Mardi Gras Celebration To Be Held
After Spring Break

By Scott Quinell

The SUNY Canton College Association has announced that the 12th Annual SUNY Canton Mardi Gras will be held on Tuesday, March 23 from 4:30 to 7:30 PM in the Ahern Gym at Dana Hall. The evening is a great way to get rid of those post spring break blues and start to look forward to the warmer weather to come.

The Mardi Gras is free to all SUNY Canton students, faculty, and staff with ID. The cost for other guests is $4 with children under 10 admitted free. All visitors will receive 6 tickets good for the activities inside the Mardi Gras. Some of the games that will be featured include the Putt Putt, Clown It, Balloon Darts, Pop the Shots, Pop the Ring Toss, and the famous Hoop Shot. For guests with small children, there will also be a Rug Rat Playpen available.

Other activities that will be going on that evening include hula hoop with fake tattoo artist, face painting, and every limbly line. Visitors can also gather pictures taken with the "stars" and the SUNY Canton Mortuary Science Association.

HAVE A GREAT
SPRING BREAK!!!

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Page 5...Arts & Entertainment
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Tax Time Can Mean “Payback Time” For Students

Planning to file a tax return this year? Many college students (65%) hold jobs while attending school, and must (83%) work during the summer to keep up for college. If you're like many other college students and made less than $4,250 in 1998 (the average college freshman earns only $3,450 a year), you don't have to file an income tax return, but you might want to consider doing so.

If you do file, there's a good chance you'll get a tax refund from the Fed-a refund that could be as much as a few hundred dollars. Tucked away in a savings account, or invested in a mutual fund, this "found money" could pay for spring break. Break-er it could be your first step toward affording an apartment of a first car after graduation.

Here are some basic tips to ease your introduction to the IRS and the tax-filing process.

1. Should you file a return? If you earned over $4,250, or had unearned income totaling $700 or more, or if your combined earned income and unearned income totaled more than $700, you are required to be a tax to file. However, if taxes were deducted from your pay, you should file even if your income level did not reach the amount necessary to file.

2. What tax forms do you need to fill out? You'll use either a 1040EZ form or a 1040A form (if interest income is over $1,000). Both are usually available at post offices and local libraries. They're also available through the Internet and by mail from the IRS.

3. What else do you need when filing a tax return? Any employer who deducted taxes should provide a W-2 form. A 1099 form reflecting unearned income from a financial institution may also be provided.

4. Be sure that any separate state and local tax filing requirements are met. Tax laws differ by state, and even by city. State and local tax forms are also available at local libraries and through the Internet. The telephone directory lists local tax agencies that can answer any questions.

5. All returns should be checked thoroughly before being mailed. Are calculations correct? Is the tax return signed and dated? Is the Social Security number included? Are all W-2’s attached?

(Continued on Pg 7)
University Police On Personal Safety Issues

University Police Department

Your University Police Department would like to remind you, don’t walk alone. Don’t take rides from strangers. Always lock your doors. You have already heard the warnings from others. It’s all sound advice. But now it’s time to listen to the person most knowledgeable about your safety-YOU! No matter what your surroundings or where you are, you are the biggest factor in your personal safety.

How many times have you had a negative experience and thought to yourself, I know something wasn’t right? How many times have you had a feeling or suspicion about something that later turned out to be correct? How many times have you said to yourself, “I knew he/she was going to do that...” and they did. You’re right! You did know, but how did you know? Call it perception. Call it intuition. Call it a gut feeling. Call it what you like, but listen to that inner voice and listen carefully. Many experts in the field of personal safety believe that this inner voice is your first and best line of defense.

It is believed that over 60% of communication is non-verbal. There is a good possibility that what you are feeling is actually based on information that you are receiving from nonverbal communication. You may gather this information from the speaker’s tone of voice, or their body language. You may even be gathering information from what the speaker is failing to say. Whatever the source, you need to listen. If something doesn’t feel right, it probably isn’t right. Don’t be afraid to listen to your inner voice when it tells you not to get into a situation, or when it tells you to get out of one. Don’t worry about being rude or offending someone. Your personal safety is more important. Remember, you are the most important factor in your personal safety. Don’t take chances. If you can’t trust yourself, who are you going to trust?

SCA SENATE MEETING

March 3, 1999
WICKUS 202

Meeting called to order at 5:10 p.m.

Mission from last meeting were read and passed.

ADVISORS REMARKS-
-Queen is 2/13th of all clubs and organizations.
-Bring up for 1999.2000 Falla at Student Service Center or call 7616.
-Check 3rd at 3 p.m.
-Check 4th at 3 p.m.
-Check 9th at 2 p.m.
-Check 10th at 2 p.m.
-Last date to sign up is March 15th.

VICE-PRESIDENTS REMARKS:

Still working on machinists.

BUDGET DIRECTORS REMARKS-
-New budget request forms for next semester are due by March 12th, 1999.
-During clubs motion to be recognized and $200 for their budget.
-(1) opposed passes.
-Club Halsey motion to be recognized and $100 for their budget.
-(1) opposed passes.

SECRETARY’S REPORT-
-Need all Clubs & Organizations minutes from meeting, list of officers and advisors.
-Mailbox need to be set up.

The Tribune staff needs a vacation like the rest of you so we not publish next week. Have a great break!!!

Academic Merit Transfer Scholarships

Available for the Fall ’99 Semester

Last year about 20 percent of our students were awarded merit scholarships.

at SUNY Utica/Rome

AWARDS INCLUDE:
- $1,000 Presidential Scholarships (Renewable for second year)
- $1,500 Dean’s Scholarships (Renewable for second year)
- $500 Resident Scholarships (Renewable for second year)

SCHOLARSHIP REQUIREMENTS:
- The applicant must apply and be formally accepted into one of SUNY Utica/Rome’s undergraduate programs.
- The applicant must have a 2.5 GPA to be considered for Presidential Scholarships and a 3.25 GPA to be considered for Dean’s and all other scholarships.
- Acceptance of the Resident Scholarship requires a commitment to live in the College’s residence halls.
- Most scholarships are renewable for the second year pending successful completion of SUNY Utica/Rome coursework, with a 3.25 GPA.
- There are a limited number of scholarships, apply early.

Call 1800 SUNY-TECH or email us at:
admissions@sunyit.edu for more information.

Receipt of a SUNY application and official transcripts will serve as the scholarship application. No formal scholarship application will be required.

* A limited number of Merit Scholarships will also be awarded to Spring 2000 qualified applicants.

7 The Residential Scholarship may be awarded in addition to the Presidential or Dean’s Scholarship - covering the total award by $300.
From Albany: Scozzafava Applauds First Steps Taken By Assembly to Safeguard Schoolchildren

Assemblywoman Dierdre K. Scozzafava (R,C,I-Gouverneur) applauded the passage of legislation in the state assembly that will give school district authorities the ability to conduct criminal background checks on prospective school employees. This safeguard has been in practice in New York City schools since 1974.

"This has been an issue for New York State for the last seven years. Since 1994, there have been a number of occurrences in which children have been victimized by school employees, when it was later discovered, had a previous record," explained Scozzafava. "People with such backgrounds do not belong in our schools."

"This legislation does not solve all the problems that school districts face when hiring new employees, but it is a first step. We need to build upon the bill to make it stronger, ensuring that every possible step is taken to protect our children."

"Once a similar bill passes the Senate, I urge the Senate and Assembly leadership to call a conference committee to iron out any differences in language and create the strongest possible bill. The time is right, and we must act now before any more children are victimized."

State University of New York
College of Technology at Canton
School of Engineering Technology

Symposium

TITLE: HVAC Design Guidelines and Equipment Selection for Critical Telecommunications Applications

PRESENTER: Mike DeCantno, R. L. Klieber, Inc., Rochester, NY Office

Mike earned his A.A.S. in Air Conditioning Engineering Technology at SUNY Canton in 1991 and his B.S. in Mechanical Engineering at RIT in 1997. Mike worked as a service engineer for R. L. Klieber during his work break while at RIT. He joined the firm's Asheville office in 1995. His focus is involved in design and specification of HVAC equipment and systems with the New England team.

ABSTRACT:

With the advent of cellular telephones and similar communication systems, special needs have evolved around the environment required for equipment systems. This discussion will review the fundamental issues of security, shared by modern telecommunications systems when designing and building new switch centers. A detailed analysis of equipment selection and layout will be covered, as well as economics associated with different selection equipment.

WHEN: Wednesday, March 21, 2001

Symposium: 6:00-7:15 p.m.
Presentation: 7:15-9:00 p.m.
Q & A: 9:00-9:30 p.m.

WHERE: Multipurpose Room, Campus Center

FOR FURTHER INFORMATION CONTACT: Ann Hofstetter, Technology
Air Conditioning Engineering Technology
315/384-7215 or hofsto@suny.canton.edu

RSVP APPOINTED TO: Maria Ianoz
School of Engineering Technology
315/384-7671 or ianoz@sunyw.canton.edu

www.canton.edu
Considering a TRANSFER to a 4-year college?

One out of every two Plattsburgh State graduates entered as a transfer student.
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3.30 — $10,000 Transfer Merit Scholarship
3.50 — $15,000 Transfer Achievement Scholarship

Check us out on the Web at www.plattsburgh.edu/admissions/transfer.htm

How To Cope With Stress More Effectively

Davis Health Center
On Stress and Health

Stress occurs when the body does not adjust properly to external conditions or stimuli. It is a protective mechanism that comes from the fight-or-flight response, which prepares the body to fight or run away from a perceived threat. Good, if you are a caveman, but not good if your stress is today. The stress response is beneficial in short term acute situations such as playing a game or a job interview. The body is "gearing up" for action.

However, long term or chronic stress can contribute to the development of illnesses such as stomach ulcers, hypertension, heart disease, and even cancer.

Stress Response

During the stress response, the body releases stress hormones like adrenaline, which gears us up for physical action. These hormones:

- increase blood pressure
- increase heart rate
- increase in blood stream
- increase clotting agents
- increase muscle tension
- increase gastric acid
- increase blood sugar

In a short-term situation where the stress is resolved, the stress response can be of little consequence. However, in long-term or chronic stress where there is no escape, the stress response weakens the body, immune system and the body's adaptive and resistance mechanisms become exhausted. This may contribute to reduced resistance to infection, headaches, ulcers, heart disease, hypertension, impotence, just to name a few.

Stress Can't live without it

Life is stressful! We encounter it everyday. Although stress may be unavoidable, improving the ways in which you react to stress can help.

How...

1. Become aware of your stressors and your reaction to them.

2. Recognize what you can change. What can you avoid? What can you manage over time vs. on daily basis? Can you shorten you exposure (take a break)?

3. Reduce the intensity of your reaction

- Is the stressor exaggerated? Is it a mountain or a mole hill? Perspective is everything

- Are you trying to please everyone?
- Are you viewing everything as absolutely critical work or adopting moderate views?

4. Moderate your physical reactions

- Concentrate on slow deep breathing to bring your heart rate down
- Learn relaxation techniques
- Avoid nicotine, caffeine, alcohol and drugs
- EXERCISE 3-4 TIMES A WEEK
- Take breaks and get away from work
- Get enough sleep 6-8 hours, be consistent with your schedule. Be good to yourself.

Set goals that are realistic and that are yours, not someone else's. Talk with a friend who can be supportive.

If you need help in managing your time and stress, contact the Davis Health Center/Counseling Center at 773333.

WANTED: A few good men and women who want to know more about the exciting world of student media. The Tribune, WATC-FM, and the Pasonyian yearbook are always looking for students to get involved. If you would like to find out more information, please call 7315 or stop by the WATC studios.
Susquehanna String Band To Perform At Crane

One of the most popular traditional music ensembles in the Northeast, the Susquehanna String Band, will be presenting a concert on Sunday, March 13, at 7:30 pm in Helen M. Hoarier Concert Hall on the SUNY Potsdam campus.

For the past several years, this versatile group has held a residency at the Crane School of Music, where they work with students and faculty on a variety of activities related to the performance of traditional music from America and the British Isles. As a result, their concerts in Potsdam always include students and faculty as guest performers.

The instrumental and vocal talents of nationally known performers John Kirk and Dooney Duggan combine with Crane faculty member Rick Bushing to create a unique approach to the performance of traditional music. Their use of fiddle, hammered dulcimer, banjo, guitar, mandolin, lap dulcimer and concertina affords a varied instrumentation. Combined with their vocal abilities, the group creates a diversified and enjoyable evening of music making that has become very popular with local audiences.

The members of the Susquehanna String Band have appeared as soloists with the Orchestra of Northern New York and performed in area schools as part of the Community Performance Series Meet the Artist Outreach Program. The concert is free and open to the public.

Bradley Marble Named RA of the Week
Residence Life Office

Brad Marble comes to us from Lewes, NY. He is majoring in Liberal Arts/General Studies and is currently a Resident Assistant in Smith Hall. Bradley is receiving this honor for his hard work and dedication not only to his RA position and duties, but for his involvement with other departments on campus as well.

Bradley has helped the Admissions office greatly with high school overnight tours, as well as helping to program for the overnight students. He has noticed many students and RA’s as well with programming efforts. We feel that Bradley embodies the true meaning of what it means to be a SUNY Canton student. Aside from these traits, Bradley has a great attitude on, in which he encourages other students to be active and proactive, we at Smith Hall are privileged to have such a great individual on staff. Congratulations Brad, YOU ROCK!!

Coming Campus Attractions

Here is a list of upcoming events brought to you by the hard working folks on the College Union Board. If you would like to become a member of CUB or want more information about a specific event, please stop by the Student Activities office or call 386-7215.

Tuesday, March 22, SUNY Canton 12th Annual Mardi Gras, Alumni Gym, Dana Hall, 4:30-7:30 pm. See you there!!

Wednesday, March 24, Comedian Wesli Flea, Chauncy Hall Conferencehouse, 9:00 pm. Wesli has been a stand up comic for eight years, and is currently touring with a program titled “The Alcohol Immunity Tour” in which he candidly shares his own thoughts and experiences while demonstrating the true dangers of alcohol abuse. The performance is free and open to the public. Refreshments will be provided.

Thursday, March 25, Illusionist Mike Super, Chauncy Hall Conferencehouse, 9:00 pm. Mike is guaranteed to captivate everyone, whether it’s by folding a borrowed dollar bill or making objects appear in an audience member’s hand. Mike’s mix of comedy and magic results in a truly enjoyable performance. The performance is free and open to the public. Refreshments are provided.

There will be NO free movies tickets distributed the weekends of March 12-14 and 19-21 because of Spring Break. The FREE tickets will resume after break.

NHL Hockey Trip Tickets on Sale NOW!!!

Thursday, April 15, 1999

See Wayne Gretzky and the New York Rangers battle the Ottawa Senators in exciting NHL action! This is the last home game for the Senators before the playoffs and it promises to be packed with 60 minutes of THRILLS and CHILLS! Tickets are $22 and includes bus ride and game ticket. Tickets can be purchased in the Student Activities Office.

The 12th SUNY CANTON MARDI GRAS!

TUESDAY, MARCH 23, 1999
4:30 TO 7:30 P.M. AT THE ALUMNI GYMNASIUM

All Students, Faculty and Staff Free with I.D.
All Others $4 Children Under 10 Free
NO FURTHER COST AT EVENT.
EACH ENTRANT RECEIVES SIX TICKETS FOR ACTIVITIES AT THE MARDI GRAS.

FEATURING
The Dog House, Creole Kitchen, Chicken Coop, Carnival Treats, Hoagie House, Mexican Cafe, Pagoda Place, Soft Drinks

CARNIVAL GAMES & PRIZES -
Poop Shoot - Post Putt - Claw 'Em It - Balloon Darts - Pepsi Ring Toss - Hoop Shoot and for the wee ones - RUG RATS PLAYPEN

YOUR PICTURES WITH THE STARS
THE TATTOO BOOTH
FACE PAINTING BOOTH
THE CRAZY HAIRDRESSER
MORT. SCIENCE PIE IN THE FACE - Raffle Tickets

Music by:
NEW ORLEANS JAZZ BAND
SUNY Canton Economics Professor Travels to Ukraine For Study Tour

Michael Gordon, professor of economics at SUNY Canton, has been selected to participate in a study tour in the Ukraine. Economics educators from around the U.S. will spend ten days in Kiev, Kharkiv and Dnipropetrovsk. They will meet with teachers and students at schools, observe economics lessons, visit a teacher-training university, and participate in roundtable discussions about economics education.

The trip is sponsored by the National Center for Economic Education, through a grant provided by the U.S. Department of Education. The study tour will take place from March 25-April 3, 1999.

Professor Gordon is also the Director of the Center for Economic Education, an affiliate of the National Center for Economic Education. The next CEEC workshop was held on Thursday, March 4, 1999, with the Assistant Vice President of the Federal Reserve Bank of New York giving the keynote address.

Possible Squirrel Problem in Nevaldine Nuttin' To Laugh About

Recent reports of frozen cables and stolen food led to discovery of squirrels living in a nest of the lbs in Nevaldine South. Since then, a battle has ensued among the building residents over the question of whether the hungry mammals should be exterminated or removed. This fall, hav-a-hate traps have been used to capture one squirrel, who has since been removed to a new, and more suitable, home by a wildlife rehabilitator. At least one squirrel remained at large, however. How the squirrels manage the building is still a mystery, especially the spastic accommodations, warmth, and plenty of food are sure to have been catalysts.

Cribb'skank is offering a free brochure designed especially for college students, titled, "Tax Facts for First-Time Filers." This brochure gives helpful tips on tax filing, tailored for a collegiate crowd. "Tax Facts for First-Time Filers" is available by calling 1-800-665-2635.

Tax Help (continued from Front page)

5. If a refund is due...Learning sound money management skills should be a priority for college students. A refund represents the overpayment of taxes during the year; the government is only returning money it owes the taxpayer. So, do not view a tax refund as "found money." This money that you have worked for-plus-ahead should be saved and save it accordingly.

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SunY Canton Hockey Team Heads To International Falls, Minnesota To Battle For National Title

The schedule for the upcoming 1999 NCAA National Ice Hockey Tournament was recently announced. The tournament will be hosted by Rainy River Community College in International Falls, Minnesota. The SUNY Canton Nordstroms (26-1-1) and the top-seeded team in the event followed by Rainy River, current defending National Champions North Dakota State University at Minot, and Erie Community College. The tournament will follow a revised round format.

Andrew Gardner (19 goals-22 assists) and The trade deadline in the NHL was this Thursday. I'm at a disadvantage because my deadline is Wednesday afternoon and I'm not psychic. But I'll try to look into my crystal ball and see who will be dealt. The Lakers will finally deal Eddie Johnson and the Phoenix Suns will get a few good players. The Lakers will get the outside shooting they desperately need and Eddie Johnson can start to rebuild his offensive game with Phoenix. The Lakers will get a good deal on both sides.

Northstars!!

Hobbs Waxes Poetic About The NCAA Tourney, Northstar Hockey, and the Yankee Clipper

Hobbs Waxs Poetic About The NCAA Tourney, Northstar Hockey, and the Yankee Clipper

By Matt Hobbs

The trade deadline in the NHL was this Thursday. I'm at a disadvantage because my deadline is Wednesday afternoon and I'm not psychic. But I'll try to look into my crystal ball and see who will be dealt. The Lakers will finally deal Eddie Johnson and the Phoenix Suns will get a few good players. The Lakers will get the outside shooting they desperately need and Eddie Johnson can start to rebuild his offensive game with Phoenix. The Lakers will get a good deal on both sides.

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