

# THE ITHACAN

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## NO SERVICE

How mobile phone dependency impacts the psyche

**BY SHAKIRAH RAY AND KAYLA DWYER**  
CONTRIBUTING WRITER AND NEWS EDITOR

Sophomore Vanessa O'Connor once spent nearly all night and the next day helping her friend search for her lost iPhone.

After losing it at a Cornell frat party, she said they tried a tracker app, walked to a nearby fraternity and cemetery, and finally received a call from an attendee at the original party.

"She was really scared we wouldn't find it, so we walked around and looked

for it and drove back the next morning," O'Connor said. "She kept thanking the guy who found it."

The risk of dependence accompanies each wave of technological innovation, but the wave of smartphone technology presents new challenges for students socially and academically.

With 83 percent of Americans aged 18–29 owning a smartphone in 2014, according to the Pew Research Center, attachment to phones is the norm, but it

See **PHONES**, page 4

PHOTO ILLUSTRATION BY COREY HESS

## SGA vice president of business and finance steps down

**BY MICHAEL TKACZEWSKI**  
STAFF WRITER

The Student Government Association's vice president of business and finance has stepped down.

Junior Sandra Rojas said she was resigning from her position Oct. 23 because her official responsibilities were undermined on several occasions.

Rojas announced her resignation through a Facebook post to the Class of 2016, 2017 and 2018 pages, in which she said her colleagues have not been valuing her opinions during her time in office, and she does not feel the SGA prioritizes student organizations over its own politics.

SGA President Crystal Kayiza said she first heard about the resignation when she saw the Facebook post and an email Rojas had written to the executive board. She said Rojas gave no prior notice, nor had she spoken with the rest of the executive board before resigning.

"I was really shocked that she hadn't given me a heads-up," Kayiza said. "I know everyone on the executive board is stressed, but I didn't sense any tension regarding her position."

Rojas declined to comment about giving no prior notice to the executive board before resigning.

An example in which Rojas said she felt undermined was



Junior Sandra Rojas, former SGA vice president of business and finance, speaks at her last SGA meeting Oct. 20 before she resigned. Rojas said she felt undermined by members of the SGA executive board.  
YANA MAZURKEVICH/THE ITHACAN

when the SGA Appropriations Committee allocated funds to a student organization for an event that was happening the next day. Rojas said the executive board violated proper meeting protocol by making the decision without her knowledge or the attendance of the student organization.

"[This situation] caused internal issue within the structure of the e-board because people were butting into each other's positions," Rojas said.

Kayiza said the organization requested about \$100 for its event, and according to the Student Handbook, if funding was less than about \$200, the student organization did not need to show up to the meeting.

She said the appropriations committee had to make an immediate decision on the funding because the event was happening the next day.

Kayiza also said she tried contacting Rojas when the

student organization first requested funding, but Rojas failed to respond.

Kyle James, the SGA's vice president of communications, said Rojas' statement about disrespect was a surprise, given how the board members had developed trust by dealing with stressful challenges in the past and regularly checked on each other's emotional health.

See **SGA**, page 4

## College responds to assault statute

**BY KAYLA DWYER**  
NEWS EDITOR

As new federal regulations on campus crime call for colleges to increase their transparency, institutions themselves routinely push back, saying they are protecting student privacy under the Family Educational Rights and Privacy Act.

The federal government published final regulations for the Violence Against Women Act on Oct. 20 that outline new pieces of information colleges must make public in their annual security reports under the Clery Act. The regulations require colleges to report statistics including those on dating and domestic violence and stalking; how many reported crimes were ultimately "unfounded"; the number of crimes driven by gender identity or nationality; possible sanctions following a disciplinary hearing for dating or domestic violence, sexual assault or stalking; and policy statements that explain the college's options for reporting, protective measures and efforts to prevent violence.

Ithaca College reported the dating and domestic violence and stalking statistics in the 2014 Annual Fire and Safety Report. The campus saw 10 criminal reports of dating violence and 25 reports of stalking in 2013, according to the report. The college also reports crimes driven by gender or race as classified under "hate crimes," and the report includes policy statements on reporting and prevention. However, the number of unfounded crimes is not included in the report.

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### OVERSEAS TEAS

Tea culture of Europe and Asia flourishes in shops and homes in the United States, page 13.



### GAMING STEAM

Esports emerge as a form of competition and entertainment, page 23.



### BAD BAG BAN

The SGA needs to revise its bill to ban single-use plastics, page 10.



# THURSDAY BRIEFING

WHAT'S HAPPENING AROUND THE WORLD  
AND RIGHT OUTSIDE YOUR DOOR

## Nation&World



### Unmanned rocket explodes in Virginia

This image provided by NASA shows the Orbital Sciences Corporation Antares rocket, with the Cygnus spacecraft onboard, as it suffers a catastrophic anomaly moments after launch from the Mid-Atlantic Regional Spaceport Pad 0A on Oct. 28 at NASA's Wallops Flight Facility in Virginia. The spacecraft was filled with about 5,000 pounds of supplies.

JOEL KOWSKY/NASA

#### Egypt to establish buffer zone

Egyptian authorities on Oct. 28 ordered residents living along the country's eastern border with the Gaza Strip to evacuate so they can demolish their homes and set up a buffer zone to stop weapons and militant

trafficking between Egypt and the Palestinian territory, officials said.

After an attack on an army post, Egypt declared a state of emergency and a dawn-to-dusk curfew. Authorities also indefinitely closed the Gaza crossing, the only

non-Israeli passage between Gaza and the world.

The buffer zone, which will include water-filled trenches, will be 500 meters wide and extend along the 13 kilometer border.

Army officers spoke to the affected residents and initially gave them a 48-hour ultimatum to leave, but residents are now negotiating with local officials to extend the deadline.

#### Deputy killed in argument

A northern New Mexico sheriff's deputy accused of killing a fellow deputy fired rounds from his semi-automatic weapon as his colleague tried to flee an alcohol-fueled argument at a hotel, police said Oct. 28.

The shooting happened after midnight at Hotel Encanto in Las Cruces, New Mexico, where the two Santa Fe County deputies had stopped to spend the night.

Investigators say the two deputies went to Dublin's Street Pub where they drank alcohol and got into an argument, which escalated at the hotel.

As Martin tried to flee into an elevator, several rounds were fired that hit him in the back and arms, authorities said.

Police arrived at the hotel and found Martin staggering off the elevator with multiple wounds, Las Cruces police spokesman Dan Trujillo said.

Jeremy Martin was pronounced dead at Mountain View Regional Medical Center, and detectives interviewed the other deputy, Tai Chan.

#### UK troops leave Afghanistan

Britain's defense ministry says the last U.K. combat troops have left Afghanistan's Helmand province, ending a 13-year war that cost more than 450 British lives.

The Ministry of Defense says the final troops left Camp Bastion in helicopters and transport planes Oct. 27, a day after the base was handed over to Afghan forces.

Defense Secretary Michael Fallon said British forces "leave with our heads held high."

But Britons question how much has been achieved by the conflict.

At the peak of the deployment there were more than 10,000 British personnel in Afghanistan, most in Helmand, a Taliban stronghold.

#### Student kills German teacher

A 15-year-old student shot and killed his female German teacher during class Oct. 27 in a town in southern Estonia — the first known school shooting in the Baltic nation.

Four other students were in the class at Paalalinna School in the town of Viljandi, police spokeswoman Tuuli Harson said. She said the shooter was apprehended, and no one else was injured.

Police said they had no details about a possible motive.

Estonian Public Broadcasting reported that the boy is believed to have used a revolver. Police only said the weapon was legal and registered to his father.

As a minor, the shooter can face 10 years in prison if found guilty of manslaughter.

SOURCE: Associated Press

## College

#### Event to raise money for hunger awareness

The annual Food Frenzy will be held Oct. 30 in Emerson Suites where vendors will present a variety of foods for a \$3 donation. All proceeds will go to the Backpack Program for the Food Bank of the Southern Tier. The goal is \$5,000.

Donations will also be accepted at any retail dining location at the college: Dillingham Cafe, IC Square Food Court, Sub Connection, Sandella's Cafe, Grand Central Cafe, Cafe @ the Park School, Center for Health Sciences Coffee Cart, Cafe @ the Business School, Library Cafe and Circles Market until Nov. 5.

The national campaign to fight childhood hunger is titled "Team No Kid Hungry."

#### Guest speaker will talk about antibiotics Nov. 4

The Department of Chemistry at Ithaca College will be hosting a guest speaker at 4:15 p.m. on Nov. 4 in Center for Natural Sciences Room 333.

The speaker, a 2003 alumnus of the college, is Marcos Pires, who will be presenting about drug-resistant bacterial infections and the resulting need for new antibiotics. He will be detailing his work in the area of synthetic

immunology, as well as the use of D-amino acids to create a diagnostic test to identify bacteria and assess their drug-resistance levels. The event is open to the public.

Pires attended Ithaca College for his undergraduate degree in chemistry, before getting his Doctor of Philosophy degree in chemistry from Purdue University and his Post Doctoral Fellowship from the University of Pennsylvania.

#### Workshop will promote storytelling in teaching

Teachers can convene at 10 a.m. on Nov. 4 in 316 Gannett Center to practice storytelling and teaching through stories with award-winning storyteller, facilitator and educator Regi Carpenter, a lecturer in the Department of Communication Studies. Participants will share their stories with one another and will work in small groups to practice methods of teaching.

#### Honors application open to interested students

Interested freshmen and sophomores must submit applications to the Ithaca College Honors Program before Dec. 12. Applications must include a recommendation by a faculty member and two

essays. Sophomores must also demonstrate that they will be able to fit 19 credits of honors courses into their final five semesters.

A minimum GPA of 3.0 is necessary in order to be considered for the program.

Students will be notified about their status by mid-January, and admitted students must enroll in an honors class for Spring 2015 to be fully admitted.

#### Physical therapy majors seek infants for study

Physical therapy students studying motor development will be holding lab sessions Nov. 6 and are in search of participants, namely babies and toddlers ages newborn to 36 months.

Three different groups of students will be hosting three lab sessions, and people are invited to participate in any number of the sessions.

The students will test and observe different aspects of the babies' motor development. The babies can have company throughout the lab. The students will be guided by three physical therapy instructors, and the reward is \$15 per hour.

Parents or legal guardians will have to sign a consent form and a W-9 form. The form will require the infant's social security number. Labs will be held in the Center for Health Sciences.

#### Youths wanted for study about substance abuse

People between the ages of 18 and 25 who have received services for mental health or substance abuse challenges while living at home as a dependent are invited to share their experiences with faculty members in the Departments of Psychology and Sociology.

Faculty are conducting a study on the experiences of adolescents who received such services, and are conducting

interviews lasting 30–75 minutes. Participants will receive a \$10 gift card as compensation.

#### Sodexo offers survey on dining satisfaction

Sodexo is hosting a Dining Satisfaction Survey online until Nov. 5. The survey states the information found will be used for research purposes and kept private. The information will reportedly be used to enhance students' dining experiences.



### Addressing the parents

Ithaca College President Tom Rochon gave a speech about the college and everything that it has to offer to students and their families during Family Weekend on Oct. 25. in Emerson Suites.

JEN KIM/THE ITHACAN

#### CORRECTIONS

It is *The Ithacan's* policy to correct all errors of fact. Please contact the Editor at 274-3207.

#### Got a news tip?

Contact the News Editor at  
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# Professors visit Iran despite safety concerns

BY ERIN CONWAY  
CONTRIBUTING WRITER

Two Ithaca College professors overcame an extensive visa process and safety concerns in order to present on media literacy in Iran.

Psychology professor Cyndy Scheibe and Chris Sperry, director of curriculum and staff development for Project Look Sharp at the college, were two of the four keynote speakers on Oct. 22 at the First International Conference on Media Literacy in Tehran, Iran.

Iran's Media Literacy Research Group asked them to speak because of the work they do with teaching media literacy through Project Look Sharp, Scheibe said.

Project Look Sharp is a media literacy initiative that develops and provides lesson plans and media materials as well as supporting effective integration of media literacy with critical thinking at all levels, according to its official website.

Getting students to engage in the classroom and getting professors to engage the students, rather than just lecture, was the key point for this conference, Scheibe said.

"It's very common for students in Iran to not even open their mouths until college," she said.

By presenting videos of children raising their hands and participating in class to an audience made up of policy makers, college students, educators, the media and a number of the other government ministries, Sperry said, they were able to show what effective media literacy in the classroom can look like.

Sperry said the largest obstacle to their travel to Iran was getting their visas approved, which took about three months.

He said they had to go through the Pakistan Embassy and ended up having to hire a lawyer in Washington, D.C., who was the nephew of a friend of Scheibe's, to actually walk their applications through the U.S. Department of State and ship them back.

"It was quite a hair-raising experience getting the visa," Sperry said. "I think it had a lot to do with bureaucracy, but also the difficult relationship between the United States and Iran. It came through the day before we left."



Cyndy Scheibe, psychology professor and executive director of Project Look Sharp, presents on student engagement in media at the first Iran Media Literacy Conference on Oct. 22 in Tehran, Iran.

COURTESY OF HAMID JESMI

Tanya Saunders, assistant provost for international studies and special projects, said the college does not sponsor or provide funds to travel to countries listed under the U.S. Department of State travel warning list, which includes Iran. This is a policy that has been in place at the college for several decades.

"The State Department has its reasons for placing a country under warning," Saunders said via email. "We do not second guess those reasons."

"The college would not support the trip financially, but we never asked them to," Scheibe said. "All expenses, literally all expenses, were paid by the folks in Iran."

Scheibe contacted Hormoz Movassaghi, finance and international business professor at the college, to advise them on cultural customs and

how to communicate to their targeted audience.

"When it came to general guidelines, I told them people were very friendly in Iran," Movassaghi said.

Scheibe said they were surprised by the differences in culture during the conference. She said she was warned that because she is a woman, more questions might be directed toward Sperry. However, at one press conference with the special assistant to the mayor of Tehran, he spoke only to Scheibe and almost completely ignored Sperry, Scheibe said.

"We ... laughed about it later with our hosts," Scheibe said.

Sperry said they learned much from their Iranian hosts and their audience at the conference, which he said responded enthusiastically to their questions and interactive-media decoding.

# Amid Ebola concerns, local facilities plan for emergencies

BY AISLING BRENNAN  
STAFF WRITER

The Ebola outbreak in West Africa is causing the international community to react to the potential spread of the virus to other countries and has inspired local communities to follow suit.

State and local Health departments began preparing for further potential Ebola outbreaks after three people in Dallas, Texas, became infected, including Thomas Duncan who died shortly after contracting the virus, and the latest Ebola patient, Doctor Craig Spencer, was diagnosed with the virus in New York City.

A coalition of academics, health care professionals and first responders in the Tompkins County area announced the region's active response plan for Ebola in the region at a media roundtable at the Tompkins County Health Department on Oct. 21. The coalition includes the Tompkins County Health Department, Cayuga Medical Center, Ithaca College, Cornell University, Tompkins Cortland Community College, the Tompkins County Department of Emergency Response and other first responders.

The coalition is responding to the Centers for Disease Control and Prevention's new medical guidelines released on Oct. 20 for health departments and officials across the country.

With international students attending Ithaca College, Cornell University and Tompkins Cort-



From left: Frank Kruppa, public health director of Tompkins County, and Sigrid Connors, director of patient services at Tompkins County Health Department, participate in a media roundtable on Ebola on Oct. 20.

COREY HESS/THE ITHACAN

land Community College, the three schools have been involved in the Ebola response plan for the area by informing students, faculty and staff of any travel restrictions while monitoring those who may have been in the affected areas.

Vivian Lorenzo, director of medical services at Hammond Health Center, said no student, staff or faculty member has recently travelled from the suspected West African countries, but if someone were suspected to have Ebola at the college, the Health Center would be able to take the initial steps to assess the person.

"We are following the recom-

mended screening protocols, and we have personal protective equipment that we would use if we had someone here that we thought was a suspect Ebola case," Lorenzo said. "We would be very unlikely to be doing any lab work up or managing any patient with suspect Ebola here."

The U.S. Department of State issued an alert Oct. 22 placing Guinea, Sierra Leone and Liberia on the travel warning list, restricting travel to specified screening locations. The college does not support travel to countries on this list, according to a statement that the Health Center sent to the student

body on Oct. 22.

The CDC is requiring three rooms in the isolation area for the individuals looking after the patient. The first will be where staff will change into protective gear, and the second is an anti-room staff go through before entering the third room where the patient will be.

Frank Kruppa, Tompkins County Health Department public health director, said the Tompkins County coalition was formed in August after the first confirmation of an Ebola patient in the United States.

"We've been meeting regularly ... to begin to inventory what our community has available from a resource standpoint," Kruppa said.

John Rudd, president and CEO of the CMC, said the hospital has isolation rooms ready and is prepared to build more.

"We are continuing to monitor what is coming out of the CDC and what is coming out of the New York State Health Department to ensure we are on top of the recommendations made," Rudd said.

Kruppa said Ebola is unlikely to spread to the region, but that Tompkins County is ready should it occur.

"Our community and our partner groups have been working together to prepare and coordinate our potential responses if necessary, and they should feel comfortable in the understanding that we are communicating well, we are working well together and we are putting together all the appropriate planning," Kruppa said.

# Affinity month to celebrate native culture

BY AISLING BRENNAN  
STAFF WRITER

Discussions about body modification, Thanksgiving and dancing are what students can expect from the month of November. Ithaca College will celebrate its 15th annual Native American Affinity Month to share a cultural and political education with the campus community.

Victor Lopez-Carmen, president of the Native American Student Association, said Native American Affinity Month is a chance for students to learn more about the culture.

The month kicks off with a presentation about body modification and tattooing of the Native Americans in the Northeast Woodland area, given by Native American Historian Michael Galban at 5 p.m. Nov. 5 in the Handwerker Gallery.

At 4 p.m. Nov. 6, Anthropology lecturer Michael Taylor will give a presentation in the Taughannock Falls Room on Native American people, Indian mascots and the business of sports.

Don Austin, assistant director of community service and leadership development, said Taylor will be discussing how some mascot imagery and sports teams' iconography try to tokenize Native American culture.

A panel made up of students from the Native American Student Association and faculty members from Cornell University and Ithaca College will discuss contemporary issues for Native Americans in the United States at 6 p.m. Nov. 13 in Tector Hall 103.

Lopez-Carmen said Perry Ground, local storyteller from the Onondaga Nation, will present on the Native American perspective of the Thanksgiving holiday at 7 p.m. Nov. 18 in Tector Hall 103.

Senior Tariq Widarso has volunteered his time within the local Native American community and said this event can help educate the broader student body about the culture.

"One of the biggest issues with Native American relations is that people aren't exactly informed about the actual culture and the people," Widarso said. "They have that ability to represent themselves and show themselves to everyone else in such a way that keeps their cultural integrity intact, and it's not for commercial use."

Lopez-Carmen said it's common for people to have misconceptions about the Native American culture.

"I've often heard people say they thought Native Americans were extinct and it's just this thing that is so distant," Lopez-Carmen said. "When they see the culture happening in front of their eyes, it becomes like a museum."

The month of celebrations will conclude at 7 p.m. Nov. 20 when the Native American Student Association and the Allegany River Dancers will host the Native American Affinity Month social in Emerson Suites.



## Rojas resigns from position without notice

### SGA

FROM PAGE 1

"It was clear from the very beginning that this was going to be an environment where a lot of hard discussions are happening, but we're all friends," James said.

Following Rojas' resignation, the budget hearing and funding process was put on hold and is still behind schedule, which forces student organizations to wait for funding, Kayiza said.

"Our main concern is students, and not having a vice president of business and finance infringes on the rights of students having programming on campus," she said. "We consider ourselves to be equal to the student organizations we allocate funds to. ... No one should have to ask us for anything. We're there to serve students."

To fill the gap, the SGA needed an interim immediately to continue hearing student organizations' budgets and allocating funds, Kayiza said. Senior Brandon Xing was officially sworn into the position of interim vice president of business and finance at the Oct. 27 SGA meeting.

Xing, who ran against the current executive board last spring, will remain in the interim position until Nov. 3 when the SGA Senate will vote on a new, permanent vice president of business and finance, Kayiza said.

She said Xing, a business administration major with a finance concentration, was the first person who came to her mind because he served on the appropriations committee for three years and was the senator for the School of Business last year.

"Brandon actually got in touch with me just to check in if there was any way that he could help," she said. "He's coming into it knowing how tangled it is."

Along with managing the financial challenges facing the SGA, Xing will have to make sure relations between SGA and the organizations they serve remain cooperative, he said.

"[Rojas'] quick resignation left little room for a formal transition, which means at this point it's more about picking up the pieces the way she saw them and then having to fit that into my way of doing things," Xing said. "I understand that student orgs might feel like they're being shafted just because things seem like they're falling apart rather quickly."

Kayiza said she hopes the SGA's relations with student organizations return to a professional atmosphere.

"I genuinely do not believe that her resignation letter in any way reflects the way that each person on this executive board treats others on this executive board and treats students," Kayiza said.

James said he hopes lines of communication between Rojas and the executive board remain open.

"She's not just a member of our board — she's a friend," James said. "And as a friend, we definitely wish her the best and really hope she reaches out to us and for us to still be friends with her."

## Final regulations issued on college assaults

### ASSAULT

FROM PAGE 1

Terri Stewart, director of Public Safety and Emergency Management, said the college will include these final revisions in the 2015 annual report.

One commentary from the Chronicle of Higher Education goes as far as to suggest that police departments under the control of college administrations interfere with justice. John Paul Wright, professor in the School of Criminal Justice at the University of Cincinnati, and Kevin Beaver, professor in the College of Criminology and Criminal Justice at Florida State University, argue that college police departments should be disbanded.

Michael Leary, assistant director of judicial affairs at Ithaca College, said in his experience, the Office of Public Safety and Emergency Management has been thorough with its investigations and communicative with the college administration.

At the college, it is up to the student whether he or she wants to appeal their case to the local police — out of the hands of FERPA — or with the Office of Judicial Affairs on campus, which has a much different judicial process, Tiffani Ziemann, Title IX coordinator, said.

Frank LoMonte, executive director of the Student Press Law Center, said though the victim is responsible for telling the police about a crime if they choose, colleges are also able to inform the police. However, he said, many colleges will not if the student declines to, which could potentially allow or promote repeat offenses due to the lack of accountability if the attacker is not punished.

However, a case can reside both with local courts, where information is public, and with the college, where case information is private under FERPA, Leary said.

Should the student want to pursue a case criminally by pressing charges, Public Safety must conduct an investigation and file it through the college's judicial process and through the local court process with the District Attorney, who will decide whether or not to take the case, Ziemann said.

Through the judicial process on campus, she said, students can opt for an individual hearing in which each party speaks with Leary, or a hearing with the Conduct Review Board for cases of



Michael Leary, assistant director of judicial affairs at Ithaca College, said FERPA exists to protect students' rights and reputations, especially in the case that they are wrongly accused of sexual assault. TOMMY BATTISTELLI/THE ITHACAN

domestic violence or sexual assault. The primary witness, or victim, and the accused both have the right to a special adviser for the process, to know who will serve as justices on the board and to ask and answer any questions during the process. Board decisions, determined by a majority vote, must be supported by a preponderance of the evidence, or "more likely than not" to have occurred, she said.

The board recommends sanctions if they think the accused is responsible, which Rory Rothman, senior associate vice president of student affairs, then reviews, she said.

"We try to make sure it is fair and as equitable as possible and follow the due process we have written out," she said.

With regard to the handling of these sexual assault cases, Leary said the college is ahead of the curve. He said the college's special conduct review board was put together in 2008, several years before the U.S. Department of Education's "Dear Colleague" letter last year that firmly reminded colleges of their Title IX requirements.

Additionally, Leary said he and Ziemann; Nancy Pringle, vice president and general counsel for legal affairs; Traevena Byrd, associate

counsel and director of equal opportunity compliance in legal affairs; and Stewart met with the educational affairs committee of the Ithaca College Board of Trustees about three weeks ago to provide an update on the college's compliance with Title IX, including how the college responds judicially to sexual assaults and its training of advisers.

In addition, Leary said the college judicial process is usually much quicker than a criminal justice process. A student can have a hearing within a few weeks, he said.

In response to the claim that colleges under-report sexual assault judicial proceedings, Ziemann said the rate of sexual assaults on campuses and the number of expulsions not matching up is misleading.

"I think what's difficult is that sexual assault and sexual misconduct happen a lot on college campuses," she said. "The number of those that get reported and go through the judicial process is really low."

With sexual assaults being such an under-reported crime on college campuses, Leary said judicial affairs only sees about one to two cases each year.

## Smartphone addiction affects academic life

### PHONES

FROM PAGE 1

is one that leaves observable effects on the psyche, studies show.

"Nomophobia," or mobile phone addiction, is a disorder that causes discomfort, anxiety, nervousness or anguish simply by being away from a mobile phone or computer, according to the National Center for Biotechnology Information.

YouGov, an international Internet-based market research firm based in the United Kingdom, first coined the term — short for "no-mobile-phone phobia" — in 2010, when it conducted a study of about 2,100 people that indicated the phobia is alive in over half the British mobile-phone consumer population.

Extending this issue into academia, researchers at Kent State University in 2013 found evidence to suggest that increased cellphone use is related to lower GPAs and higher levels of anxiety.

Jacob Barkley, associate professor of exercise science at Kent State and co-author of the study, said the negative GPA correlation could be explained by the tendency for excessive cellphone use to occur in conjunction with academic activities.

"Research has indicated that when you do that multitasking



Above, the NoPhone was designed by Van Gould, Ingmar Larsen and Ben Langeveld to act as a surrogate for a real smartphone, selling for \$12. COURTESY OF THE NOPHONE TEAM

behavior, your ability to recall anything is very poor, so if you're someone who's using your phone a lot ... you're probably not getting a lot out of that lecture," Barkley said.

Professor David Sanbonmatsu at the University of Utah said he refutes the commonly held belief that people are effective multitaskers in his article, "Frequent Multitaskers Are Bad at It."

Barkley also said the positive anxiety correlation is indicated by the need students feel to constantly respond to the barrage of messages and notifications.

Last year, while she and her friends were in a hurry to catch the TCAT for a trip downtown, sophomore Lauren McGrath lost her phone and had not realized until one of friends returned it to her. She said if she did not find her phone, she thinks it would be hard to communicate with friends.

"I wouldn't want people to think that I was avoiding them," she said.

A no-technology alternative for the need for phone attachment, the NoPhone, is about 3 ounces of plastic and shaped like a smartphone, designed to act as a surrogate for a

real smartphone.

A team of college students from New York City and Amsterdam — the NoPhone team — began a Kickstarter campaign to launch the sale of this product. The fundraiser ended Oct. 29 and raised nearly \$12,000.

Van Gould, Ingmar Larsen and Ben Langeveld, the makers of the product, said orders for the \$12 product have been coming in from across the globe, indicating a widespread addiction to constant cellular contact.

"Smartphone addiction might be the one thing that we all have in common," the team said via email.

James Roberts, Ben H. Williams professor of marketing in Baylor University's Hankamer School of Business, in August found in his study of 164 college students that 60 percent admitted to a cellphone addiction, and he labeled cellphones as a possible escape mechanism in class.

Barkley said he thinks excessive cellphone use should be considered a serious health concern in the same way that watching too much television is considered a negative health behavior because the symptoms in each case are similar.

"There's evidence that people are using these devices in every possible environment you could imagine," he said.



# New professor relieves spinal fusion patients

**BY MADI BESS**  
CONTRIBUTING WRITER

While Rimit Singh Kakar, physical therapy professor at Ithaca College, is just starting to get his feet wet at the college, he brings with him a transnational experience and involvement in projects at universities across the country.

His current project is aimed at helping people who have severe scoliosis get back into physical activity and sports by introducing them to spinal fusion, a surgical procedure that inserts a metal rod into the back of a person to realign the spine, he said.

"A lot of surgeons and physicians who these people go to do not encourage physical activity after fusion," Kakar said. "There is no scientific evidence as to why they should, or should not, go back to sports."

Kakar moved to the United States and started his PhD program at the University of Georgia in 2011 after earning his degree in physical therapy from the Guru Gobind Singh Indraprastha University in India and practicing there for five months.

Since 2011, he has been working with Kathy J. Simpson, associate professor in the Department of Kinesiology at the University of Georgia, on the project. He said he is still researching for the project even though he is no longer at the University of Georgia.

Simpson said the research focuses on people who have Adolescent Idiopathic Scoliosis, which usually develops in adolescence and causes sideways curvatures in the spine. She said if it is bad enough, the vertebrae need to be fused.

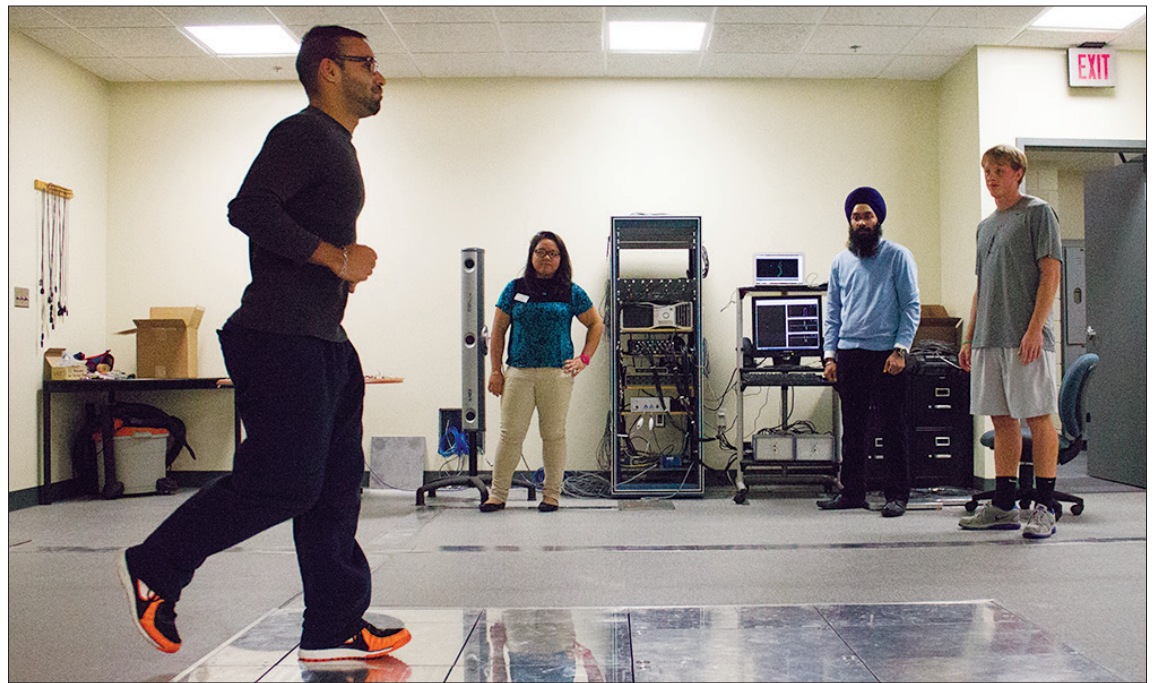
Kakar said he has not expanded this project to the college yet. He said the research subjects for the project have been taken from Pediatric Orthopaedic Associates and the Children's Hospital of Atlanta.

One of these patients is Paige Tobin, a Purdue University student and dancer who was diagnosed with scoliosis at 7 years old. Tobin said she met Kakar on an airplane, where they talked about sports, Tobin's scoliosis and surgery. There was one more spot left for a research patient, she said, and Kakar asked her to be the last one, given that she had had experience with spinal surgery.

Tobin said it took her about six months to get back into dancing after her first spinal surgery at age 11. She later tried fencing for three years, she said, but realized it was also not very good for her back.

"I thought that my back would be fine with fencing," she said. "However, it wasn't a good idea due to twisting of the body."

After receiving spinal fusion surgery, Tobin said she eventually ended up going back to dance. She said it may be possible for athletes to go back to sports after spinal



From left, senior Julian Rivera performs a running balance test on Oct. 21 in the Center for Health Sciences Room 102, as senior Paulina Codera, physical therapy professor Rimit Singh Kakar and senior Ryan Norland observe.  
JILLIAN FLINT/THE ITHACAN

fusion when they realize what their limits are.

"I never liked that I had limitations," she said. "If you recognize what you can and can't do, nothing is affected."

Simpson said the research looks at spinal motions by testing running, jumping and balance to prove whether or not athletes are able to go back to their sports after the spinal fusion surgery.

Despite her nervousness with these movement tests, Tobin said Kakar was patient, and she is happy she got the chance to meet him.

"You can tell how much he cares," Tobin said. "I got super claustrophobic with the balance tests, so he helped me stay calm and get

through it."

Kakar said he expects that project to be finished by early spring.

As his partner, Simpson said Kakar has a strong work ethic and professional background with science and research.

"He is a hard worker, and he will definitely go places with research. ... His research will benefit clinical populations, such as those with back issues," Simpson said. "He also brings a rich perspective to his teaching, having been a physiotherapist in India."

Senior Ryan Norland is also working with Kakar on a project on regenerative rehabilitation, which aims to raise awareness of the benefits of medicines and

therapies that restore injured or degenerated tissue.

"The medicine side of regenerative rehabilitation is exploding," Norland said. "I went to [Rimit] because I knew he would be able to help me in developing this project because he has worked on others, and he is very knowledgeable."

Kakar has won many research awards and grants for his research, including a grant through the Scoliosis Research Foundation.

Kakar said he thinks the most rewarding part of the project is helping others. To him, that is ultimately the goal.

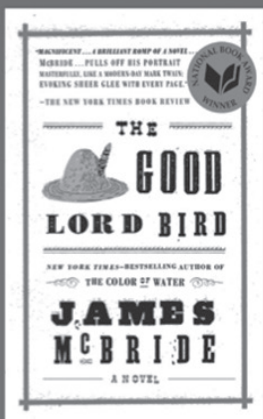
"It is going to take some time," he said. "But keeping your eye on the goal has been very fulfilling."

FIRST-YEAR  
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AUTHOR VISIT

## JAMES MCBRIDE

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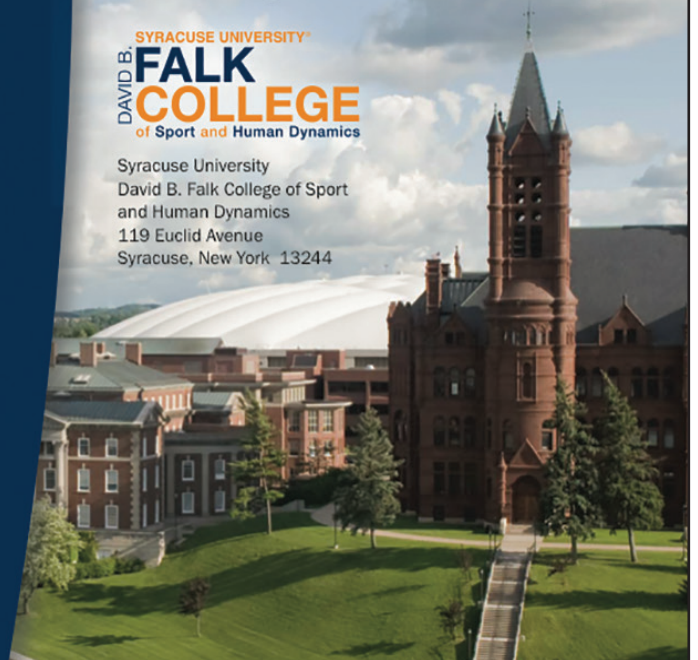
**10:00 a.m. November 15**  
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Tues., 11/11, 12:10-1:00  
*Textor 101*

Thurs., 12/4, 12:10-1:00  
*Textor 101*

Mon., 12/8, 6:00-7:00  
*Textor 101*

## INT'L HEALTH INSURANCE

Tues., 12/2, 12:10-12:45  
*Textor 101*

Mon., 12/8, 5:30-6:00  
*Textor 101*

## ITHACA COLLEGE DETAILS

Thurs., 11/13, 12:10-1:00  
*Textor 101*

Mon., 12/8, 7:00-8:00  
*Textor 101*

Tues., 12/9, 12:10-1:00  
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# Volunteer opportunities open for spring break 2015

**EVAN POPP**  
STAFF WRITER

While many students enjoy spending spring break at home, others use their time off to volunteer for a variety of causes, including improving access to food in Washington, D.C.

Volunteering in Washington, D.C., is one of five Alternative Spring Break trips available to students at Ithaca College in March of 2015. Applications for the trips opened Oct. 27 for students to participate in an array of volunteering options ranging from conservation opportunities to youth work, Don Austin, assistant director of community service and leadership development in the Office of Student Engagement and Multicultural Affairs, said.

Students will have the opportunity to go on trips in March to Kiptopeke State Park, Virginia; False Cape State Park, Virginia; Seneca Nation of Indians Allegany Territory in Salamanca, New York; the Outer Banks in North Carolina; and Washington, D.C., Austin said. The trips to False Cape State Park and the Outer Banks are new this year, he added.

Austin said the college always adds at least one ASB trip each year for variety.

He said the trip to the Outer Banks in North Carolina will focus on coastal conservation, while the ones to the state parks in Virginia will see students doing work in park preservation. The Seneca Nation land program will feature students volunteering at a youth center and collaborating with kids

on educational and recreational activities, Austin said, while the trip to Washington, D.C., will focus students' attention on the effort to ensure everyone has access to nutritional food.

Senior Leah Galant said she appreciates that there are a variety of ASB trips offered.

"It kind of caters to every type of student in terms of what kind of community service they want to be involved in," she said.

Galant went on the trip to the Seneca Nation lands for ASB 2014 and said a large part of her trip included volunteering at a youth center. She said she participated in the Salamanca trip both her sophomore and junior years, allowing her the opportunity to build relationships with the kids.

"To [the kids], it's like Christmas ... being able to see us again, they get really excited," she said. "The only pitfall of the program is that it's a week long, but you're still able to build a connection with some of the kids there, especially seeing them grow from year to year."

Though there is no hard deadline for students to submit an application for ASB 2015, Austin said those who submit theirs before 5 p.m. on Nov. 28 are guaranteed to have them read. For the 2015 ASB, the college can take a total of 42 students, Austin said.

Applications submitted after that date will be reviewed as long as there is still space in the program, Austin said. He said typically around half the students who apply for ASB are accepted.

He said the trips to Kiptopeke State Park, Seneca Nation in Salamanca and Washington, D.C., each have six spots available, while False Cape State Park and the Outer Banks have 12. The trip to Washington, D.C., is the most expensive at \$450 per person, followed by the Outer Banks at \$350, Seneca Nation in Salamanca at \$275 and False Cape State Park and Kiptopeke State Park, both at \$225.

Austin said OSEMA partially subsidizes ASB, sometimes covering up to a quarter of the cost of the program.

Junior Evan Layne said he believes the programs are generally affordable for most college students. Layne participated in ASB 2014, going on the trip to Washington, D.C., that focused on urban food justice. He said participants on the trip spent time volunteering with DC Central Kitchen, an organization that attempts to distribute food to those in need.

During the trip, Layne said, he learned much about the differences between food accessibility in metropolitan settings versus rural ones, noting that rural settings tend to be closer to farms and freshly grown food.

Students can participate in more than one ASB program during their college career, Austin said, although they can't participate in the same one more than once, unless they go as a participant leader.

Senior Morgan Allen said she has gone on ASB all three of her previous years and plans to apply for the trips in 2015. For her 2014



Ithaca College students sit by their completed railing system for a nature trail at Historic Ruby, Tennessee, at the 2014 Alternative Spring Break trip. COURTESY OF MORGAN ALLEN

trip, Allen said she went to Historic Rugby, Tennessee.

Allen said she and the other participants did everything from helping construct a staircase to clearing trash and hiking trails, as well as helping to open a gift shop for the season.

"It's a great opportunity to go somewhere I've never been and experience different kinds of communities and a different state, and at the same time, volunteering and helping people in need and just being a resource for them," Allen said.

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Monticello	ar	455a	755a	1025a	1255p	355p	----	555p	755p	955p
Ridgewood Park & Ride	ar	----	D 920a	D 1148a	D 215p	D 520p	----	D 715p	D 915p	D 1123p
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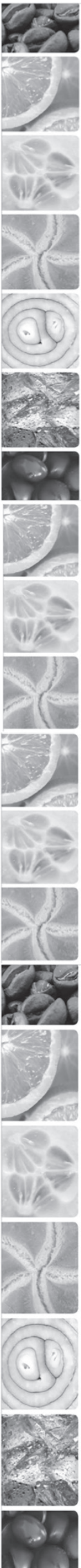


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# MULTIMEDIA

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## FLICKR



**Life & Culture**  
See photographs of tea shops in Ithaca. Images featured include photos from local cafes such as Carvan Serai Tea located on The Commons.



**News**  
View images from the African Latino Society and Poder: Dia De Los Muertos event on Oct. 28.



**Video**  
Sophomore Field Hockey player Katie Lass talks about how she got involved with the sport.

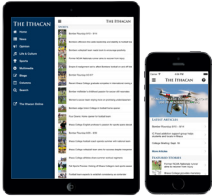


**Sports**  
Check out pictures from the Bombers' game vs. Salisbury University on Oct. 25.



**Video**  
Watch as people in downtown Ithaca celebrate Oktoberfest.

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## SOCIAL MEDIA

# Public Safety Incident Log

SELECTED ENTRIES FROM  
SEPT. 24 TO OCT. 8

### SEPTEMBER 24

**TRESPASS**  
Location: Hood Hall  
SUMMARY: Caller reported person had been refusing to leave the building. Officer issued the person a restriction from campus. Patrol Officer Steven Rounds.

### SEPTEMBER 25

**LARCENY**  
Location: Emerson Hall  
SUMMARY: Caller reported unknown person stole a handicap placard from Emerson Hall. Investigation pending. Master Patrol Officer Daniel Austic.

**POSSESSION OF MARIJUANA**  
Location: M-Lot  
SUMMARY: Officers reported an unknown person left marijuana and other drug paraphernalia in the M-Lot area. Investigation pending. Patrol Officer Steven Rounds.

### SEPTEMBER 26

**CONDUCT CODE VIOLATION**  
Location: Tallcott Hall  
SUMMARY: Caller reported a loud party in Tallcott Hall. Two people were judicially referred for responsibility of guest. Master Patrol Officer Bruce Holmstock.

### SEPTEMBER 27

**CONDUCT CODE VIOLATION**  
Location: East Tower  
SUMMARY: Caller reported an intoxicated person in East Tower. The person declined medical assistance

with ambulance staff and was judicially referred for irresponsible use of alcohol. Patrol Officer Jonathan Elmore.

### SEPTEMBER 29

**V&T VIOLATION**  
Location: L-Lot  
SUMMARY: During traffic stop, officer reported operator fled the scene. Investigation pending. Master Patrol Officer Christopher Teribury.

**POSSESSION OF MARIJUANA**  
Location: Rowland Hall  
SUMMARY: Caller reported marijuana. One person judicially referred for unlawful possession of marijuana. Patrol Officer Jon Shingledecker.

### SEPTEMBER 30

**CRIMINAL MISCHIEF**  
Location: Clarke Hall  
SUMMARY: Officer reported broken window. Investigation pending. Patrol Officer Jonathan Elmore.

**CRIMINAL TAMPERING**  
Location: Job Hall  
SUMMARY: Caller reported person tampered with light fixture, computer and copy machine. Investigation pending. Master Patrol Officer Bruce Holmstock.

### OCTOBER 1

**CONDUCT CODE VIOLATION**  
Location: Rowland Hall  
SUMMARY: Caller reported the odor of marijuana. Two people were judicially referred for violation of drug policy. Master Patrol Officer Bruce Holmstock.

**FIRE ALARM**  
Location: Campus Center  
SUMMARY: Simplex reported fire alarm. Activation caused by burnt food. System reset. Fire Protection Specialist Enoch Perkins.

### OCTOBER 2

**FIRE ALARM**  
Location: Garden Apartments  
SUMMARY: Simplex reported fire alarm. System reset. Assistant Director for Environmental Health and Safety Tim Ryan.

**CONDUCT CODE VIOLATION**  
Location: Flora Brown Drive  
SUMMARY: Operator of vehicle was in possession of a fictitious license. One person judicially referred for possession of fraudulent ID. Patrol Officer Jon Shingledecker.

### OCTOBER 3

**CONDUCT CODE VIOLATION**  
Location: Terraces  
SUMMARY: Caller reported odor of marijuana. Eight people judicially referred for drug violation, two for failure to comply and one for responsibility for guest. Patrol Officer Waylon DeGraw.

### OCTOBER 4

**CONDUCT CODE VIOLATION**  
Location: East Tower  
SUMMARY: Caller reported intoxicated person vomited in hallway and went into room. Person declined medical assistance and was judicially referred for irresponsible use of alcohol. Sergeant Dirk Hightchew.

### OCTOBER 5

**MEDICAL ASSIST**  
Location: Lyon Hall  
SUMMARY: Caller reported person is breaking out in hives after having been bitten by a spider. Person declined medical assistance. Patrol Officer Waylon DeGraw.

### OCTOBER 6

**SUSPICIOUS PERSON**  
Location: Textor Hall  
SUMMARY: Caller reported unknown person touched hand. Investigation pending. Patrol Officer Robert Jones.

### OCTOBER 7

**CRIMINAL MISCHIEF**  
Location: Emerson Hall  
SUMMARY: Officer reported unknown person cut screen. Officer determined damage happened moving furniture. Criminal mischief is unfounded. Patrol Officer Jon Shingledecker.

**MEDICAL ASSIST**  
Location: Center for Natural Sciences  
SUMMARY: Person reported feeling faint after giving blood. Person declined medical assistance. Fire Protection Specialist Maxine Noble.

### OCTOBER 8

**POSSESSION OF MARIJUANA**  
Location: Upper Quad  
SUMMARY: Officer reported marijuana. Three people judicially referred for criminal possession of marijuana and violating college drug policy. Master Patrol Officer Brad Bates.

**MOTOR VEHICLE ACCIDENT**  
Location: General Services parking lot  
SUMMARY: Caller reported two-car property damage motor vehicle accident. Report taken. Master Patrol Officer Bruce Holmstock.

**MEDICAL ASSIST**  
Location: Cerracche Athletic Center  
SUMMARY: Caller reported person using table saw injured arm. Person declined medical assistance from ambulance staff. Patrol Officer Jonathan Elmore.

**CASE STATUS CHANGE**  
Location: Bogart Hall  
SUMMARY: Officer reported follow-up interview conducted on sale of marijuana. One person judicially referred for unlawful possession of marijuana. Patrol Officer Steven Rounds.

**POSSESSION OF MARIJUANA**  
Location: Eastman Hall  
SUMMARY: Caller reported marijuana. Two people judicially referred for unlawful possession of marijuana. Master Patrol Officer Brad Bates.

**FOR THE COMPLETE SAFETY LOG,**  
For the complete safety log, go to [www.theithacan.org/news](http://www.theithacan.org/news).

### KEY

CMC - Cayuga Medical Center  
V&T - Vehicle and Transportation  
AD - Assistant Director  
SASP - Student Auxillary Safety Patrol  
IPD - Ithaca Police Department  
TCSO - Tompkins County Sheriff's Office



EDITORIALS

PAPER NOT PLASTIC

The Student Government Association is calling for a ban on single-use plastic water bottles and bags, but the proposed bans are not entirely realistic

The Student Government Association has passed two bills calling for the ban of single-use plastic water bottles and bags on the Ithaca College campus. The intent of the bills, which were approved on Oct. 13, is to promote sustainability and get students to use reusable water bottles and bags.

Ban the Bottle, an organization promoting the ban of single-use water bottles, found that the United States uses approximately 50 billion water bottles per year. The U.S. International Trade Commission estimates that Americans use 102 billion single-use plastic bags every year.

Banning single-use water bottles is not impossible. If the college were to ban single-use plastic water bottles, it would follow the 34 four-year colleges and universities that have already done so.

While a ban on plastic water bottles would be feasible and beneficial for the environment, a ban on plastic bags would be difficult to implement. Unlike plastic water bottles, plastic bags are not necessarily single-use: Students often reuse plastic bags as trash bags or for storage. In addition, it would be unrealistic to ban plastic bags at the college's Bookstore, especially when customers who are not students and do not have reusable bags, such as prospective students and their families, purchase items and need a bag to carry them in.

The bill needs some revision. Instead of banning plastic bags, the college should offer paper bags and charge a small fee for plastic bags. Paper is biodegradable and takes one month to decompose, while plastic bags take 10–20 years, according to the U.S. National Park Service. This realistic approach still contributes toward sustainability.

WIDE AWAKE

Students are not prioritizing sleep as much as they should be, which can take a toll on their health

A study in the Journal of Adolescent Health found more than two-thirds of college students get less than seven hours of sleep per night. Lack of sleep can take a toll on students' health. The National Sleep Foundation found that health risks include drowsy driving, decreased attention span and heart problems.

Students often find it difficult to sleep well while trying to balance classes, assignments and extracurriculars. Although students have more flexibility to choose their class schedules, some classes are only offered early in the morning, and many extracurriculars take place at night, making it difficult to sleep for more than seven hours.

However, there are a number of things students can do to sleep at least seven hours every night. Students can create their schedules to accommodate their sleep patterns, commit to a reasonable number of extracurriculars or take naps between classes and activities. They can also cut down the number of hours they spend on technology. The Nielsen Company reported the average adult spends 11 hours on technology every day. Students need to prioritize sleep not only to be able to pay attention in classes and be engaged in everyday activities, but also for the sake of their well-being.



YOUR LETTERS

Ithaca College needs to address women with own identity

My husband and I graduated from Ithaca College in 2009. Recently, a letter arrived from the Ithaca College Annual Fund addressed to “Mr. and Mrs. William Sims.” In over a year of marriage, I had not received any mail reducing my identity to “Mrs. William.” Sadly, Ithaca College was the first. I find this to be rather offensive.

You might be thinking, “Who cares? It’s not a huge deal.” And you’re right; it’s not a huge deal. You might be thinking

that by changing my last name that I’m “asking for it.” That’s where you’re wrong. Fifty years ago, whether or not women changed their names upon marriage was not a choice. Last year, I chose to change my name.

Ithaca College made a choice to send a letter to “Mr. and Mrs. William Sims,” and it was a bad choice. I don’t buy that it was a mistake to blame on software. Here’s some mass mailing options that equally acknowledge multiple people on one letter: William and Becky Sims; Mr. and Mrs. Sims; The Sims Family.

IC could even send two letters to two alumni who are each capable of independent financial decision making!

I hope that this serves as an opportunity to start a conversation and take a closer look at how one’s choice of words can diminish and eliminate women.

It’s 2014, Ithaca College. I know you can do better.

BECKY (BOWEN) SIMS

SPEAK YOUR MIND

Send an email to [ithacan@ithaca.edu](mailto:ithacan@ithaca.edu) to write a letter to the editor.

SNAP JUDGMENT

What are you dressing up as for Halloween?



“I’M GOING AS A ‘90S GRANDMOTHER. SHE’S GOING TO HAVE FANTASTIC HAIR AND A FLORAL DRESS.”  
**MATT VAS**  
**INTEGRATED MARKETING COMMUNICATIONS**  
**’17**



“I WANT TO BE A RED POWER RANGER BECAUSE IT’S THE BEST COLOR AND I GOT IT AT PARTY CITY.”  
**ALEX ANGUS**  
**BUSINESS ADMINISTRATION**  
**’17**



“I’M GOING AS A COWGIRL. YEE-HAW.”  
**MCKENNA PETRI**  
**INTEGRATED MARKETING COMMUNICATIONS**  
**’17**



“I’M GOING TO BE A MOUNTAIN GOAT. I HAVE THIS CARDBOARD BOX I’M WEARING ON MY HEAD THAT LOOKS LIKE A GOAT.”  
**JOE QUINN**  
**MATHEMATICS/ PHYSICS ’17**



“I’M GOING AS CHIP SKYLARK. MY SHINY TEETH AND ME.”  
**ANDY WYMAN**  
**ACTING ’16**

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## GUEST COMMENTARY

# Delayed reconstruction hurts some local stores

On Oct. 1, a group of people with businesses on The Commons in Ithaca went to the Common Council to ask for some relief from the damage done to their businesses from the lengthy reconstruction of the pedestrian mall. One end date for construction — July 2014 — was already missed and the next — November 2014 — is going to be missed. Given that two completion dates will have been missed, there is reluctance on everyone's part to pick a new completion date, although a best guess is next summer.



JUPITER

Clearly, the construction has been trying for everyone who comes to The Commons, whether for work, play or business, but for this group it has been especially difficult because their livelihoods and investments are being threatened.

Why one business does well and another doesn't can only be answered by a set of complex questions, with the question of impacts from construction being one of them. Some businesses appeal only to a narrow segment of buyers' needs, some businesses do particularly well with visitors, some are more vulnerable to online competition and others have a broad customer appeal. Operating a successful small business can be complex and difficult. All of these things and more can affect how a business performs. A small business has to be flexible and able to respond to changes in consumer desires, changes in products, changes in environment and changes in competition.

Having spoken to several of my fellow retailers since the start of construction, I found that there isn't any conformity of experience, as one might expect. There are those who are doing well, making adjustments where necessary, and those who are suffering. That being said, I can only report on how 15 STEPS is doing with



Reconstruction of The Commons in downtown Ithaca began spring 2013 and was scheduled to finish on Nov. 21, but has been delayed until summer 2015. The delay has hurt some local businesses.

TUCKER MITCHELL/THE ITHACAN

assurance. At the end of the first year of construction, we found ourselves with a healthy gain and are headed to an even bigger gain this year after an extraordinary visitor season and national predictions for a strong holiday season.

Lengthy construction surrounding a business can be a stress that is difficult to overcome, and in many instances not every business survives. The goal is to help as many, if not all, of these independent businesses to survive.

Government can have a role in doing this, but consumers can play an even larger one. Shopping local is, and should always, be, top of mind. There are many good reasons for this. Among them is the maintenance of choice because independent business is more likely going to cater to local wishes than large corporate stores. Independents generally pay better wages. Of the

money spent with local business, 73 percent stays in the community compared to 43 percent spent at non-locally owned business. Small business gives a great deal more support to not-for-profits than large business, especially as a proportion of income. When profits stay local, it increases the community's wealth, tax revenue and standard of living. Local business also contributes to making a community unique and authentic.

There is no more important time than now, during this time of stress from construction on locally owned, independent business, to embrace the idea of shopping locally and supporting the community that we live in.

**KEN JUPITER** co-owns 15 STEPS with Bettsie Park on The Commons in downtown Ithaca. Email him at 15steps@fifteensteps.com.

## GUEST COMMENTARY

# Police brutality is unacceptable and needs to be addressed

On Oct. 9, exactly two months after Michael Brown's death, I traveled 875 miles to Ferguson, Missouri, from Ithaca, New York, to attend Ferguson October — a four-day "weekend of resistance" of non-violent actions in protest of police violence against minority communities. At 10 p.m. that evening, I packed a small bag and got into a car with an individual whom I'd met only moments before, ready to carpool to Ferguson. He shared the same interest and passion for justice and human rights, so we set out to reach Ferguson to protest police brutality and the shooting of unarmed Michael Brown. I was joined by people native to St. Louis and from all across the country with a range of ages, races and political affiliations.



PEARSON

On Aug. 9, Michael Brown, an 18-year-old black man who was unarmed, was shot and killed by Officer Darren Wilson in Ferguson, a working-class St. Louis suburb. There are eyewitnesses that have said Brown was shot when he was trying to surrender. Wilson stated that Brown pinned him in his vehicle, prior to the fatal shooting,



A Ferguson October participant kneels at a memorial dedicated to Michael Brown on Canfield Drive in Ferguson, Missouri, where he was shot.

COURTESY OF SARAH PEARSON

where he and Brown struggled over his gun. Following this struggle, Brown was shot six times. After the shooting, protests began, and Ferguson, at times, exploded into civil unrest. Racial tensions were brought to a boil following "Ferguson," a title used to describe the city's tensions and the resemblance it had to the Middle East with a strong military presence.

Events began Oct. 10 outside of St. Louis County Prosecuting Attorney Bob McCulloch's office in Clayton, Missouri. Lesley McSpadden, Michael Brown's mother, led a march from the location of the

shooting on Canfield Drive to the Ferguson Police Station as participants demanded justice for her son. Common chants heard during the marches included "I am Mike Brown," "hands up, don't shoot!" and "no justice, no peace."

Apart from participating in these events, I went with the intention of giving support and hoping to gain a better understanding of the struggles that face different racial groups within our country. Growing up in State College, Pennsylvania, a community that is 83 percent white and nicknamed the "Happy Valley," I had never given

race tensions much thought. It was this experience that opened my eyes to the racial issues that plague our wider community. An example of this is the very powerful hashtag #iftheygunnedmedown, which expresses the manner in which the media may portray minority groups after they have been harmed at the hands of law enforcement officials.

The people in these areas are accustomed to these incidents: the loss of a loved one to those that are supposed to be protecting us. Then after this loss, more pain is added when the justice system goes on to fail to bring justice.

The change needed is deep. A start is improving community and race relations not only in Ferguson but nationally. The frustration that is being seen goes beyond the killing of Michael Brown, and it is important to recognize this.

Brutality is unacceptable, and accountability on all ends is a must. We need to see police departments making actions to address these issues — not just rhetoric. We need to see police officers caring about the communities they work in.

To me, it seems simple. We all have the right to a fair trial, and police officers should not be acting as judges.

**SARAH PEARSON** is a sophomore politics major. Email her at spearso1@ithaca.edu.



MIND MATTERS

AMELIA ERIKSON

## Syllabuses must stress health

Think about how many syllabuses the average student gets during his or her time in college: five to six classes a semester for eight semesters. Each includes the same major sections: office hours, course objectives, required texts, due dates and attendance policies. Each, though sometimes repetitive and tedious, is necessary to outline the expectations for the upcoming semester. An important component that is not found in every syllabus, though, is a statement about mental health.

Each year, the Center for Counseling and Psychological Services releases a general statement professors are encouraged to put in their syllabuses about diminished mental health. The paragraph covers signs to watch for, like mood changes and lack of motivation, and it also provides details about resources on campus such as CAPS. It explains that problems with mental illness can have a large impact on academic performance, and it is important to address such concerns.

The problem is that the statement is simply encouraged, not mandated, by Ithaca College to be included. Though in the past few years CAPS has reported an increased use of the mental health statement, it is still not used by every professor or in every class.

Another problem is though professors include the statement, they do not always discuss it on the first day of classes. There is often a point in the syllabus where professors say, "And you know the rest," but it should not be expected that all students know poor mental health can negatively impact academics due to factors like lack of focus and decreased motivation, or about the resources available to them on campus. CAPS suggests, along with placing the statement in syllabuses, that professors facilitate a short discussion about the importance of good mental health.

A widely supported statistic is that one in four college students suffer from a diagnosable mental illness. With that being the case, it is important that students are given the opportunity to take care of their mental health. If professors take the time to include brief statements in their syllabuses, the college would be taking a huge step toward reducing the stigma and providing students with more confidence when approaching the topic of mental health.

So, for next semester, professors should include the CAPS statement and not just brush over it while covering the syllabus. Professors want their students to do well and, since poor mental health negatively impacts academics, they should take it seriously.

**AMELIA ERIKSON** is a junior applied psychology major. Email her at aeriko1@ithaca.edu.



# **FOOD FRENZY:**

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TUCKER MITCHELL/THE ITHACAN

# Something Brewing

## Tea drinking culture rises in the United States

**BY MARY FORD**  
STAFF WRITER

Tea has been a staple drink throughout history and is still an integral part of many cultures today. In the United States, the specialty tea market has been on the rise since the early '90s, paving the way for new stores and businesses. Caravan Serai Tea, a recently opened shop on The Commons, sells exotic teas from almost every continent, encouraging customers to try teas that are unfamiliar to most Americans but are everyday drinks in their countries of origin.

Christopher Bonn is the founder and owner of Caravan Serai Tea. After serving 10 years with the New York City Fire Department, Bonn traveled to Thailand where he stayed for a year. While in Thailand, he met tea farmers and grew familiar with the cultural importance of tea in that region.

"Tea isn't just Earl Grey or English Breakfast," Bonn said. "I saw a lot of different teas there, and I wanted to replicate that here."

Bonn's menu carries teas from almost every continent. They can be bought as prepared, on-the-go drinks or in loose-leaf form by the ounce. In addition to teas, Caravan Serai Tea sells tea accessories and products, including teapots and decor from the teas' countries of origin.

The majority of the teas sold at Caravan Serai come from India and China, which is no surprise considering the richness of tea culture there. The Tea Association of the USA said for thousands of years, tea has been grown and used daily in those regions, both for its healing properties in times of illness and as a symbol of comfort and home in times of prosperity. British colonization of these regions inspired the familiar English affinity for tea, which remains a pillar of its traditions today.

Hong Li, professor of Chinese language at Ithaca College, said tea's importance in China spread around the world through trade.

"Tea is the symbol of China," Li said. "We domesticated the plants and cultivated the plants. When the British came

to our shores and to the shores of India, they started to drink tea as well."

Meanwhile, Americans had markedly different beverage habits. At the outset of the Revolutionary War, American colonists famously dumped tea overboard into Boston Harbor to protest taxes. Afterward, according to the Boston Tea Party Historical Society, John Adams called for all colonists to give up tea and switch to coffee instead: "Tea must be universally renounced. It must be weaned, and the sooner, the better." It was soon considered unpatriotic to serve tea, and if it really was a necessity, foreign teas were rarely used because of their expense during wartime. Local herbs and dandelion greens were brewed instead. By the time the Constitution was signed, America had sheared itself away from the rest of tea culture.

However, in the past two decades or so, tea culture in the United States has been developing significantly. The Sunday Times reported that the American market for tea quadrupled from 1993–2008, led by specialty tea companies like Teavana and Mighty Leaf, who began to make foreign teas available to the American consumer. Around the same time, companies such as Argo Tea and the Republic of Tea worked to make international teas more accessible by using the Internet to connect customers with their ideal tea drink. Additionally, Starbucks created and popularized its Tazo tea line, which draws inspiration from a spread of cultural teas. Li also pointed out that Wegmans recently added a new line of loose-leaf teas to promote traditional Chinese tea methods. The modern American tea culture is also perpetuated locally by shops like the Old Tea House, the Shop Cafe and the Mate Factor.

Sophomore Molly Astrove is doing research about the tea market for her advertising class this semester. Her group is working on a marketing strategy for Tazo tea.

"Brands like Tazo and stores like Teavana can be more intimidating for people who don't know a lot about tea," Astrove said. "Young people are getting more into tea culture and exploring more tea varieties, especially for its health benefits."

Tea is known to be loaded with antioxidants and other vitamins that help boost the immune system. Astrove said her research found a parallel between the increasing market for health products and increasing interest in tea.

The vast majority of the world's tea is still produced outside of the United States, and imported tea brings directly along with it the flavors and traditions of other cultures. At Caravan Serai Tea, Bonn works hard to keep his teas authentic to their growers. All of his teas are fair-trade, and some are purchased directly from those who farm them.

"We have a lot of tea you can't get anywhere else and will be adding more soon," Bonn said. "More people are realizing there is tons of variety

in tea."

Astrove stressed that America's awareness of other cultures through tea benefits both parties and said her research showed Tazo makes an effort to give back to the communities from which their teas are derived.

"They do a lot of corporate-responsibility campaigns in India where their tea is made and provide scholarships and training for areas outside the tea market," Astrove said. "They definitely care about where the tea is coming from."

Similarly, Bonn hopes to expand his line, franchise his store and eventually save up enough to start a tea farm in northern Thailand.

"It'll be great for the local farmers there," Bonn said. "I would love to help them out. It would help them, it would help us — it would help everybody."

As tea culture in America continues to grow, Caravan Serai Tea works to ensure that the cultural and emotional significance of their products shines through.

"Tea brings people together, cheers them, comforts them, warms them and enlightens them," Bonn said. "That's what Caravan Serai Tea is about: bringing people and their cultures together, one cup at a time."



Christopher Bonn, owner of Caravan Serai Tea on The Commons, measures out loose-leaf golden monkey tea.  
TUCKER MITCHELL/THE ITHACAN



A patron of The Shop, a cafe in Ithaca, pours Earl Grey tea. The Shop offers a wide variety of tea and coffee.  
TUCKER MITCHELL/THE ITHACAN





Worlds collide

The Teszia Belly Dance Troupe performs in Emerson Suites on Oct. 24 during the One World Concert, hosted by the Ithaca College International Club. The concert featured performances from Ithacapella, IC Voicestream, Ground-up Crew and more.

SABRINA KNIGHT/THE ITHACAN

Video of the week

It would seem Hollywood has taken a particular interest in actor Shia LaBouf in the past few months. The “Fury” star has been on the mind of every pop-culture aficionado, especially after the mischievous talent was arrested in June after he caused a scene during a Broadway performance of “Cabaret.” However, this fame took a new, more bizarre turn when singer-songwriter Rob Cantor released ““Shia Labouf” Live,” a musical number that depicts the titular star as a murderous cannibal. With strange costuming and a shocking ending, Cantor’s hilariously elaborate production is the most memorable YouTube venture in some time.



— STEVEN PIRANI

CYBER CAFE

Assistant Life & Culture Editor Steven Pirani finds the best the Web has to offer.

The Internet is full of ways to waste time. With sites like Reddit, Facebook and YouTube, the depths of the Web have a knack for sucking up time. The same goes for seehearparty.com, which devours users’ time with its own blend of music and video. Using SeeHearParty is easy: Users type in up to four things they want to see, be it cats, cupcakes or sports cars. Then, visitors can enter the URL of a song from Soundcloud.com. Once all of their criteria are chosen, users press enter and are greeted to what is essentially their very own music video. It’s a simple design: The website scours the Web for animated GIFs according to the entered tags and then plays them according to the music chosen. It may be little more than a creative experiment, but it serves as a fun Web diversion.

see  
hear  
party

BIG SPENDER LOS ANGELES BOUTIQUE WRAPS IPHONES IN GOLD

If having the brand new iPhone 6 wasn’t enough to satisfy that hankering for cutting-edge technology, perhaps wrapping it in solid gold will hit the spot. That’s exactly what Los Angeles–based company Brikk thinks, offering up an array of blinged-out smartphones, each boasting an outrageous price tag. The couture boutique offers several different options to shoppers, including models of the iPhone 6 and 6 Plus clad in platinum, pink gold and yellow gold, with prices reaching almost \$12,000. For those not looking for a shiny new smartphone, the company also blings out iPads, Galaxy gear and more. These, along with a selection of bracelets and other luxury jewelry, ensures that Brikk has much for shoppers to gawk at.



— STEVEN PIRANI

SWEET TOOTH NEW CHESTNUT LATTE POISED TO HIT MARKET

Step aside, pumpkin spice latte. There’s a new holiday treat poised to hit Starbucks throughout the nation. The coffee giant has confirmed that it will bring the chestnut praline latte to menus all over the world, hoping to add another winter indulgence for customers to enjoy. Set to debut worldwide Nov. 12, the drink is the first holiday beverage to be added to the Starbucks menu in five years. Whether it will dethrone the revered pumpkin spice latte is yet to be seen, but at the very least, customers will have a new treat to enjoy this winter.



— STEVEN PIRANI

celebrity scoops!

“Honey Boo Boo” canned

When it comes to horrible moms in pop culture, few are as heinous as June Shannon, mother of Alana “Honey Boo Boo” Thompson. Now, Shannon’s private life has become the topic of scandal. The controversy began when reports arose Oct. 24 that Shannon was dating Mark Anthony McDaniel Sr., a registered sex offender in the state of Georgia who was convicted of aggravated child molestation in 2004. Shannon denies the allegations that she is dating anyone convicted of child molestation. This hasn’t stopped TLC from canceling “Here Comes Honey Boo Boo,” scrapping the entire program and leaving almost a season of episodes to never be released.



— STEVEN PIRANI



tweetuntweet

“I’m about to go to breakfast but I’m not going to comb my hair. I hope it doesn’t show up on social media.” — Comedian and author Jim Gaffigan takes to Twitter on Oct. 26, expressing his fear of the paparazzi. The funnyman’s latest book, “Food: A Love Story,” was released Oct. 21.





**ONLINE**

To see more on Ithaca Oktoberfest, visit [theithacan.org/oktoberfest2014](http://theithacan.org/oktoberfest2014)

Attendees hold up their cups of beer from local microbreweries, competing for the best local beer in the “Oktobercup.” Bacchus Brewing Company won first place, beating out four competitors. KAIT TURKETT/THE ITHACAN

# Guten Appetit!

The Downtown Ithaca Alliance and Kilpatrick’s Pub hosted the third annual Ithaca Oktoberfest on Oct. 25. The festival celebrated the fall with beer, wine and German food tasting from local companies around the Tompkins County area. Local breweries competed to win the “Oktobercup” for best beer.



From left, Cornell University employees Rebecca Dyer, Kate Clancy and Ellen Ruebush taste local wines. KAIT TURKETT/THE ITHACAN



Radio London performs classic 1960's rock 'n' roll music on North Aurora Street during the festival. KAIT TURKETT/THE ITHACAN



Pumpkins sit on display next to the AJ Teeter Farm's cider booth during the Oktoberfest celebration. KAITLYN KELLY/THE ITHACAN



An Ithaca Beer Company employee pours a cup of Embrr Rye Porter for tasting. KAIT TURKETT/THE ITHACAN







# Student produces crowd-funded documentary film

BY CASEY MURPHY  
CONTRIBUTING WRITER

Ithaca College sophomore Hannah Basciano is no longer just a college student — she can now add the title of filmmaker to her resume. Basciano, a documentary studies and production major, is currently in post-production for her first documentary short film.

The documentary, “From the End: Katelyn’s Story,” tells the story of Basciano’s longtime friend Katelyn Elliott.

On Oct. 17, 2012, Elliott was involved in a severe two-vehicle collision, and a neurosurgeon at Lancaster General Hospital in Lancaster, Pennsylvania, told her family that nothing more could be done. This message was passed on to the local police, who then told the administration at Hempfield High School in Landisville, Pennsylvania, where Elliott was a student, that she did not survive the crash. The next morning an announcement was made in school about Elliott’s supposed passing.

Not long after it was made, the announcement had to be retracted. There had been a mistake. Katelyn was in critical condition, but she was alive.

Basciano said despite the fact that Elliott was in a coma, she had managed to move her head as her mother spoke to her. Because of this movement, which was no more than an inch or two, Elliott was rushed into emergency brain surgery and her life was saved.

In the two years since her accident, Elliott has made a nearly full recovery. She is now enrolled in Harrisburg Area Community College and serves as a symbol and spokesperson for people with traumatic brain injuries.

“She does equine therapy, and she does yoga like crazy,” Basciano said. “Despite a few neurological issues, she’s pretty much completely back to normal.”

The documentary highlights Elliott’s accident and recovery through home footage of



Katelyn Elliott, the subject of sophomore Hannah Basciano’s documentary, walks after her high school graduation. Basciano’s film follows Elliott’s recovery after a severe car accident.  
COURTESY OF HANNAH BASCIANO

the recovery process and interviews with Elliott and her friends, family and doctors. Though the film focuses primarily on Elliott herself, it also touches on the events following the accident involving the school and police and how these mistakes impacted Elliott and her loved ones.

Elliott said she was initially surprised when Basciano approached her about making a film, but grew enthusiastic as she realized the potential her story had to make an impact on others.

“I never really thought of having a life worth filming, writing about or talking about until she started to explain that she thought that it would be an awesome way to share my story of hardship, tragedy and triumph,” Elliott said. “After that sunk in and I realized how many people this could potentially reach and help, I was all hands on deck and was more than ready to help any way I possibly could.”

Basciano received funding for the film

thanks to the website Crimso, a crowd-funding network founded by Kosala Kumara, a 2005 alumna of the college.

Through the site, Basciano managed to raise \$1,490 in donations, more than doubling her goal of \$500. The money was used to buy several pieces of equipment and pay for transportation to interviews, Basciano said.

Basciano said she is currently in the process of editing the film and has one more interview to complete. She said she hopes the documentary, which is expected to be approximately 30 minutes in length, will be finished by this December or January, at which time there will be a screening in her and Elliott’s hometown and at the college. She will also produce a small number of DVDs, most of which will be sent to her Crimso supporters as part of their donation incentive. The rest will be available for purchase, and the proceeds will go to a charity for individuals with traumatic brain injuries.

James Rada, associate professor of journalism, who has advised Basciano throughout the creation of the documentary, has seen some of the footage that has already been edited. Rada said the film will inspire students and touch the hearts of its audience, and it is something that Basciano should take significant pride in.

“This is a college sophomore who did documentary the way you’re supposed to do it,” Rada said. “She had an idea and ... it was a passion, and she pursued it from the standpoint of getting funding but also documenting the story.”

Basciano said she is ready for the documentary to be completed and viewed, but not only for her personal benefit.

“I’m less excited to finish the project than I am to see Katelyn’s reaction to it,” Basciano said. “She has been so gung-ho about this entire film that I’m really doing it for her more than I’m doing it for me, and I’m just ecstatic to be able to show her how much she’s inspired everyone else because I don’t think she’s realized it.”

**STATE**

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**NOVEMBER 9**  
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# Social issues take spotlight in pride-worthy film

BY HALEY YOUNG  
CONTRIBUTING WRITER

Opening with real-life footage from Margaret Thatcher's politically divided England, police brutality sets the stage for an unlikely friendship between two sources that have more in common than they may realize: the gay community and the working-class mining community. The 1984 miners' strike is nothing new on film — the beloved film "Billy Elliot" is proof of this — but "Pride" shows a true story that restores faith in human kindness through the friendship of two completely different groups facing similar societal challenges.

**FILM REVIEW**  
**"Pride"**  
BBC Films  
Our rating:  
★★★

"Pride" centers on the true story of the Lesbians and Gays Support the Miners group, led by Mark Ashton (Ben Schnetzer), a young, idealistic gay man who wants to help the mining community after realizing it faces similar public discrimination and cruelty. After the group starts to collect money at gay pride parades, LGSM has trouble finding a mining union to accept its earnings. They choose a small mining village at random.

This community turns out to be Onllwyn, Wales. There they meet miners for the first time, and the miners meet gays and lesbians for the first time. The mining community has to grapple with the new and still risque idea of gays and lesbians being its main supporters and donors.

"Pride" has a slow start. It seems that in the beginning of the 120-minute film, the same idea of helping the miners will be repeated over and over again. Yet this slow start actually helps to introduce the many characters who will be the hallmark of the film. The characters in "Pride," both the miners and the members of LGSM, have their moments to shine, whether it is through heartfelt speeches or quiet character

moments that keep their emotional impact without dialogue.

One particular standout is George MacKay's character, Joe Copper, who participates in LGSM without telling his parents for fear of homosexual rejection. Instead of his actual family giving him the love he wants and rightly deserves, it is the support group and mining community that encourage him to grow into the man he is becoming.

Copper shows the transition from gawky to self-assured by the way he carries himself and by the conviction in which he talks with his friends and his family. By the end of the movie, the audience has enjoyed seeing his development as a character, and he has come far from the boy who was too embarrassed to carry a banner in the pride parade.

Another unlikely standout is the character of Sian James, played by Jessica Gunning. When introduced on-screen, she could be mistaken for the static character of a housewife, but once again "Pride" deftly shows her assertive transition. With support from the gay community, she, too, learns how to trust in herself, especially when she bails out miners from jail using the information she learned from LGSM members. It reflects on Gunning's power as an actress that she can portray her character as strong, personable and humorous all at the same time.

The setting provides a wonderful contrast between the grungy, sweaty and glittery London gay bars and the quaint, quiet village in Wales. It is even more exciting to see the characters transported out of their comfort zones and into the places that they would never have originally been found in, like the scenes where the mining community goes club hopping with its newfound friends. The worlds that the characters come from cannot be any more distant in looks and feel, which makes the friendship between them all the more exciting and rewarding for viewers.



George MacKay, center, leads a pride march as Joe Copper in "Pride." The film follows a group of lesbian and gay activists as they reach out to the victims of the 1984 British miner's strike. COURTESY OF BBC FILMS

While having serious source material, "Pride" has consistent humor throughout. The script is adept and subtle, never dumbing down for the audience. Much of the humor comes through the interactions between the miners and gays, like the notably funny running joke that all the lesbians are vegans. The jokes stem from the stereotypes on which many people base the gay community, and the movie successfully treads the fine line, ultimately showing the fault behind judging a whole community without having met it. Unfortunately, the heavy English and Welsh accents cause certain moments of comedy, and their resulting lessons to occasionally be lost

in translation. "Pride" touches on homophobia, police brutality, closeted homosexuals, AIDS and even women's rights without feeling contrived. Although some moments feel out of place, like a musical interlude that does not seem realistic, these moments are few and far between. Each of the film's characters feel true because of the smart, humorous script, but it is the message the film carries that makes "Pride" a roaring, feel-good success. "Pride" was written by Stephen Beresford and directed by Matthew Warchus.

## Folk artist takes familiar road with affecting studio release

BY MATTHEW RADULSKI  
CONTRIBUTING WRITER

Neil Diamond opens his album with a pledge: to take the listener down the titular "Melody Road," a way lined with many love songs. The resulting album is pleasant, but not a radical departure from Diamond's other works. This latest release is the 32nd of his career, and while it's a seemingly impossible task for an artist to release 32 albums worth of quality content, "Melody Road" proves Diamond can still create an entirely enjoyable record, even if it doesn't break any new ground when compared to Diamond's past 31 albums.

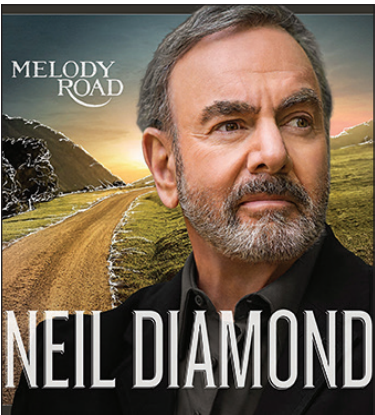
**ALBUM REVIEW**  
**Neil Diamond**  
"Melody Road"  
Capitol Records  
Our rating:  
★★★

What makes "Melody Road" work is the marriage between the production and Diamond himself. Most of the songs deal with similar issues of love, marriage and loss. It would be

easy for all of them to be similar in message and execution. Instead, Jack-nife Lee and Don Was, the producers of "Melody Road," use strings, drums and choirs to make each feel as different as possible. The individual tracks run the risk of being forgettable, but the wide array of instrumentation to go along with Diamond's acoustic guitar dodge this possible staleness, and ultimately there are no songs that stand out on the record as poor.

"Nothing but a Heartache" encapsulates how the album succeeds. With melodramatic lyrics like, "It felt alone and unattended," the writing could feel lazy, especially in the hands of a lesser artist. However, with Diamond, listeners feel the dissonance and pain in his vocals, augmenting the album's emotional impact. The instrumentation builds in tandem with his performance and acoustic work throughout the album.

Despite its effective instrumentals, "Melody Road" doesn't break any new ground. It's still Diamond, and much



COURTESY OF CAPITOL RECORDS

of it does sound similar from track-to-track, albeit pleasant. In addition, the stories of love and loss on "Melody Road" have been done before by other artists, though Diamond has thankfully provided his own musical twist on other love tropes in his own emotional, wistful way.

"Melody Road" is a genuine, well-done and well-executed album, though it does run the risk of touching upon some tired themes, as many other artists have spoken about losing love or getting married for decades. Despite all this, "Melody Road" still succeeds a good, easy listen — just don't expect to hear anything new.

## Guitarist adopts darker sound

BY SERENA WEISS  
CONTRIBUTING WRITER

The slow sound of an electric guitar is followed by the subtle beats of drums as a violin enters at the very end of the song, which helps it gradually fade out. This moment opens Ben Howard's sophomore album, "I Forget Where We Were," and sets the eerie mood of the album. The album starts off with the track "Small Things." The first line in the chorus of the song, "Has the world gone mad/ Or is it just me?" seems to develop the tone of the album. These lyrical contributions create a melancholy feel that Howard seems to be trying to achieve overall.

Howard's second album has a different mood than his first album, "Every Kingdom," which had a more sentimental and motivational tone and featured

a handful of love songs. With this newest album, Howard expresses his darker side, charged with grief and sorrow. While Howard often sticks to his acoustic guitar, he has also taken to using more electronic instrumentation, which helps aid his new, darker musicality.

Howard's audience may find "I Forget Where We Are" eerie, which could be appealing to some, while off-putting to others. With this current release, Howard seems to have pursued a more somber album and as a result, hits mostly high notes.



COURTESY OF REPUBLIC RECORDS

**ALBUM REVIEW**

**Ben Howard**  
"I Forget Where We Were"  
Republic Records  
Our rating:  
★★★

Check out [theithacan.org/spotify](http://theithacan.org/spotify) to listen to the songs featured in this week's reviews!

**HALSLEY**  
**"ROOM 93"**  
Astralwerks  
New York-based pop artist Ashley Frangipane, better known by her stage name Halsey, delivers a dark, brooding collection of tracks with her newest release, "Room 93." Notable is the track "Ghost," a rousing, drum-driven pop tune.

COURTESY OF ASTRALWERKS

**BEAR'S DEN**  
**"ISLANDS"**  
Communion Records  
Taking notes from folk groups like Mumford & Sons, folk group Bear's Den offers up a heartfelt collection of tracks in its new album, "Islands." The track "Agape" is a notably strong moment, thanks to a rousing chorus.

COURTESY OF COMMUNION RECORDS

**"ISLANDS"**  
**Bear's Den**  
Communion Records  
Taking notes from folk groups like Mumford & Sons, folk group Bear's Den offers up a heartfelt collection of tracks in its new album, "Islands." The track "Agape" is a notably strong moment, thanks to a rousing chorus.



# Gory film renders the fury of battle

BY DANIEL WISNIEWSKI  
STAFF WRITER

As the film opens, a lone German commander on horseback is riding away from the horizon with the sun rising behind him. He is riding through what looks like a tank graveyard, surveying the damage wrought from the previous battles and searching for anything or anyone who might have survived. Suddenly, he is ripped from his horse and stabbed violently and repeatedly by an unknown soldier, who then releases his horse and returns to one of the destroyed tanks, shown to be fully functional, disguised among the wrecks. He is revealed to be Sgt. Don “Wardaddy” Collier (Brad Pitt), whose crew then emerges from the tank and drives back to base.

## FILM REVIEW

“Fury”  
Columbia Pictures  
Our rating:  
★★★★

This is just a taste of the gritty realism that war drama “Fury” has to offer. The film is shown through the eyes of the recently enlisted Norman Ellison (Logan Lerman), who joins up with Collier and the crew of the titular tank as they make their way through the European theater near the end of World War II. While “Fury” does sometimes suffer from certain film clichés and a few technical mishaps, it still enraps the audience into its world, driving it with a stiff and unabashed push through the horrors and atrocities of war.

The film’s strongest asset is the crew of the tank themselves. Each actor has a decent amount of screen time for the audience to connect with their characters, though Ellison and Collier are shown in more detail and are definitely placed more into focus than the other three. The acting from all five men is top notch, with the best performance coming from Shia LaBeouf, who showcases a subtlety only hinted at in previous films as the scripture-quoting Army Technician Boyd “Bible” Swan, and Jon Bernthal, who is almost unrecognizable as the filthy and foul-mouthed Grady “Coon-Ass” Travis.

All five blend perfectly as an ensemble, with the best scenes being them either talking about the battle to come or at the dinner table remembering the battles of years past. Unfortunately, this leads to the cliché of identifying each character by a stereotype due to lack of individual growth: Travis as the redneck, Trini “Gordo” Garcia (Michael Pena) as the Latino, Swan as the Bible-thumper, Collier as the grizzled leader and Ellison as the innocent. While this might be a problem for a lesser film, “Fury” has the good fortune of having actors so dedicated to



From left, Brad Pitt and Logan Lerman star in the war drama “Fury.” Pitt stars as Sgt. Don “Wardaddy” Collier, who captains Fury, a tank, with his loyal crew of battle-hardened soldiers.  
COURTESY OF COLUMBIA PICTURES

their roles and to one another that they manage to convince the audience to overlook the clichés and become invested in every one of the characters.

Another main aspect of the film is its use of violence. It doesn’t shy away from showing viewers the violent horror of World War II, delivering shocking and sometimes stomach-churning visuals, the likes of which have not been seen since “Saving Private Ryan.” The film will often go out of its way to show how gruesome the battles are, and this sometimes works against it, as it may become too gory for some audiences to stomach. A prime example is when Ellison is cleaning the blood of a soldier he dispatched out of a tank and comes across bits of his face. However, the violence doesn’t completely spoil the experience, as the film is balanced out by moments of dialogue among the main characters. The technical aspects of the film are mostly solid, with the highlights being the cinematography and score. The

film manages to capture the claustrophobic feeling of being shoved into a tank for hours on end, while still giving space to breathe by allowing for some excellent fast-paced shots of battle. The editing does suffer at points, with some shots being cut too short and others being held too long, but they don’t occur often, only proving troublesome during the first 20 minutes of exposition.

“Fury” is not a film for the faint of heart, and pulls no punches by unapologetically displaying the gore of war. Many viewers may find it too much for their tastes, but it should still be given the proper attention it deserves, simply because of how well executed it is. With a magnetic cast and a heart-wrenching tale to tell, “Fury” is not merely a movie, but a cathartic experience that may change the way viewers look at war, for better or worse.

“Fury” was written and directed by David Ayer.

## hot dates

### thursday

**A Halloween Parade** will take place at 3:45 p.m. at the Greater Ithaca Activities Center. The event is free and open to the public. Refreshments, including free cider and chili, will be served during the event.

### friday

**953 Danby Manor**, a Halloween-themed dinner party hosted by IC After Dark, will take place at 8 p.m. in IC Square. The event is free and open to the public.

### saturday

**Premium Blend**, an a cappella group, will perform its Block 2 concert at 8 p.m. in Emerson Suites. The event is free and open to the public.

### Historic Ithaca’s Annual Halloween Graveyard Tour

will take place at 2 p.m. at the entrance to the Ithaca City Cemetery. Tickets cost \$8 for general admission and \$5 for friends of Historic Ithaca. Refreshments will be served during the event.

### sunday

**The Cornell University Jazz Band** will perform live jazz at 3 p.m. in Cornell University’s Barnes Hall. The event is free and open to the public.

## OUR RATINGS

- Excellent ★★★★★
- Good ★★★★
- Fair ★★★
- Poor ★

# Technology obsessions artistically examined in well-cast drama

BY SHARI BISCHOPING  
CONTRIBUTING WRITER

“Men, Women & Children” opens with a beautiful scene of the cosmos, accompanied by Emma Thompson’s eloquent narration, reminding viewers that Earth is nothing more than a pale blue dot. Enter that pale blue dot, however, and viewers are drawn into the intertwining lives of dysfunctional families, much of this dysfunction stemming from the Internet. The film follows the lives of these families as they struggle to navigate their relationships with one another and the virtual online world they often choose to live in.

## FILM REVIEW

“Men, Women & Children”  
Paramount Pictures  
Our rating:  
★★★

The cast is star studded, with Adam Sandler in a surprisingly serious role as Don Truby, an estranged spouse; Judy Greer as Donna Clint, the stage mother; and Jennifer Garner as Patricia Beltmeyer, the most ultra-protective mom that any generation has ever seen. Patricia and Donna serve as opposites: While Patricia attempts to shield her daughter from the horrors of the World Wide Web, her counterpart Donna encourages her daughter to use it to her advantage and, ultimately, her exploitation. Both situations reinforce the idea that the Internet is not to be feared, but also not to be taken advantage of.

One poignant artistic choice in “Men, Women & Children” occurs as text bubbles appear above the children in the high school,



From left, Ansel Elgort and Kaitlyn Dever star in “Men, Women & Children.” The film follows multiple characters as they interact with modern technology in their daily lives.  
COURTESY OF PARAMOUNT PICTURES

such as characters Hannah Clint (Olivia Crocchia) and Allison Doss (Elena Campouris), as they walk down the hallway between classes. Their texts serve as portraits of their reality, opting for text messaging rather than face-to-face communication. These give a visualization of the technology obsession in the film’s society without needing any dialogue. This serves as not only an aesthetically appealing aspect, but also may cause viewers to consider what they miss out on because of their own interactions with technology.

Additionally, the kids’ parents are unaware

of obscenities that may be on their children’s iPhone screens. This misunderstanding serves as a constant source of conflict in the film. In one notable scene, Donna is standing next to her daughter, as she sexts a classmate without Donna having the slightest clue. In another scene, Patricia compulsively deletes her daughter’s Facebook messages without realizing the messages are harmless and are in fact helpful to her daughter’s life. Neither parent understands her child’s relationship with the Internet, thus creating tension and illuminating the conflict of the film: lack of

communication among family members as a result of social media.

Amid the miscommunications of these families is one hope for the movie: the budding romance and friendship between Brandy (Kaitlyn Dever) and her classmate Tim (Ansel Elgort). Tim struggles with his mom’s abandonment of the family and proceeds to quit the football team, only to be ostracized, causing him to focus his energies toward violent video games. Brandy gives Tim a chance to sign off of his computer and gain real-life experiences he could not have had looking at a screen. This relationship makes the film more enjoyable, giving viewers a break from the misery and misunderstandings of estranged spouses. Elgort and Dever have adorably believable chemistry and present both a genuine, young friendship, along with lessons regarding putting others before oneself.

“Men, Women & Children” has a mixed relationship with the Internet. In one regard, the Internet serves as a complicating medium designed to fabricate communication; in another regard, the Internet itself is not the problem, but rather those who use it incorrectly. Through powerful performances and artistic style, the film delves into the gray area of the Web, finding that it is not in and of itself bad or good, but instead complex and deserving of careful approach.

“Men, Women & Children” was written by Jason Reitman and Erica Cressida Wilson, and directed by Jason Reitman.



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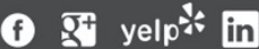
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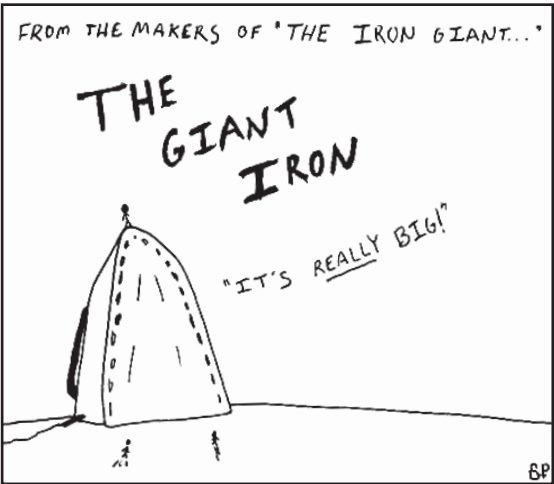
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By Melani Lopez '17



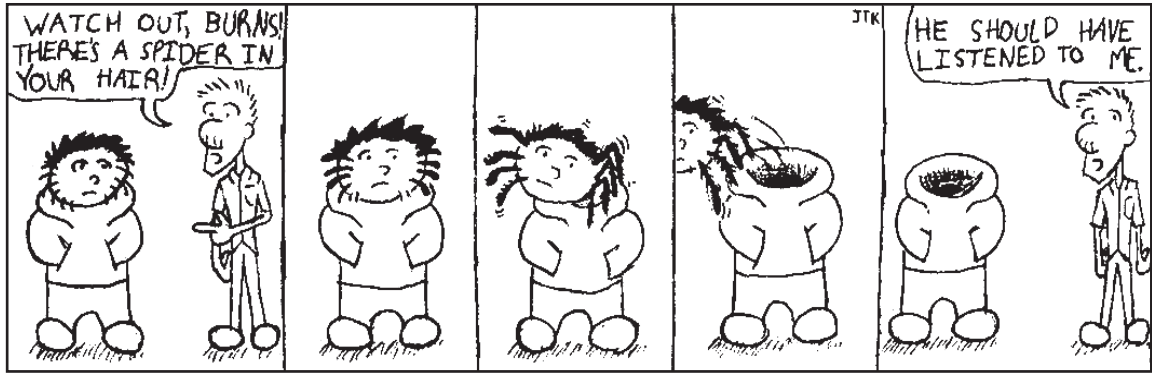
Your Dad's Dad

By Steven Pirani '16



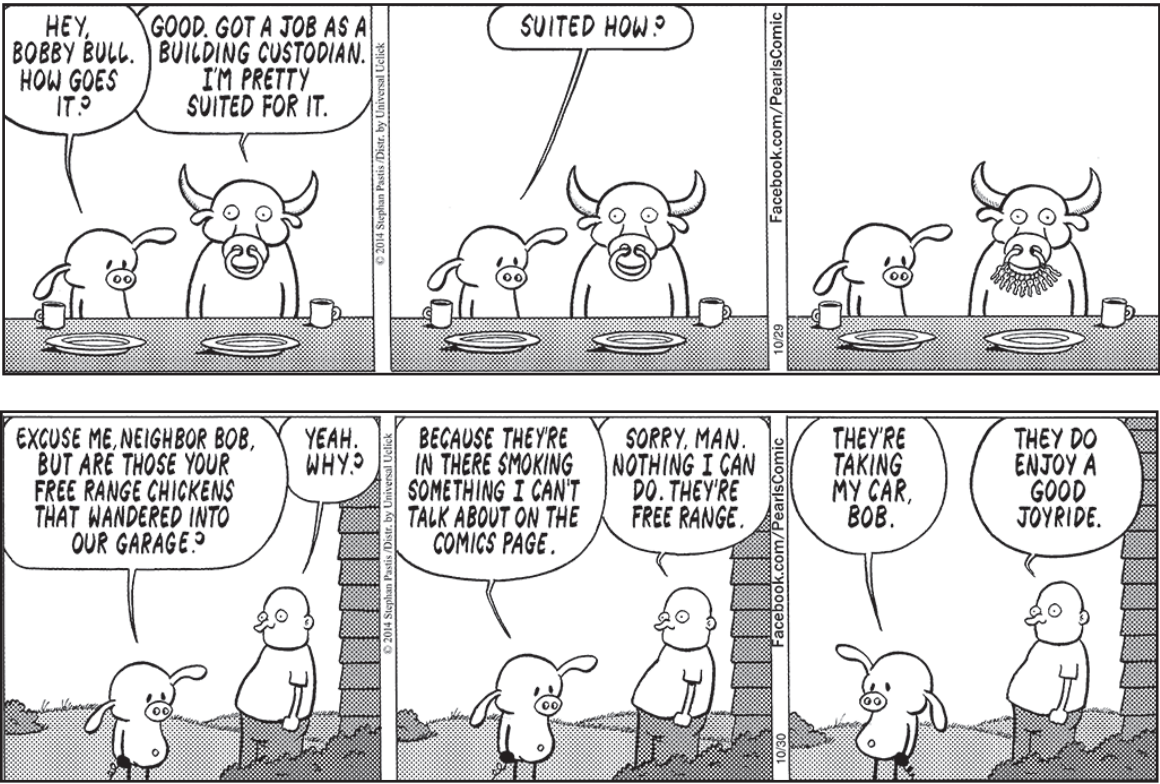
Skin & Burns

By Jared Kelly '16



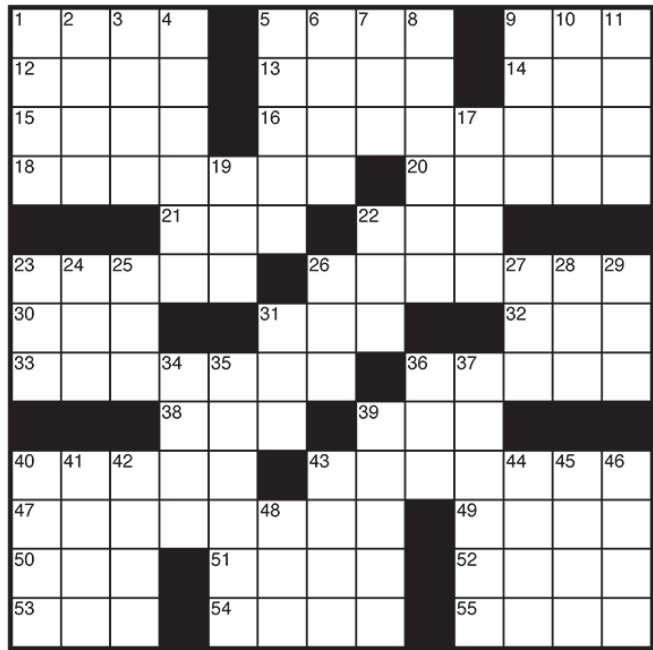
Pearls Before Swine®

By Stephan Pastis



crossword

By United Media



ACROSS

- 1 Softest mineral
- 5 Patron of lost causes
- 9 Contend
- 12 Water, in Madrid
- 13 Gershwin and Flatow
- 14 Oklahoma town
- 15 Tattered clothing
- 16 Bram Stoker characters
- 18 Salty snack
- 20 Jingle, maybe
- 21 Matter, in law
- 22 Hush-hush org.
- 23 Jack London venue
- 26 In the open
- 30 Afore
- 31 PC monitor
- 32 Dit partner
- 33 Having fewer curlicues
- 36 Because of (2 wds.)
- 38 Profile

- 39 Zero, slangily
- 40 Camel's pit stop
- 43 Hot coals
- 47 Ecstatic
- 49 Environs
- 50 Is, to Wolfgang
- 51 Baldwin or Guinness
- 52 Zingy taste
- 53 - 'wester
- 54 Grab a cookie
- 55 Grammy-winner - James

DOWN

- 1 Field protector
- 2 Microbiology gel
- 3 Fast sled
- 4 Raoul or Fidel
- 5 Kids around
- 6 Europe-Asia range
- 7 Filly's mother
- 8 - de corps
- 9 Fluctuate
- 10 Footnote word
- 11 Dexterity

- 17 -- no idea!
- 19 Meditation practice
- 22 Director's shout
- 23 Uh-huh
- 24 Web addr.
- 25 Type of parrot
- 26 Bobby of the NHL
- 27 "- on a Grecian Urn" (Keats work)
- 28 Nutritious grain
- 29 The "P" after pi
- 31 Business VIP
- 34 Wading bird
- 35 Sentra maker
- 36 Huge racket
- 37 Latest news
- 39 Nada
- 40 Geishas' apparel
- 41 As well as
- 42 In - (as found)
- 43 Prompts
- 44 QED part
- 45 Monthly expense
- 46 Long story
- 48 Ziegfeld nickname

sudoku

easy

1	5							
	8				9		4	
				6		5		8
7	1	9		4	2			
			7	9		4		
				1	5		9	7
		1		5			3	
6			9		1			
	2			7	4		1	5

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medium

				5			1	3
				1	7	3		
3				2	8		6	
	2	1					5	
7		3		1		9		2
6		5	3					1
9	6	7				1		
1								9
		4		3			7	

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answers to last week's sudoku

Medium

1	9	6	3	7	2	5	8	4
3	8	5	1	9	4	2	7	6
2	7	4	8	6	5	1	9	3
9	1	8	2	5	3	4	6	7
4	6	2	7	8	9	3	5	1
5	3	7	4	1	6	8	2	9
7	4	3	9	2	8	6	1	5
6	2	9	5	4	1	7	3	8
8	5	1	6	3	7	9	4	2

Very Hard

1	3	6	7	4	9	8	5	2
7	9	8	2	1	5	3	4	6
4	5	2	6	8	3	7	1	9
5	7	9	1	3	2	6	8	4
2	1	3	4	6	8	5	9	7
8	6	4	9	5	7	1	2	3
3	4	7	8	2	1	9	6	5
9	2	1	5	7	6	4	3	8
6	8	5	3	9	4	2	7	1



last week's crossword answers

P	I	L	E		R	I	B		B	I	O
O	V	A	L	S		A	K	A		O	R
T	Y	P	E	S		N	E	B		U	L
	S	A	T	E		D		E		N	D
E	V	E	N		S	O	B		A	L	M
V	I	S	O	R		M	U	M		Y	O
O	X		R	O	B		C	H	I		D
K	E	G		M	U	Y		Z	O	N	E
E	N	I	D		D	A	M		D	A	L
	N	U	N		C	U	G	A	T		
P	I	G	G	I	S	H		U	T	I	L
O	R	E		C	O	T		N	E	V	E
D	E	R		E	S	S		D	E	A	R



## ITHACAN LONGFORM

## LEAGUE OF THEIR OWN

Esports break onto the scene  
as a new form of competition

More than 2,000 of the world's best gamers competed in front of 18,000 spectators at the MLG Championship in Anaheim, California, in June 2013.  
ENRIQUE ESPINOZA/MAJOR LEAGUE GAMING

**BY KIRA MADDOX**  
MANAGING EDITOR

Ithaca College and the University of Pittsburgh have battled their way through the Round of 16 and are now matched against each other for the quarterfinals. Whoever wins in a set of three gets to move on, one step closer to being the winners of the 2014 Northeastern League Alliance Invitational. The first 12 minutes put the teams on even ground. They've both stacked four points, and the game is quiet. However, within the next five minutes both teams have amped-up the aggression. The plays are suddenly more explosive and daring, as they push themselves further to seal more points. By the 17th minute, Pittsburgh begins running pack-style, charging its way through the undefended middle and bottom half of the field, taking advantage of the college's weak spots. Pittsburgh gains a six-point lead, and the momentum gives the team the confidence to take it all. The Ithaca College team's nexus is destroyed in a flash of light, and a winged "Victory" sign pops up on the screen for the Pittsburgh team.

This was not a traditional sporting event but the final esports match between the college's Team Tryhard Two and the University of Pittsburgh's Pumpkin Spice in the quarterfinals of the 2014 "League of Legends" NELA Invitational.

Esports are video games that pit either individuals or groups against one another in a competition. "League of Legends" is a multiplayer online battle arena game, where players choose from a variety of fantasy-style characters and, in the classic Summoner's Rift mode, battle in a five-vs.-five match to try and destroy the opposing team's "nexus." Average play time is about 20–45 minutes per game, and in that time players dance their characters around the environment, getting into battles on various scales, placing vision wards to trace the enemies' movements, attacking non-playable characters for bonus experience

and executing strategies in the hopes of inevitably overpowering the other team.

While this may seem like a childish pastime to some, esports have been growing in popularity, gaining media and societal attention in the professional sports world.

The college has its own outlet for esports in the form of the Ithaca College League of Legends Club, which was founded in Spring 2014 and comprises about 64 members.

"We realized that, yes, there was a gamer's club on campus ... but there wasn't really any sort of esports orientation toward things," Dan Ruthman, president of IC LOL, said. "So we said, 'OK, well, a lot of us play "League of Legends." We know a lot of people on campus play "League of Legends," so why not make a club for it?"

While it's hard to pinpoint what has been causing the increase in esports participation, or more prominently the increase in people showing interest in spectating esports, some believe developing technology and increased Internet usage play a role in it.

### Evolving Technology

Duncan Shields has been following esports since the late '90s, going by the pseudonym Thorin. After studying computing in college, he made his first active step into the esports world when he coded and developed his own website for esports. He now serves as a journalist in the field, having worked for websites like SK Gaming, Team Acer and OnGamers.

Shields said in the early 2000s, the esports game "Counter-Strike" would draw in about 40,000 spectators to watch online tournaments but that the in-game feeds would suffer problems, such as slowness and freezing, that would affect the enjoyability.

"I think if you could have had these [modern] technologies in place back then, if everyone had had faster Internet and

we'd had these tools created, I think some of the early games would have been quite big," Shields said. "Maybe not quite as big as they are now, but they'd have been staggeringly big where people would have had to take notice."

In an Ithaca College residence hall room, a student sits perched on the edge of her seat. She leans forward intently to observe the tail-end of a live match happening online, hoping to support her fellow "League of Legends" players. Although she lives in a single, junior Rae Enlow is not alone. Other students from both Ithaca College and the University of Pittsburgh are tuning in to the site to see what happens next between Team Tryhard Two and Pumpkin Spice, allowing them to cheer on their schools without having to leave their rooms. This is a Twitch stream, a live video footage feed hosted by [www.twitch.tv](http://www.twitch.tv).

Twitch is an online broadcasting website with an emphasis on being a place for individual gamers, professional players, media outlets, conventions and large-scale esports events to live stream their games and potentially provide commentary while playing.

On its website, Twitch states it has more than 60 million site visitors per month. In February 2014, the Wall Street Journal published the top-10 companies with the highest percentage of peak U.S. Internet traffic. According to that data, Twitch held 1.8 percent of Internet traffic, ranking fourth and placing above other popular websites like Facebook and Amazon. Because of its high traffic, Amazon purchased Twitch Interactive, Inc., in August of this year for \$970 million.

Twitch.tv isn't the only popular website gamers go to for watching professional and amateur esports. Founded in 2002, Major League Gaming began as a site composed of video game tournament leagues. However, Katie Goldberg, MLG's senior vice president of communications, said the site has recently branched

out into the streaming world.

"The founders were fans of both traditional sport and video games and decided to model MLG after some of the most successful leagues in the world," Goldberg said via email. "Since the company's inception, the mission has always been to promote esports globally through premier competition both online and in person."

Goldberg said MLG created its own streaming site, [MLG.tv](http://MLG.tv), in 2013, which she said has led to major growth in terms of competitors and viewers on the site. While the majority of Twitch users are interested in fantasy esports, MLG's audience is geared more toward esports like the "Call of Duty" series, the "EA Sports" series and the "2K" series. Goldberg said the company reaches about 20 million people each month across the MLG network, and 9 million are registered users in its online gaming tournament system. Streaming websites like MLG and Twitch have the secondhand benefit of letting viewers give a face to a username, which Timothy Kimbirk said helps fans to create an attachment to the game and to want to watch people play it.

Kimbirk is a writer for [solomid.net](http://solomid.net), a branch of professional "League of Legends" Team SoloMid's online network, for both game guides and coverage of professional "League of Legends." At [solomid.net](http://solomid.net), Kimbirk provides in-depth analysis and reporting on the game and conducts player interviews. He said the trend for professionals to create live-stream accounts has helped garner interest in esports overall.

"These personalities are grown online on streaming sites and things like that," Kimbirk said. "There's this culture that is growing where, because you can be known online or known through your stream, you get into the game on a competitive side, you can actually have a fanbase and since these fan bases exist, these games can exist

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# THE BOMBER ROUNDUP

The *Ithacan's* sports staff provides updates on the fall squads.

## FOOTBALL BY CHRISTIAN ARAOS

The football team shut down Salisbury University's triple-option offense and snapped a two-game losing streak in a 32–7 win against the Sea Gulls on Oct. 25 at Butterfield Stadium.

The Bombers (5–2, 4–2) held the Sea Gulls (4–3, 3–2) to 74 rushing yards, 271 yards fewer than their season average of 346 yards. The defense held the Sea Gulls to eight first downs and forced five turnovers.

The Bomber offense also dominated, outgaining the Sea Gulls 410–141. Senior quarterback Tom Dempsey threw for 320 yards and three touchdowns. Dempsey moved into sixth place in the program's all-time list in passing yards, with 3,579 career passing yards. He credited his offensive line for allowing him to record his third consecutive 300-yard passing game.

“The thing is [the offensive line] was opening up the run game too, they weren't just doing it for me,” Dempsey said. “I can't give them enough credit.”

The Blue and Gold lost running backs, freshman Tristan Brown and senior Tommy Padula, to separate injuries during the game. Head coach Mike Welch said both Brown and Padula's did not appear to be too serious.

With the win, the team remains in postseason contention and is one game behind St. John Fisher College in the loss column of the Empire 8 Standings. On Nov. 1, it will travel to Brockport, New York, to take on SUNY Brockport.

Box Score: Oct. 25  
Butterfield Stadium

Ithaca College  
(5–2)

32–7

Salisbury University  
(4–3)

## MEN'S SOCCER BY NICK MARCATELLI

The men's soccer team tied Houghton College 1–1 on Oct. 25 at Carp Wood Field after overtime. With this draw, the Bombers are now 4–1–1 in Empire 8 play.

The Blue and Gold opened the scoring in the 25th minute, with sophomore forward Sean Forward scoring off an assist from sophomore midfielder Brandon Thompson. This marked Forward's fifth goal in the season, which leads the team. The Highlanders pushed hard in the first half to retake the tie and eventually broke through, as junior midfielder Tyler Inch scored in the 39th minute to tie up the game. In the second half and in both overtimes, neither team was able break the deadlock.

Senior midfielder Brandon Glass said he believes it was a fair result based on the team's performance.

“In the end, it was a tale of two halves, and I thought both teams probably deserved a tie,” Glass said. “Being our second straight overtime game, I think we did extremely well to push through fatigue and some injuries to make sure we closed out the game.”

The South Hill squad now looks to host Nazareth College in the last conference game on Nov. 1 at Carp Wood Field.

Box Score: Oct. 25  
Carp Wood Field

Ithaca College  
(4–6–3)

1–1

Houghton College  
(6–8–2)

## WOMEN'S SOCCER BY DAVID KELTZ

The women's soccer team defeated Hartwick College 2–1 on Oct. 25 in its final home game of the season at Carp Wood Field.

The Blue and Gold had plenty of shots on goal and still appeared to be in control despite trailing 1–0 at the half.

Freshman midfielder Sierra Bentley gave Hartwick the lead in the 29th minute. However, in the second half, sophomore midfielder Taylor Baranowsky scored off a rebound to level the game at one in the 63rd minute. Shortly after, junior forward Sarah Woychick sealed the win with a goal in the 84th minute.

The Blue and Gold improved to 13–2 on the season. Head coach Mindy Quigg said she is very pleased with the way the season has played out, but believes the best is still yet to come.

“We're right where we should be,” Quigg said. “We have a ton of potential, but we haven't even come close to peaking in terms of optimal performance, that is what the postseason is for.”

The playoff-bound Bombers will be hosting the Empire 8 Championships Nov. 7–8 at Carp Wood Field.

Box Score: Oct. 25  
Carp Wood Field

Ithaca College  
(13–2)

2–1

Hartwick College  
(7–7–1)

## SWIMMING AND DIVING BY KARLY REDPATH

The men's and women's swimming and diving teams competed in their third meet of the season on Oct. 25. Both teams defeated Rensselaer Polytechnic Institute of Technology by a score of 186–112 for the men's team and the women's team by a score of 164–136.

The men's team finished its day with 15 first-place finishes in its individual events and relays. Senior Lucas Zelehowsky and junior Adam Zelehowsky finished with three individual first-place finishes each. Senior Matt Morrison swept the day on the diving board, winning both the 1-meter and 3-meter events. His scores of 329.40 and 315.85, respectively, qualified him for nationals at the end of the season.

On the women's side, seven finished in first place in their respective events. The Bombers' first victory came in the 200-yard medley relay, where they finished with a time of 1:51.96. Sophomore Grace Ayer placed first in three of her individual events. The women topped off the day with a win in the 400-yard freestyle relay in 3:43.36.

The women's team is back in action on Nov. 5 when it hosts William Smith College at the Athletics and Events Center Aquatics Pavilion. Both teams will then compete against SUNY Cortland on Nov. 8 in Cortland, New York.



Senior Lucas Zelehowsky competes in the 200-yard butterfly during the men's swimming and diving team's meet with Rensselaer Polytechnic Institute of Technology on Oct. 25 in the Athletics and Events Center Aquatics Pavilion. The Blue and Gold won the meet 186–112.

KAITLYN KELLY/THE ITHACAN

## FIELD HOCKEY BY JENNA HARNER

The field hockey team went 2–0 in the Empire 8 conference this week with wins over SUNY Brockport on Oct. 25 and SUNY Geneseo on Oct. 28.

Against the Golden Eagles in Brockport, New York, seven different Bombers found the back of the net in a commanding 7–1 win. Four of the goals came in the first half for the Blue and Gold, while the other three came within a 10-minute span to open up the second.

While facing the Knights at Higgins Stadium, it took the South Hill squad just over 96 minutes to earn a 2–1 win in double overtime. With the win, the Blue and Gold moved to 7–8 overall and 3–4 in the conference.

The Bombers' final regular season matchup will be on Nov. 1 in Oneonta, New York, as they take on Hartwick College.

Box Score: Oct. 28  
Higgins Stadium

Ithaca College  
(7–8)

2–1

SUNY Geneseo  
(7–10)

## CROSS-COUNTRY BY DAVID STERN

The men's and women's cross-country teams competed at the New York State Collegiate Track Conference Championship on Oct. 25 at St. John Fisher College in Rochester, New York.

The women's team finished in second place overall. Senior Hannah Wright led the Bombers with a 10th place finish at 23:25.1, and senior Emily Smith followed behind in 11th.

The men's squad placed in third overall out of 11 teams. Junior Sawyer Hitchcock was the highest-placing Bomber, finishing in second with a time of 25:46.6. Sophomore Sean Phillips followed Hitchcock in sixth place at 26:23.9.

Senior captain Dennis Ryan said he hopes the team can put the third-place finish behind them.

“We were disappointed with third, but we're confident moving forward knowing we haven't tapered back training yet,” Ryan said. “From here on, we're only focused on improving for regionals.”

Both teams look forward to regional competition at the Empire 8 Championship on Nov. 1 in Saratoga Springs, New York.

## VOLLEYBALL BY STEVE PAYETTE

The volleyball team began an important week of play on Oct. 22 when it hosted Wells College at Ben Light Gymnasium. The Bombers fell short to Wells, losing in the fifth set. Freshman outside hitter Joelle Goldstein led the team with 19 kills.

On Oct. 25, the Bombers hosted Nazareth College and Stevens Institute of Technology to compete for the top seed in the Empire 8 tournament. The Bombers lost to Nazareth in five sets. In game two of the doubleheader, the Blue and Gold lost in three straight sets. Goldstein led the team with 24 kills on the day as outside hitter Rylie Bean pitched in 22 kills.

The Bombers have secured the No. 3 seed for the Empire 8 conference tournament.

Gromen said the key for the team is to re-focus and finish the season strong.

“Even though we didn't get the results we wanted this week, we know that we need to practice more and keep working hard, so in two weeks, the results will be different,” Gromen said.

The South Hill squad will finish the regular season Oct. 31 and Nov. 1 at the Oneonta Dig Pink Invitational in Oneonta, New York.

Box Score: Oct. 25  
Ben Light Gymnasium

Stevens Institute of Technology  
(27–4)

3–0

Ithaca College  
(20–10)

## SCULLING BY MAX DENNING

The sculling team competed at the Head of the Fish Regatta on Oct. 25 in Saratoga Springs, New York.

The Head of the Fish Regatta had a variety of races and age groups, which allowed sculling and crew coaches Beth Greene and Becky Robinson to compete in the Masters Double, where they placed second.

Senior sculling captain Delaney Pfohl said that her team enjoys watching their coaches race.

“It is always fun to see your coaches do what they are trying to teach to you every day,” Pfohl said. “To see them competing still shows us that crew doesn't have to end after college.”

Sophomore Rachel Dowd and senior Kellie Palladino finished fourth in the collegiate doubles and second in the open lightweight doubles race.

The sculling team's last race of the season is the Collegiate Small Boat Challenge on Nov. 2 in West Windsor, New Jersey.



# Dempsey finishing career with strong play

BY KJ HAMMOND  
STAFF WRITER

The quarterback is one of the most difficult positions in football. From countless plays to be learned and waves of defenders running after him, with hundreds of eyes watching — every move is scrutinized. With that much pressure squarely on one's shoulders, it is a challenging job to be a good quarterback. However, senior quarterback Tom Dempsey has risen to the occasion and then some.

Dempsey was thrown into action last season when quarterback Phil Neumann '14 went down due to injury in the Oct. 5 contest against the Hartwick College Hawks. Dempsey admitted he was a bit anxious once he stepped in the game, but he knew he had a job to do.

"It was a tough situation: We were down late in the game, and I was nervous," Dempsey said. "But after a few snaps, I settled down, and it was just business as usual."

Dempsey was named the starter in week five, leading the Blue and Gold to a 6-2 record to close out the season. Additionally, he helped guide the Bombers to the second round of the playoffs for the first time since 2003. Dempsey finished the 2013 season with a 61 percent completion rating, 1,686 yards and 14 touchdowns.

One teammate who has been on the same page with Dempsey throughout this season is senior wide receiver Vito Boffoli. Through seven games, Boffoli has 39 receptions for 402 yards and five touchdowns. Boffoli said he credits

his hot beginning to the season to his rapport with his quarterback.

"We've been playing together since freshman year, and I trust him," Boffoli said. "It's an honor to play with Tom, and if it weren't for him, I wouldn't have anything."

To put his success into a better perspective, Dempsey is now sixth in the program's all-time list in passing yards with 3,579. Head coach Mike Welch said Dempsey has been one of the most coachable quarterbacks he's been able to work with in over 20 years with the team.

"He's worked the hardest out of any quarterback that I have ever coached," Welch said. "He has improved himself each year and is now at the peak of his career."

While Dempsey may be playing at his highest level so far in his career, he has also dealt with adversity during this season. The Bombers suffered their first loss of the season on Oct. 11 at Butterfield Stadium to the Buffalo State Bengals, 38-27. Dempsey struggled in particular, throwing three turnovers, with two returned for touchdowns, and a fumble in the red zone at the 1-yard line.

Dempsey and the offense bounced back the following week, but the South Hill squad suffered another loss after surrendering 38 points to the team with the worst record in the Empire 8 conference, the Frostburg State Bobcats. It was the Bobcats' first time ever beating the Bombers and their first win against an Empire 8 team since 2012.

Looking to gain traction, the Blue and Gold then took to



Senior quarterback Tom Dempsey attempts a pass during the football team's 32-7 win over Salisbury University on Oct. 25 at Butterfield Stadium. CAITIE IHRIG/THE ITHACAN

Butterfield Stadium on Oct. 25 to face off against the Salisbury University Sea Gulls. This time, both sides of the ball were clicking on all cylinders to deliver a convincing 32-7 defeat of the Sea Gulls to keep the Bombers' playoff hopes alive. Currently, the South Hill squad is one game behind first-place St. John Fisher College in the Empire 8 standings, making its matchup

with the Cardinals on Nov. 8 all the more important.

Dempsey said he knows it will be a tough road back to the playoffs, but he is prepared for the challenge.

"There is a greater sense of urgency, but we have to focus on winning now more than ever," Dempsey said. "We have always been about winning every day from the start of the season."



THE  
HOT  
STOVE

STEVE DERDERIAN

## Volleyball squad tops expectations

Much can change for a varsity team from year to year, and no team is demonstrating that better on the South Hill than this season's volleyball team.

One year ago, the squad earned a second consecutive sub-.500 season and a first-round elimination in the Empire 8 conference tournament. But now the tables have turned in quite an unexpected fashion, putting the squad back into relevance in the Bombers sports sphere.

Despite losing half of last season's squad and only having one senior, the Blue and Gold have raced out to 20 wins. Now, I'm not using Nike's most recent slogan for Tiger Woods, "Winning takes care of everything," but with a young team, it's worth praising its success so far in 2014.

After a fast beginning to the year, the team has recently been stumbling toward the finish line with four straight losses, including to Stevens Institute of Technology and to Nazareth College on Oct. 25. However, the Blue and Gold have already clinched a record north of .500 and proved they can hang with the best as they took Nazareth, the defending conference champions, to a fifth set.

Before the season began, junior captain Dylan Gawinski Stern said she was expecting the 2014 campaign to be a rebuilding season.

Yet given the record and performance from the young squad, this team has already exceeded preseason expectations. Regardless of the remainder of the season, this team has already succeeded by coming together and putting the program back on the map.

After ending September with a 9-11 record last season, the Bombers opened 2014 with five wins in their first six matches and finished September at 11-3. But the Blue and Gold aren't just winning, they have dominated the majority of their opponents, as they've won 15 matches in three straight sets so far this season.

Junior Carly Garone said one of the biggest reasons for the turnaround from last year is due to a closer bond among teammates, citing there was a disconnect throughout the team last season.

"We've all hit it off right from the beginning," Garone said. "I feel like we've been controlling the momentum better than anyone else, and we set the tone everytime we play."

Though the South Hill squad still has a few more weeks of the season remaining, the team has set itself up to finish above .500 for the first time since 2011 and possibly dethrone Nazareth as the reigning champion. Regardless of the outcome, the core of this team has potential to turn around a fledgling program.

Teams change over time, but this squad is set to have success for many years down the road.

**STEVE DERDERIAN** is a senior journalism major. Follow him on Twitter @Steve\_Derderian.

## Goalkeeper leads field hockey team

BY TOM GARRIS  
CONTRIBUTING WRITER

The trip to the game field goes one of two ways for the field hockey team's sophomore goalkeeper Katie Lass, and it all depends on the day of the week. Lass, who has started every game for the Bombers for the past two seasons, follows certain pregame superstitious routines to help maintain her ongoing success.

During the week, with games normally played on Wednesdays, Lass finds herself literally running from class. She makes it to the locker room with only minutes to mentally prepare before team warm-ups.

Weekend games are more relaxed. Before these games, she walks — not runs — to the Athletics and Events Center, making sure to avoid stepping on sidewalk cracks. Lass always walks through the same door: the automated one on the left side. Once inside, she sidesteps to tap the four leaf clover on the right pillar and heads to the locker room.

She then suits up in her gear, keeping to herself as she goes through her routine, for she is the lone goalie on the team after former goalkeeper, junior Blaire Janney left the team following her sophomore campaign due to injury.

"This year is kind of different," she said. "I don't really have someone to get psyched up with."

Head coach Tracey Houk said Lass earned the starting nod from the beginning of her career.

"She's got a great eye for the ball," Houk said. "She's a team player, she's a hard worker, her attitude is great, she improved throughout the preseason, she meshed well with our defense. There was no question."

Lass started all 18 games during her freshman



From left, sophomore goalkeeper Katie Lass completes goalkeeping drills with field hockey assistant coach Krista Archambeau during the Blue and Gold's Oct. 23 practice at Higgins Stadium. KAITLYN KELLY/THE ITHACAN

season, allowing only 36 goals and maintaining a save percentage of .812, which ranked first in the Empire 8. Additionally, Lass earned Empire 8 Rookie of the Year honors.

Lass depicts herself as quiet in person, but loud on the field. She said on the field she directs her teammates, reinforcing what they are doing well and working through what they need to improve on.

Freshman midfielder and back Kiaria Anglerro said the team looks up to Lass' leadership, and her vision of the field is of utmost importance.

"We all listen to her because she's in the back and can see everything," Anglerro said. "We want to listen to her to make sure we are doing things to put ourselves in a good position."

The Bombers have struggled so far this

season, sitting at 7-8 with one game left to play. Last weekend, the team dropped a road game to Stevens Institute of Technology 3-2, which likely eliminated its possibility of qualification for the Empire 8 tournament.

Lass, however, has been a bright spot on the team despite its struggles, as she has had another outstanding season. She ranks first in the Empire 8 in shutouts with five, three more than any other keeper. She ranks second in save percentage at .815 and second in goals against average with 2.2.

She has already asserted herself as one of the top goalies in the conference, yet she said she feels she still has something to prove.

"I want to give 100 percent," she said. "Even when people tell me that I'm doing well or giving it my all, I always know I can do better."

ONLINE

To see more on Katie Lass, visit [theithacan.org/katie-lass-leads-field-hockey-team](http://theithacan.org/katie-lass-leads-field-hockey-team)



# Esports becoming comparable to traditional sports

**ESPORTS**  
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as competitions.”

Ruthman said he believes watching games also provides an outlet for those who have just begun playing or who may not want to spend money on a new game when they can first preview it via a live stream.

“More and more people are saying ‘If I’m not good at a game’ or ‘If I can’t afford a game, I’ll just watch someone play it,’” Ruthman said. “That started to make the vast market of gamers say ‘OK, we’re going to watch people play.’ So then esports took it as ‘OK, if some people are going to watch us play, we should make money off it.”

Similarly, [esportsearnings.com](http://esportsearnings.com) has kept an online record of how much money has been funneled to players through several esports games and tournaments. According to its rankings, the game “Dota 2” has topped the charts, having given out nearly \$23 million in prize money over the course of 262 tournaments.

It’s these million-strong fan bases and high-potential earnings that have worked together to bring a serious question to the forefront: Are esports comparable to traditional sports?

## Esport vs. Traditional Sport

Neil Hammad, better known by his “League of Legends” name pr0lly, is a 25-year-old professional “League of Legends” player. He said it’s hard to get people to take professional gaming seriously in North America because of how video games have been thought of in the past.

“It’s not necessarily looked down upon, but it’s still not taken seriously,” Hammad said. “For so many years ... games have literally been just a pastime ... that becoming something serious is going to take some time for people to understand that it can be that because even when I do it professionally right now, my parents still view it as a game before a job.”

John Skipper, president of Entertainment and Sports Programming Network, said, while he was attending the Code/Media Series: New York conference on Sept. 4, esports are not real sports, but that they are more of a competition like chess or checkers. Although Skipper denied esports’ validation, ESPN3, ESPN’s online streaming website, streamed live footage of the League of Legends World Championship Final on Oct. 19.

Junior Zane Scott is a sprinter on the college’s men’s track and field team. Scott said he did three sports in high school: indoor track, outdoor track and football. To Scott, in order to qualify as a sport, the activity must have some sort of athletic component and a definitive outcome. To him, players show physical prowess, along with traits like strength, agility and dedication. Given these criteria, Scott said, he does not think esports can be considered a sport in the same way traditional sports can be.

“I just feel that the athletic component is a huge part of it,” Scott said. “I think it’s even like saying chess is a sport. There’s just not that athletic physical component to it. I feel like that’s pretty major.”

Sophomore Nick Gallaro, the competitive team organizer for IC LOL, said professional esports players need to have dedication, especially when it comes to putting in practice time. Hammad recounted his own experiences with regular team practices and tournament practice,

which he referred to as boot camp. He said training would consist of things like in-game strategy planning, team communication and trying out different team compositions in an effort to get consistently stable play.

“It’s more intense than normal weeks because I’d say, on average, you probably play as a team 5–6 hours a day,” Hammad said. “But during boot camp, you spend closer to 10 hours a day maybe.”

Cornell University senior Ambrielle Army is an esports Web content coordinator for Riot Games, the gaming company that owns “League of Legends.” She was also a writer for Team Dignitas, Ltd. Army said through her coverage of the League of Legends Championship Series, she’s frequently interacted with professional players and has agreed that about 8–10 hours a day go into practice.

“On top of that, there will be time set aside to watch replays of old games to learn from mistakes, watch replays from other teams to find their weak and strong spots, and sometimes even sleeping,” Army said via email.

Scott said the men’s track team’s regular practice schedule is 4–6 p.m. Monday through Friday, with extra lifting workouts three days a week. For meets, Scott said the team has meet prep on Fridays where they work on box starts and perform light jogging.

Outside of the players, the esports world has other parallels to recognized sports. Kimbirk said his reporting style mirrors that of what he would do if he were covering traditional sports, leading him to cover topics like what is the matchup between two teams, what are their current records and how are players doing compared to previous games.

“I just look at it as writing for sports, and I approach it the exact same way as I would with any sports,” Kimbirk said. “I ask the exact same questions that I hear in sports interviews all the time.”

## Professional Competitions

It’s Oct. 19. Bodies swarm the field of the Sangam Stadium in South Korea. The grass that once saw the 2002 FIFA World Cup has now been temporarily covered to make room for floor seats and a giant TV monitor. Fans anxiously watch on as the fourth match between Korean team Samsung White and Chinese team Star Horn Royal Club heats up. With every surprise group-on-group attack, the crowd roars with excitement, screaming the name of their favorite teams. They’re decked out in jerseys and costumes, and they carry giant signs with inspirational or funny things that they hope their star players will see. With a final push, it’s Samsung White with the win at the 2014 League of Legends Championships. The stage explodes in a mass of pyrotechnics as the winners take to the forefront to accept the Summoner’s Cup and the \$1 million in prize money. But for the fans, it’s not just about trophies and bragging rights.

“They like knowing that there’s a big crowd comradery, that they’re in the crowd,” Shields said. “Because obviously most people — ... it’s a niche, they don’t really like esports or they don’t know about it. So I think that’s what gets people even more hyped up.”

Like traditional sporting events, live esports events have the power to draw massive crowds and generate similar levels of excitement. Professional commentators, or “casters,” as they’re called in the esports realm, give play-by-play overviews of the game as it’s happening, and



Sophomore Bethany Rock plays a game of “League of Legends” under her username Skittle Sniper.

AMANDA DEN HARTOG/THE ITHACAN

instant replays are commonly shown for a particularly skillful, complex or entertaining move. Army said she believes esports fans are very energetic, and everyone should go to a live esports event if they have the opportunity.

“You’ll see one of the most excited and passionate crowds of any competition,” Army said. “One of my favorite pro games of all time has to be the TSM vs. [Counter Logic Gaming] game from MLG Anaheim. Aside from being one of the closest games, standing in a crowd among thousands of people chanting the name of their favorite team as the seconds ticked down made it unforgettable.”

Esports are also beginning to break onto college campuses in a more serious form than extracurricular clubs. Robert Morris University Illinois, an NCAA Division I school, has added a competitive “League of Legends” team to its varsity sports roster, and has given out the first scholarship for collegiate esports.

Ruthman said he hopes to get esports to be considered the same way as traditional sports at Ithaca College, with a varsity team — though he said this would have to be a down-the-line goal. Gallaro said IC LOL originally tried to register as a club sport, but its request was denied by the college’s previous club sports coordinator.

However, Mike Ostman, the current program coordinator for sport club and business management in the Office of Recreational Sports, said he sees the viability of “League of Legends” being a club sport on campus because the last institution he worked at, Gonzaga University, had a club called the Gonzaga University League of Legends Collegiate Program.

“I would be more than willing to help a group start one if they were interested,” Ostman said.

In 2015, Ruthman said about 20 members of IC LOL will be traveling to Boston to attend the Penny Arcade Expo, a gaming convention held in the Boston Convention and Exhibition Center. PAX East and its main branch, known as PAX Prime, represent the two largest gaming events in North America, according to its website. PAX East has a number of esports tournaments on-site, promoting collegiate esports competition. Hammad said having these events at the college level will ultimately help the cause.

“If someone from a collegiate team made it to the LCS, they would give a shoutout to their college, or their college would be brought up in their history,” Hammad said. “I can only assume that kind of thing will spread because colleges are competitive and esports are growing.”

Army said she believes esports will get their due over time once more people outside of the industry realize its popularity and viability as a career option. As far as any specific obstacles to overcome on this path, she said she was unsure.

“I usually have mixed feelings on it,” Army said via email. “Some people consider competitive games sports — sure, it’s right there in the name — while others can’t accept it. In the end, I don’t think it matters too much. What everyone wants to see is the best players in the world fighting it out in a game they love. Are they athletes? Who cares? They’re champions.”



A user, playing as “Morgana,” attacks a turret on the classic Summoner’s Rift map in “League of Legends.”

COURTESY OF RIOT GAMES





# Top Tweets

The best sports commentary via Twitter from this past week

## The Fake ESPN

@TheFakeESPN

If Geno Smith came down with Ebola, there'd be no need for him to be quarantined because it's impossible to catch something from him.

## Sports Nation

@SportsNation

Blake Bortles has thrown 2 TD today...

BOTH to the Dolphins!!

## Pete Abraham

@PeteAbe

Mo'ne Davis preparing for career as a sportswriter by eating a free ice cream sundae in the press box.

## Not Sports Center

@NotSportsCenter

#Lakers G Kobe Bryant on the loss of Steve Nash: "Eh, it's no big deal. It's not like I was actually gonna let him touch the ball anyway."



## Constantly 'dill'-igent

In their first intramural pickleball game, junior Tom Goulet returns his opponent's serve while his teammate, junior Nathan Antonacci, looks on. Their team, Give me a Tickle, tied Gym Class Heroes on Oct. 26 in the Hill Center.

CAITIE IHRIG/THE ITHACAN

## PLAYER of the week



NAME: VITO BOFFOLI

SPORT: FOOTBALL

CLASS: SENIOR

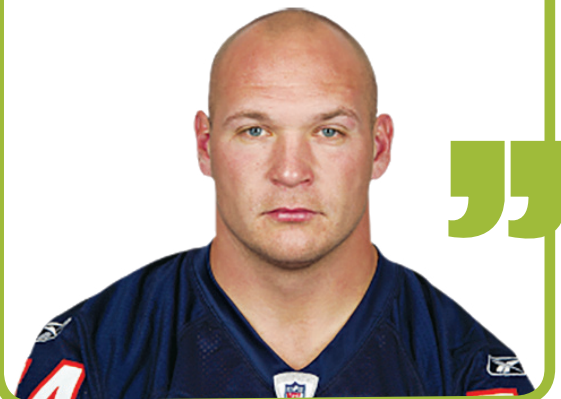
The senior wide receiver became the 10th player in Bomber football history to record 100 career catches after catching five passes for 42 yards in the team's 32-7 rout of Salisbury University on Oct. 25.

## They said it

"Financially, he is one of the elite guys in the NFL ... He just hasn't produced like an elite quarterback. You look at the Bradys, the Mannings, the Rodgers, the Brees, those guys win every year, even with no one around them ... And you look at Jay. He's got ... this great offensive line ... and they can't seem to put it together."

When asked about his former Chicago Bears teammate Jay Cutler, retired NFL linebacker Brian Urlacher called out the quarterback for not producing on the field what his \$17.5 million salary is worth. Cutler, the highest-paid player in the NFL, has thrown for 14 touchdowns and has seven interceptions for the 3-5 Bears.

— Kristen Gowdy



## the foul line

Weird news from the world of sports

Kansas City Royals fans Paul Long and John Stoner have taken their passion for the team to a new level, dressing up in tight-fitting cat-suits for Royals games. They have become minor celebrities during Kansas City's unprecedented run to the World Series.

In an interview with the Wall Street Journal's Jason Gay, the pair said the cat on their suits was based off of Sprinkles, one of Angela's cats from NBC's hit sitcom "The Office."

"It's as if Sprinkles is looking right into your soul," Gay wrote.

When asked if they were cat people, Long said he was but Stoner is not, though he admitted to owning a cat named Fluffy Longtail.

— Kristen Gowdy



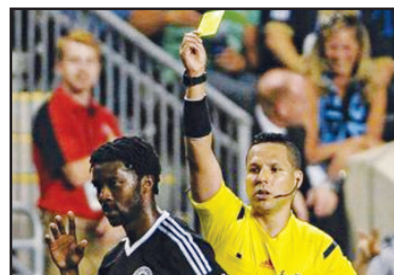
## GOOD SPORT BAD SPORT

## NORI AOKI



Kansas City Royals' right fielder Nori Aoki left free tickets to Game 1 of the World Series in his neighbor's mailbox for his 10th birthday. The tickets were valued at \$150 each, and Aoki left them in the mailbox along with a note telling him to enjoy the game. The Royals fell to the Giants 7-1 in the first game of the series.

## JOSE RIVERO



Major League Soccer referee Jose Rivero was arrested on Oct. 6 and charged with two felonies after he allegedly collected New York unemployment benefits despite being employed. Rivero has been indefinitely suspended by the MLS until his court case is over.

— Kristen Gowdy





**ONLINE**  
To see more on the  
Gamer Symphony  
Orchestra, visit  
[theithacan.org/  
gso-concert](http://theithacan.org/gso-concert)

Senior first violinist Marcus Hogan acknowledges applause from the crowd after an orchestral performance of “The Great Journey” from the “Halo” video game series.  
YANA MAZURKEVICH/THE ITHACAN



From left, sophomores Cienna Lyon and Rachel Silverstein play the French horn.  
RACHEL DOANE/THE ITHACAN



Senior conductor Joshua Jenkins prepares to perform “Press Start” from “Final Fantasy.”  
YANA MAZURKEVICH/THE ITHACAN

# Let's Play

The Gamer Symphony Orchestra performed in Ford Hall on Oct 28. Their set list included songs from video games such as “Final Fantasy” and “Fire Emblem.”



From left, freshmen Daniel Ostrow and Abrey Felicca play the double bass.  
RACHEL DOANE/THE ITHACAN