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## Two for two: Oswego has pair of PRWeek finalists for second year

For the second year in a row, two of the five finalists in the prestigious PRWeek Student of the Year competition came from SUNY Oswego. This year, Nora Abdelnabi and Corey Lemon both earned finalist positions among more than 900 entries into the national competition in New York City.

The annual competition provides college students the opportunity to win \$5,000 and a paid internship with public relations firm Hill and Knowlton. This year's students followed in the footsteps of Oswego's two finalists last year, Melissa Andrews and Leila Boukassi.

"I am so proud of Nora and Corey for continuing the tradition this year of Oswego State public relations students placing in the top five national finalists of the competition," said Professor Tina Pieraccini of the communication studies department. "They both worked very hard on their campaigns and excelled in this stiff competitive arena."

Pieraccini teaches "Advanced Public Relations" where students must create a campaign for the PRWeek competition, and she submits all campaigns. This year, the campaign client was Youth Venture, a Virginia-based organization that encourages youth to get involved in community service.

The finals, which took place in January, started with a half-hour presentation to a panel of judges. Then contestants had to pitch their campaign on the phone to Matt Boyle from Fortune magazine. The day concluded with a crisis-scenario exercise.

The two students approached the campaign with different awareness strategies. "I created an online word-based trivia game, where kids and parents are able to donate food to the hungry by playing the

game," Lemon said. "The game is the draw; the call to action is the possibility of earning credit through Youth Venture."

Abdelnabi said she decided that a celebrity endorser would be a way to draw youth, and she chose musical artist Kanye West.

"We would be touching young people on a personal level by going into the classroom and creating dialogue on youth-related issues with high and middle school students," she said. "Each school would get a large poster called a Vent Your Visions wall. Kids could express their perspectives on issues that they are passionate about."

She envisioned that every poster distributed to the schools could come together to make a backdrop for a future West concert.

While neither student claimed the grand prize, the two seniors said they feel that they learned much about public relations, as well as about themselves.

"I learned to stick with my gut. My intuition was important to me. I doubted myself a little bit but I overcame that and I stuck with everything I wanted to do," Abdelnabi said. "It proved to me that regardless of what I do, when I put my heart into it, I always see a good outcome."

The experience also reaffirmed Lemon's belief that the public relations field is where he wants to be.



**Two for two** — SUNY Oswego students Corey Lemon and Nora Abdelnabi were two of the five finalists from more than 900 entries for the prestigious PRWeek Student of the Year competition. It was the second year in a row Oswego has placed two students in the finals.

"This is what I do. It's always what I've wanted to do. Communicating with people, and doing that in terms of making it happen, being there, selling the idea, it just fits," he said. "We got to do public relations in a legitimate PR environment, with a little bit of fun on the side." □

— Christopher Hill

## Three grants fund professor's studies of 'elusive' Great Lakes sturgeon

Amy Welsh, assistant professor of biological sciences, is using genetic analysis to learn more about lake sturgeon in the Great Lakes region in three ongoing research projects funded at more than \$200,000.

While not federally protected, lake sturgeon are estimated to exist today in wild populations at just 1 percent of their historic population level, Welsh said, and New York lists the fish as "threatened." Findings from her studies will have implications for the future of lake sturgeon.

Welsh is the principal investigator on a \$170,871 grant from the Great Lakes Fishery Trust, a \$14,203 grant from the Ontario Ministry of Natural Resources

and a \$10,000 grant from the Great Lakes Fishery Commission.

The larger grant is for a two-year project involving 10 researchers from federal, state, provincial and tribal agencies as well as Welsh from SUNY Oswego and Kim Scribner from Michigan State University. They are attempting to learn more about the movement of lake sturgeon in the lakes, where they spend most of their time.

"Lake sturgeon are pretty elusive," Welsh said. "There's not much known about where they go when they're not spawning" in rivers, she said. They do not

begin spawning until they are 15 to 20 years old and then may spawn only every seven years.

Welsh's doctoral research involved identifying various populations of lake sturgeon, 27 in all, associated with rivers where they spawn. The new project involves genetic analysis of sturgeon in Lakes Superior, Huron and Michigan to see how widely and where the fish from these known populations range.

"They're bottom feeders and prefer shallow water, but we know they can move long distances, probably tracking food resources," Welsh said.

For the studies, Welsh extracts DNA from samples

that a colleague has collected. Each sample consists of a "fin clip," a snippet of the dorsal fin taken from a fish that was caught and released, Welsh explained.

For the Great Lakes Fishery Trust project, she will conduct the analysis of fish from Lakes Superior and Huron, and Scribner will analyze fish from Lake Michigan. Nearly \$62,000 of the grant will support her work at Oswego.

In the second project, running from November to June, Welsh is studying lake sturgeon in the Namakan River in Ontario, where two or three hydroelectric power plants may be built.

Results of genetic analysis will help determine if such facilities would disturb the fish that spawn in the river any more than existing natural barriers — rapids — already do. The answer hinges on whether the fish are all from one population or from as many as five populations.

In the latest project, a pilot study that began last month, Welsh and a colleague in Wisconsin are investigating the disease resistance of wild lake sturgeon and hatchery-raised lake sturgeon from the Menominee River on the Wisconsin-Michigan border.

They are looking at a certain component of the immune defense system — the major histocompatibility complex — in the two populations. The higher the diversity of this component in a population, the greater is its resistance to disease. Inbreeding, which may occur in hatcheries, is likely to lower the diversity and therefore the long-term viability of the hatchery-produced fish.

"The results of our research project would provide information about the retention of genetic diversity in the hatchery setting that would strengthen the success and evolutionary potential of stocked lake sturgeon," the researchers wrote in their grant proposal. □

— Julie Harrison Blissert



**Fish studies** — Amy Welsh of the biological sciences department prepares a fin clip from a lake sturgeon for genetic analysis. She has three projects under way to learn more about the Great Lakes fish.

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## College trends

### Student loan crunch

“Some student loan lenders are predicting that college loans will be more expensive or even unavailable because of the credit crunch caused by the subprime mortgage situation. This has affected smaller private lenders like Nelnet, as well as a state-sponsored loan program in Michigan. However, Sallie Mae officials are not concerned about this situation and believe that higher prices will result because of subsidy cuts approved by Congress last year. Similarly, public loan officials in Vermont say they will keep making loans, but will pay higher interest rates on bonds used to make the loans.”

— *Edlines*, American Association of State Colleges and Universities, Feb. 14, 2008

### Students' job prospects

“This spring's college graduates will enter a relatively good job market, a survey by the National Association of Colleges and Employers has found. Early data indicate that the overall average starting salary offer for graduates is 4 percent higher than it was at this time last year. Among the graduates who can expect the biggest increases: those with degrees in marketing, engineering, and technical fields. The average offer for computer-science majors rose 7.9 percent, to \$56,921 from \$52,738.”

— *The Chronicle of Higher Education*, News Blog, Feb. 12, 2008

### Presidential pipeline

“Women represent a significant share of the senior campus administrators whose jobs are most likely to lead to a college presidency, according to a new survey by a leading higher-education group. But when it comes to members of racial minority groups, the supply of such potential leaders is much smaller. A report released this week on a study by the American Council on Education revealed that women — most of them white — made up fully 45 percent of senior administrators. Only 16 percent of senior leaders surveyed were members of minority groups. . . . The statistics for chief academic officers at universities, a post that is often second in command and that is most likely to lead to the presidential suite, put those numbers into even sharper focus. Women made up 38 percent of chief academic officers tallied in the survey, while only 10 percent of those who held that job were African-American, American Indian, Asian, or Hispanic. . . . The share of senior administrative positions held by members of minority groups is roughly the same as their representation in the college presidency and among the ranks of tenured full-time faculty members — both of which are at about 14 percent, according to the report.”

— *Academe Today*, *The Chronicle of Higher Education*, Feb. 8, 2008

### Doctoral degrees hit record

“The number of doctoral degrees awarded by American universities increased by 5.1 percent in 2006, to a record high of 45,596, with almost all of the increase in science and engineering fields and more than two-thirds of the new Ph.D.s awarded to non-U.S. citizens. Overall, foreign-born researchers were awarded 35 percent of all doctorates in 2006. Of the 26,000 research doctorates awarded to U.S. citizens, 20 percent went to minority scholars. The number of minority students who earned Ph.D.s grew to 5,211 in 2006, up from 5,075 in the prior year. The percentage . . . is the highest ever recorded by the annual report. African-American researchers led the way with 1,659 doctorates. Data come from the Survey of Earned Doctorates, conducted by the University of Chicago's National Opinion Research Council for the National Science Foundation and five other federal agencies.”

— *NEA Higher Education Advocate*, National Education Association, February 2008

## People in action



**'Doll's' cast** — Henrik Ibsen's classic play "A Doll's House" will open the spring theatre season on Feb. 29. The student cast includes, standing from left, Nathaniel Angstrom (Nills Krogstad), Ryan Santiago (Torvald Helmer), Knate Roy (Dr. Rand) and Katherine Boswell (Ann-Marie); and seated from left, Kim Greenawalt (Helen), Lucaya Luckey-Bethany (Nora Helmer), Sara Weiler (Kristine Linde) and Charlie Smith (messenger). For reservations or more information, contact Tyler box office at 312-2141 or [tickets@oswego.edu](mailto:tickets@oswego.edu).

Oswego's University Police chief **Cynthia Adam** has announced the recent appointment of **John Rossi** to the rank of assistant police chief. Rossi has been a member of the agency since 1987 and has served since 1996 as an investigator. He has expertise in the areas of investigation, drug interdiction, forensics and police technology and has recently been assisting the department in that regard by writing, receiving and implementing a grant through the New York State Police for laptops to be used in marked police vehicles to streamline police reporting structures at SUNY Oswego. Rossi graduated from the Department of Criminal Justice Services supervisors school conducted at the Department of Environmental Conservation training facility this month.

Officer **Daniel May** has been appointed to the position of investigator. He has been with University Police since July 1995, working first for SUNY Canton University Police and transferring to Oswego in 1996. He has been involved with police training in several areas including firearms, emergency response, Rape Aggression Defense systems and the field training of new police officers. May has a keen interest in investigative work and has attended specialized training in this area including crime scene investigation and other technical aspects of crime investigation.

Officer **Geri Bosco** has been appointed to the position of lieutenant. She has served in this agency since 1988 and is skilled in police supervision, police training, field training, DWI enforcement, sex crimes investigation and self-defense for women. Bosco is the administrative officer for the college's Rape Aggression Defense program for women's safety. She served previously as a lieutenant at the Upstate University Police.

**Laurene Buckley**, director of Tyler Art Gallery and assistant professor of art, is the author of the introduction to the book *F. Luis Mora: America's First Hispanic Master* by Lynne Pauls Baron. The biography tells the story of a Hispanic painter, born in Uruguay in 1874, who transcended the rhetoric against Spanish speakers surrounding the Spanish-American War that resulted in Cuba's independence. The book explores Mora's assimilation into America's artistic establishment and chronicles his life. The Institute for Cuban and Cuban-American Studies at the University of Miami will hold a reception and presentation for the book with the author, Buckley and Mora's cousin

on March 20. Buckley has written several notable books about 19th century American Impressionist painters, including Edmund Tarbell (1862-1938), who was Mora's art instructor. At the March 20 event, she will discuss Mora's training at the Boston Museum School of Fine Arts where Tarbell influenced Mora's artistry. □

### Alert system experiences glitch

SUNY Oswego activated its emergency messaging system, NY-Alert, for the second and third times Monday, Feb. 11, as one means of announcing the cancellation of classes.

However, unlike the successful use on Feb. 1, on Feb. 11 the system failed to make voice phone calls. Text messages and e-mail messages were delivered promptly. Oswego's Campus Technology Services has contacted officials in SUNY in an attempt to determine the reason for the failure.

NY-Alert is operated by the State Emergency Management Office, which provides it to SUNY campuses free of charge.

A total of 5,634 students and 355 faculty and staff had signed up to receive SUNY Oswego emergency messages through NY-Alert as of last week.

Students may sign up for NY-Alert or change their contact information and preferred contact medium by logging on to myOswego and accessing NY-Alert under personal information. Faculty and staff can enter their contact information by logging on to the employee portal on SUNY's Web site, [www.suny.edu](http://www.suny.edu). □

### Deadline extended for grants, awards

The deadline for student-faculty teams to apply for Student-Faculty Collaborative Challenge Grants has been extended to Feb. 25. For information, see [www.oswego.edu/administration/provost/grants\\_and\\_awards.html](http://www.oswego.edu/administration/provost/grants_and_awards.html).

The deadline for nominations for the President's Award for Scholarly and Creative Activity (for senior faculty) and the Provost's Award for Scholarly and Creative Activity (junior faculty) has been extended to March 10. Guidelines have been amended for the Provost's Award. For complete descriptions of these awards, eligibility requirements and the monetary prizes associated with them, see [www.oswego.edu/administration/provost/faculty\\_awards.html](http://www.oswego.edu/administration/provost/faculty_awards.html). □



**Centrifugal experience** — Senior biochemistry major Greg Miller (left) and James MacKenzie of the biological sciences faculty work with the ultracentrifuge in the Molecular Biology and Biochemistry Center in Snogg Hall.

## NSF funds equipment for research, teaching

James MacKenzie, assistant professor of biological sciences, and colleagues in that department and the chemistry department have acquired and set up a new ultracentrifuge for research and teaching.

A “major research instrumentation” grant of \$75,618 from the National Science Foundation made the acquisition possible. The ultracentrifuge is in the Molecular Biology and Biochemistry Center in Snogg Hall.

The new equipment uses gravitational force — up to 500,000 times the force of gravity — to “separate mixtures of molecules such as proteins of different sizes and shapes and isolating structures such as viruses and subcellular organelles,” MacKenzie said.

Beginning next fall, all biochemistry students and some students in the biological sciences and chemistry departments will be able to use the ultracentrifuge

either in class or assisting professors in research, MacKenzie said.

“Using an ultracentrifuge students will get experience working with biological materials that are so small that they usually have a difficult time conceptualizing their characteristics,” according to the grant proposal.

MacKenzie is the principal investigator on the grant. Timothy Braun of biological sciences and Webe Kadima of chemistry are co-investigators, while Kestas Bendinskas of chemistry is senior staff to the project.

They will use the ultracentrifuge in their research into protein targeting to mitochondria, bacterial motility and insulin chemistry, MacKenzie said, as well as in biochemistry classes. □

— Julie Harrison Blissert

## Oswego emphasizes Basics to combat substance abuse

In addressing student abuse of alcohol and other drugs, SUNY Oswego is emphasizing the Basics.

Oswego is one of many colleges adopting Basics — short for Brief Alcohol Screening and Inventory for College Students — because it’s seen as a more up-to-date and best-practices intervention model, said Thad Mantaro, alcohol and other drug prevention coordinator in the Lifestyles Center.

“The optimal goal is to reduce risk and harms associated with substance abuse,” Mantaro said. “Studies show that when students go through this program, they lessen their risks, they lower their use and they reduce the harms associated with alcohol abuse.”

Basics replaces the college’s previous intervention programs, CheckPoint and New Path, required when students had an alcohol or other drug violation. CheckPoint, required after the first violation, involved five 90-minute group sessions in one week. A second violation would put the student into New Path individual sessions.

“We had very strong, very well-thought-out programs before, but it’s always changing in the field,” Mantaro explained. “Many colleges are moving to Basics not only because it’s acknowledged as a best practice but because it’s been discovered that short interventions are as successful as longer interventions.”

### Students more involved

Basics is an individual, interactive program, Mantaro said. A first 45-to-60-minute session with a counselor provides initial program information and a link to a Web site with a questionnaire. Students keep a use inventory for two weeks, and see a feedback profile offering personalized information and comparing their use to other students, which they go over one-on-one with a counselor at a second session that

runs 45 minutes to an hour. Students also have a brief follow-up meeting with a short test six weeks later.

Having students involved in evaluation and inventory of their actions makes them more involved in the treatment, and the gathered information allows counselors to offer customized feedback, Mantaro noted.

“Basics relies mainly upon motivational interviewing, a technique that helps someone move from one stage of behaviors to another with less risk and lower harms,” he added.

### Better response

Students have responded better to this approach because they “perceive it as less punitive and more tailored to their schedule,” Mantaro said, stressing it emphasizes students analyzing their behavior in a judgment-free environment. “They are more likely to respond better when they are less defensive or defended.”

Basics also acknowledges that alcohol use in college can be part of a developmental process and that more successful treatment programs stress making healthy choices and considering consequences more than emphasizing just abstinence, Mantaro said.

“Most students will not develop a lifetime substance-abuse problem,” he said. “Use of alcohol is often connected developmentally to their life stage. Developing a program matched to that situation is what Basics is about.”

Students with a second violation would attend an Alcohol and Other Drugs Education Group meeting once a week for four weeks, which builds upon information from the Basics program.

Oswego started the program with the spring semester and will collect data to evaluate and track its overall progress, Mantaro said, though its success elsewhere has been encouraging. □ — Tim Nekritz

## Professor examines 200 years of local medical history

In writing a book compiling 200 years of local medical history, Gwen Kay of Oswego’s history department was able to dissect how doctors dealt with changes in their practice and the surrounding world.

*Celebrating Physicians Past and Present: The History of Local Medical Care, 1806-2006*, which commemorates the Onondaga County Medical Society’s bicentennial, already sold out its initial run and is in its second printing. While it examines what happened locally, it applies to changes in medicine, in society and in technology that influenced doctors and patients everywhere.

Kay studied the Onondaga County Medical Society’s minutes, as well as newspaper articles and related materials, to co-author the book with Gerald W. Hoffman, the society’s executive director. Kay particularly covered developments from 1806 until around World War II.

She said that she expects those reading the book, especially doctors, will gain a greater appreciation of how much medical practices have evolved. Basic medical practices today became that way after World War II — with most of the ancillary changes involving technology — so many doctors even reaching retirement age may not be aware of how much medicine changed in preceding generations, she added.

### ‘Those new X-ray things’

Poring through the minutes revealed how the doctors dealt with the changes that impacted their profession and their patients. “As the technology changes, they talk about it,” she said. “It’s interesting to see people talking about ‘those new X-ray things.’”

But the book, first published in fall 2007, also demonstrates how the physicians’ meetings were concerned with the issues of the day, whether local or global. “For instance, there would be a cholera epidemic in Albany, and they would see it coming every time and say: ‘We don’t want this coming down the Erie Canal. How do we prevent it?’”

Since Upstate New York was at the vanguard of social movements from the mid-19th into the early 20th century, the notes offer glimpses into how attitudes changed to address hot topics.

“One of the physicians is a key figure in the Jerry Rescue,” Kay said of a famous citizen-led rescue of an escaped slave from Syracuse jailers. “People are talking about the temperance movement at all the right times. There are people advocating strongly for women to become part of the medical society. All the currents that came through Upstate New York are encompassed in the medical society.”

She also noted a practical change in detail of the society’s minutes when doctors taking minutes started handing them over to office managers to type. “Once the minutes become typed, the descriptions become more basic and terse,” Kay said.

For more information on the book, contact the publishers, the Onondaga County Medical Society, at 424-8118 or [oncms@oncms.org](mailto:oncms@oncms.org). □ — Tim Nekritz



**Diagnosing history** — Gwen Kay of Oswego’s history department co-authored *Celebrating Physicians Past and Present: The History of Local Medical Care, 1806-2006*.

## Announcements

### Classic 'A Doll's House' to open college's spring theatre season

Henrik Ibsen's classic and controversial play "A Doll's House" brings Oswego alum Kevin Kennison back to campus and launches the college's spring theatre season next week.

Kennison, a 1982 Oswego graduate, has returned from New York City as a visiting professor of theatre and to direct "A Doll's House."

"I look forward to the huge challenge of working with this great play, so controversial in its time that it caused riots and was banned in places, and together with the actors make its characters and message from another age come alive for present-day audiences," Kennison said of the play that debuted in 1879 and proved shocking for its then-progressive view of a woman's rights in marriage.

Often referred to as the father of modern drama, Ibsen created material that drove theatre in a direction other than simple entertainment to a forum for exposing and discussing social issues. His portrayal of common people facing extraordinary circumstances was denounced by critics, and captivated audiences, Kennison said. "A Doll's House" remains a fixture in literature classes today.

"Is Ibsen's deeper theme relevant for a 2008 audience to relate and react? That is our investigative goal," Kennison explained. "Through our Victorian-era sets, costumes and music, the audience will be transported back in time, but it's Ibsen's words spoken through the actors that share a story of people, relationships, actions and consequences that may evoke surprising reactions even in Waterman Theatre."

Oswego's production features the student ensemble cast of Lucaya Luckey-Bethany (Nora Helmer), Ryan Santiago (Torvald Helmer), Sara Weiler (Kristine

Linde), Knate Roy (Dr. Rand), Nathaniel Angstrom (Nills Krogstad), Kim Greenawalt (Helen), Katherine Boswell (Ann-Marie) and Charlie Smith (messenger).

"A Doll's House" will preview at 8 p.m. Thursday, Feb. 28, in Tyler Hall's Waterman Theatre with all seats priced at \$5. Additional 8 p.m. performances will be offered Feb. 29 and March 1, 7 and 8, with a 2 p.m. Sunday matinee on March 9. Tickets for the regular run cost \$12 (\$10 for seniors and children, \$7 for SUNY Oswego students).

For reservations or more information, contact Tyler box office at 312-2141 or [tickets@oswego.edu](mailto:tickets@oswego.edu). □

### Trustees schedule meeting

The board of trustees of the State University of New York will hold a public hearing March 11 in conjunction with the March board of trustees meeting in Albany. It will be held at 3 p.m. in the State University Plaza's Federal Courtroom. It will be webcast from a link on [www.suny.edu](http://www.suny.edu).

The purpose of the hearing is to receive testimony and statements from concerned individuals about university-wide issues.

People wishing to present prepared testimony are asked to get a letter to John J. O'Connor, vice chancellor and secretary of the university, State University Plaza, Albany, New York 12246 no later than noon Friday, March 7. Letters should identify the subject of testimony and provide a telephone number and an address. Such testimony will be limited to five minutes, and the speakers are asked to provide six copies of their written testimony on the day of the hearing.

People who wish to make extemporaneous comments of no more than three minutes are asked to file their names with the hearing registration officer on the day of the hearing. □

### Due East heads north to Oswego

Due East will present the distinct pairing of flute and percussion playing mostly new compositions at 7:30 p.m. Wednesday, March 5, in Sheldon Hall ballroom. The performance is part of SUNY Oswego's Ke-Nekt Chamber Music Series.

Percussionist Greg Beyer and flutist Erin Lesser formed the duo in 2001 at the Manhattan School of Music. Their partnership focuses on working with young and emerging composers to create a unique and engaging 21st century repertoire. They will give an "informance" at 12:40 p.m. March 5 in Room 41 of Tyler Hall, part of College Hour.

Tickets to the full-length evening concert cost \$15 (\$10 for senior citizens and students, \$5 for SUNY Oswego students). For information or reservations, call 312-2141, e-mail [tickets@oswego.edu](mailto:tickets@oswego.edu) or visit [www.oswego.edu/ke-nekt](http://www.oswego.edu/ke-nekt). □

### Curriculum grant proposals due

Curriculum Innovation Grants support the creation of new courses needed to keep disciplinary, interdisciplinary and general education programs up to date in content, quality and delivery. The deadline to apply is March 3.

Once again this year, preference will be given to proposals that address the college's commitment to expanding student knowledge and skills related to international and intercultural issues.

For complete guidelines visit the provost's Web site at [www.oswego.edu/administration/provost/faculty\\_grants.html](http://www.oswego.edu/administration/provost/faculty_grants.html). □

### Rice Creek Station explores winter

Nature hikes are among the winter activities scheduled at SUNY Oswego's Rice Creek Field Station.

A series of naturalist-led Rice Creek Rambles — walks introducing participants to the wintertime sights and sounds of the station — will start at 11 a.m. on these Saturdays: Feb. 23, and March 1, 8, 22 and 29. Attendees are asked to call on the morning of the hike to check trail conditions. A limited number of snowshoes are available on a first-come, first-served basis. An adult must accompany children for this admission-free program.

For additional information on any program, call 312-7961.

Rice Creek Field Station includes the 26-acre Rice Pond surrounded by 400 acres of land ranging from open fields to forests. Trails are open every day from dawn to dusk. □

### Police report

Since Feb. 1, University Police have investigated several cases of theft, marijuana possession, harassment, vandalism and disorderly conduct. They made five arrests.

Police charged a Rochester resident with driving while intoxicated, driving with a blood alcohol content above .08, and a violation.

Officers charged an Onondaga Hall resident with fifth-degree criminal possession of stolen property. He is accused of stealing soda from the soda machine.

In separate incidents police charged a Massapequa Park resident and an Onondaga Hall resident with unlawful possession of alcohol by persons under 21. Officers charged a Latham resident with unlawful possession of marijuana. □

## Calendar highlights

- Rice Creek Rambles, Feb. 23 and March 1
- Men's ice hockey conference semifinal, Feb. 23
- Concert by Upstate X-tet, Feb. 27
- "A Doll's House" opens, Feb. 29
- Concert by Due East, March 5

For a more complete calendar, see SUNY Oswego Events online at [www.oswego.edu/news/calendar/](http://www.oswego.edu/news/calendar/). □

## Spotlight

### Oswego, wrestling, learning family traditions for Howard

*This week's Campus Update Spotlight shines on Mike Howard, a sophomore education major with a social studies concentrate. The Oswego resident is a member of the Laker wrestling team.*

**Q. What made you want to attend SUNY Oswego?**

A. My dad (Mike Howard) coaches here. I get to go see my brother and sister play sports. Oswego is really comfortable for me. I knew a lot of the guys who on the wrestling team already, and going here just seemed like the right thing to do.

**Q. Your father now coaches, and your grandfather Jim Howard used to coach the wrestling program here. What's it like being a third-generation part of the program?**

A. You hear a lot about it. I always get asked, "Are you going to be the next one to coach?" It is helpful that my dad and grandfather were coaching, because I learned a lot about the sport. I definitely wouldn't be where I am without them.

**Q. What is your favorite part of being at Oswego?**

A. Being on the wrestling team. Hanging out with all the guys. Going away on tournaments. You get a lot out of it.

**Q. You were on President's List last semester as well as wrestling. How do you balance your time?**

A. It actually seems easier to do it being a wrestler. You have a set time for practice, a set time to lift (weights). You know when to study. I think wrestling helps a lot with focus. You learn to keep your mind on whatever you're doing.

**Q. What is your impression of other Oswego students?**

A. There are a lot of different students here, but pretty much everyone is nice and easy to get along with. It helps when you have only 19 or 20 other students in your class, because you get to learn a lot about their lifestyles.

**Q. What achievement are you most proud of?**

A. I think just being able to be a student-athlete, to get good grades and do well on the mat. It's pretty



hard to do all that work. I'm always working hard to try to get to the next level. My family is proud of me, and that's nice.

**Q. Do you have any hobbies?**

A. I like going fly-fishing. I love sports, playing just about any kind of sport. I'm usually doing that, working or going fly-fishing. A few of the guys on the team like fly-fishing, so we'll all go out to the Salmon River. I also like to play backyard football with my buddies from high school down in the parks during the summer. It's nice to also be able to go out to the movies and go bowling in the city.

**Q. Have you thought about your plans after college yet?**

A. I hope to go into teaching. I want to coach wrestling, but I'm keeping my options open. I'd like to stay close to home, and there are a lot of good wrestling programs around here, so that helps. □