

October 5, 2007

SRU alumni return to reunite, take part in Homecoming festivities

By **Katie Kurylo**
Rocket Contributor

and **Liz Glazier**
Rocket Assistant Focus Editor

Homecoming. The word alone evokes images of parades, cookouts and football.

It's a chance to get together with old friends and maybe make a few new ones. Kings and queens, pep rallies and fireworks, SRU Homecoming seems to have it all.

On Oct. 13, many SRU alumni will make their way back to the campus they called home for at least a few years of their lives.

Mike Saraka, the director of alumni relations, said there are several ways alumni can hear about the week and the activities going on.

Each alumnus gets a direct mail invitation and an e-mail notification, and can also check the alumni Web site.

Saraka said there were about 300 alumni that attended the events during last year's Homecoming week.

Dee Thompson, a clerk typist III at the alumni relations office, said that while many alumni come back, the office has no real way of estimating the number for expected alumni for this year's festivities.

"If they are attending one of our events, then yes, we do register them," Thompson said. "But many choose to come back on their own time."

While it may be surprising that the office does not keep a record of contacts, the logistics of keeping a current and up-to-date university alumni address list are staggering.

"If you can figure out how to do it,

tell us," Thompson said. "But while we don't get in touch with everyone, most alumni do find time to come back to campus."

The job of the Office of Alumni Relations is to not only head and coordinate most of the alumni activities that go on during Homecoming weekend, but also much more.

Its mission is to support the university and keep alumni informed of what is going on in the Slippery Rock area.

They also sponsor chapter events around the country and local events such as the awards banquet, alumni weekend and of course, Homecoming week.

The Alumni Office activities start the weekend on the morning of Oct. 12 with the annual Fall Classic Golf Outing at Olde Stonewall Golf Club in Ellwood City, Pa.

The five-hour event includes a raffle, with all proceeds going to the alumni scholarship fund.

On Oct. 13, after the annual parade concludes, there will be a meeting of the Alumni Association Board. Here, alumni are informed of upcoming events sponsored by the office.

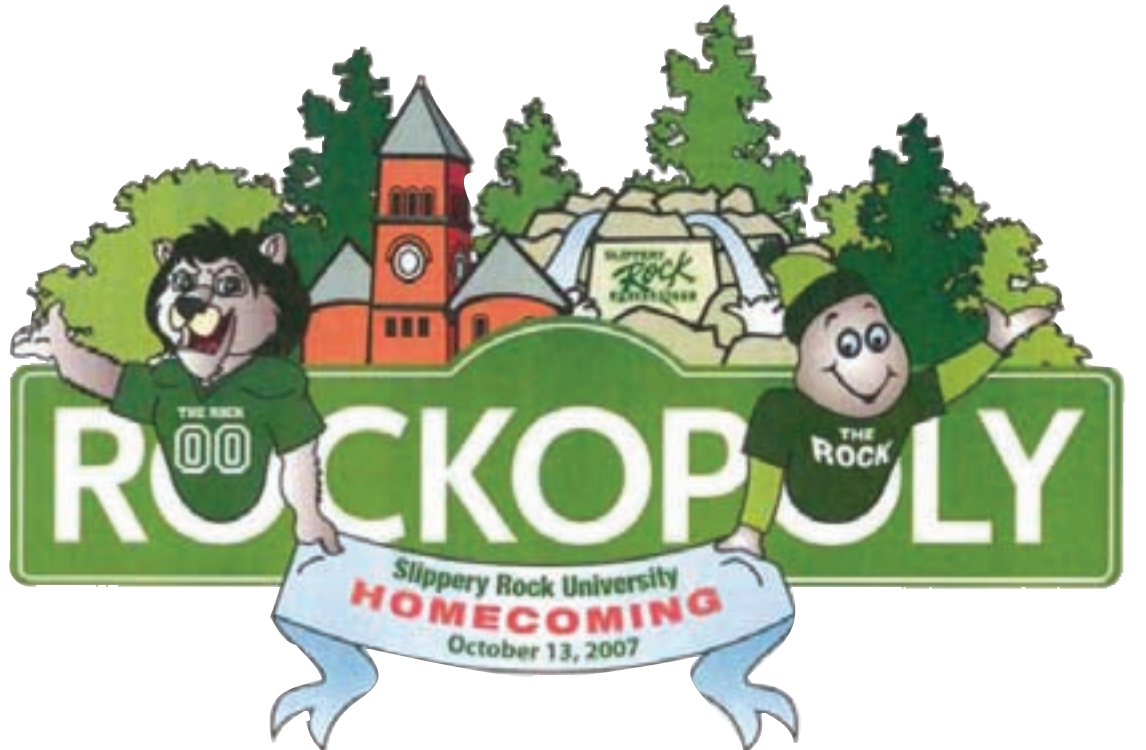
Later that day, at noon, the annual alumni barbecue will take place on the corner of Stadium Drive by the baseball field.

Thompson said most alumni take time out of their schedules to stop by the tent.

"We usually have around 100 alumni show up for the cookout," Thompson said.

In addition to traditional barbecue, this year the alumni tent will have live

SEE OFFICE, PAGE B-3



Much preparation undertaken to make weeklong events success

By **Liz Glazier**

Rocket Assistant Focus Editor

The SRU campus will be buzzing with activity next week as the 2007 Homecoming: Rockopolis, kicks off in full force.

The Homecoming football game against Clarion will be held at N. Kerr Thompson Stadium on Saturday afternoon.

The game will be one of the concluding events following the week-full of performances, guest speakers and special events for students to participate in.

Megan Fedor, the University Program Board's vice president of University Events and Activities, said that she's been preparing for next week's activities since she got the job at the end of the spring semester.

"I started training and we started preparing for it right away," Fedor, a 20-year-old junior exercise science major, said.

"We did a lot of planning over the summer."

The festivities will begin on Oct. 10 in the University Union lobby, where students can take part in the Stuff-a-Plush event from 12 to 4 p.m.

At the event, students can make their own stuffed animals, comparable to those made at Build-A-Bear Workshops.

Cassie Stambul, a sophomore marketing and sports



Submitted photo. Last year's Homecoming King and Queen were Brady Wilson and Emily Watson, respectively. This year's king and queen will be crowned on Oct. 12 at the pep rally.

management major, said she loved the event last year.

"My friend and I went last year and it was so cute," said Stambul, 19. "We'll probably go again this year."

Fedor said this event will be run on a first-come first-

served basis, and is one of the best-attended activities during Homecoming week.

The events continue on Oct. 10 at 8 p.m., when Veronica and Rachel from MTV's hit

SEE STUDENTS, PAGE B-3



Submitted photo. About 100 alumni attended last year's annual Homecoming alumni barbecue. This year's barbecue will take place at noon on Oct. 13 on the corner of Stadium Drive by the baseball field.

Month of October promotes awareness of breast cancer, ways to stay healthy

By **Becky Sher**

McClatchy Newspapers

Every woman is at risk for breast cancer.

The disease doesn't discriminate between young and old, wealthy and poor, educated and uneducated. And so far, it can't be prevented or cured.

One out of seven women in the United States will develop breast cancer in her lifetime. This year alone, about 178,480 new cases of female breast cancer will be diagnosed, according to the American Cancer Society, and 40,460 women will die from the disease.

But breast cancer is more than reams of statistics—for many women, it is just a fact of life. The women who battle breast cancer are

mothers, daughters, aunts, co-workers, neighbors and friends.

They continue to do the things they did before cancer became part of their lives—go to work, go to school, raise families, take vacations. And most of

them—the lucky ones—survive.

Women aren't alone in the struggle against breast cancer. Men are affected as well; this year, about 450 men will die from the disease. An estimated 2,030 men will be diagnosed in

2007.

Every October, cancer organizations recognize National Breast Cancer Awareness Month—an effort to get the word out about screening, risk factors and research. The campaign began small, as a weeklong event in October 1985.

Today, it has grown into a month-long chance to remember those who died from the disease and honor those who have survived. And it is an opportunity to educate about screening and early diagnosis, and to raise money for the search for a cure.

To mark the month, learn how you can contribute to finding a cure and find out how to protect yourself with regular self-exams.

How to perform a breast self-exam

Experts recommend that women perform monthly breast self-exams. Becoming familiar with the way breasts normally look and feel can help women and their doctors spot changes. Here are the basics:

Visual exam. Stand in front of a mirror and:

1. With arms at sides, look for changes in breast size, shape, skin color or texture. Check nipple for discharge, scaly skin or dimpling of skin near nipple (as if something is pulling the skin into the breast).

2. Repeat with your arms above your head.

3. With hands on hips, press shoulders forward slightly; both breasts should react the same way to the movement.

Feel for lumps. With a pillow under your shoulder and an arm behind your head, use three fingers to feel whole breast and armpit. Repeat on other side. Use the same method each month.

Three methods. Use whichever method is comfortable for you, but be consistent.

Circle, left: Move fingers slowly in increasingly smaller circles. Parallel, middle: Slowly move fingers down then up, from underarm to mid-chest. Wedge, right: Move fingers toward nipple, then back to edge.

SEE RUN, PAGE B-4



PHOTO COURTESY OF MCT CAMPUS