades, Widanka said that everyone on campus needs to be more aware of their energy use.

"Most of it is going to be a cultural change with people," said Widanka. "Like how do they keep the buildings conditioned, how warm or cold do they have it, do they shut off things when they leave, do they turn off lights when they leave. A lot of that is

culturally based and that's the hardest thing to go after."

Gary Kincade, an electrician at Fisher, has made it a priority to make the campus more energy efficient. Over the past five years, he has replaced inefficient lighting fixtures in the Fay Building, Skalny Welcome Center, dining hall, Keough, Campus Center and the bookstore. According to Kincade, Ralph C. Wilson, the Math Center and Golisano Gateway are fully equipped with LED lighting.

Five years ago, Kincade, remembers installing one of Fisher's first LED light bulbs in Skalny 141, a lecture hall used by many science students. He said that he hasn't changed those light bulbs since he originally put them in. Prior to using LED lights, he had to replace 15 90-watt light bulbs per month.

"In the five years they've been in there, material and labor saved us \$16,000 in just that one lecture hall," said Kincade. "And the power for five years saved us \$3,040. So we're just shy of \$20,000 in savings in that one building in five years."

Story continued on page 14

Stadium billboard on campus // Photo by Valerie Bucella

Energy by the Numbers

St. John Fisher's energy savings after putting in LED lighting

In 2017, Fisher's energy bill was **\$1,413,000** for electricity and **\$360,000** for natural gas, according to Ken Widanka, director of facilities services

In five years, switching to LED in the lecture hall Skalny 141, saved a total of **\$19,040**. Saved **\$16,000** in material and labor and **\$3,040** in electricity.

In six years, switching to LED in Keough will save a total of **\$154,581**. Will save **\$84,571** for the halls, **\$66,482** for the dorm rooms, and **\$3,588** for the kitchens.

After changing the 80 watt bulbs to 36 watt LEDs in Founders Hall, Founders saves an average of **33,080** watts per hour.

Story continued from page 13

After completing Skalny 141, Kincade switched other inefficient lighting to LED, which are designed to last around six years. One of the dorms that is currently all LED lighting is Founders Hall. Founders saved an average of 33,080 watts per hour after 36 watt LEDs were installed, according to Kincade. After installing LED lights into almost all of Keough, Kincade found that in six years, Fisher will save a total of \$154,581, including \$84,571 for the halls, \$66,482 for the dorm rooms and \$3,588 for the kitchens.

"The next two buildings I'm after are pharmacy and nursing and they're both fairly new, but they have that old technology in there, which is costing a lot," said Kincade.

In order to replace these lights, Kincade uses the process of retrofitting, meaning adapting the old attachments to be able to install the LED lights. For every old light, Kincade uses a retrofit kit to install a driver, which allows lower voltage lighting, such as LEDs, to function

better.

Niko Mirizio and Zach Sisera, who are roommates in Keough, noticed

a difference in the appearance of their dorm room when LED lighting was added over spring break.

"I can definitely see a difference now that we've changed the lighting and I'm glad Fisher is taking a step to do this throughout the campus and in Keough," said Mirizio.

Sisera said that he saw people working on lighting fixtures before spring break and after he got back,

he noticed that his dorm room and the hallways were much brighter. He also said the change makes Keough feel like a more liveable place.

"When it was darker, it just felt like no one was really around and it was just

like, you'd get there and you'd walk straight to your room," he said. "But now it feels like you could definitely come and hang out in the lounge

"When it was darker, it just felt like no one was really around and it was just like, you'd get there and you'd walk straight to your room. But now it feels like you could definitely come and hang out in the lounge and it feels a little bit more homey."

– Zach Sisera

and it feels a little bit more homey."

Students often complain about the scoreboard in front of Growney Stadium because it is lit up late at night. Sophomore Jake Maurer said it isn't necessary to keep the scoreboard on late at night because it is barely visible from the road and the light shines through dorm room windows.

"I just think that getting students more aware of their energy use and involved in saving energy can have a lot of the benefits to the school," said Mirizio.

MJ Iuppa, a professor in the English department, said that faculty members can also be more conscious of their energy usage because they leave the room with the lights and computer still on.

One important feature that has allowed Fisher to save energy is

installing relay switches, which close lighting circuits when the sensors don't detect movement for a period of time. These relay switches are found in a lot of offices, residence halls and in some buildings like Skalny.

"In the dorm hallways, we've put the sensors in so at midnight, when everyone's in the room and nobody's walking, all of the lights shut down but the emergency lights," said Kincade.

However, not all lighting at Fisher relies on relay switches, which means that students need to be aware of when they should turn lights off, especially in classrooms.

While some dorms have thermostats that students can control, older dorms, such as Ward, Michaelhouse, and Murphy, don't provide students that luxury. This means that students

often leave windows open to cool off their dorms, even on colder days, which can waste energy.

The heating in older buildings, such as Basil Hall can also be variable. Iuppa notices that the heat and air fluctuates periodically, which adds to the problem.

Currently, none of Fisher's energy comes from a renewable source. To change this, Michael Boller, a biology professor who founded Fisher's Center for Sustainability, is aiming to create a contract with a solar farm to buy solar energy.

"It's a large investment," said Maurer. "I know that they're pretty expensive to install and everything, but as far as what it does of credibility of Fisher with people visiting here, if they saw a bunch of solar panels around. I think that would be good for the school economically."



Photo by Valerie Bucella // Gary Kincade explains the new lighting, a canned LED light, in Keough Hall



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CARDINAL COURIER

FRESHMEN BECOME A PART OF THE FISHER FAMILY

NEW TALENT

Fisher coaches talk about what they look for in prospective athletes



By Justin Miles
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Athletic accomplishments might be impressive, but Fisher coaches look for more in a student who wants to take the field as a Cardinal. As a Division III institution, Fisher athletes are students first and no one can receive an athletic scholarship. As a result, student athletes must prioritize academic responsibilities over athletic responsibilities. However, Kelly Greapentrog, men's and women's volleyball head coach, expects athletes to be both physically and academically sound.

"I think it is essential to look for strong academic students," said Greapentrog. "I want student athletes who are fully invested in improving their physical abilities. Multiple sport athletes or athletes that are playing year round are preferred."

The men's soccer program featured 12 players on the fall 2017 Empire 8 President's List. To receive this honor students must earn a 3.75 grade point average or higher while participating in a conference-sponsored sport, according to the Empire 8 website. In order to uphold these standards, Rob Searl, men's soccer head coach, looks for students who are physically developed and stand out on the field.

"I look to see if they are actively involved in activities outside of sports," said Searl. "This has a correlation to

maturity and dedication to the education and to the school. They need to show me that they have a good understanding of positional soundness and awareness of the game by answering my soccer related questions with eagerness and clarity."

Greapentrog also seeks out people who are mature. She is impressed when a student is in contact with her, rather than their guardians.

"I am impressed when they know what they want and are pursuing it with passion," said Greapentrog. "I am impressed with athletes that play with courage and are not fearful of mistakes."

In order to determine an incoming student's athletic and academic ability, potential student athletes must complete paperwork. This opens communication and allows student athletes to understand their dual responsibilities.

Freshman Brandon Cox-Bagley, who is a member of the men's volleyball team, said that he weighed his options when picking a school to attend. He was originally contacted by Steve England, the associate head coach for men's volleyball, and was impressed with his persistence. Cox-Bagley said this encouraged him to attend Fisher and helps maintain rigor for the team.

"Because this is a new program the coaches know exactly what they want and what their goals are," said Cox-Bagley. "That was something that I did not see in the other coaches and schools that I looked at."



Photos by Valerie Bucella

A RUNNING START



Photo courtesy of Fisher Athletics



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Mark VanMarter wins Fisher's second national championship

National Champion long jumper Mark VanMarter has just completed a historic indoor track season for the Cardinals. Now the senior hopes to carry this success into the final season of his collegiate career.

After a 2016-2017 season in which VanMarter qualified as a junior for the National Collegiate Athletics Association (NCAA) Division III Indoor and Outdoor Track & Field Championships for the long jump, it became obvious that a record-setting senior season was bound to follow. During that season, he came in 15th and 16th at NCAAAs with jumps of 6.32 meters and 6.83 meters respectively.

Already this season, VanMarter has smashed his previous records and made history for Fisher.

Earlier this March, during the first day of the NCAA Division III National Championships, he claimed the first long jump championship for the Cardinals and only the second national championship in Fisher's history (Scott Harris Jr. took the individual award in men's golf in the 2008 season).

The senior jumped a tremendous 7.36 meters in the finals of the Indoor Championships, 0.06 meters above the second-place finisher to clinch the title. Injuries to both of his legs have kept him from jumping at his peak, but this year, everything has fallen in line.

"It was the greatest feeling in the world," said VanMarter. "I've never been able to show my true potential due to injuries over the last few seasons. I was happy to be healthy enough to get out there and give it 100 percent, and it paid off."



Photo courtesy of Fisher Athletics

VanMarter said this wasn't a surprise either.

"I knew that it was only the second in Fisher history," he said. "It had been my goal to be Fisher's next national champion since freshman year."

His teammate, and record-setting freshman, Kyle Rollins said that VanMarter's success is well-earned.

"You can tell how bad he wants it by how hard he works," said Rollins. "I'm just happy for him that he's healthy and at his best."

VanMarter was also selected to participate in the prestigious Clyde Littlefield Texas Relays, presented by Home Depot. The 91st annual event was held on March 28-31 at Mike A. Myers Stadium in Austin, Texas. The meet hosted some of the world's top athletes, including Olympians, World and U.S. Qualifiers and Division I National Champions.

VanMarter quickly proved that he belonged. His first jump of the event marked an incredible 7.37 meters. With legal wind, the senior jumped 7.30 meters, which posts an Atlantic qualifying mark and puts VanMarter at the top of

the national ranks for the long jump.

Now that his last indoor season is in the books, his collegiate sports career will end with outdoor track in the spring. Although most people would be more than

happy with one national championship, VanMarter hopes to win another.

"Although it [indoor] was a great season for me, there's still a lot of room for improvement," he said. "I hope to take all of my conditioning and technical flaws and improve on them so I can make my last season my best one."

Improving on a nation-best mark will be difficult to say the least, but if he can stay healthy, a second national championship might be possible for VanMarter.

Although his track career is coming to an end, VanMarter will still remain a student. The senior Biology major plans

to finish his education at the University of Buffalo's dental program. He also would like to acquire a graduate assistant coaching job to keep his favorite sport in his life.

"It was the greatest feeling in the world. I've never been able to show my true potential due to injuries over the last few seasons. I was happy to be healthy enough to get out there and give it 100 percent, and it paid off."

– Mark VanMarter

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