Track Stars Blaze Past the Competition

**Make a Pledge**

Health Club inspires students to make a healthy pledge for Wellness Day

By Hannah Connelly
Staff Writer

On Friday, April 29, Cortland’s Health Club will be sponsoring the First Annual Health-Wellness Day. This event will be a campus-wide initiative to start getting students and faculty to start paying more attention to their health and well-being.

This event, which will be held on the steps of Corey Union from 11 a.m. to 6 p.m., will include performances, free giveaways and appearances by Blaze, the Cortland mascot. It will also be a chance for individuals, clubs, organizations, sports teams and academic departments to start a healthy trend on campus.

Health Club is asking groups, organizations, departments and individuals to make a pledge to commit to do something healthy on the day of the event that they wouldn’t do on a normal basis. Over 40 pledges have already been submitted through Health-Wellness Day’s Facebook page, and through e-mail. Examples of pledges include the Men’s Soccer team to get eight hours of sleep on Health-Wellness Day; Non-Traditional Students’ Organization will drink an extra bottle of water, and APAC pledges to perform self breast or testicular examinations on Health-Wellness Day. Individual pledges have also been submitted, such as Professor John Leary’s goal to go on a hike at Lime Hollow Nature Center, and Kim Patricia’s pledge to “devote at least 30 minutes a day to doing nothing but relaxing and de-stressing.” Like Patricia’s pledge points out, pledges don’t only have to be about physical and nutritional health, but can also be about mental well-being.

Health-Wellness Day encourages pledges to promote one’s mental and social health as well. Anna Wright, one of the coordinator’s of Health-Wellness Day says, “I want everyone who makes a pledge to stick with it. They pick-up their caps and gowns, ride the bull at Beer Goggles, and do one last t-shirt at the Green House. However, few keep in mind the bridge they are about to cross. On May 21, 2011, every senior will move their tassels to the right, and are thus transitioning from senior to alumni.”

It goes without saying that this transition comes with the fear of leaving friends that have become family, and memories you’ve shared together. There is also a sense of loss in the transition from student to alumni. But have no fear seniors, the Office of Alumni Affairs is here.

As graduation quickly approaches, each senior attempts to make every last minute count. They pick-up their caps and gowns, ride the bull at Beer Goggles, and do one last t-shirt at the Dark House. However, few keep in mind the bridge they are about to cross. On May 21, 2011, every senior will move their tassels from left to right and are thus transitioning from senior to alumni.

Senior are reminded to stay connected as alumni after they graduate

By Ashley Stanton-Follett and Lee Ann Mazzarissi
Contributing Writers

As graduation quickly approaches, each senior attempts to make every last minute count. They pick-up their caps and gowns, ride the bull at Beer Goggles, and do one last t-shirt at the Dark House. However, few keep in mind the bridge they are about to cross. On May 21, 2011, every senior will move their tassels from left to right and are thus transitioning from senior to alumni.

Senior are reminded to stay connected as alumni after they graduate

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What’s Going On?

Calendar of Events: April 28-May 4

Today:
12 p.m. Sandwich Seminar: “Love, Lust and Liquor” in Brockway Hall Lounge.

Friday:
10 a.m. Health-Wellness Day, located on the steps of Corey Union.

Saturday:
12 p.m. Enjoy the Spring Fling Carnival on Neubig road.

Monday:
Award winning author, Ginnah Howard, will discuss the differ-
ent aspects of writing and publishing a novel in her talk titled, “How to Write and Publish a Novel.” Located in Sperry 304.

Tuesday:
4 p.m. Gospel Choir 25th Anniversary Spring Concert in Brown Audito-
rium.

Wednesday:
12 p.m. Last day for in-class examinations.

The final Wellness Wednesday supports campus fellowship
By Lisa Torswick Health Promotion Intern

When we speak about some of the most controversial and heated topics of our day, issues of war and politics usually come to mind. We see people taking sides and holding fast to their beliefs, not looking to change their views. What we don’t usually real-
ize is that the issue of religion has created rifts between people for centuries now. At the same time, it has brought many peo-
ple together to partake in special traditions that have created a sense of unity and belonging.

College is often regarded as a place that breeds bad deci-
sions and poor judgment; a place where many leave the strong sense of a religious presence that they have grown up with at home. Often times, students get lost in the blur of papers, dead-
lines, and parties; They don’t know where to turn when they need some religious guidance.

Cortland has always strived to create a sense of community for all of its diverse students, and in an effort to do so, the Interfaith Center, which has each left a profound effect on me. Both have taught me the val-
ue of hard work and the pride you feel as result of that work.

I have taken all different types of classes. Some have been ex-
tremely beneficial; others opened my eyes to global issues, while oth-
ers remain best kept to myself.

Where can we find the strength, support, and guidance that, for
many, religion has given us at home? For Cortland students, hous-
ing their head and giving thanks before a meal would be consid-
ered a commonplace experience. A group such as Hillel and Agape are bring-
ing religion and spirituality to the forefront, and providing a place for students to connect with others who share a sense of community that is so often lost upon entering college.

A study done by the Higher Education Research Institute titled, “The Spiritual Life of College Students,” interviewed over 110,000 students on more than 236 college campuses and found that 79% of students share some sort of belief in God, and 81% attend some sort of religious ser-
vie regularly or occasionally.

I hope one of you was able to take this as a time to get in touch with your own spirit-
uality, and get a deeper understand-
ing of your own beliefs.

Letter From the Editor

Exploring Spiritual Life

As the final issue of the year, as well as my last issue as a member of The Dragon Chron-
icle, gets ready to go to press, I can’t help but reflect back on my time here at Cortland.

As a freshman I remember professor “Doc” Hollembreck telling me how fast my college career would go by. These past few months, as I tried to class
in the snow and slush, I felt as though graduation would never arrive. I now have to admit that Doc was right; with three weeks left until graduation, I can’t help but shake my head and wonder where the last four years went.

It seems like just last week I was wandering around Dowd Fine Arts trying to find my CORE 101 class. (O.K. may-
be I did get lost a bit, but I swear I’m getting real close to figuring that building out). I called home the oth-
er day and complained to my mom about how the weather was and how annoy-
ing some of my classes were.

“I love you, must be re-
ally anxious to come home,” she replied. Out of instinct, I agreed with her. After that talk I began thinking about how in-
many ways Cortland has become my home. For the past few years I have spent eight out of the twelve months in this small town in upstate New York.

I’ve experienced so much during those months. I’ve been a proud member of both the wrestling team and The Drag-
on Chronicle, which have each left a profound effect on me. Both have taught me the val-
ue of hard work and the pride you feel as result of that work.

I have taken all different types of classes. Some have been ex-
tremely beneficial; others opened my eyes to global issues, while oth-
ers remain best kept to myself.

I would like to thank those who have helped me during my time here. First and foremost, I
need to thank my family for all of their hard work and sup-
porting my biggest fans. (If I didn’t tell her not, my mom would still want to thank you for taking care of me and put them on the refriger-
ator.) I would like to thank my coaches and peers for their patience and knowledge. I would like to thank the family. I’ve made here that have made my Cortland experience an unforgettable one. I have to thank my housemates both past and present, at 28 Clayton, be-
cause if I didn’t, they would never let me hear the end of it.

As I leave Cortland and be-
gin my life in the “real world,” I can’t help but wonder how much

careers, not so well in others. (Cough..Spanish…cough) I’ve

made friends that I hope to stay
close with, and met characters I
will only be able to tell my future children, while oth-
er stories that I’ll proudly pass along

I hope one of you was able to take this as a time to get in touch with your own spirit-
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Where do we turn when we

need some religious guidance.

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The best way to meet new people, hear

ew articles for me

Do you want to get involved on campus, meet
new people and have your voice heard?

Join The Dragon Chronicle!

Meetings are held every Monday at 9:30 p.m.
in Corey 111.
**Green is Good**

Organization encourages young people to farm and make a difference

By Britanni Sahm  Staff Writer

From April 18 through 22, the Cortland campus celebrated Sustainability Week with lectures, workshops, and events throughout the day, showing the student body that taking care of the planet is crucial for our future. Wednesday night, the documentary The Greenhorn was shown with a panel of local farmers answering questions afterwards.

According to www.thegreenhorn.org, their organization is a “grassroots non-profit group made up of young farmers and many collaborators. The Greenhorns’ main mission is to recruit, promote and support the next generation of young farmers in this ample and able 21st century America.” The documentary showcased young farmers making a difference throughout the United States, most of whom were starting their own farming plots in under-served communities.

Private farmers are said to lose around 2,880 acres a day of farming land because of corporate hard industry to stay financially strong. The Greenhorns traveled around the country to educate people about the benefits of private farming, especially with industrial farming becoming more and more common, but mass production does not sustain the environment that it has intended.

Some young farmers in the documentary are actually starting to practice biodynamic farming, a type of farming which provides food from the living aspects of plant and animal parts. The farmers reuse what they have while growing healthy produce for all. Although farming, for the most part, is beneficial for all those involved, the one thing all farmers emphasized was the amount of hard work it takes to be a successful farmer. It is a 24-hour, seven-day-a-week job with no health care or days off. So, why do they become farmers and then stay farmers?

“We just want to see everyone be able to enjoy our food, to benefit from it,” said one farmer on the panel. It is important to all farmers that many people have access to this healthier lifestyle. They believe that the fact they can keep in touch with people with food not associated with industrialized companies.

However, one problem the farmers recognized was getting the government to fund their work. “People think maybe it’s easier to buy from McDonald’s. They want to see everything be able to afford their fresh grown produce and meat, so they too can see the difference. Luckily, the panel of farmers noticed “a boom in young farmers’” referring to it as a “phenomenon” because of the increase in interest. Furthermore, there is an increase in support of farming which is giving larger cities more access to more food in a shorter amount of time. Farming may seem like an occupation most people are not interested in, but consider the benefits to becoming a private farmer. You are able to eat your own produce, leading to a healthier life. You are able to save money by producing your own food. You are able to help other families and support healthier lifestyles. Last ly, you can break the stereotype of large industrialized farming.

There are many sources to contact if you are interested in the farming industry. The Greenhorns are always looking for new, young farmers. They are always encouraging people with food not associated with industrialized companies.

Students fight back with the power of music and the audience of Youtube

By Molly Fogarty  Contributing Writer

Did you know that all SUNY Schools are cutting their funding? This is because the governor’s proposed budget plan will cut SUNY funding by $183 million. Are you interested in taking a stand against this cut to funding? Right here at Cortland you have a chance to be part of a Lip Dub project.

A Lip Dub is a group of people lip-syncing a song that has a message behind the lyrics and is shot with one continuous shot. Dr. Kaitlettey’s New Communications Mass Media class (COM 356) is taking a Lip Dub project on to stand up against the government for taking money away from SUNY Schools. As we are looking to put around 200 people in this video that will be uploaded onto YouTube, and will potentially be seen all over the world. We are looking for eager students who recognize the problems going on, and will want to be a part of our Lip Dub.

Last year was the first time COM 356 took on the Lip Dub project and, if you search YouTube for “SUNY Cortland Lip Dub” you will see a preview of the kind of shoot we plan to do. The song Women of Worth portrays our message, “Graduate” by Third Eye Blind, “Not Afraid” by Eminem, “Boyfriend” by Creedience Clearwater Revival are “Not Gone Na Take it” by Twisted Sister. The message of these songs combined with Cortland peers will convey a powerful mes sag e. We are taking a deeper look into the SUNY school system. Everything is changing and it affects us in a way. With education systems dwindling down and tuition skyrocketing, the social media tool of YouTube is a fast and easy way to spread the message. This is especially true for students in middle and high school whose future will undoubtedly be affected. In addition, our job market is faced with a difficult time, and the decline of financial aid does not help. A big problem with families all over the country, especially the state of New York, is that the government promotes make college education affordable for all, but with budget cuts they are risking losing a lot of potential students. The Lip Dub is a way to unite against the control of higher government. Support SUNY and help keep its powerful reputation alive.

**Pledge from Cover Page**

out to be really significant. That’s what this day is all about: awareness and national conversations are still important and can lead you to living a wellness lifestyle.”

President Bitterbaum is on board with the idea as well, and has been involved by sending e-mail announcements about the event, and even contributing funds. Colleges for Change: Tobacco Free SUNY Cortland and SUNY Cortland Health Promotion Office will also be collaborating with Health-Wellness Day by providing free give aways and information. During the event, Health Club will be promoting the American Red Cross’ Citizen CPR campaign by encouraging members of the campus to watch an instructional video about the topic of CPR.

This will be a day full of healthy events, giveaways and information. All students, faculty, clubs, organizations, and sports will be participating. Students make a pledge to fulfill on Health-Wellness Day. All groups who are interested may make a certificate of their pledge to display. Send all completed pledges through Inter-Campus Mail at Core Union SGA-Health Club, or by pledge on Facebook at Cortland Health-Wellness Day. So, what are YOU going to change for Health-Wellness Day?

**Gospel Choir celebrates 25 years with praise, love, and a little dance**

By Jessica Downer  Copy Editor

The SUNY Cortland Gospel Choir, directed by Robert Brown, will and their 25th anniversary celebration with their spring concert, which will be held on Sunday, May 1st at 4 p.m. in Brown Auditorium. This will be the conclusion of the year-long celebration with concerts performed in Batavia, Utica, and the choir’s international tour to Toronto and Niagara Falls, Canada.

The concert is sure to be a treat for attendees, as many gospel choir alumni will be returning to view and participate in the concert celebration. Some of these alumni include Mark San dogo ‘09, Zena Jones, Jaded Tall man, Dorothy Thomas ‘77 and international recording artist, Christine Johnson Sinclair ‘89.


The Mass Choir, a combination of choir members, alumni, and anyone who wants to part icipate, will perform “Oh Happy Day,” by Edwin Hawkins.

Solos will be performed by Jason Carrero, Melody Byron, Leah Horning, Khalia Brown, and the alumni listed above. SUNY Cortland A Capella, Directed by Noelie Chaddock, will also participate in the concert celebration. Some of their songs will include “Water in the Dark,” an African American Spiritual, “Hal lelujah,” by Jeff Buckley, and “A Life Uncommon,” by Jewel. Admission prices are $3 for students, $4 for seniors, and $5 for general admission. Tickets will be sold at the door and by choir members days before the concert. The proceeds collected go towards Gospel choir scholarship funds, and the 2012 International Tour. It is sure to be a delightful, fun, and uplifting for participants and audi ence members alike. A reception will follow the concert. Come celebrate your support and contribute to the choir on 25 great years.

**Choir Praises**

Students create a poster for Health-Wellness Day Friday, April 29

**RHA’s Drive-in style theater works to bring community together**

By Megan O’Brien  Staff Writer

On May 7 at 8 p.m., Resi dence Hall Association will be sponsoring a drive-in movie night outside at Davis Field. They will be projecting Despicable Me and Toy Story 3. Screening will be at 8:30 p.m. Ashley Cat trenes, president of Smith Tower said, “We wanted to bring together the community and the community of Cortland to come together.”

Popcorn, cotton candy, and hot dogs will be available for sale, and admission is free. Cattaneo said, “Bring a blanket to sit on – we have chairs available!”

The location is the Lusk Field House. Despicable Me will start at 8 p.m., and Toy Story 3 will start around 10 p.m. Both movies that reality caught up on DVD. Despicable Me and Toy Story 3 are recommended for children ages five and IMDB summarizes Despic able Me as, “When a criminal mastermind who takes the three poorest children in America as pawns for a grand scheme, he finds that they actually change him for the better.”

A brief synopsis of Toy Story 3 is, “The toys are mistakenly delivered to a day-care center instead of the Attic again.”

Before Andy leaves for college, and “it’s up to Woody to convince the other toys that they weren’t abandoned and to return home.”

The event is scheduled for after Spring Fling so that students can wind down after the excitement of that weekend and before finals.

**Get a new news tip? Let us know!**

E-mail at dragchronicle@ cortland.edu.
Our View

A graduating senior reflects on his four years at Cortland

By Jay Distefano
Staff Writer

Like most seniors, I can vividly remember the first few weeks of being a freshman: open to anything and everything. The next stage in life, make life-long friendships, and, of course, play lacrosse. Everyone has always said: enjoy college, because once you enter the real world, things will never be the same. I can’t imagine having to pay for everything on my own and actually having real responsibilities. The real world is around the corner, and Cortland has helped prepare me for the jump to an adult life. Being a college student is basically like living in a dream world. Your parents pay for your education (for the most part), you chill out all the time, you don’t have many concerns except to do well in school and have a hunching social life.

What is the typical day for an undergraduate at Cortland? Every student has their own take on this, but for the most part all of us live a similar lifestyle here. Wake up and grab some egg whites at Nenbog, go to class, head over to club Tomik for a quick pump, eat some dinner, maybe do some work, and, of course, head down town for some festivities with the rest of the college world.

It seems that everybody finds their niche here at Cortland; whether it’s being a meat head, an athlete, a scholar, or a parent, the university offers a little bit of everything. A graduating senior

Goodbye Cortland

Solid as a Rock

By Eric Feuer
Staff Writer

If the Grammy Awards taught us anything this year, it’s that rock is back. In the fight between rock, hip-hop and pop for music supremacy, rock woke up from its long slumber and fought battle when Arcade Fire won album of the year for “The Suburbs.”

No one expected a rock band to take home the biggest prize of the night, just like no one expected Justin Bieber to lose the best new artist award.

Rock has had it tough the last few years, with a whole emo music phase, many people questioned if rock was dead. How many eye liner bands singing about mean girls who broke their hearts could the world take? With rock losing its power, hip hop and pop quickly climbed the ranks.

Artists like T.I. and Lil Wayne joined Eminem and Jay Z as some of rap’s most entertaining performers.

Artists like Ke$ha, Lady Gaga and Katy Perry brought catchy pop tunes back to the radio like never before. All the while, rock laid dormant, waiting for its moment.

Well that moment is now. Behind bands like Arcade Fire, Arctic Monkeys, Vampire Weekend, The Black Keys, and Kings of Leon rock is once again coming roaring back to life.

Not only can these bands play, but they can crank out the kinds of songs that keep them around for years to come.

Along with other rock luminaries like Pearl Jam, Green Day, Foo Fighters and The Red Hot Chili Peppers, the future of rock is once again bright.

Helping rock’s cause is the current state of hip hop. I might be slightly biased, but more and more it seems every song is the same.

Rap artists seem more concerned about having the big club party hit, rather than making a good rap song.

Artists like Jay Z and Eminem will stay around because they have the ability to make a good song and pair it with a great story.

But what about artists like Drake and Wiz Khalifa? How long can Drake rap about being gay and people misunderstanding him? Change it up, man.

Of course pop will die, just like rock will never die, but every genre of music has its ups and downs.

In the mean time, I’m going to enjoy my revival and dust off the guitar sitting in my closet.

Put some Pep in your Dubstep

By Nick Larocca
Staff Writer

Dubstep is a genre of music that expands upon Techno

Have you heard of this new genre of music labeled dubstep? It is a form of electronic dance music that originated in South East London.

It’s sound has been described as everything from a dark version of techno music to robots having sex.

The earliest dubstep releases date back to ’98, which were more experimental tracks than anything else, like attempts to incorporate elements of drum and bass, which sound awesome.

At first I was a little skeptical as to what a dubstep DJ even does. When you see a bunch of dubstep artists performing live, it doesn’t look like they do a whole lot.

At first glance, it’s easy to dismiss dubstep. It definitely is. However, after downloading various digital DJ software programs off the internet, I soon realized there is more that goes into making a dubstep song than initially meets the eye.

I am a huge fan of “real” music. You know, where there is an actual band on stage and the musicians make the music right from instruments you can actually see.

However, I also enjoy rap where the beat is made prior to the performance and the artist is on stage singing.

Dubstep takes it a step further by taking out the vocals, so now you see artists like Flurry Lights on stage by themselves or maybe with a drummer and a laptop creating electronic beats that way.

Sonnny Moore is my dubstep artist of choice right now. If you want to see one of the biggest names in dubstep performing live, you may know him by his stage name Skrillex.

His songs usually start with a slower rhythmic tune with waking up, and then you hear the kicks dropping, leaving the listener’s mind completely blown.

Combined with sound bytes off YouTube videos, it shows the creativity and technical expertise
By Melissa Kane

A poignant, philosophical saying cliché as the message was, Elias shares is the message of living and dying. Today, this news is personal to me. Not in my mind as he accelerated towards the river, but in my heart. It occurred to me when I learned while plane crash.

Elias talks of the terror he saw in the co-pilot's face, as the pilot delivered those three cold words. He talks of being on a plane that nearly hit the water after the engines shut off. Then he mentions the way he grew closer with his mind as he accelerated towards what he thought would be his death.

One of the messages Elias shares is the terror he felt at realizing his existence as a human being, as he was on the edge of losing it. "I knew I would be no more after the engines shut off. Then he mentioned the way he grew closer with his mind as he accelerated towards what he thought would be his death.

This man nearly died, and I've heard more of a techno fest than I ever heard of a plane that nearly hit the water after the engines shut off. "I knew I would be no more after the engines shut off. Then he mentioned the way he grew closer with his mind as he accelerated towards what he thought would be his death.

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The top 10 things student's must do while attending Cortland

By Melissa Kane

Staff Writer

With graduation right around the corner, and as every senior is freaking out about the rest of their lives, I took the time out to think about all the good times that Cortland has provided for me. Here is a top ten list of the things one should accomplish before graduating Cortland.

10. Attend a sporting event: at least one game. This was an average game, but the sporting events team in general was a treat to other team in their conference and possibly in the nation.

9. Eat Pizza & More at 2 a.m.: it's the place to be late night Saturday-Sunday (the hot dog stand was the place to be late night Tuesday-Thursday).

8. Go to the library to "study": mostly just go there to socialize, it's a great place to make new friends or even find a hot date (or just stalk people on Facebook for hours).

7. Buy your beer from Martin the Cab driver: he is reliable and has many fans so make sure you get to live like a king.

6. Ride the Bull at Beer Grounds: only bring the bull out once in a while so make sure you get on the bull at some point during your career.

5. Refunds: So, they managed to black out an above party that entitled you to the hosts that entitles you to the cover charge.

4) Host interaction. It's very important to know that that completely less-than-shady exchange enters a deal.  Hosts love playing “find your pee into? Your hosts will always make sure to demand your right? Ever since the first time you party other than my own for quite some time, and I want to keep this legendary and folkloric tradition. Let’s shut it down.

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3) Treatment of the house. As any current freshman and sophmore will tell you, kicking a house over a wall is perhaps the highest form of gratitude you can show to your housemates. 4) Hosts love throwing down huge amounts of cash for nothing more than the simple joy of knowing that you could see the entire building of yourselves (and the occasional fox on the wall, but you already know that).

2) Urination. The only thing that can show to your hosts. 3) Treatment of the house. As any current freshman and sophmore will tell you, kicking a house over a wall is perhaps the highest form of gratitude you can show to your housemates. 4) Hosts love throwing down huge amounts of cash for nothing more than the simple joy of knowing that you could see the entire building of yourselves (and the occasional fox on the wall, but you already know that).

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The life of a Cortland house-party host is explained

By David Mindich

Staff Writer

Living off campus for the past two years, my housemates and I have no strangers to the occasional (weekly) party. Here are some patterns in the behavior of many of Cortland's eager partygoers.

3. Do a T-Shirt: no need for an explanation.

2. Attend Coachella: it's the biggest music and arts festival in America and you may not have to leave campus to participate in some patterns in the behavior of many of Cortland's eager partygoers.

1) Treatment of the house. As any current freshman and sophmore will tell you, kicking a house over a wall is perhaps the highest form of gratitude you can show to your housemates. 4) Hosts love throwing down huge amounts of cash for nothing more than the simple joy of knowing that you could see the entire building of yourselves (and the occasional fox on the wall, but you already know that).

When you look back on your experiences, you should probably be able to identify a pattern in the behavior of any type of shrubbery.

If you're out of empanadas, pick two, and all but one will be within the house: the faint smell of a cheap wine is enough to eternally permeate the house leaves your hosts with nothing but terrible memories (and all the beer you can drink and (and then some)).

So you should find the house to be overcrowded or under-supplied, always make sure to demand your money back down the road.

Girls, never forget to shamelessly attempt to flirt with girls, how hard can it be to get a girl to try to get your money back. Become enraged when it doesn’t work and tell them to never come back ever again. I’ve always come back the following week.

6) Property. This one’s pretty simple: make sure you don’t steal anything, it’s yours. From pots to posters, to black lights and thermostats (seriously guys, the thermostat?), if you can get it out of the house without any of the hosts noticing, take it.

Everyone knows that the five-dollar cover charge includes not only infinite beer, but whatever else you can carry out as well.

Boys, never forget to shamelessly attempt to flirt with girls, how hard can it be to get a girl to try to get your money back. Become enraged when it doesn’t work and tell them to never come back ever again. I’ve always come back the following week.

7) Leaving. Don’t. When a host asks you to leave, always be sure to acknowledge them for having you, and then go straight back to whatever you were doing beforehand. Only a test to see who’s actually cool enough to be at this place.

Never leave a party before someone yells “congrats.” You’re more than this list that I’ve been able to get this far, my party is better than any other for quite some time, and I want to keep this legendary and folkloric tradition. Let’s shut it down.

I’d just like to thank all you party goers for your weekly...
Staff Writer

By Brian Lupo

Graduating seniors will be told to. We did well enough in that this bleak situation is not our help you. We have to remember accept internships and jobs that crisis since the Depression. recover from the worst economic generations have had. degree is still there, it comes with whose future seems so unsure. don't think there's ever been a share with my peers. and post-college experience that I nobody said it'd be easy. It's a semester? If you are, you're reaching 40-plus. from 10 to 20 pounds, with some place. They range anywhere shouldn't be fishing in the first question of whether or not to than a trophy. Around here, carp are known as garbage fish, making them more their spawning season. Regardless usually come to mind. First and foremost, there isn't anything cannot be found in any of what it is, game fish are the ones that get all the credit. For others, maybe it's catching a bully salmon during their spawning season. Regardless of what the student listens to the ones that get all the credit.

If you were to ask me, isn't there a small world if I would rather catch than the common carp for two main reasons:

First and foremost, there isn't any other fish in this area that will put up a fight like a carp will. Around here, carp are known as garbage fish, making them more than a hassle to some anglers, rather than a trophy.

Carp aren't good to eat, hooking into a carp poses the question of whether or not to go fishing with a fish. In my opinion, if you aren't willing to fight a carp you shouldn't be fishing in the first place. They range from anywhere from 10 to 20 pounds, with some reaching 40 plus. Given this information, it is quite apparent that getting a carp to the shore is going to be a task, and a fun one at that.

This brings me to my second reason: the memories that are formed from actually catching one.

The most opportune time that I've found to catch carp is in the summer as the sun is going down. Normally we'll bait a hook with as many pieces of corn we can sit on it, attach a striker and cast as far out as possible into the middle of a pond and just wait. That's the part where being with friends becomes a must, because 90% of carp fishing is waiting for one to bite. And we'll set up our poles on "Y" sticks and sit in chairs around a fire hoping that somebody gets a chance at one.

The sheer excitement that is felt by an entire group when somebody's line starts to scream on their pole is worth every bug bite acquired while waiting. Instantly, one person's carp becomes everybody's carp. Everybody at the scene plays a role in making sure the carp gets caught and not scared out of a picture.

Nothing beats that first minute of hooking a carp in a group of friends. The adrenaline and team atmosphere that most of carp fishing can't be found in any other type of fishing— even the most expensive charters.

The relationships that are formed through this activity and the stories that come from it, make it the most enjoyable fishing someone can experience in this area for hardly any money at all.
Marsha Ambrosius’ “Late Nights and Early Mornings”

Marsha Ambrosius’ talent and appealing melodies set her apart.

By Tiffany Lewars Lifestyles Editor

As we progress into a technological society where everything seems to happen at the speed of light, we often lose sight of the classics. Before the digital age, music was appreciated for its melodies and harmonies, not its beats and basslines. This is why Marsha Ambrosius’ “Late Nights and Early Mornings” is such a breath of fresh air. It’s a return to the values of music that were once so appreciated.

Marsha Ambrosius proves her artistry with “Late Nights & Early Mornings”

By Steve Hernandez Staff Writer

Older bands provide stepping stones for the future sounds of music

Influence is the driving force behind the existence and continuation of music. Every generation has artists that are inspiring, and the next class of musicians is no different.

Now, I have a limited perception of what it means to be a post-hardcore band, but I have to believe that there are artists that stand out with their unique sound. I have no doubt that they reach large audiences.

Brand New: A band for 10 years, they have no doubt influenced musicians already. If parents of this next generation want to inspire their children to play music, they’d be smart to play for them “Your Favorite Weapon”. Brand new’s first album which has served as the anthem for countless high school students. Just as Your Favorite Weapon did for me, I have no doubt that it will make any teenager want to take up guitar and scream their hearts out.

Dance Gavin Dance: They’ve only been around since 2006, but that has been plenty of time for the rest of the “post-hardcore” scene to realize that DGD’s songwriting and creativity is influential. Their albums Dance Gavin Dance and Happiness are blueprints for anyone aspiring to be in a similar band. I can’t argue in any of their songs that DGD leaves untouched, and it is that kind of practice that will make future bands push the envelopes of songwriting.

Montreal: If there is one thing that Montreal can teach aspiring musicians, it’s to do whatever you want and not worry about what people are going to think of you. OM hasn’t wasted any time writing songs about real life experiences. Sex, death, love, and divorce are just a few of the topics that they’ve covered in their 14 years as a band.

The band has no doubt in - they have no doubt that they reach large enough audiences. They have also changed their musical style throughout their 14 years as a band. They have no doubt that they reach large audiences.

EYEWTKAS alone, Glassjaw has influenced countless musicians, and despite being from the same year that their album’s age, that trend will only continue that they reach large audiences.

Released in 2000, their first album “Everything You Ever Wanted To Know About Silence” has long been considered a milestone in post-hardcore, and shows no signs of ever obtaining status as otherwise. Based on EYEWTKAS alone, Glassjaw has influenced countless musicians, and despite being from the same year that their album’s age, that trend will only continue.

These are only four bands, but believe me when I tell you that the number of bands today that will influence future musicians spans far beyond four. If these bands continue to innovate and reach people, there is no doubt in my mind that they will be named dropped in future interviews with musicians that are sighting their greatest influences.

Musical Influences

By Steve Hernandez Staff Writer

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How to spice up your summer wardrobe with patterns, textures, and color

By: Jessica Downer Copy Editor

With April in full swing and summer right around the corner, warm spring and summer fashions are on every girl’s mind. Though every season provides many fashion trends that appeal to many different people, here are my top picks for fashion this summer.

1) Stripes—Stripes are back, people! The nautical trend of navy-and-white bold stripes will be sure to be seen in dresses and blouses. But, don’t be surprised if you see striped skirts, hats, blazers and other accessories. Though stripes are seen in many colors, work the look in navy blue and white or black and white. Stripes are the perfect look for a day on the beach, a night on the town, or working it on the deck of a navy cruiser at week end.

2) Rompers and jumpsuits—Though this style goes in and out of style through the seasons, they are definitely in for this summer. Every store is selling them and you can buy them for less. This summer, ’70’s inspired rompers are what the it girls are wearing. Because of its versatility in fabrics and styles, they can be worn anywhere from a camp job, to a night out by the ocean. Floral seems to be the popular style, but there are many different ones depending Expect to see high neck, V-neck, tube top, and many other rompers with different pant lengths. Accessorize them with big belts, platform sandals, and Ray Ban sunglasses.

3) The Biker Trend—Wanna look tough this summer? Well, you’re in luck, because the biker fashion trend is in for this summer. When you think of this trend, you think of lots of leather. Then you might think, “why would I wear heavy, hot leather in the summer time?” It’s not about an overkill of leather, just enough to complement an outfit. You could make the leather from a motorcycle jacket, leather pants, or leather motorcycle boots work with any summer piece. A motorcycle jacket looks great with a mini dress or skirt, preferably in neutral colors and floral. Wear leather pants (or liquid leggings metallic leggings if you prefer something a little lighter) with a flowy light top. The Biker trend can add a little toughness to a girly outfit.

4) Wide Leg Pants: I think this trend is the epitome of ’70’s inspired fashion. They are a great addition to any wardrobe and look great with virtually anything. They come in trouser or denim. They look best with heels to make your legs look longer. It might be harder to pull off if you’re shorter or have shorter legs. These are just a few of the trends that I like for the summer. Research more styles that appeal to your fashion needs or if of Blah’s “St. Matthew Passion,” with three choruses, a double orchestra, and six soloists.

Choral Union to perform Carl Orff’s “Carmina Burana” at Cortland

SUNY Cortland’s Choral Union will perform Carl Orff’s “Carmina Burana” on Tuesday, May 10 at 8 p.m. in the Dowd Fine Arts Theater on the SUNY Cortland Campus. Dr. Stephen B. Wilson will conduct the chorus, three soloists, two pianos, and six percussionists in this remarkable work, which was written in Germany in the mid-1930s. Tickets will be sold only at the door at $5 for adults and $3 for students. A translation of the lyrics will be available.

Using 25 medieval poems, Orff’s composition draws listeners into the rich, dramatic, and kaleidoscopic world of “Carmina Burana.” The piece begins and ends with “Fortune, Empress of the World,” effectively encircling four medial sections that tell stories ranging from tender to lusty, to astonishingly unexpected. This is the second time this fascinating work is being conducted by Stephen B. Wilson with the Choral Union. In addition to leading this chorus, he directs the College singers and teaches music theory. Wilson joined the SUNY Cortland faculty in 1985 and received the Chancellor’s Award for Excellence in Teaching in 1992.

While Soprano Karen Dumont often performs in operettas, musical theater productions, and with the Cayuga Vocal Ensemble, this will be her first performance of “Carmina Burana.” In addition to her profession in music, Dumont is a veterinarian and the mother of three young boys. Tener Gary Moulisade first performed Orff’s masterpiece as a college student chorus member in Toronto, Canada. He is currently a doctoral candidate in musicology at Cornell and member of the voice faculty at SUNY Cortland. Moulisade is an active soloist, performer and music director in Central New York operettas and musical theater.

This will be the fourth performance of “Carmina Burana” for Baritone Steven Stall, who sings a wide range of musical repertory throughout Central New York and much of the nation. He is a recording artist, recitalist and a collaborator in modern dance. Stall co-founded the CRS Barn Studio with choreographer Jeannie Goddard in 1990.

Alan Giambattista and William Cowdery will be playing two pianos in the performance. Giambattista, the current pianist for the Choral Union and the Ithaca Community Chorus, appears regularly throughout Central New York and also teaches piano. Cowdery is an adjunct instructor at Cornell University and the Music Director and Organist of the First Congregational Church in Ithaca. He is well-known throughout Central New York as a performer and musicologist.

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Cortland Takes Regular Season Crown

Red Dragons sweep Oneonta; will host conference tournament

By Mark Nader

Either the SUNYAC teams like to visit Wallace Field when the conference tournament rolls around, or the Red Dragons continue to dominate the rest of the conference. Well, maybe the teams do like Cortland, but the Red Dragons, hands down, have had the upper hand throughout the run in the SUNYAC. A weekend sweep of rival SUNY Oneonta clinched the regular season crown for Cortland, who will host the conference tournament for the 15th straight year.

Game one started rough for SUNY Oneonta. Starting pitcher Joshua Herzenberg suffered an arm injury on a wild pitch and had to leave the game after only recording one out. Herzenberg was replaced by Zach Levanduski who Cortland would hit leadoff and Cortland got on the board first in the first inning with a John Adornetto single that scored Zach Grassi. Cortland could get worse for Levanduski in the second as he allowed four singles, two walks and hit batters in Cortland’s four-run second inning, giving the home team an early 5-0 lead. For Cortland, Aaron Schultdt improved his record to 5-1 as he scattered nine hits and struck out seven. He also induced three double play balls. Up 5-0 to a pop out and a two out hit by Mike DeCart. With runners on first and second, Lompado worked out of the jam getting Eric Wells to ground out to first baseman Nick Thode, who made an impressive backhanded stop and toss to Lompado for the final out of the game. Lompado received his first save of the season.

In the seven inning game two, Travis Ratliff made quick work of SUNY Oneonta. A 3-1 victory that only took 1:36 to play. Ratliff went the distance allowing three hits, three walks and recorded six punch outs. Cortland struck first with a sacrifice fly by June that scored Matt Wild who began the inning with a double and was moved to third by a Brian Mistrirtta sacrifice bunt. The nationally-ranked 12th Red Dragons added more two in the fifth. Justin Fredenburg led off the inning with a double down the left field line and Mistrirtta was able to put down another successful sacrifice bunt that moved Fredenburg to third. June then grounded out for the second out of the inning, which was driven in for Graczyk by Gino Bisceglia and a sacrifice fly by Kyle Plummer.

Saturday’s game was one for the ages. Down 5-1, Oneonta gave Cortland all they could handle scoring two runs in the seventh and three in the eighth. Nate Jones and Knack both had RBI singles in the seventh and Mike Mascari led a pinch-hit three run blast in the eighth to give the visitors a 6-5 lead. That lead would be maintained going into the bottom of the ninth when Cortland relied back on the good arm of the game into extra innings. In the bottom of the ninth, Tim Panetta scored pinch-pusher James Quinn with a single through the left side to tie the game up and send the game into extra innings. Oneonta had chances in the 11th with Mascari and Seancus both having singles, but both men were stranded. Cortland would finally send the crowd happy in the 12th. With one out, Panetta doubled to left field and June followed with a walk which gave way for Graczyk. The lefty batter lined a single into left field scoring Panetta and giving Cortland a 7-6 win. “The weekend was intense especially after the first game but everyone knew what we had to do,” said Tom Nagy. “We knew we had to win the victory with 7-1 innings of scoreless relief.”

With the regular season title wrapped up, Cortland visits SUNY New Paltz this weekend for three final conference games of the regular season. It is definitely a ready for the conference tournament, which will run May 6-8. The Red Dragons are ready to go when that time comes. Nagy says the team is 12-3 and moving forward: “We’ve been hot, and we’ve been coming up big in big situations.”

Outfielder Adam Smith finished 4-4 with a walk against Oneonta. Six 4th inning lead. Lompado came in the eighth and got one out before pitching the ninth. In the top of the ninth after recording the first out, Knack reached on a Matt Dunn error which was followed by a

A look at the highlights from the Cortland Classic Invitational

By Tony Nguyen

On the women’s side, Freshman Sarah Bonnell won three events and added a run each in the seventh and sixth, Schuldt got into trouble after recording the first out, Kevin Knack reached on a Matt Dunn error which was followed by a
Women’s Track and Field
Freshman races towards early success
By Brittani Sahm
Staff Writer

Track and field athlete Sarah Bonnell has already made a name for herself by proving she can play with the big dogs of college athletics.

In Bonnell’s first season on the Cortland track and field team, she qualified and raced at the national indoor meet as the youngest woman in the 55 meter dash. “I was really intimidated by the other competitors because I knew they were a lot more experienced and had probably been to the meet before,” said Bonnell about her thoughts at nationals.

Not only did Bonnell compete next to the best Division III sprinters in the country, she beat some of them as well. Coming into the meet Bonnell was seeded 18th place, but she finished in the 12th position overall, finishing right now that “My main goal going to the meet was to do better than where I was seeded, and I did do that.”

How and when exactly did Bonnell decide to become a sprinter? “Freshman year of high school the coach called my mom and told me I should try out for the track team on the track team. At the time, track wasn’t something I was interested in. I really started because my mom told me I had to.”

Sarah Bonnell won three events at last weekend’s Cortland Classic

“I got a lot more interest from coaches in track than I did in other sports.” Bonnell currently track “seemed like the sport I could be most successful at.” All through high school, Bonnell was a three-season athlete participating in soccer in the fall, basketball in the winter, and then track in the spring. High school unfortunately did not offer indoor track as a winter sport, but she still was able to progress as a track athlete.

For most high school athletes, coming from high school to college is a challenge because of the vast differences in competition, coaches, new teammates, and the infamous school work. Joel Bonnell, Sarah’s father, appears to be transitioning well considering her performances on and off the track. Making both Nationals and the Dean’s List during her first year as a Cortland athlete is a great start.

Besides all of the pressures of college, Bonnell actually “likes college a lot more because of the difference from high school.” She especially likes the improvements on the track. “I like training for my specific event. I feel like I’m progressing more from the different workouts.”

In high school, Bonnell ran the same workouts as teammates in longer events like the 400-meter dash. Every event requires a different kind of training because they are essentially a different event. “I just wasn’t getting any better by doing those kinds of workouts,” Bonnell said. “I was listening to coaches and always trying her best on the track are some of the reasons that will hopefully help her reach her goals in the sport of track and field. With that, it is fair to say an All-American is in the making for Cortland’s track and field team.”

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As for their newest star player, the Red Sox, Boston Red Sox and one of their newest star players. The Red Sox, who were predicted even before the season comes to a close, it’s time to take another look and back talk about the surprises of the teams so far.

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Women’s LAX defeats Potsdam, Union, and Fredonia
By Chris Ouellette Staff Writer

On Saturday, freshman Ashley Cook scored five goals in the first half and junior Lindsay Abbott recorded a game-high eight points on three goals and five assists to lead the nationally fourth-ranked Cortland women’s lacrosse team to a win over Fredonia State, 15-2, in SUNYAC action.

Sophomore Maria Di Fato recorded three goals and two assists for the Red Dragons, while junior Jordan Miller scored three goals and two assists and sophomore Gina Campese had one goal and one assist. Senior Antonia Cianfrocco scored her first career goal and sophomore Mary Hartshorne and Cortland chipped in with one assist apiece. Sophomore Ally Leven started in goal and made five saves in 50 minutes, 38 seconds before giving way to sophomore Shauna Hutchinson, who stopped two second-half shots.

The Red Dragons grabbed an early 4-0 lead at 5:31 into the opening half, with Cook scoring three times and Abbott netting a goal. Cortland then extended their lead to 8-0 at the 8:51 mark as Di Fato and Abbott scored goals 60 seconds apart and Cook scored her fourth and fifth goal. Courtney Cussins started in goal for Fredonia at 7:08, and Cortland took an 8-1 lead into the half.

Cortland put the game away with a 6-0 run in the second half to get a 14-1 lead at the 9:54 mark. Di Fato scored twice during the run and Cianfrocco scored her first career goal at 11:35. Marissa Cussins scored Fredonia’s second goal at 2:29, and Miller finished the scoring with 12 seconds remaining.

Lindsay Abbott scored a career-high 10 points on five goals and five assists, setting a single-season assist record at Cortland, to help lead the Red Dragons to a 14-8 win versus Union in non-conference play on Thursday. Abbott pushed her season total to 35 points and became the 66th player in school history to reach 250 career points.

Cook also recorded career highs with five goals and six points for Cortland. Erin Kollar, Miller, Di Fato, and Alexis Egeberg each scored one goal. Levy made eight saves.

Abbott and Di Fato started the scoring with unassisted goals at 24:12 and 22:57, respectively. Union answered right back with scores from Brittany Fraser and Kristen Joyce to tie the game 2-2 with 20:46 left in the first half. Cook and Miller made it a 4-2 game in favor of the Red Dragons, and then Abby Stohler cut the lead to 4-3 at the 11:46 mark. Just five minutes later, Di Fato was thrown out of the game after she received her second yellow card of the half. After that, neither team scored in the closing minutes and Cortland held the 4-3 lead into the half.

Cortland grabbed the momentum to start the second half as Cook scored 28 seconds into it to extend the lead to 5-3. Abbott followed with back-to-back goals and assisted in Cook’s goal at 22:52 to make it a 6-3 lead. Abbott followed with back-to-back goals and assisted in Cook’s goal at 22:52 to make it a 6-3 lead.

Cortland’s Morgan Kuhn started game two in the circle, giving up just one shot in five innings of work. She also recorded six strikeouts and walked just two.

The Red Dragons added their third run in the third inning when Cross walked and later scored on a Katie Bredin goal. Cortland added two more in the fourth when Di Fato scored twice to make it a 6-0 victory.

Kuhn turned the game over to Abby Martin in the sixth inning, and she slammed the door on the Lakers by giving up just one hit and striking out four to preserve the win.

Lamison’s homer capped the scoring in the sixth. Kuhn’s record on the season improved to 6-1 with the victory.

The 7-2 ranked Red Dragons bopped their record to 27-3 and remains undefeated in the conference at 12-0. Cortland has now won 33 SUNYAC games in a row, and will face second place Plattsburgh this weekend to determine who will host the SUNYAC Tournament in May.