

# The Equinox Sports

## Three Owls to make jump from Keene to Albany, N.Y. to play pro soccer

Christian Battaglia, Phillippe Moreau, and Simon Roeleveld have been chosen by the New York Capital District Alley Cats of the United System of Independent Soccer League.

See page 22

## Lax club holds on in nailbiter

Jennifer L. Kuehn  
The Equinox

The Keene State College men's lacrosse club just barely hung on to win against Franklin County Wednesday, 13-10.

Keene State played well. However, a let down in the fourth quarter almost cost Keene State the game.

"We were lucky that we got off to a good start in the beginning of the game," head coach Jim Draper said.

**"We got nervous in the end, and it almost cost us the game."**

• Ivan Chorney  
KSC lacrosse club player

Keene State had no problem putting the ball in the net.

Forward Mike LaFleur was on fire, leading the club in scoring, with four goals.

Midfielder Eric White contributed to the offensive thrust with three goals.

**"The referees made some questionable calls, but they don't win or lose the ball game."**

• Jim Draper  
head coach

Once again Keene State proved that lacrosse is indeed a team sport with Bob Bonnes scoring two goals.

Teammates Rick Fortier and Steve Keane each added a goal.

"We played well on both offense and defense," White said.

Keene State dominated the first half, as they built 11-4 lead.

As the second half ticked away, Keene State was no longer finding the nylon.

Instead, they were finding themselves taking a breather on the sideline.

With 10 penalties in the game, the club was getting use to playing a man down.

see NAILBITER, page 20

## Ruggers take third place in state

The Equinox

Pride and bragging rights are an important part of any sport.

Everyone wants to be able to say they are the best. This is true at each level, including state secondary schools.

The state rugby tournament held at Dartmouth College, Saturday, was no different. Pride and bragging rights were at stake.

Keene State College, Plymouth State College, the University of New Hampshire, and Dartmouth College each

had teams present attempting to gain those rights.

The tournament began with Dartmouth battling with Plymouth State.

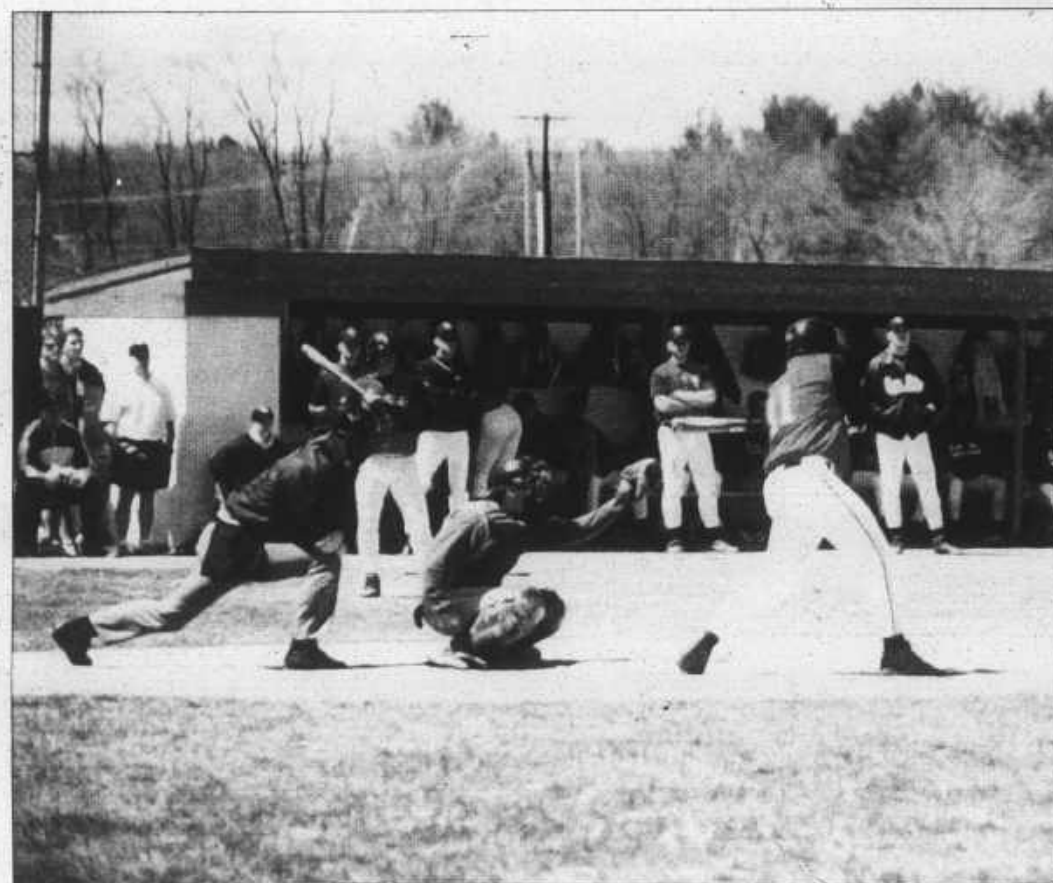
Dartmouth is ranked nationally and was the early favorite to win the tournament.

Plymouth State fought hard, but couldn't contend with the power and speed of the big green.

The game ended with Dartmouth defeating Plymouth State by over 30 points.

The second game featured UNH and Keene State.

see THIRD, page 23



Jared Seavey takes a swing at an oncoming pitch during a game against New Haven. Equinox photo by Kyle Piper

## KSC keeps postseason hopes alive with win

David Haley  
The Equinox

The fluctuating disposition of Dr. Jeckyll and Mr. Hyde have nothing on the Keene State College baseball team.

This season the Owls have played uninspired baseball one game and looked like world beaters in the next.

Entrenched in the middle of the NECC pack, the Owls came into the weekend hoping to change that trend against conference leader, The University of New Haven.

The opener of the Saturday doubleheader saw the Owls send staff ace Guy Harrington to the mound.

Harrington pitched well for

six innings as New Haven clung to a 1-0 lead.

But Harrington struggled early in the inning and reliever Michael Leighton would fare no better.

When the inning was over, the Owls were in a 6-0 hole.

New Haven would take the opener 8-2.

As senior Scott Ely took the mound for the second game, several thoughts had to be running through his head.

First of all, the game one loss had made the second game a must win if the Owls were to keep their hopes of a postseason invite alive.

Secondly, Keene State came into the game 0-21 against

New Haven since joining the NECC, with Ely himself carrying an 0-2 mark.

Adding to the pressure was the presence of 25 to 30 fraternity members from Alpha Pi Tau and Kappa Delta Phi who had gathered in right field to support the team during the day long doubleheader, which gave the feel of an English soccer crowd to the game.

Ely and All-American candidate Brian Hamilton are Kappa brothers, while six members of the team are Alpha brothers.

The crowd seemed to give the team a lift in the second game.

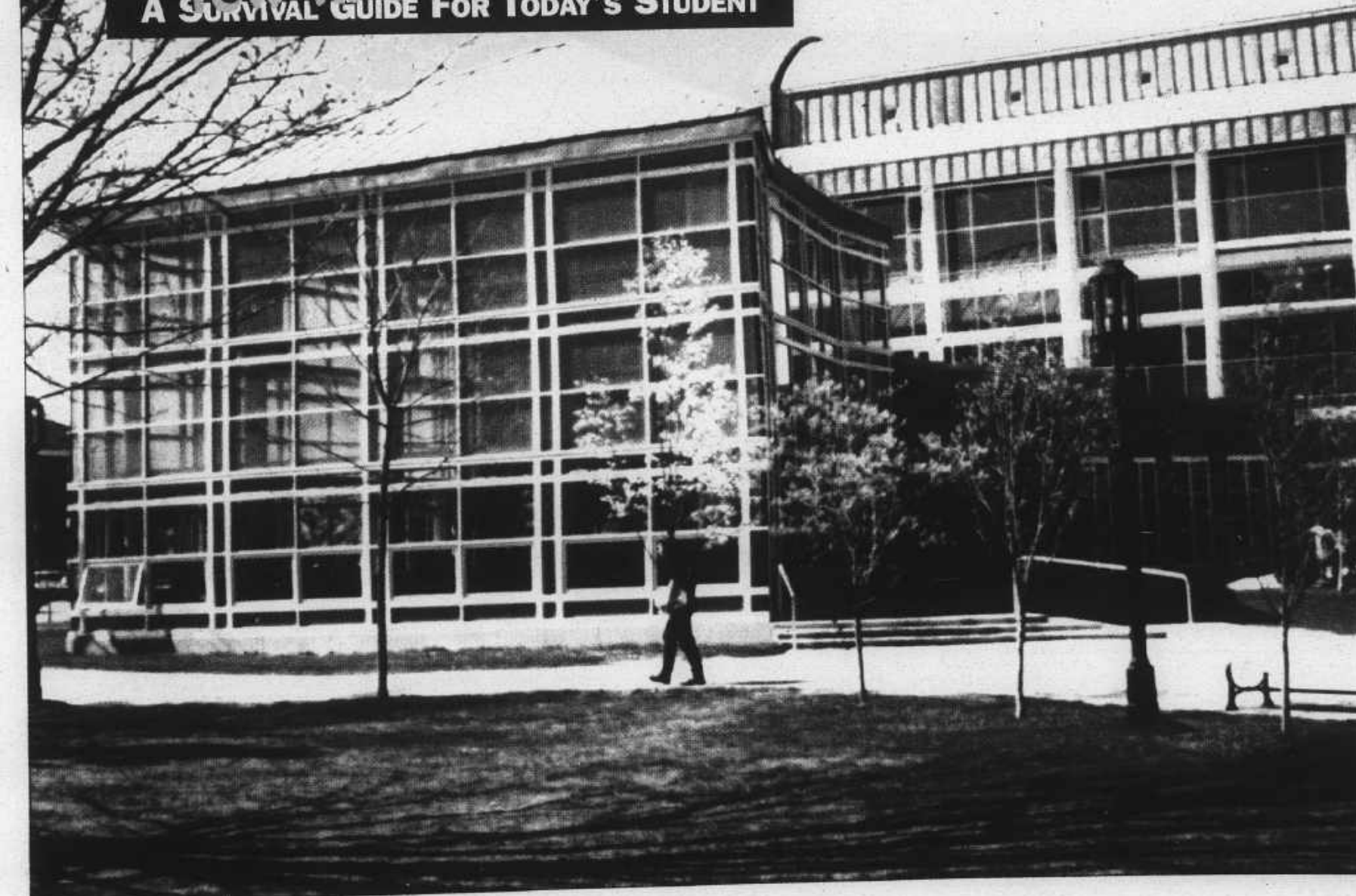
see HOPES, page 23

# The Equinox

Summer Edition 1997  
The Student Newspaper of Keene State College

# Keene State

few tips  
A SURVIVAL GUIDE FOR TODAY'S STUDENT





# Places to go that aren't here ...

## Here are a few ways to escape Keene

As most college students will tell you, the newness of being away at school starts to wear off after the first few weeks.

Cries of "there's nothing to do," and "I'm bored" will echo through your dorm soon enough. So, here are a few solutions for you.

Josh Lynn  
The Equinox

After some undetermined amount of time at Keene State College you will start to notice how small Keene really is.

You'll probably also get so sick of the food they try to give you at the Dining Commons. Or you might just want to sleep in your old bed again.

Regardless of your reasoning, sooner or later you're going to want to flee from Keene.

If you are just looking for a short break from the day-in, day-out repetition of life in Keene, head out on a day trip. Come winter, the destinations become obvious.

Hit the mountains!

If you're looking for a nice day of skiing or riding at a good price, and don't want to drive all the way to Never-Never Land, check out Mt. Sunapee.

It's a 45 minute drive up route 12. If you don't have a car, members of the ski club have told me there is at least one person heading up there every day.

If you're looking for a more daring, challenging hill, just travel a little further north towards Okemo, Cannon, Ragged, Loon, or head up to Maine and Vermont's many other selections.

Another student favorite is the hiking trip. Starting with Monadnock, you can find hundreds of great hikes through the White Mountains, and this will cost you a heck of a lot less than any day of skiing.

For those not into the snow, or for the times when the season is wrong, but you've just got to head somewhere, head to one of the other New England towns near here. Brattleboro, Vt. is probably the closest worth checking out.

It's only a twenty minute drive west on route 9 out of Keene, and there's enough interesting stores and coffee shops to keep you occupied for

a couple of days.

Northampton and Amherst, Mass., are two great towns that are full of things to do, from open mics at the coffee shops to dance parties all night long.

Both of these towns are a lot bigger than Keene or Brattleboro, so it shouldn't be hard to find enough stuff to make it worth the hour long drive.

For those of you who need more than just a break from Keene, and those craving a home cooked meal, there are a few different ways to get you home without the luxury of your own, or your parents' car.

Vermont Transit, our local bus line, has daily trips to lots of big cities, and won't explode the budget.

A round-trip to Boston will cost you \$33.15, the long trip to New York is \$61.20, and it will cost you \$51.85 to get to Hartford, CT.

These prices reflect the 15% discount given to college students with a valid I.D.

If you're looking to save a little more cash, plan ahead and get the cheaper pricing.

Vermont Transit also offers a getaway deal to Montreal for \$63.00, and this includes an overnight stay at a Hostle. (All prices above as of May, 1997)

If you're looking to get home a little quicker, you could always fly, but there is a price to be paid.

Keene's tiny airport will get you round-trip to Boston for \$176.00 at the lowest (as of May, 1997).

Another option for those who like to be the one at the wheel - you can rent a car at Merchant's Auto on Winchester Street.

For a weekday rental for anyone over 18, with full coverage insurance on another vehicle, you can get an economy car for \$30.95 a day.

If you're under 21, they're going to charge you an extra 25 percent.

Keep your eyes open for some of their weekend specials and other deals. (Once again,



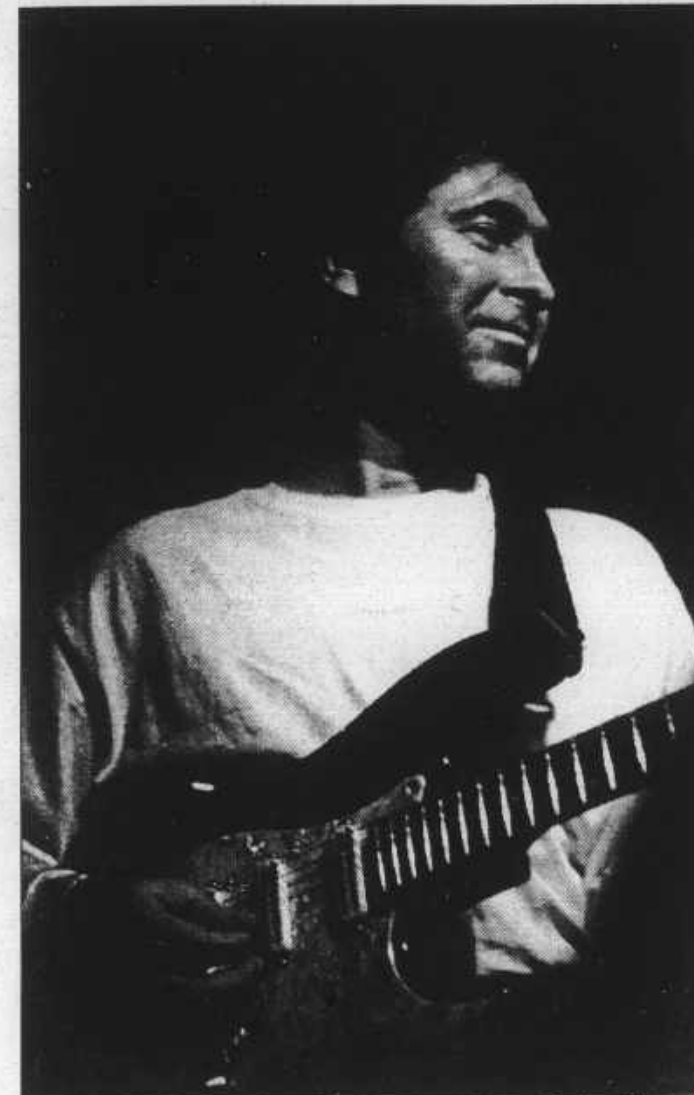
Main Street in Brattleboro, Vermont offers many things to keep students occupied during the day. It is only a 20 minute to half hour drive from Keene along Route 9. Students can enjoy the clubs, coffee shops and other restaurants it has to offer.

### How to get out of Keene

- **Vermont Transit** - Bus line with tickets available going north and south. Located across from Foodies on Gilbo Ave.
- **Dillant-Hopkins Airport** - Located in North Swanzey, the airport has flights to Boston, and other East coast cities.
- **Car Rentals** - Merchant's Auto, located on Winchester Street is the only car rental place in Keene that will rent to people under the age of 21.

# ... and a few places that are

## Stuff to do if you're stuck in Keene



Peter Parcek, an area blues/rock musician, entertains Keene audiences at the Elm City Brewery and Bandidos.

Keith P. Moriarty  
The Equinox

It has long been rumored that Keene is, as far as entertainment is concerned, a hole in the universe. There is civilization here, but not much to keep people busy during time off (which is why Keene has so many cool jobs with long and ridiculous hours, like grocery stores, fast food joints and gas stations).

But there is entertainment within walking distance of Keene State College. Here's the run-down (in no particular order):

**Bandido's:** A southwestern themed bar and grill (at the Center at Keene, Gilbo Avenue) that just happens to book great blues & rock bands two or three nights a week.

**80 Roxbury St.:** Tucked in behind Keene's YMCA, off

the head of Central Square, is Keene's most bizarre night spot. Alternately known as Eris Hall and Oddfellow's, this Thursday thru-Monday establishment hosts bands, DJs, open-mic nights, and never has a dull moment. Sometimes the music is jazzy, sometimes it's punk, and you can see one band or six on a given night.

**Elm City Brewery:** Back in the day, Keene used to be known as Elm City, and this locally owned business recalls that with something of a modern twist: not only are the sandwiches made on the spot, the beer is too. Blues music is featured every Thursday night. The brew-pub, as people know it, is located in the Colony Mill Marketplace on West Street.

**Brewbaker's:** The perfect place for those quiet times when everyone else is off doing his/her own little thing,



Equinox photo by Name

**Though Blockbuster is a better-known name in rentals, Video HQ, above, offers hassle-free memberships.**

Every other Thursday, Brewbaker's hosts an open-mic night, and you can sit down with a good cup of coffee and enjoy entertainment on a small scale. When there isn't live entertainment, you can relax to an array of jazz, folk, or world music, depending on who's working. Right on Main Street.

If seeing a lot of bands isn't really your thing, and you want to buy an album, you have a few choices:

**H. Slider:** This store, on Railroad Street, really does have a bit of everything. Used compact discs, new and used vinyl, 8-Tracks, comic books, posters, and collectible things like toys from the '70s and '80s.

**The Music Shop:** Need reasonably priced discs that aren't Top 40 fare? Need a special order within 2 days? Need to talk to people who know music? This is your place. It's on the second floor of the Colony Mill.

**Strawberries:** This is the other side of the coin to The Music Shop. The Top 30 albums are always on sale, and they will be open at midnight when a major release (read: Pearl Jam) comes out.

**Coconuts:** This store has occasional moments of brilliance, but for the most part is too expensive (the minimum price of any good album is \$16) for their selection of

music. For diehard country and rap fans only, please.

And now, for the video portion of our program:

Renting movies is either the easiest or hardest thing to do on any given night. Either you go into the store on a mission ("I have to see that movie!") or you go in and not a single video looks like THE ONE. At any rate, there are three places to rent in Keene. In order of proximity:

**The Owl's Roost:** Located right in the Student Center, The Roost not only rents videos (\$2), but has a wide range of video-style food, like popcorn, chips, etc.

**Blockbuster Video:** A taste of Corporate America right here in the heart of the Granite State (West Street, in fact), you can get a variety of family-oriented films, and box-office smashes (sometimes even in special Blockbuster editions, with scenes cut out) for \$2.60. To get a membership you need a major credit card and a driver's license.

**Video Headquarters:** It's a bit of a walk out West Street, but it's worth it. Video HQ offers a wide selection of cult classics, big hits, and good movies you might have forgotten about. Each rental is \$3 for two nights, and they're super-cool about late fees. And you only need a driver's license to get a membership.

## Study Tips

Do:

- Take good notes.
- Study somewhere quiet, comfortable and well-lit, like the library.
- Study when you're alert.
- Study at the best time of day for you.
- Relax and have fun. Don't take life too seriously.
- Get a semester planner and plan every single test and project you have so it won't sneak up on you.
- Talk to other classmates and study together.
- Study at least five days before an exam.
- Look at exams from earlier on in the semester. Professors tend to ask the same types of questions.
- Find out what is going to be on the test by asking the professor.
- Learn how to ask for help. There are study skill work shops and tutors available at ASPIRE. The Writing Center and the Math Center can also assist in tutoring.

Don't:

- Study where there are a lot of distractions.
- Study when you're tired.
- Read something just to get through it.
- Study in different places. Use the same place every time.
- Get bogged down with work. Limit your activities.

## How to take in-class notes

- Sit up front so you can see and hear well.
- Use a loose-leaf notebook so you can add in handouts where they belong.
- Add title and date to notes.
- Try to take notes in your own words.
- Use Keywords. Try not to use complete sentences and paragraphs. You don't have enough time.
- Use abbreviations whenever possible.
- Use a pen. The ink lasts longer.
- Use plenty of paper to give yourself room.
- If you miss something, leave a space and move on. Get the missing information from a classmate or the instructor later.
- Ask questions.
- Review your notes as often as possible.

The information was obtained through an interview with Bill MacKenry, a Keene State College educational counselor as well as a graduate student.



# Technology growing at Keene State

Brent Curtis  
The Equinox

In the rapidly changing world of technology the only place better to be than on the cutting edge of developing new systems is being in the first wave to use them.

At Keene State College, becoming part of that group of front-runners is the goal for the College Information and Technology Committee's (CITC) five-year plan for upgrading and expanding technology on campus. Projects such as the Student

Information System (SIS), which would give students ATM-like access to information concerning their college life, are being mapped out and implemented.

However, the first step towards any goal must be to provide a reliable model of access

and support. Bob Golden, vice president for academic affairs and co-chair of CITC, said.

Golden said more access is being provided through the creation of new computer labs and the expansion of free access to the system for off-campus users.

Support is available through new organizations such as the Student Technological Support Service (STSS) and Project TALENT, a faculty support and instruction service, Golden said.

The services, which just began this year, have proven to be a valuable asset.

"STSS was a successful pilot this last year. It got over 400 students connected to the network and has provided a dial-in and walk-in service," Jay Kahn, vice president of finance and planning and the other co-chair of CITC, said.

Trouble shooting organizations like STSS act as the underpinnings for other projects, like SIS, by offering support and services for faculty and students working to implement new technologies, Kahn said.

Next year will see growth in STSS as well as an increase in services when off-campus

users are given free access to the system. Ken Little, a manager at STSS, said.

The internet service providers that will give software and assistance with installation to off-campus users will not be providing support, Little said. That will be STSS's job.

To meet future tasks, the service is planning to double its number of technicians by adding eight to twelve new members, Little said.

Off-campus students will only be able to receive support over the phone so a full-time employee position will be added to answer and assist calls.

Since instruction and proper use of new technologies is so essential, support organizations may begin evolving into more efficient arrangements in the future.

One plan in the making is to combine Project TALENT and media services into one comprehensive organization dubbed the Instructional Technology Support Service (ITSS). David Pinto, director of the library and a member of CITC, said.

The plan, still in its early stages, would centralize the two organizations and include the library staff, Pinto said.

The ITSS would be part of a larger plan named the Academic Information Service, which would provide a framework of support services on campus that would enhance classroom learning with technology, Pinto said.

"I expect the role of technology in teaching to expand dramatically in the future," Pinto said.

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## How to use the Internet on campus

Anthony B. Vogl  
The Equinox

The internet controls our lives, or so some people say.

Computers and technology run practically everything we do, whether it is getting up in the morning, listening to radio, zapping a cup of coffee, or driving to work.

It is getting to the point that it is difficult to do something without a computer being in some way involved.

At Keene State College, students have full access to computers and technology to communicate around the globe.

Computer labs in the former Lloyd P. Young Student Union, Huntress Hall, the Student Center, and spread throughout the different departments provide the necessary equipment for research and communication.

However, many students either do not know about these modes of communication, or do not know how to use them.

### A brief history lesson

The roots of the internet do not lay with computers, as

many people would think. No, it goes back much farther than that, back to the year 1858, when the Atlantic cable was first established to bring instant communication across the Atlantic ocean for the first time.

This was the beginning of quick and easy communication across the globe.

In 1957, coinciding with the launching of the space shuttle Sputnik, the Advanced Research Projects Agency (ARPA) began to focus their efforts on computer networking and communications technology.

To expand this new form of technology they were developing, Dr. J.C.R. Licklider, the head of ARPA's computer research, saw the need to move the contracts to universities which laid the foundation for ARPANET.

In 1969, the first computer network connected the University of California in Los Angeles, with Stanford Research Institut, the University of California in Santa Barbara, and the University of Utah in Salt Lake City. The internet revolution had now begun.

The computer networks did nothing but grow from this point on.

In 1984, TCP/IP protocols were installed on some key non-Unix machines at CERN. By 1990, it had become the largest internet site in Europe. From here, the internet was developed, and it continues to grow to this day.

What started off as a U.S. Military project became a universal mode of communication across the entire globe.

### How to use Monadnock

One of the most popular features of the internet at Keene State is Monadnock, the students connection to e-mail, newsgroups, and information on the web.

Every enrolled student has an e-mail account. At the first opportunity, students should go into the computer labs and grab the nearest computer.

Then, double click on the icon that says Monadnock (if you are on a Macintosh), or Telnet (if you are on the PCs, or IBM compatible computer).

see INTERNET, page 9

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## Movin' in doesn't have to be hard

Anthony B. Vogl  
The Equinox

Moving-in-day at Keene State College can be a time of mass confusion on campus.

It is a time of goodbyes to loved ones, (and sometimes annoying little brothers and sisters), but also a time to start over with a new and different life.

Here are some tips to make the transition to college much easier for you:

- Make a list of stuff that you are going to bring to college the night before and check it off when you are packing so that you do not forget anything.
- Get your parents out of there - you will miss them enough through the semester and it will be much easier the sooner you get away from home. Make it a clean cut.
- Try not to call home during your first week on campus. Be tough and stick it out as long as you can.
- Know exactly what building to go to and who to see. If you do not know, call ahead of time and find out.
- Make sure to have your money for room and key deposit along with any paperwork you may need.
- Be ready to participate in your hall and other campus activities. You will not meet people if you spend the entire day in your dorm room unpacking. There is plenty of time for that.
- Day one is way too early to air any emotional baggage about past relationships or personal problems you may be

carrying with your roommate.

• Call your roommate before you arrive at college and figure out who is going to bring the radio, TV, etc. You only need one of each in your room, and there is probably not much space for more than one.

• Bond with your roommate. You will be doing a lot of this throughout college so you might as well start early.

• Discuss your pet peeves and likes/dislikes with your roommate right off. Find out when they do their homework, whether they party a lot, like their music loud, etc.

• Go into college open minded. Do not be over critical and listen to what your roommate has to say.

• Look your roommate

straight in the eye and say "I am not taking the top bunk," (unless of course you want it.) Only kidding, of course.

• Do not be afraid to meet people. You are not the only one on campus who does not know anyone else.

• Go to the dining commons with friends. It can be confusing to take it alone.

• Look at your schedule and find out where and when your classes are held. Get acquainted with the campus.

• Do not buy your books on the first day. Who knows if you are going to keep the class or if it is the wrong book. Wait until you have been to at least one class and then decide.

• Get to know your RA. They are there to help you.

## Top 10 things not to bring

Jesse Stenbak  
The Equinox

1. Your cat Charlie, and your dog Sam, they may be cute but Keene State College doesn't allow them here.
2. A microwave. Most of the residence halls already have them and they're not allowed anyway.
3. Incense and candles may add charm and mystique to your room but may also burn it down.
4. Every little memory from your glorious years of high school. Leave some stuff at home because you do not want to bring too much.
5. Any kind of assorted rodent or other small animals. If you really need the compan-

ionship of an animal, you can bring a fish.

6. Only a television because there is not cable in the rooms yet. Make sure you have a VCR to go along with it.

7. Leave your woks and toaster ovens home. Keene State supplies you with plenty of stove tops.

8. Full size refrigerators. Little ones work just fine, plus the big ones aren't allowed anyway.

9. Extra furniture may make your room look great, but it will take up a lot of room and may get you a fine.

10. Halogen lamps. You do not want to be charged for burning down your residence hall. They aren't very cheap.

## Internet

• from page 5

From there, a window will open on the computer monitor that says "Login: " Where the cursor is, type in "renewal," and hit return.

This will bring you to a new screen, where you will find out your e-mail address, and be able to make your own password.

The renewal process does take between 20 and 60 minutes, so be patient.

A word to the wise: make sure your password is not only letters or numbers.

Use some of both.

Make it impossible for anyone else to figure out and don't tell anyone. Follow the instructions and after finishing, you will have your own brand new e-mail account. Log back onto

the program, and type in the initials the renewal screen gave you, and then your password.

Now, you should have a prompt that says something like "monadnock.keene.edu/~###". Here, you can do a number of things.

If you want to check your e-mail, type "pine." If you want to check newsgroups, type "tin," and if you want to search the web on a text based viewer, type "lnyx."

After typing pine, you will be brought to a new screen. There are many choices here.

You can view your e-mail by scrolling up and pressing enter when the "FOLDER INDEX" is highlighted, or to compose a message, scroll up and hit return when the "COMPOSE MESSAGE" is highlighted. From here on, it is fairly self-explanatory.

To compose a message how-

ever, you need to know the person you are going to send it to's e-mail address.

Type this where it says "To:", type in a subject, your message, and then hit "Control-X" to send the message.

To quit pine, simply hit the letter "q" and you will be back to the monadnock prompt.

One very fun feature many students enjoy is talking to other students at other colleges and universities across the nation. For example, if you wanted to talk to a friend at the University of New Hampshire, all you would have to do is type "talk. ###@hopper.unh.edu" and hit return. "Hopper" is the name of one of their computers. "Monadnock" is the name of Keene State's computer.

To find out who is on-line, hit "I" and press return. This will give you a list of all the students who are currently connected.

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**Redfern Arts Center on Brickyard Pond and the Putnam Theater.**

Besides getting the award for the longest name on campus, the Arts Center is one of the campus' most impressive facilities. It holds four theaters, including the 572-seat Main Theater, eight art studios, a dance studio, band and choral rooms, practice modules and classroom and office space for the art, music and theatre programs. The Arts Center also offers students the opportunity to see various musical and theatrical productions at reduced prices - as in \$5 for most events. That's pocket change compared to what you'd pay in Boston or New York. Unfortunately, most of you won't venture to the Art Center for any reason except to go to the Harry Davis Room for course registration toward the end of the semester - too bad. The Putnam Theater is a lecture hall by day and a state-of-the-art movie theater by night. Also an amazing facility. The Putnam is one of four Dolby Surround Sound Theaters on college campuses in the nation. Not bad for a small New Hampshire school. Also very cheap.



**Grafton House:**

This is where to go to buy a parking decal and also where to go to pay those pesky parking tickets - or appeal them.

**Elliot Hall:** (What isn't here?)

This is probably where you came when you took your tour of campus. Well, besides housing the admissions office, Elliot also holds some of the offices that you as college freshmen will grow to love. On the first floor you'll find: the Office of Financial Aid, who, at times, give out money; the Registrar's Office, who handles your transcripts; Academic Advising; Aspire, who offers help for those students who need tutoring or have learning disabilities; and faculty offices. Up stairs, on the second floor, you'll find the Writing Center, a place many college freshmen should visit, but few do; the Media Center, where you can get all kinds of fun electronic stuff to play with; the journalism lab; and faculty offices. On the third floor (don't worry, there's an elevator) you'll find Health Services, anything from aspirin to birth control pills; the Counseling Center which offers one-on-one counseling and support groups; and Career Services, a place you may want to visit before your senior year so you can work somewhere besides a fast food restaurant after graduating.

**Mason Library:**

Do yourself a favor. Don't only know where it is, know what's in it. After all, you won't be able to call yourself a sophomore until you make it through this year. So, take some time and learn about KeeneLink, it lets you check to see if Keene Public Library has books that might be useful for your research. Check out ERIC and the other searchable databases - lets you whip out research papers in no time - it's a procrastinator's best friend. Other cool stuff includes the periodical section, the reference section, quiet study areas and copy machines.

Well, it used to be the Lloyd P. Young Student Union, but since the Lloyd P. Young Student Center opened a couple of years ago, it's been sitting vacant awaiting the face-lift it's currently receiving. It'll hold new academic space, computer labs and faculty offices when it's done. As far as what it will be called - that's another story.

**Morrison Hall and Parker Hall**

Easy way to tell them apart is that Parker is really nice inside and Morrison isn't. Well, at least the second floor of Morrison isn't. Anyway, this is where you'll be going for many of your English, literature, history, languages, and other general education classes. Oh, you don't know what general education classes are - ask the Registrar's Office. (see Elliot Hall for more details!) Parker is also home to the Dean of Arts and Humanities.



**Pondsides:**

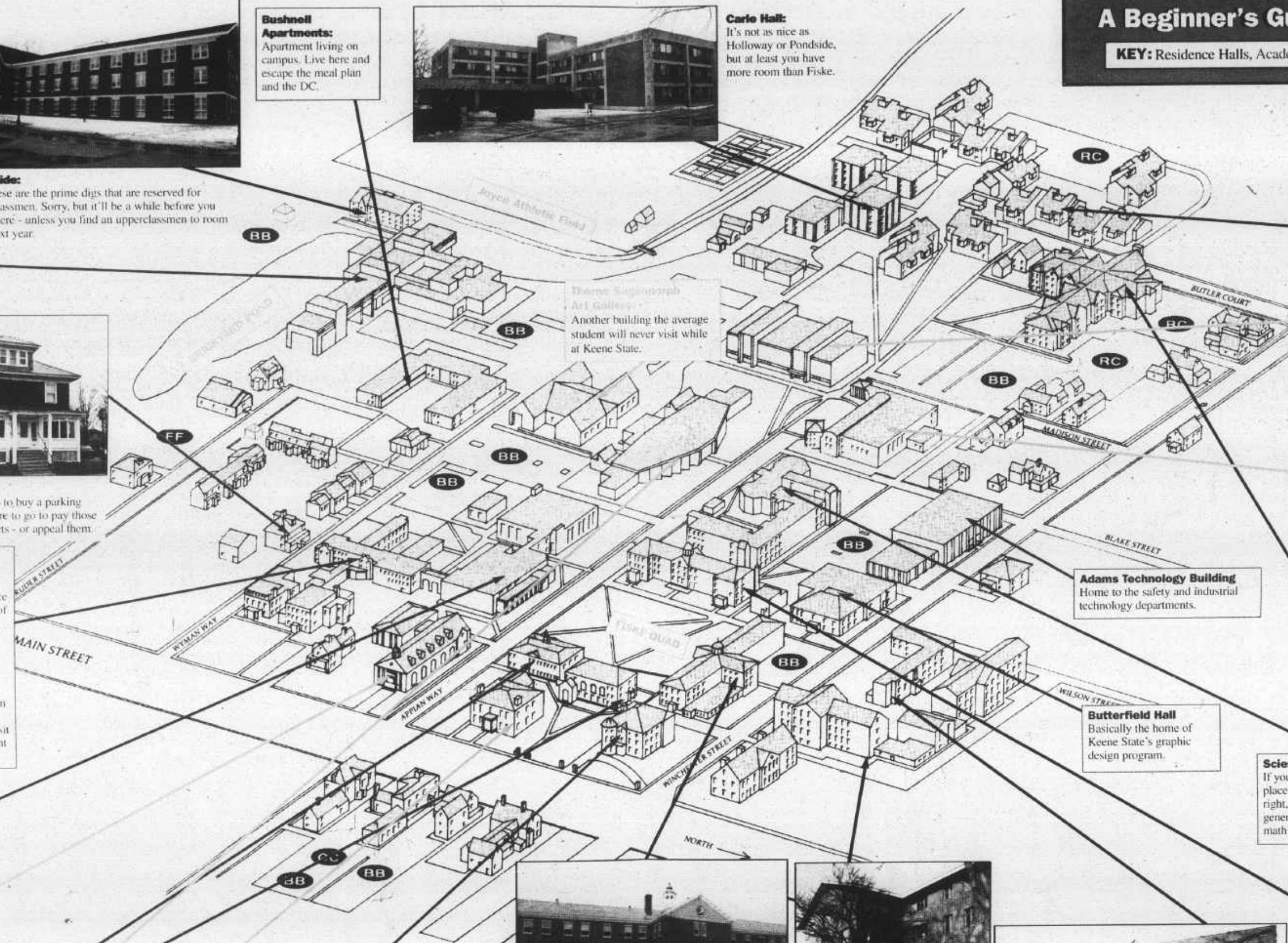
Yes, these are the prime digs that are reserved for upperclassmen. Sorry, but it'll be a while before you get in here - unless you find an upperclassman to room with next year.

**Bushnell Apartments:**  
Apartment living on campus. Live here and escape the meal plan and the DC.



**Carle Hall:**

It's not as nice as Holloway or Pondsides, but at least you have more room than Fiske.



**Thomas Sargent**  
Art gallery.  
Another building the average student will never visit while at Keene State.

## A Beginner's Guide to Keene State College

**KEY:** Residence Halls, Academic Buildings, Administrative Buildings, Misc. Buildings



**Owl's Nests**

These mini-dorms house mostly sophomores and juniors. You may be on the far side of campus, but at least you're really close to PAKS, Shaw's and McDonald's.

**Swimming Gymnasium**

This is the home of the Owls. Also houses BodyWorks, Keene State's own health club (membership required), athletics department offices and classroom space, the swimming pool and training facilities.

**Lloyd P. Young Student Center**

(see front cover for picture)

The Student Center holds almost everything related to student life. On the first floor you'll find the food court, good luck trying to figure out when you can use your Flex dollars; the bookstore; the Owl's Roost, Keene State's own convenience and video store; Computer Connections; an ATM; quiet study room; and the greenish-colored, squishy chairs everyone loves to hang out in. The second floor holds mail services; the Nite Owl Cafe, Keene State's own pseudo-night club/coffee shop; the Mabel Brown Room; and student organization offices, including the student assembly and student body president and vice president offices. Stashed away on the third floor, yes there's an elevator here too, you'll find *The Equinox* (Room 310 if you're interested), WKNH, the Mountain View Room, various meeting rooms and other administrative offices including that of the vice president for student affairs.

**Holloway Hall**

Just think, no more community showers or bathrooms. Suite living, privacy and clean bathrooms. What more could you ask for?



**Science Center**

If you think college is about classrooms in lecture halls, you came to the wrong place. Though the Science Center holds two lecture halls, it's main purpose is to... right, hold the science facilities on campus. This is where you'll be going for all general psychology, biology, chemistry, geology, geography, physics, astronomy, math and meteorology classes. It also holds faculty offices.



**Huntress Hall:**

Don't read into the fact that we used a black and white picture... it's all we had! Anyway, Huntress is the only all-female dorm on campus. A few of you might be confused by the fact that your class schedules say you'll be meeting in Huntress - sorry guys, not what you think - it's true. There are a few classes held in the basement of Huntress. Also, Huntress is close to the majority of academic space on campus and for those of you who will be "trapped" here this year - at least you have a prime view of Fiske Quad.



**Fiske Hall:**

Remember that spacious dorm room you saw in the college viewbook? Well, that picture was NOT taken in Fiske Hall. Yeah, rooms in Fiske are small, but, like the residents of Huntress, Randall and Monadnock, you're right next door to classes. Try looking at it this way... at least you'll have the chance to get really close with your roommate. You're also only a few steps away from Fiske Quad and as many games of Frisbee, Whiffle Ball and Hackey Sack that you could have ever wished for.



**Randall and Monadnock Halls:**

This is where most freshmen get stuck. (Upperclassmen get the better digs because they've already put in their time.) Not to worry... Both of these halls sport TV lounges, laundry machines and vending machines. Randall also has a rec. room. Well, this may not make up for the tight living space, but look at it like this. You're near most of the academic buildings, so when you oversleep, it's only a short jog across the street - just watch the traffic on Winchester Street... townies love to take aim at unsuspecting students. The other bonus is that you're close to Cumby's, so late night munchies are never far away.



**Adams Technology Building**  
Home to the safety and industrial technology departments.

**Butterfield Hall**  
Basically the home of Keene State's graphic design program.

**President's House:**  
It's not the White House, but as far as Keene State College is concerned - it is. This is where Dr. and Mrs. Y live.

**Hale Building:**

The administrative capital of Keene State. In the four to five or six years you'll be at Keene State, you probably will never step foot inside this building, but we figured you might want to know what's inside. This is where Dr. Y's office is; same with that of the College Relations Office, they're in charge of making sure everyone in the outside world thinks Keene State is a nice place; the vice presidents for academic affairs and finance and planning are here too.

**Zorner Dining Commons:**

What's to say... it's not home cooking, but it's paid for. Do yourself a favor. Figure out what you can handle and stick to it. Save your money for those occasions when you absolutely know that you won't be able to stomach the food at the DC.



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
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• see ad, page 4

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# The hangover: a survivor's guide

## A few methods to help prevent rite of passage from happening



Warning: Alcoholic beverages impair one's ability to operate automobiles and heavy machinery, and may cause a short-term illness known as a "hangover."

Equinox file photo

Keith P. Moriarty  
The Equinox

**N**o matter who you are, eventually you will have a drink that contains alcohol.

Sometimes you might have more than just one or even two, until eventually you're looking down the barrel of that old rite of passage, the hangover. But there are several ways to avoid that awful morning-after feeling.

• **Don't get drunk at all:** An ounce of prevention is worth a pound of cure in this case. Knowing your limits is a handy thing when it comes to drinking.

• **Drink early and responsibly (don't go to bed wasted):** Again, this is preventive maintenance to your body. Sometimes the really cool people stay up later, but an early night makes for less pain in the morning (8 AM classes are no fun when your head is pounding).

• **Have a large glass of orange juice first thing in the morning:** OK, this is sort

of like putting the cart before the horse, but after a few hours, it might help.

• **Have a large glass of orange juice last thing before bed:** Yeah, that works better.

• **Take aspirin before bed:** It may help, but is believed to add to liver damage. Then again, you deal with a hangover as it happens. Your liver won't fall apart until after college (hopefully).

• **Sleep:** Avoiding the world for a day works every once in a while, but this is by far the most time-consuming of all cures.

• **Drink lots of water before bed:** This is the best method, hands down. A hangover is dehydration. Water has long been suspected of combating dehydration.

**And for good measure, here's a few things you shouldn't do ...**

• **Drink more:** Some people believe a drink first thing in the morning will suppress your hangover. But if you're going to have another beer (or whatever) when you get out of bed, start booking your AA meetings as soon as you're done with it.

• **Take a cold shower:** Are cold showers good for anything?

• **Go jogging:** The last thing your body needs is too much work after a hangover.

• **Eat before drinking:** This doesn't help because it brings up (literally) the other temporary drinking problem: vomiting. Nothing mixes with alcohol worse than fast food (something a lot of college students eat).

• **Eat after drinking:** This won't help at all. It either adds to unnecessary weight gain, or other unpleasant events (see: Eat before drinking).

### Did You Know?

• In addition to the digestive irritation caused by alcohol, hangovers are also caused by congeners, or by products of the fermentation process.

• While alcohol is expelled from the system at an average rate of one half ounce per hour, congeners take much longer.

Source: "Beer, Booze, and Books ... a sober look at higher education" by Jim Matthews

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## Know your phone

Forget NYNEX, Meridian is where it's at

Josh Lynn  
The Equinox

You're all moved in, you're cramped into your tiny new home with someone you've never met before, and you're thinking it's about time to call home. So you pick up your phone, dial all ten digits, it rings, and a female voice tells you you've reached a non-working Keene State College number, so you hang up and try again and again.

If this has happened to you, or sounds like something that might happen soon, stop worrying, sit back and relax with a nice hot double latte and your very first Equinox, and follow these simple steps to help you with all of your on and off campus telecommunicating needs:

• As in any phone system, dial 911 if you have an emergency.

• To make an on-campus call dial the last four digits of the number, you don't need to dial 358 first. This will work for any campus office or room, and you'll find that most of the numbers in the dorms are sequential, (i.e. one higher or lower than your neighbor.)

• To call anywhere off campus, dial 5, and then the number you want to reach.

• For long distance calls, you'll need to dial your AuthCode, which will be given to you in an information packet. Don't forget to wait for the second dial tone after you are asked for the code.

One of the greatest things about this telephone system is your Voice Mail. It is easy to use once you get the hang of it, and it's a great way to keep in touch with friends on campus.

• To access your voice mail account, dial 7777, then your phone number, then # (pound). If you are logging on from your own phone, you can just press #. Next, you will be asked for your password. When you first use your mail, your password will be the same as your extension number, type it in followed by #. If you are off campus, you can still

log on by dialing 358-7777. Once logged on, you can perform all of the other functions.

• To change your password, and we recommend doing this first so no one else can access your account, dial 84, then follow the on-line instructions.

• To record a greeting for callers leaving you a message, dial 82, then follow the instructions. Many students like to leave music as their greeting, and it's really nice, but please, please leave your name first so that if a professor, or other important person wants to leave a message, they'll know it's you.

• To get your messages, log on. You will be told if you have messages, press 2 to hear them.

• Press 6 to skip one message forward.

• Press 4 to skip back one message.

• Press 86 then the number of the message you want to hear, then #.

• To delete or resurrect a message, press 76.

• When listening to your messages, press # to pause playback, and 2 to resume play.

• To scan forward 5 seconds in a message, press 3, to scan backward, press 1.

• To get detailed information about any message, press 72.

• To forward a message you received to another number, dial 73, then follow instructions.

• To leave a message directly on another Voice Mailbox, dial 8888, then, when asked, dial the mailbox number followed by #.

• To simply compose a message to be sent at a later time, dial 75, enter the Mailbox(es) you want to send to, press #. To record, press 5, to end, press #. When you want to send the message, press 79.

This list is not comprehensive, and more features, such as conference calling, etc. can be purchased at \$5.00 a piece through Phone Services at 81 Blake Street.



## Meridian Mail Quick Reference Guide



1 Skip Backward	2 Play	3 Skip Forward
4 Previous Message	5 Record	6 Next Message
7 Message	8 Mailbox	9 Call Sender
* Help Service	0 Attendant/ Thru-dial	# Stop/Exit

### Steps to check your voice mail

- Dial Meridian Mail access number (7777)
- Press the # key.
- Enter your password (It is your phone extension until you change it)
- You are now logged onto Meridian Mail

### Other Commands

- To play messages, press 2.
- To go to the next message, press 6.
- To go to the previous message, press 4.
- To call the person who left the message, press 9.
- To record a greeting, press 82 and follow the instructions.
- To delete a greeting, press 82 and follow the instructions.
- To change your password, press 84 and follow the instructions.
- For general help, press

Information obtained from Meridian Mail  
Voice Messaging User Guide

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# Campus Bigwigs

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Anthony B. Vogl  
The Equinox



Yarosewick

## President

Stanley Yarosewick, president of Keene State College, is the man who has final say over everything that goes on here. He is responsible to the University System of New Hampshire Board of Trustees for all of Keene State's operations. He also works closely with other campus leaders to make the college successful by initiating planning activities, such as the Future Search Conference, addressing problems, and managing the campus resources. He is the spokesperson for Keene State to all external constituencies, including alumni, donors, the local community, the state government, and the higher education community. His office is in Hale Building.

## Directors



Strifolino

Paul Strifolino is the director of the Lloyd P. Young Student Center. He oversees all events that are held in the Student Center throughout the academic year. Strifolino also oversees the meetings of Student Government. His office is located on the third floor of the Student Center.



Strifert

Patrice Strifert, assistant director of program for the Student Center, provides support for clubs and organizations as well as their advisers. She also provides leadership training for clubs and students at large, and assists with all other programs such as orientation. Her office is in the Student Center.



Miller

Patricia Anne Miller, associate dean of student affairs; student life, oversees making sure students have a place to live during their semester here, and that it is a good semester. She oversees the dining commons, residence halls, and activities which take place there. She can be found in the office of Residential Life.



Dodge

Kathryn Dodge, director of admissions, oversees all that goes on in the admissions department as well as working with project ACCESS, works with a management team in student affairs, and also speaks to the Deans Council and faculty about enrollment issues. She can be found in Elliot Hall.



Baisden

Vern Baisden, director of campus safety, is in charge of the safety aspects involved in Keene State College. He makes sure that crime and accidents on campus are kept to a minimum, and works with the Keene Police to curb drug and alcohol use on campus. His office is in Grafton House.



Matthews

Jim Matthews is the special assistant to the vice president for alcohol and drug programs. Matthews teaches a course on responsible use of alcohol, and also helps to plan programs to encourage responsible drinking among students on campus. He also wrote a book on the subject. He can be found in Joslin House.



Hayes

Don Hayes, coordinator of community service, coordinates all community service on campus. He helps organize Alternative Spring Break, Habitat for Humanity, and other volunteer programs. His office is located on the third floor of the Student Center.



Pinto

David Pinto is the director of the Mason Library. He is responsible for the operations of the library and its branches, the Holocaust Resource Center, Curriculum Materials Library, Media Services, and Project TALENT (Teaching And Learning Employing New Technologies). His office is in the Mason Library.

## Vice-Presidents



Golden

Robert Golden, vice president for academic affairs, oversees the academic side of Keene State College. Working with Ann Rancourt, the new associate vice president for academic affairs, Golden oversees the deans and makes sure the academic side of life runs smoothly. He is also a member of the Dean's Council, and a co-chair member of the CITC (College Information and Technology Committee) which is trying to bring more technology to campus. His office is in Hale Building.



Hickey

Delina Hickey, vice president for student affairs, is responsible for all student services, from athletics to Upward Bound. This includes: Campus Safety, Admissions, Career Services, Aspire, the office of Residential Life, Athletics, student development, the campus judicial board, Health Services, the Counseling Center, Rec. Sports, community Services, Dining, and also of campus ministry. Her office is on the third floor of the Student Center.



Kahn

Jay Kahn, vice president for finance and planning, is the chief financial officer of Keene State. He is responsible for the college budgets, financial controls, and is responsible for the facilities, purchase of goods and services, information technology systems. Kahn oversees institutional research, administrative student services, the college bookstore, mail services, and is a chair of the campus planning committees in regard to budgets. He can be found in Hale Building.

## Deans

Michael Haines, dean of arts and humanities is responsible for the arts and humanities division of courses. His responsibilities include overseeing the faculty, staff, curriculum, facilities and buildings in his division, which includes, American studies, art, communication, English, film studies, history, journalism, modern languages, music, philosophy, theatre and dance. Haines is also in charge of planning the budget for his division. His office is in Parker Hall.

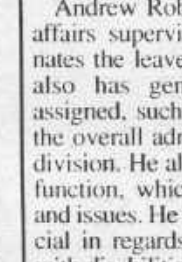


Haines



Leversee

Gordon Leversee, dean of sciences, has control of the science division of courses at Keene State. He is responsible for the faculty, staff, curriculum, and facilities and buildings of the science division which includes thirteen departments, 75 tenure track faculty, and 325 or more sections of classes a semester. He is also responsible for long term planning for the science division. Also, Leversee has to plan and operate the budget facilities for the science division. He can be found in the Science Center.



Robinson

Andrew Robinson, associate dean of student affairs supervises the judicial system, coordinates the leave of absence and withdrawals. He also has general administrative duties as assigned, such as committees, and assists with the overall administration of the student affairs division. He also provides the student advocacy function, which is resolving student problems and issues. He is also the designated college official in regards to issues dealing with students with disabilities. His office is in Elliot Hall.



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Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

## Face lift for Greek life

Anthony B. Vogl  
The Equinox

New standards for affiliated Greek organizations, fraternities and sororities, were released on April 30 by the Keene State College Greek Life Assessment team. Greek organizations on campus feel this may not be such a bad plan after all.

The Greek Assessment report recommends 14 new standards for Greek Life to increase accountability, limit high risk behavior and to enhance academic achievement.

"Greek organizations originally were established to support the academic and social development of students," Keene State President Stanley Yarosewicz said in a written statement. "Unfortunately, in recent years, there has been more emphasis on the social - but not necessarily social development."

Yarosewicz said recently, Greek organizations have come under more public scrutiny due to incidents on campuses nationwide, and some institutions are banning them from the campuses.

The final report of the Greek Assessment team consists of five areas: Chapter Affiliation, Chapter Advisers, Pledging Practices, Chapter and Member Development, and Judicial Affairs.

Each of the five areas in the report contain specific tasks and deadlines for completion.

Some of the changes to Greek life include: limiting the pledging period, requiring a live-in house manager, abolishing the Greek Judicial Board, and developing a process for selecting and evaluating advisers.

The process of studying Greek life on campus has been deliberative and exhaustive for those of us involved," Yarosewicz said. "I feel that Greek life has a place on campus, but it needs to be in line with the mission of Keene State College."

"We will work together to make these changes, which I believe will emphasize the positive aspects of Greek life consistent with the values upon which these organizations were founded."

When the original Greek Assessment was released in early March, there was

a feeling of anxiety within the Greek community.

They were concerned about various points, including the recommendation that all fraternities and sororities must be affiliated with a regional or national organization by April 15, 1999.

In an article in *The Equinox*, Chris Ragusa, president of Alpha Pi Tau, Keene State's oldest fraternity, said his fraternity is a local fraternity, and that "this would be taking 75 years of tradition and brotherhood and throwing it away."

His views have changed since then, however, Ragusa said that he thinks the new standards are going to be helpful to formulate good relations between Greek life and Keene State administration.

"They have done a great job and we now have a compromise so that everyone can be happy," Ragusa said.

Kristen Flink, president of Kappa Gamma, had similar thoughts, saying that her organization already complies with most of the recommendations that came out.

"I think it is a win-win situation all together," Flink said.

Matt Miale, president of Greek Senate and a member of Phi Mu Delta, said while there are definitely going to have to be changes in the way that Greek life operates on campus, he thought this was an acceptable compromise between Yarosewicz and the Greek community at Keene State.

"I think these are positive moves for the most part," Miale said. "Over time, I am sure it will unfold where Greek life is going, but it is impossible to predict where we'll be."

Along with the good comes the bad. There are still some things the Greeks feel uncomfortable about. Miale said one of the things that would have to be worked out would be the pledging process.

"The only opposition is to the five-week pledging period," he said. Miale referred to the recommendation that the pledging period be limited to a maximum of five weeks in duration.

He said this could conflict with the national office which recommends their own pledging period.

"There is going to need to be discussion between the college and the national offices," Miale said.

## H. Slider

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H. Slider

## Owl Stadium complex: the home field advantage

The Equinox

The Keene State College athletic department has been changing for the last decade. One of the most significant has been the building of the Owl Stadium complex.

Before 1990, Keene State was using fields that were inadequate for the athletic teams that were playing on them.

Then came the Owl Stadium complex.

Constructed in 1990, Owl Stadium is the home of the men's and women's soccer teams, the field hockey team, the baseball team, the softball team, and the new men's and women's lacrosse teams.

The stadium field is constructed of Omni-turf with a sand-filled artificial surface.

The stadium has permanent seating for over 1,000 spectators and standing ground surrounding the field.

A press box is situated at the top of the stands. This allows the local press to cover the games and promote the teams.

The baseball and softball diamonds are located just

behind the turf stadium.

The baseball field is natural grass with bleachers for the fans located behind home plate.

The field is 355 feet down each of the foul lines and 410 feet to straightaway center field.

The softball diamond is also made of natural grass. It is 190 feet down the right and left foul lines and 220 to straightaway center field.

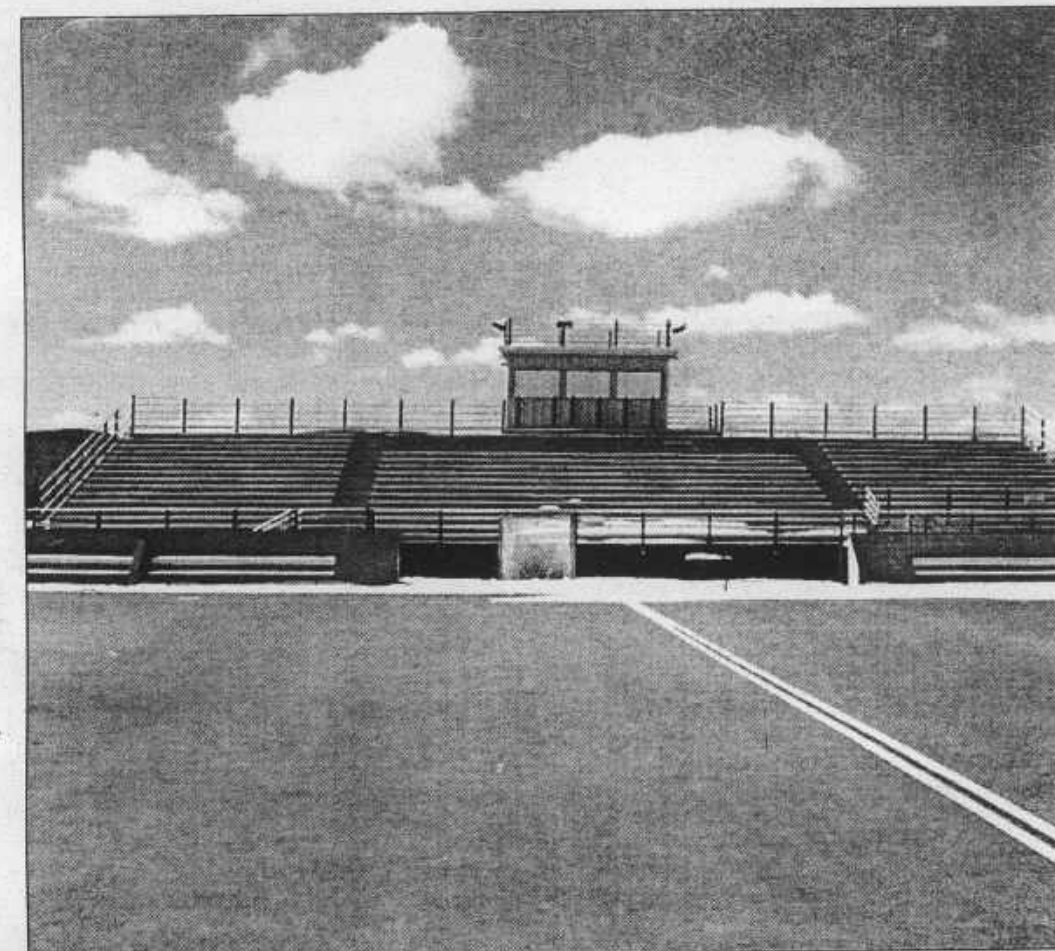
Also located at the complex is fully equipped training room.

The Keene State athletic teams will begin their first season as a part of the Little East Conference this year.

\* This article was compiled by The Equinox and the Keene State College Sports Information Department

Equinox File Photo

**The Owl Stadium complex is the home for the soccer teams, baseball and softball teams, the field hockey team, and the lacrosse teams. It is constructed of Omni-turf with a sand-filled artificial surface.**



## The Keene State College Bookstore

To our incoming freshman class and their families...

Welcome! During your orientation stay please visit the Keene State College Bookstore's family of stores. We are all located on the first floor of the Student Center. All of these stores are owned and operated by KSC. We can answer many of your questions concerning such things as...



### The KSC Bookstore

- Textbook Reservation Service- \*\*\*Remember to ask about these three words! This is a VERY important service!\*\*\*
- BECA Accounts- Can't afford the price of your textbooks up front? This loan may be the answer!



### Computer Connections

- Academically discounted computer hardware, software and accessories!
- Computer Loans only for KSC Students!
- Information about connecting to the KSC network!



### The Owl's Roost

- Newspaper subscriptions available by the semester
- Video rentals on campus!
- Film developing service!
- Sodas, snacks and dorm necessities!

**Need more answers?  
Watch for our orientation manual  
and  
Check us out on the web at...**  
<http://topshelf.keene.edu/kscbook>



Summer Edition 1997

# The Equinox Sports

*The home field advantage is Owl Stadium.*

The Owl Stadium complex is a state-of-the-art facility with a turf field as well as a baseball field and softball diamond.

see page 19

## Rec. sports has the answer for boredom

Jacob Mical  
The Equinox

It is never easy leaving home for a new place. You miss the security of friends and being able to have a pick up game just by yelling across the street.

Well at Keene State College, the possibility is still there.

The Recreational Sports Office offers many opportunities for you and your new friends to continue having those games.

With seven clubs already, and more on the way, students have many chances to get involved in physical activity.

The judo club is open to any student at Keene State. Classes are held three times a week with a qualified instructor.

There are also tournament competitions that are open to those wishing to participate.

Keene State's "hardest hitting sport" is said by many to be rugby.

The men's rugby club is open to any student wanting to learn and play a highly competitive game.

"A" and "B" side games are played each week against Division II teams and clubs in the area.

The club is also a member of the New England Rugby Football Union.

The women's rugby club is also open to any student wanting to learn one of the fastest growing sports in the United States.

Fall practices are held daily on the "A-field", behind Pond-side Hall, across the green foot bridge.

The tennis club is open to all students with an interest in improving their tennis skills. The club practices on the courts found next to the "A-field."

The men's volleyball club is a member of the New England collegiate volleyball league.

It is open for any student to play. They hold practices throughout the fall before beginning the season in the spring.

The ski club and snowboarding club are also open to any student wishing to participate.

A golf club is in the process of being formed and may become a part of the program beginning in the fall.

The intramural sports program is one of the most exciting and popular on campus.

Students can participate in team or individual sports and in leagues or tournaments.

In the fall, there are eleven sports that are active at times through the semester.

A captain is appointed and creates a roster for those wanting to play.

Flag football is open to any number of men and women.

This season begins during the third or fourth week of school.

Soccer is a co-rec sport that competes during the fall. A team must have an equal amount of men and women on the team.

Softball is open to any student wanting to put a team together. The team can have any number of men or women on it.

Men's and women's volleyball teams compete in Spaulding Gymnasium during the fall. Men's and women's tennis singles are also set to compete in the fall.

Other sports that are expected to be played in the fall are beach volleyball, whiffleball, men's and women's pickleball and badminton, men's and women's racquetball, wallyball, and men's and women's three-on-three basketball.

In the spring men's and women's basketball (five-on-five), co-rec volleyball, and several other sports are scheduled.

To find out more information about any club or intramural sports, you may call the Rec sports office at ext. 2814.

Equinox file photos

**Clubs such as men's rugby and volleyball are a large part of student life at Keene State. The Rec sports office has seven clubs and nearly 20 intramural sports for students to participate in.**

