

THE ITHACAN

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BY NATALIE SHANKLIN
ASSISTANT NEWS EDITOR

The Ithaca College administration's denial of the Faculty Council's request for a new staff member for the Center for Counseling and Psychological Services has generated disappointment among mental health advocates on campus.

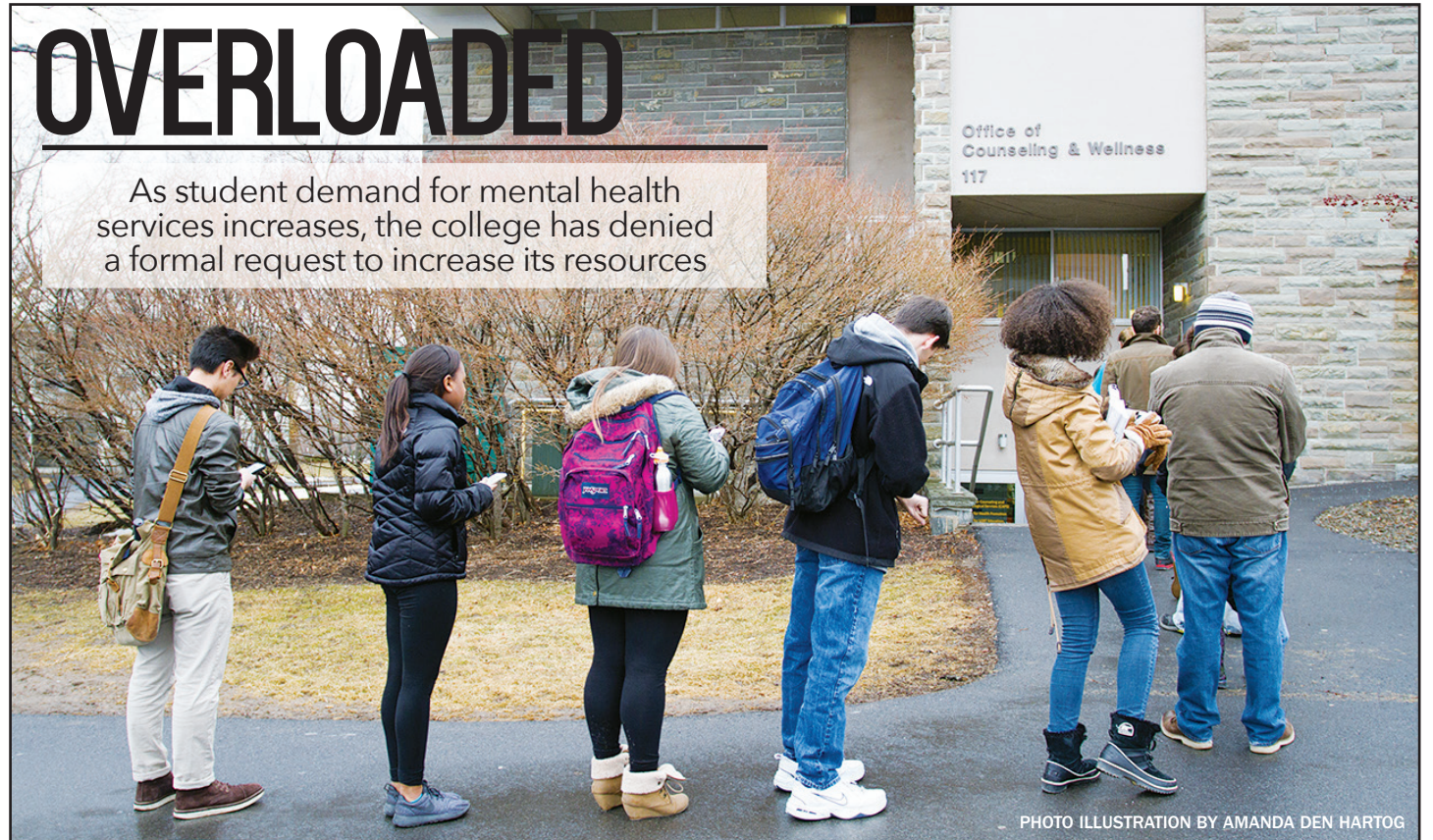
Sophomore Jesse Rolfe, president of Active Minds, said the organization's members are disappointed and frustrated with the outcome.

"This decision is another unfortunate instance of the administration failing to recognize the importance of CAPS as a resource for students," Rolfe said in an email. "It sends the message that the mental health/well-being of the student body is not a serious concern and that it will just continue to be swept under the rug. It shows we still have a lot of work to do in terms of bringing the conversation surrounding mental health out into the open and making students' voices and concerns heard."

The limited staff presents an issue for students seeking counseling and other resources from CAPS, as it can take several weeks for a student to schedule an appointment at the center for a non-emergency case.

Sophomore Garrett Garneau is one such student who has faced this problem. He has tried to get an appointment for general stress-related issues twice, and both times, he had to wait two to three weeks.

"The problem is they are short-staffed and in high demand, so the waiting list gets backed up," Garneau said. "When there are more students who need help than staff who



OVERLOADED

As student demand for mental health services increases, the college has denied a formal request to increase its resources

PHOTO ILLUSTRATION BY AMANDA DEN HARTOG

can help, it gets bad."

CAPS Director Deborah Harper approached the Faculty Council Dec. 2, 2014, asking for support on this issue. She said she was disappointed with the decision to not add a staff member but said CAPS is still able to serve students and she will continue to bring the issue forward.

"It's disappointing that there was no easy yes, but I understand that there are a lot of competing priorities," she said. "I just don't want students to think they can't come to us. Our intention is to serve students the best we can."

Rory Rothman, senior associate vice president for student affairs and campus life, said

while he is supportive of additional staffing for CAPS, he was told an additional counseling position could not be funded by the college at this time.

Linda Petrosino, interim provost and vice president for educational affairs, is the

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SGA passes bill on Public Safety accountability

BY EVAN POPP
STAFF WRITER

The Ithaca College Student Government Association passed a bill March 23 calling for greater accountability within the Office of Public Safety and Emergency Management in the way Public Safety officers interact with students.

The bill, which is called "Police Enforcement of Accountability for Civilian Engagements," was sponsored by Class of 2015 Senator Taj Harvey and recommends a number of changes in the way Public Safety interacts with the college community, including more transparent and effective communication between Public Safety and individuals who submit complaints. The bill also calls for Public Safety officers who have received multiple complaints against them to be "supervised and psychologically evaluated on their efficiency to perform the tasks required of them."

The legislation, which passed through the SGA senate with unanimous approval, also recommends a requirement that new officers undergo two psychological evaluations during their first year of employment at the college, while veteran officers be mandated to complete one psychological evaluation per year. Officers would also receive support to access any psychological services they need, the bill stated.

The bill also recommends the implementation of an independent Human Resources and Diversity Training group within Public Safety, in which officers would be encouraged to participate in monthly educational



Senior Taj Harvey presents his bill on improving student relations with Public Safety officers at the Student Government Association's March 25 meeting in the Taughannock Falls room.

JACKIE BORWICK/THE ITHACAN

discussions on race, gender, sexuality, mental illness and other topics pertaining to the inclusivity of all students.

In addition, the bill calls for Public Safety to increase communication, relations and programming with the Office of Student Affairs and Campus Life, the Office of Student Engagement and Multicultural Affairs, the Center for the Study of Culture, Race, and Ethnicity, the Office of Human Resources and the Office of Residential Life.

Finally, the bill recommends Public Safety officers be present at the college's student

orientations and other programs to build trust between students and officers.

Harvey said he introduced the bill to ensure Public Safety officers are held to the same standards as students. He said the bill will also work to develop a greater sense of community between officers and students.

"The whole point is to try to make sure that students understand respect for their officers and officers understand respect for their students, and each are held to a similar

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Dean announces plans to leave at end of year

BY MAX DENNING
ONLINE NEWS EDITOR

One of Ithaca College's deans recently announced her departure from the college, effective this June.

Leslie Lewis, dean of the School of Humanities and Sciences, has accepted the position of provost and vice president of academic affairs at Goucher College in Towson, Maryland, a suburb of Baltimore. She will begin work at Goucher on July 1.

Lewis had been one of the four finalists and the only in-house candidate to replace Marissa Kelly as provost and vice president for educational affairs at Ithaca College. On Jan. 8, the college announced Benjamin Rifkin, dean of the School of Humanities and Social Sciences at The College of New Jersey, was chosen for the position.

The position at Goucher College is one Lewis said she looks forward to because Goucher is looking to redefine the way it educates students.

"Goucher is reinventing liberal arts college education for the 21st century," she said. "They have a lot going on to try to figure what it is they want to be offering students in the future, and they needed an academic leader to help with that process."

Lewis said she sees herself as a "servant leader." While she said it was not initially her goal to be a provost of a college, as

See LEWIS, page 4



CAPS CRISIS

The college should have approved CAPS' request for support, page 10.



THE VALUE OF VAL

Head coach George Valesente cements his IC legacy with 1,000th win, page 21.



ALL THE RAGE

Fundragers offer students a quick, yet prohibited, way to raise money, page 13.

Nation&World



Spanish students speak out

Students marched and shouted slogans and chants as they protested during the education strike March 24 in Madrid. Students and professors across Spain backed by trade unions protested changes in the system of university degrees.

ASSOCIATED PRESS/ANDRES KUDACKI

Plane crashes in French Alps

A Germanwings jet carrying 150 people from Barcelona, Spain, to Dueseldorf, Germany, slammed into a remote section of the French Alps on

March 24, sounding like an avalanche as it scattered pulverized debris across a rocky mountain and down its steep ravines. All aboard were assumed dead.

The pilots sent out no distress call and

had lost radio contact with their control center, France's aviation authority said, deepening the mystery over the A320's mid-flight crash after a surprise eight-minute descent.

Photos of the crash site showed scattered white flecks across a stony mountain and several larger airplane body sections with windows. French officials said a helicopter crew that landed briefly in the area saw no signs of life.

French Interior Minister Bernard Cazeneuve said a black box had been located at the crash site and "will be immediately investigated." He did not say whether it was a data recorder or a cockpit voice recorder.

Four killed in Indiana shooting

Three women and a man were found shot to death March 24 in a house in a high-crime neighborhood in Indianapolis where officers found signs of forced entry, police said.

The shootings likely occurred that morning, and detectives were talking to neighbors who heard sounds earlier that might have been gunshots, Police Chief Rick Hite said.

Officer Christopher Wilburn said the four bodies were found by a homeowner who returned home shortly before 9:45 a.m. and called 911.

The house is in a neighborhood about 3 miles northwest of downtown Indianapolis that police have targeted for greater law enforcement because of its high crime rate, Hite said.

Syrian rebels organize attack

Syrian rebels launched an offensive March 24 against a major government-held city in the country's Northwest, shelling the outskirts and warning residents to remain

indoors in the coming days.

The target of the operation is Idlib, a city of some 165,000 people and the provincial capital of a province with the same name. Opposition fighters have controlled the countryside and towns across the province since 2012, but President Bashar Assad's forces have maintained their grip on Idlib city.

Activists said Syrian government helicopters attacked the nearby town of Binish with chlorine gas that night. The Local Coordination Committees did not give details about casualties, but Muayad Zurayk, an activist based in Idlib province, said 30 people were rushed to the hospital after suffering breathing problems.

Mexican workers lead protest

Workers at large, export-oriented farms in the Mexican border state of Baja California have led a week of violent protests over low pay, abuses and poor conditions, threatening a harvest that supplies millions of dollars worth of tomatoes, strawberries and other crops to the United States.

Burning tires and tossing rocks at vehicles, hundreds of farmworkers have blocked Baja's main north-south highway on and off, and as many as 50,000 are believed to be on strike statewide as of March 24.

Many of the workers are migrants from southern Mexican states like Guerrero and Oaxaca who toil at hot-house farms just south of Ensenada. Their demands include health care, overtime pay, days off, an end to abuse by field bosses and more pay than the \$8 many earn for a full day of stoop-labor.

SOURCE: ASSOCIATED PRESS

College

Speaker series to host systems thinking expert

The Department of Health Promotion and Physical Education speaker series will continue with a presentation from Derek Cabrera at 6 p.m. March 25 in Hill Center Room 104. Cabrera will be presenting on "Seeing Systems Thinking."

Cabrera, a Cornell graduate, is known for his innovations in the field of system thinking. He developed and holds a patent for the "DSRP Method," for distinction, system, relationships and perspectives. The method is based on his belief that these four patterns are universal in the process of structuring information, and focusing on these four aspects can help people improve their thinking skills.

The topic for this year's speaker series is "Teaching, Learning, and Diversity in the 21st Century." Cabrera is the final speaker in the series. He was originally scheduled to speak Feb. 9 but was postponed due to weather.

Football team to host bone marrow screening

The Ithaca College football team is sponsoring its fourth-annual bone marrow donor screening event from 11 a.m. to 3 p.m. March 26 in Emerson Suites B in the Campus Center.

The event is held in coordination with the National Bone Marrow Program's "Be the Match" initiative. According to the organization's website, the National Bone

Marrow Program has facilitated over 68,000 bone marrow and cord blood transplants, around 520 a month. The National Bone Marrow program established the National Bone Marrow Donor Registry, which helps connect donors to patients.

At the event, members of the campus community will be able to register for the national bone marrow donor registry. The event at Ithaca College has produced three matches over the past two years.

Applications to help lead Jumpstart now available

Applications are available for the opportunity to be a Jumpstart leader until March 27. Jumpstart leaders serve as peer leaders and advise incoming first-year students about the transition to college. Jumpstart leaders serve in one of four programs: Community Plunge, Lead-In, Experiencing Connections by Heading Outdoors and the Gardening, Recycling, Eating and Enjoying Nature tour.

The Community Plunge program places students on teams and sends the teams to different local service organizations. In the Lead-In program, students participate in team-building activities, learn about opportunities at Ithaca College and meet with student leaders to learn about available resources. ECHO is an overnight camping experience in the Ithaca area in which students learn basic

outdoor skills. The GREEN tour offers students the ability to learn about sustainability and local food traditions.

Applicants will be notified no later than the last week of April. Jumpstart Leader training is Aug. 18–20 and Jumpstart is Aug. 21–22.

High school student dies driving after college visit

Michael J. Dmochowski, an 18-year-old high school senior, died in a car accident while driving after visiting Ithaca College March 20.

Dmochowski, a student at Lockport High School in Lockport, New York, was killed after he crossed the centerline and hit an oncoming car.

Police received notice of the crash at 9:42 p.m. in Spencer, New York. Dmochowski was headed south when his 2012 Chevy Camaro collided with a 2013 F-150 pick-up truck. The other driver, Gary Holmes, survived the crash and was sent to Robert Packer Hospital for foot and ankle injuries.

Dmochowski was pronounced dead at the scene by a Tioga County coroner, Stu Bennett, the cause of death being severe head trauma and hemorrhaging, that resulted from the collision.

The investigation into the crash remains ongoing.

Army conference invites Park's associate dean

Bryan Roberts, associate dean of the Roy H. Park School of Communications, will participate in the U.S. Army War College National

Security Seminar at the U.S. Army War College in Carlisle, Pennsylvania. The seminar will be held during the first full week of June and allows Army War College students to engage with guests about national security issues. The seminar is focused on issues of national security, and visitors will discuss their views on important issues to the nation's security and welfare with students, faculty and International Fellows of the college.

Roberts will discuss his research about political attitude formation with students. He is one of 160 guests who will present to student seminar groups during the NSS.

President's Office starts Fresh Look plan website

The Ithaca College President's Office has created a website to keep the college community informed about the initiatives included in President Tom Rochon's March 5 presentation, "A Fresh Look at Becoming the Standard of Excellence for a Residential, Comprehensive College." There are two websites: a Fresh Look Initiatives website and a Fresh Look Portal website.

The Fresh Look Initiatives website outlines the initiatives for the public. The Fresh Look Portal is a Netpass password-protected portal for faculty, staff and students to learn more about the initiatives and to brainstorm ideas.



Relay for a cure

Sophomore Karyn Walsh paints freshman Nicole Cardascia's face at Relay for Life on March 21 in the Athletics and Events Center. Participants raised \$41,951 to fight against cancer.

CATIE IHRIG / THE ITHACAN

CORRECTIONS

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

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Part-time faculty conduct first teach-in

BY AIDAN QUIGLEY
ASSISTANT NEWS EDITOR

The Ithaca College Adjunct Organizing Committee, a group of part-time professors who are leading a unionization effort for part-time faculty members, held a “teach-in” March 19 to address issues of adjuncts and part-time professors in higher education.

A panel of four speakers addressed the crowd during the event: Brody Burroughs, lecturer in the Department of Art; Bari Doeffinger, lecturer in the Department of Modern Languages and Literatures; Chip Gagnon, associate professor of politics; and Zeke Perkins, an organizer from the Service Employees International Union. The speakers spoke about the working conditions part-time professors face and why they believed unionization was an answer to these problems. The event was sponsored by IC Progressives and attended by about 30 students. About 10 part-time professors from Ithaca College, Binghamton University and Burlington College also attended the teach-in.

The teach-in is part of a push by the part-time faculty organizers to educate students about their efforts, Burroughs said. Josh Kelly, founder of IC Progressives, said the IC Progressives will be gathering signatures from students in support of the unionization efforts and forming a student organizing committee.

Kelly said the administration was likely to listen to student opinion since student tuition provides most of the funding for the college, and the college is meant to serve the students. Kelly said he aims to get around 500 signatures.

“[Students] are the people who are paying the administration to allocate this money, and we are giving in to the fund which is allocated,” he said. “If we say that we’re not okay with it, and we put that pressure on them, things are going to change and they are going to change for the better for the adjunct faculty.”

Burroughs, who is one of the organizers of the unionization movement, said he shares his office with other part-time faculty members and



From left, Bari Doeffinger, lecturer in the Department of Modern Languages and Literatures; Brody Burroughs, art lecturer; and labor organizer Zeke Perkins sit on the panel leading the adjunct teach-in. MATT GURBARG/THE ITHACAN

said he works other part-time jobs since he is not compensated enough to devote his full time and energy to teaching. Although he loves teaching, he said he is not able to make it work.

“I don’t appreciate having to draw a line in the sand to protect my time,” he said. “I want to be able to ... respond to emails [from students] at night and not feel like I have to go out to find a part-time gig to cover my expenses instead.”

Doeffinger said she works as a substitute teacher to cover her expenses and said other part-time professors work at colleges throughout the area.

“People do all kind of things to make ends meet, because we love working with all of you,” she said. “What we’re trying to do is make our positions more sustainable.”

Burroughs said part-time professors recently learned that they would be receiving a raise of \$100 per credit hour.

“It’s a significant raise, and it’s going to make people’s lives better,” he said.

Freshman Victoria Vasquez, who attended the event, is one of Burroughs’ students and said she thinks part-time faculty should receive equal pay for equal work.

“Brody is my art teacher, and I figured it would be interesting to come,” she said. “I really care about him, he’s a great professor and I think he deserves more.”

Burroughs said seeing his and other students supporting part-time faculty was inspiring.

“I was very excited to see such a great turnout,” he said, “It’s very validating.”

Music school names new associate dean

BY KAYLA DWYER
NEWS EDITOR

The School of Music has announced the selection of its next permanent associate dean.

After a national search, David Pacun, currently the interim associate dean, has accepted the appointment and will begin his tenure in May 2015.

During Pacun’s time as interim since 2012, the James J. Whalen Center for Music has undergone several major renovation projects, including the now completed renovation of Ford Hall. Similar to his current role, he said his primary responsibilities as associate dean will include aligning the school’s resources with its curriculum in order to support its academic mission.

“My goal is to help the faculty provide a first-rate education for School of Music students, as well as to build collaborative opportunities and pathways between the schools,” he said.

Pacun has served on the music school faculty since 2000. He graduated from Swarthmore College and continued graduate studies in music analysis at the University of Chicago with Robert P. Morgan and music theory with Richard Cohn.

Pacun is currently researching the variation sets of Johannes Brahms, music theory pedagogy and early 20th century Japanese music, particularly the works of Yamada Kosaku.

Debate team novices receive acclaim at tournament

BY AIDAN QUIGLEY
ASSISTANT NEWS EDITOR

Two members of the Ithaca College debate team achieved high ranks at a national tournament while arguing the merits and drawbacks of the United States developing lunar resources.

Sophomores Charlie Vaca and Jose Escano both advanced past the preliminary rounds of the Novice National Championships at Butler University in Indianapolis, which featured debaters with less than one year of experience from 30 different colleges and universities from March 13–15. Escano reached the semifinals of the tournament, while Vaca reached the quarterfinals. Overall, the team finished fifth out of 11 Division III schools despite the fact they only had two competitors while most teams had about 10. The Ithaca College team has about 20 members, but has gone to nine tournaments this year and only had the budget to send two members to Butler.

Vaca and Escano both argued that creating title turbines under the ocean would be the best way to develop lunar resources, Escano said. Other participants proposed going to the moon to mine helium-3 or building a telescope that would be able to detect incoming meteors.

Escano was awarded a “best speaker” award for his style of debating, finishing in fifth place out of 25 competitors.

“A lot of the judges were telling me I was charismatic, that the stuff I was telling them was actually plausible, that I made it seem like



From left, sophomores Jose Escano and Charlie Vaca, who participated in a national debate tournament at Butler University, stand with the mascot. COURTESY OF SCOTT THOMSON

these things could actually happen,” he said.

Vaca finished fifth out of 50 participants in a special impromptu sales competition. For this competition, participants were given a slip with a product to sell and then had nine minutes to prepare and present a sales pitch for the product. He said it was an even playing field because no one else had experience with the event.

“It just came down to who spoke better, who was funnier, who was able to prove their point and convince the judges that they should actually buy this product,” he said.

Scott Thomson, assistant professor of communication studies and the coach of the debate team, said

he had confidence that Vaca and Escano would do well.

“The kids were very well prepared, they had done practice debates and the case we used was very good,” he said.

The tournament was held in Lincoln-Douglas style, meaning the debaters prepared arguments for and against lunar development and argued both sides during different rounds of the tournament. The other style that the debate team often does is called World University Debate, Thomson said, in which arguments are not known beforehand and are more spontaneous. Also, Lincoln-Douglass debates are individual competitions while the world-style debates feature

teams of two debaters.

Vaca said he enjoys the Lincoln-Douglas style as he likes to frustrate his opponents by asking tough questions, and there is a clear way to win, unlike in world style.

“Worlds just comes down to the judge’s perception, but in Lincoln-Douglass all the judges will agree on a reason that you win,” he said. “It will be clear — either you will show that you couldn’t solve the problem, or the opponent said there was a big disadvantage and you couldn’t say anything about it.”

Thomson said the team had a very successful season, including a quarterfinal finish at the Pan-American Universities Debating Championship tournament hosted by University of Miami in January by the team of junior Sean Themea and senior Tiffany Ruff. Next season, Ithaca College will be hosting the North American Universities Debate Championships for collegiate debate.

Vaca said he has high hopes for the future of the team as they are young and will return many members next year.

“We have big plans for the team,” he said. “We’ve been way more competitive than we were last year. Hopefully that means we advance in more tournaments and win more tournaments.”

Thomson said he has high hopes for both Vaca and Escano.

“They both sure have shown that they are willing to practice and work hard, so they will definitely win more tournaments,” he said. “They’ll do very well.”

Federal court dismisses suit against city

BY KAYLA DWYER
NEWS EDITOR

A federal court has dismissed a 2012 lawsuit against the City of Ithaca, Mayor Svante Myrick announced March 24.

Former Ithaca Police Department Sgt. Douglas Wright sued the city for \$10.5 million over charges of racial discrimination, alleging that in 2009, then-Sgt. Marlon Byrd was promoted to lieutenant over Wright because of his race. He said this was the second of two instances where a black officer was promoted before him, the first being current Deputy Chief Pete Tyler in 2007, according to the court documents from the Northern District of New York.

The court has decided that the reasons for promoting Byrd over Wright were not discriminatory, nor has Wright produced evidence toward the contrary. In addition, Wright’s claims are now officially untimely since they were subject to a three-year statute of limitations, according to the court documents.

Myrick said in his email this decision is positive for the city.

“This is a vindication for the City of Ithaca and particularly for Marlon Byrd,” he said. “It’s also vindication for our stance to fight hard against all illegitimate claims of discrimination.”

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level of accountability," Harvey said. In his presentation of the bill, Harvey spoke about two incidents he believes point to a need for the legislation. The first allegedly involved a female student who reported being sexually assaulted and was met with resistance when she tried to get Public Safety to investigate, while the second was a student who was tackled by a Public Safety officer, Harvey said. Class of 2018 Senator Marieme Foote said she has also heard of instances of conflict between students and Public Safety officers, citing a friend of hers who told her he was tackled by an officer. Foote said she feels the bill addresses issues of distrust between students and Public Safety officers.

"I think it's important to create a relationship between students and police officers so there's not a lot of tension on campus," Foote said. "So I think that this bill will help to lessen tensions between students and police officers." In addition to on-campus incidents, the bill also cited recent instances of police brutality against minority populations on a national level, such as the deaths of Eric Garner and Tamir Rice at the hands of police officers, as part of the reasoning to improve relations between Public Safety and students at the college.

Senior Crystal Kayiza, president of the SGA, said these instances of police brutality across the country created a need for a bill to improve relations between law enforcement and students.

"Public Safety is essentially police on campus," Kayiza said. "A lot of people might say, 'Well what's happening at IC isn't anywhere near what's happening at Ferguson, [Missouri.]' But it's the same institution, so we need to recognize that if we're going to take a stand against police brutality on campus, we also need to recognize how we can proactively improve our public safety on campus."

Kayiza said the bill creates a structure to develop better relationships between students and Public Safety officers and addresses instances of distrust between the two groups that have been cultivated by both on-campus and off-campus incidents.

Harvey said the next step is to form a committee to try to get the bill's recommendations implemented. He said he has been in contact with Terri Stewart, director of Public Safety, about it.

Stewart said she, Harvey and other interested members from the SGA met March 25 to discuss the bill. She said until then she had only seen drafts of the legislation and not the final copy. While she said she wished there could have been more conversations with Public Safety before the bill was passed, she was excited about what the bill was trying to do. Stewart said going forward, Public Safety plans to be involved in the conversations about and implementation of the bill.

"I think [the bill] is an educational opportunity, a good chance for us to have some really good dialogue," Stewart said.

Stewart also said she and the SGA executive board met March 24 to discuss holding a forum in April for students to speak to Public Safety about issues that matter to them.

Harvey said in the long-run the bill is trying to bring the different sections of the college together to form a more conducive relationship that values everyone involved.

"The whole point of it is to try to promote community so that way, at the end of the day, there's a re-humanization and not a dehumanization of anybody, whether they're in a uniform or whether they're wearing jeans and a T-shirt," Harvey said.

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the longest-tenured dean at the college, she felt she should apply to be provost. Lewis has served as dean of H&S and a professor of English at the college since 2008.

"As the senior dean here at Ithaca College, it seemed to me that I should volunteer to do the work that the provost does," Lewis said. "So, I put my name in the ring."

Lewis said not being chosen as provost here led to her thinking about her other options.

"Realizing that my service is not needed here in that way, yes, that did free me up to think about other places where the kind of administrative service that I'm a part of would move forward," she said.

Lewis said she was satisfied with the work she has accomplished at H&S, which led to her pursuing the position at Goucher.

"My work here at Ithaca really has reached a point where I'm very confident in what we have done here at H&S," Lewis said. "That meant that my question to myself was what else might I want to do."

Stacia Zabusky, associate dean for curriculum and undergraduate programs in H&S, said Lewis has been an important part of H&S.

"Leslie has provided real leadership for H&S during her time as dean," Zabusky said. "In particular, she has been a passionate supporter of, and advocate for, the liberal arts on campus and in the curriculum."

Linda Petrosino, interim provost and vice president for educational affairs, said Lewis was involved in putting the Integrative Core Curriculum into effect.

"Dean Lewis was instrumental in the



Leslie Lewis, dean of the School of Humanities and Sciences, speaks to a group of faculty, staff, students and administrators as an in-house provost candidate Dec. 9, 2014, in Emerson Suites.

JILLIAN FLINT/THE ITHACAN

development and implementation of the ICC, which is offering our students a distinctive integrative educational experience," she said.

Petrosino said she has begun meeting with faculty and administration within H&S to receive input before naming an interim dean.

"As soon as I have finished receiving input, I will plan to make an appointment, and an official announcement will be made within a couple of weeks if not sooner," Petrosino said.

Lewis declined to comment on the nature of her role in the process of picking an interim dean.

Zabusky said she did not have an opinion on who or what type of person should be chosen as the interim dean.

A national search for a permanent replacement for Lewis will be conducted in the Fall 2015 semester, with the goal of naming the next dean by the summer of 2016.

CAPS FROM PAGE 1

spokesperson for this issue but was not available for comment despite numerous efforts to contact her.

Jason Harrington, associate professor of media arts, sciences and studies and a member of the Faculty Council Executive Committee, motioned for the Faculty Council to request the addition of a CAPS staff member. Having had students drop out of school for mental health reasons, he said if CAPS was to have additional counseling, fewer students may take leaves of absence and the college would save money by not losing those students' tuition.

"I understand things cost money ... but I also think if we can keep two, three, four students from falling out of school, that's financial savings," he said.

Sophomore Tate Dremstedt, Student Government Association transfer-student senator, said in response to the denial of the Faculty Council's request,

"I understand things cost money ... but I also think if we can keep two, three, four students from falling out of school, that's financial savings," he said.

Stewart said she, Harvey and other interested members from the SGA met March 25 to discuss the bill. She said until then she had only seen drafts of the legislation and not the final copy. While she said she wished there could have been more conversations with Public Safety before the bill was passed, she was excited about what the bill was trying to do. Stewart said going forward, Public Safety plans to be involved in the conversations about and implementation of the bill.

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the SGA has begun conversations about mental health and met with Active Minds March 25 to further the discussion.

Since the mid-1990s, university and college counseling centers experienced a growth in the number of students seeking counseling and mental health services and for increasingly serious issues, according to the American Psychological Association. The 2014 National Survey of College Counseling Centers reported

that 52 percent of counseling center clients at institutions across the country have severe psychological problems, as opposed to 16 percent of clients in 2000. At the college, Harper said about 16 to 17 percent of students request counseling services through CAPS, which currently has a counselor-to-student ratio of approximately one to 1,000, compared to a ratio of one to 400 and 600 at private colleges like Colgate University and Skidmore College.

The considerable increase in students seeking mental health resources on college campuses has brought into question why this demand has risen in

recent years. Rolfe said the reason is twofold — the first part being the increase in recognition and acceptance of mental health issues due to the work of advocacy organizations and the second part being the pressures of being a college student.

Harper said she agreed that the work of advocacy organizations has made students more comfortable to seek help for their mental health.

"High demand does reflect a decrease in stigma associated with mental illness and the stigma associated with even asking for help," she said. "Organizations such as Active Minds encourage students to pay attention to their mental health and to the needs of their friends who may be at risk for suicide."

Harrington said he sees a correlation between the rise in collegiate pressure and the rise in the cost of higher education over the last few decades. "I think students are more aware of the stakes and the price of what they're doing," he said. "They come to college and go into extreme debt and they're supposed to be performing well, but they're also young and figuring out things in their lives and here they have to get good grades. They have to get onto this committee and they have to do all this stuff, and I think it's very stressful."

facilitate education to prevent suicide among college students.

Ginsberg said the APA has prioritized developing the Campus Suicide Prevention program.

"Untreated emotional and behavioral problems have the potential to impact many other people on campus, including roommates, classmates, faculty and staff," she said. "When students receive help for psychological issues, such as anxiety and/or depression, we see its positive impact on academic success, retention and personal well-being."

The GLSMA allows interested and eligible college counseling organizations to apply for funds to support suicide prevention efforts. However, CAPS has not done so because it had already been conducting suicide programming for about a decade before the GLSMA was introduced, and the process for applying for these grants is too time-intensive, Harper said.

Instead, CAPS has directed its resources toward its counseling, consulting and crisis response services as well as local program development, such as Pathways Training, which is a mental health crisis prevention and intervention program that looks to reduce the incidence of crises by building knowledge, confidence and skills.

Harrington said he is frustrated that his students may struggle to get the help they need in a timely manner.

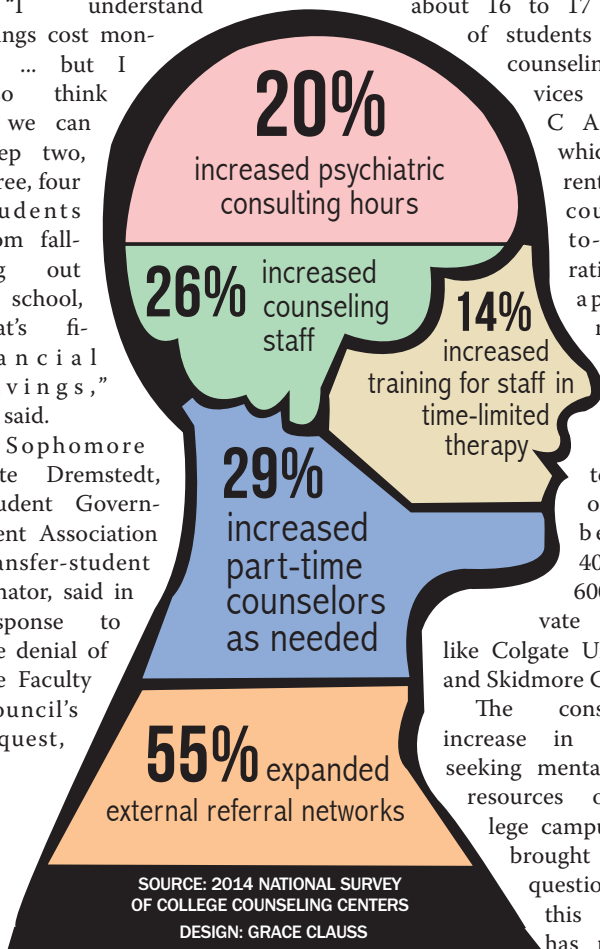
"I know the people [at CAPS] are experts and are terrific," he said. "They just need more help."

Harper said CAPS intends to continue to work to expand its resources and provide the help students need.

"CAPS needs additional resources, and we will continue to advocate for adequate on-campus support for students," Harper said. "While we may not be able to provide long-term care for all students, we want to help students get the help they need to enjoy personal well-being and to succeed in school."

The Campus Suicide Prevention program supports youth suicide grants at 175 universities and colleges across the country, Alexandra Ginsberg, legislative and federal affairs associate at the APA, said. Its purpose is to

ACTIONS TAKEN BY COLLEGE COUNSELING CENTERS IN 2014



SOURCE: 2014 NATIONAL SURVEY OF COLLEGE COUNSELING CENTERS
DESIGN: GRACE CLAUSS

IC athletic training program establishes exchange

BY MAURA ALEARDI
STAFF WRITER

Ithaca College's athletic training program can now provide its students with an opportunity to study abroad, which has been virtually unheard of in recent years.

Juniors Tara Condon and Miriam Rosenthal will attend the Institute of Technology Carlow in Ireland Fall 2015 for the college's newest athletic training exchange program.

The program was created by Paul Geisler, exercise and sport sciences program director. He said since the athletic training program's strict course load didn't provide many opportunities to study abroad, he had been in search of a fitting program when he discovered the Institute of Technology Carlow.

"One of my frustrations for years is trying to find somewhere that our kids could go abroad," Geisler said. "Most of our classes are one time a year, so, our kids just can't walk in and go, 'Hey I want to go junior year abroad.' Some of that's due to our curriculum itself, some of it's due to the professors

This is a problem for most athletic training programs, Geisler said. Out of 356 accredited athletic training programs in the country, Geisler said he only knows of 10 colleges to have an exchange program specifically for these students.

Rosenthal said she thinks the exchange program will boost the athletic training department's reputation.

"We already have a really good athletic training program, so having this exchange program is going to keep us up there and in the forefront of things," Rosenthal said.

Given the rigor of the college's athletic training curriculum, Rosenthal and Condon will have to fulfill at least 12 credits and remain full-time students while at the Institute



From left, juniors Miriam Rosenthal and Tara Condon will be the first students from Ithaca College to participate in the athletic training program's new exchange with an institute in Ireland.

CLARA O'CONNOR/THE ITHACAN

of Technology Carlow, Geisler said. They will take classes focused on sports medicine and athletic training in addition to completing clinical hours, he said.

While Rosenthal and Condon will still be fulfilling requirements for Ithaca College, they will be doing so with different tools and methods. For example, most European countries perform athletic training using hands-on techniques, while the United States has more machines and tools. Also, Geisler said, the major athletic teams in Ireland include hurling and Gaelic football, which will allow the students to pick up additional skills they may not have learned in the United States.

Condon said the exchange program is a

key step in uniting the United States' and Europe's medical fields.

"This kind of opens up a lot of doors ... for new opportunities to kind of have the exchange between our knowledge of athletic training and their knowledge of athletic training," Condon said.

The college has already welcomed two of the Institute of Technology Carlow's students: Patrick McEvoy and Dean Gillespie. They are in their final year at the Institute of Technology Carlow and have chosen to do their clinical work at Ithaca College this spring as part of the exchange program. McEvoy is working with the men's lacrosse team and Gillespie is working with the baseball team.

McEvoy said he chose to attend the college because it is a Division III school, which allows him to work more with the athletes.

"I didn't want to go to a DI school, just because of the level the athletes are at, you're not going to get much hands-on experience," McEvoy said.

Initially, Gillespie said the college's athletic training work ethic was difficult to adjust to, but eventually he adapted and realized it is an effective system.

"Working here at Ithaca College, it's more kind of free flow," he said. "So, you can be treating three or four patients at once and kind of trying to juggle between patients, whereas at home it's more in a [physical therapy] clinic where you have a set hour to work with one patient. It took me a while to get used to it."

Working with so many athletes has allowed Gillespie to create strong bonds, he said.

"You can interact with them, you can have fun while you're doing your daily rehab, but they take you seriously at the same time," Gillespie said.

Both Gillespie and McEvoy enjoy working with their assigned teams so much that they declined switching sports after spring break, as originally planned, McEvoy said.

The exchange program has 12 interested students for Fall 2016, Geisler said. This year, he said the application process involved reviewing each candidate's essay, clinical skills, grade point average, attitude and professional behavior.

Geisler said the application process was detailed because he wanted to send the most qualified students for the first semester of the program.

"We wanted whoever to go and really represent Ithaca College and athletic training," Geisler said.

Area environmental film festival enters 18th year and premieres habitat theme

BY AIDAN QUIGLEY
ASSISTANT NEWS EDITOR

The concept of habitats will be the focus of this year's Finger Lakes Environmental Film Festival, which will be held April 6-12.

FLEFF is a local annual film festival in its 18th year and has been sponsored by Ithaca College since 2004. This year's festival will include films on several topics, ranging from New York City rooftop farmers to the crisis in the Congo, all under the umbrella theme of habitats.

The 18th annual FLEFF will include over 100 film screenings and presentations and over 50 guests, including academics, directors and film distributors, Patricia Zimmermann, co-director of FLEFF and professor of media arts, sciences and studies, said. Films are shown both on campus and downtown at Cinemapolis. Films on campus are free to the public, while students can buy a five film pass for films at Cinemapolis for \$20 and admission to individual movies for \$8 each. Along with the films, there will be discussions and programming, Thomas Shevory, co-director of FLEFF and professor of politics, said.

Patrick Grossi '03, a public historian, will be FLEFF's opening lecturer and will be speaking about urban housing at 7 p.m. April 6 in Textor 103. The FLEFF opening concert, "Carmen's Habitat," will be held at 8:15 p.m. April 7 at the Hockett Family Recital Hall in the James J. Whalen Center for Music. Author Sorayya Khan will hold the international book launch of her new novel, "City of Spies," at 6 p.m. April 8 in the Handwerker Gallery.

Shevory said the festival is completely different every year, as a new theme means new films and new topics of discussion.

"Everything's new," he said. "The whole program is a new program, there's new guests, films, everything."

Senior Kaley Belval, a FLEFF blogger, has participated in FLEFF for the past three years. She said every year the festival shows films by bigger names with larger followings.

"Over the years, they've had more access to films from different countries and by different artists," she said. "Also, the guests who have been coming to FLEFF in recent years have also been very high profile, exciting to talk to and helpful for students who want to go into the field."

Tanya Saunders, assistant provost for international studies and special projects and executive director of FLEFF, said the festival allows students to experience something different.

"FLEFF helps us get out of our narrow tunnel vision and engage in a bigger conversation, a local, national and international conversation about issues that affect all of us," she said.

Shevory said the topic of habitats was chosen last year after watching films about bird habitats by the Cornell Lab of Ornithology at the 2014 festival. He said they were looking for a more explicitly environmental topic.

The concept of habitats, Zimmerman said, is one that is filled with contradictions.

"On one hand, a habitat is a designated territory which is lived in and sustains life," she said. "On the other hand, habitats are often marked by enormous instabilities, contradictions and violence."

Nevertheless, Khan said the theme of habitats relates to her goals as a writer.

"Habitats means home to me; that is, home in all its complexities — nation, family, identity," she said. "Equally important, though, is that home is also the stories with which we have been raised and which have made us who we are."

Shevory said student participation is essential for FLEFF, and between 1,000 and 2,000 students participate in FLEFF in some manner, as interns or participants. There are seven minicourses being offered this block addressing the following topics: the American dream, word choice and how rhetoric influences reality, narrative film as activism, prison as a habitat in film and television, geography in environmental film, human domination of nature, national cinemas and the intersection of health and geography.

Political Habitats: Narrative Film as Activism and Global Habitats, National Cinema in the Era of Globalization are two General Communications courses, still open for registration, that will be offered specifically during the festival week in addition to the two weeks before and one week after.

Belval said she would encourage students to take a minicourse in the future.

"It's a really good opportunity to engage with the festival in a different way and to look at these issues from a multidisciplinary perspective from professors you may not be able to take other classes with," she said.

Students can also participate by taking a three-credit blogging course or serving as an intern. Interns receive credit and aid the festival in many different disciplines, including operations, social media, marketing, hospitality and event management. Students can also serve as junior fellows, who



Alumnus Patrick Grossi '03 will be the opening lecturer for the Finger Lakes Environmental Film Festival on April 6.

COURTESY OF FLEFF

get an inside look into the operations of the festival to learn more about how festivals are run.

Junior Katie Beale, a FLEFF blogger, said FLEFF makes students aware of pressing issues that they sometimes are not aware of.

"Sometimes when we're at college we can be so zoomed in on everything that's happening, whether it's social or school work, and sometimes you can get in a bubble and forget what's happening in the world around you," she said.

Zimmermann said everyone's ideas are treated as equal at the festival, and students are often surprised by the way their ideas are received by the professionals.

"A festival is about creating a space for dialogue about issues and ideas that matter ... and to bring people together in a way that is not a class," she said. "Festivals are about meaningful engagement and interaction. When you come to a festival, everyone's ideas are equal."



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THE ITHACAN

APPLICATIONS FOR PAID POSITIONS ON THE *ITHACAN'S* EDITORIAL BOARD FOR FALL 2015 ARE NOW AVAILABLE.

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ASSISTANT NEWS EDITOR	PHOTO EDITOR	ASSISTANT DESIGN EDITOR
ONLINE NEWS EDITOR	ASSISTANT PHOTO EDITOR	WEBMASTER
LIFE & CULTURE EDITOR	MULTIMEDIA EDITOR	SOCIAL MEDIA MANAGER
	ASSISTANT MULTIMEDIA EDITOR	SALES MANAGER

Applications are available at the reception desk in the Roy H. Park School of Communications dean's office. Completed forms, accompanied by resume should be returned to the dean's office by noon Thursday, April 2, for all positions. Students from all majors are welcome and encouraged to apply. Please address any questions to Michael Serino, Ithacan adviser, at serino@ithaca.edu.



Director of London Center announces his retirement

The director of the Ithaca College London Center has announced his retirement after 18 years in the position and a total of 40 years with the college.

Bill Sheasgreen visited the South Hill campus with his wife the week of March 16–20 to provide assistance in the summer and fall program orientations. The college hosted two coffee talk receptions for Sheasgreen on March 20, one for students in Klingenstein Lounge and one for faculty and staff in the Dillingham Lobby.



SHEASGREEN

Staff Writer Maura Aleardi spoke with Sheasgreen to discuss his promotion to the director position, the current state of the London Center and his passion for teaching.

Maura Aleardi: How did you come to the position of director of the London Center?

Bill Sheasgreen: I was a lecturer at the London Center since 1975, and in 1997 they asked me if I'd take it as an interim position, so Ithaca College knew me because I've been working for the college as a lecturer for 22 years, and became interim director, then the full director in 1997 to 1998.

MA: Was your passion history?

BS: I'm a historian. Once you're a historian, you're always a historian. I like the past, I like teaching, I like reading. It's the best subject in the university as far as I'm concerned.

MA: In your years as director, how has the London Center evolved?

BS: We always have had good quality students, but students are very high quality now. We've got some new dynamics of lecturers who are with us now. There's a lot of continuity. I'd say in some respect there's been more continuity than there has been change because we do trips, and they're more or less the same trips. We have fewer staff now, so it's been more difficult for us, but the college is requiring us to, right across the board both in New York and here, requires us to be sort of more economical to students.

MA: How did having fewer staff change the nature of your job throughout the years?

BS: Probably there's more pressure on us now because we have fewer staff. When I took over, we had five members of staff, now we have 3 1/2, so there's more work to be done than there used to be because we have fewer people to do it.

MA: How do you work with other study-abroad centers, if at all?

BS: We work with a lot: We work with the University of Maryland, NYU, we work with lots of different organizations. ... I'm still on the executive [board] of the [Association of American Universities], so there's a lot of, sort of, links between the American community in London as there is sort of in Italy and Spain as well. So everywhere you go, the American University community, study-abroad community, has formed associations so that we can sort of lobby with the government or lobby with organizations so we can get the best deal for the students.



Ithaca Network Night

From left, freshman Elijah Greene talks with alumna Diane Jerdan '82 at Ithaca Network Night on March 20 in the Dorothy and Roy H. Park Center for Sustainable Enterprise atrium.

YANA MAZURKEVICH/THE ITHACAN

Ithaca College students take the plunge for Special Olympics

BY FAITH MECKLEY
STAFF WRITER

Several hundred people gathered at the shore of Cayuga Lake at Taughannock Falls State Park on March 21, wearing silly hats and costumes, some with their bare arms and legs exposed to the chilly 30-degree air. They waited, shifting their weight from foot to foot, for the signal to run down the shore and take the Polar Plunge.

Participants in polar plunges around the country jump into bodies of water in their respective communities at the tail end of winter to show their support for Special Olympics. This is Ithaca's second-annual Polar Plunge fundraising event benefiting local Special Olympics athletes, using the slogan "Freezin' for a Reason." Individuals and teams raised funds to participate, and this year the event brought in about \$34,000, according to the event's website.

Kevin Doubleday, a member of Ithaca College Student Volunteers for Special Olympics, said this year's event was more successful in terms of attendance and fundraising than last year, which brought in about \$23,600. He also said with on-site donations, the total raised this year exceeded \$38,000, which is not currently reflected on the event's website.

Doubleday said the act of jumping into a freezing lake shows people are willing to do crazy things for a good cause. According to a Cornell University research program, the lake water was about 30 F at the time of the plunge.

"If you are going to jump in a freezing lake dressed all silly with your friends, you might as well be raising over 38K for an amazing cause," he said.

Students made up a large part of the crowd, including those from Ithaca College, Cornell University and Elmira College.

Freshman Julia Glassman said she was involved with Special Olympics in high school, and she joined IC Student Volunteers for



Hundreds of Ithacans, among them more than 40 Ithaca College students, plunged into the 30-degree water of Cayuga Lake on March 21 for Ithaca's second-annual Polar Plunge.

TOMMY BATTISTELLI/THE ITHACAN

Special Olympics once she came to the college. She said her heavy involvement with community-service clubs helped her find friends in her first year at college.

"[Community service] is getting me immediately involved [with] things in Ithaca or on campus," she said. "I feel like everyone in some way should give back."

Senior Joshua Perez was a member of team "ICe," which raised over \$1,000, according to the event's website. Perez said he had never done a polar plunge event before, but his friends talked him into it.

"They were like, 'Do you want to jump in

the water for Special Olympics?' and I was like, 'Yeah, I'm crazy enough for that,'" Perez said before the plunge. "I'm actually excited to do it."

Perez said even though supporting the Special Olympics wasn't necessarily his cause, he said it's important to support all causes. Perez's team wore matching grass skirts, leis and coconut bras.

About 40 student-athletes from the college also made an appearance at the event, uniting under a single team, "Ithaca College Student Athlete Advisory Committee." Sophomore Siobhan Sorensen, chair of the

community service committee for SAAC and member of the volleyball team, said participating sports teams included volleyball, women's soccer, football, golf, swimming and diving, track, gymnastics and field hockey. The athletes raised \$640, according to the event's website.

Sophomore Cassie Papaleo, a member of the swimming and diving team, said she had heard of polar plunges before, but this was the first one she was participating in.

"I think the atmosphere of an event like this is very positive," Papaleo said. "It's a community event, and that makes it different."

While participants waited on the shore for registration to finish, music played and some joined in on a Zumba class. After registration finished, a pair of scuba divers launched out into the water to help ensure the safety of participants, and an ambulance waited on hand in a nearby parking lot. Participants gathered in an area on the shore marked with caution tape and waited for the signal. The first group to go in was led by Ithaca Special Olympics athlete Tae Hemsath, who was accompanied by about 20 members of local law enforcement. Hemsath carried an Olympic torch into the water.

After the initial group went in, everyone else was released from the shore. As several hundred people raced into the water, screams and laughter filled the air. Participants scrambled back out of the water as quickly as they could, racing back up the shore to their towels, blankets and dry clothes. Members of the swimming and diving team sported their college swimsuits into the water.

After many hours of building anticipation on the shore, the actual plunge lasted just a few minutes.

Afterward, Perez, standing barefoot and shivering as he dried off, his skin flushed red, laughed and said the plunge had been worth it, and he would definitely do it again.



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- **Study Abroad Administrative Approval Form** -
- **Petitions for Transfer Credit** -

If this paperwork is not submitted, you may not be able to receive credit for your study abroad program.

All students planning to study abroad in the Summer or Fall of 2015 must notify the Office of Int'l Programs no later than April 10, 2015

All Study Abroad paperwork must be completed and submitted to the Office of Int'l Programs no later than May 8, 2015

Contact the Office of Int'l Programs ~ 274-3306 ~ intlprog@ithaca.edu



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VIDEO



Video
Anthropology professor Brooke Hansen talks about her love for Hawaii and travel in an Instant facul-Tea sit down.



Video
Ithaca College students raise money for the American Cancer Society at Relay for Life on March 21 in the Glazer Arena.

SOCIAL MEDIA

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FLICKR



Life & Culture
Check out photos of Hawi, a new local Ethiopian restaurant.



News
See images from the Polar Plunge held March 21.



Sports
View photos of men's lacrosse vs. Elmira College on March 21.

Public Safety Incident Log

SELECTED ENTRIES FROM
MARCH 2 TO MARCH 11

MARCH 2

ANIMAL COMPLAINT

LOCATION: : Park Center for Business
SUMMARY: Caller reported dog acted aggressively toward another dog. Investigation pending. Master Patrol Officer Bruce Holmstock.

ANIMAL COMPLAINT

LOCATION: Academic Quad
SUMMARY: Caller reported dog acted aggressively toward another dog Feb. 9. Investigation Pending. Master Patrol Officer Bruce Holmstock.

MOTOR VEHICLE ACCIDENT

LOCATION: S-Lot
SUMMARY: Caller reported two-car property damage motor vehicle accident. Report taken. Master Patrol Officer Bruce Holmstock

message that they may harm themselves. Person taken into custody under mental hygiene law and transported to the hospital. Master Patrol Officer Brad Bates.

OFF-CAMPUS INCIDENT

LOCATION: All Other
SUMMARY: IPD reported five people issued appearance tickets to Ithaca Town Court for alcohol violations. Communications Specialist Brad Fisher.

CASE STATUS CHANGE

LOCATION: Smiddy Hall
SUMMARY: Officer identified the person responsible for stealing boots Feb. 2 from the Center of Health Sciences. One person judicially referred for larceny. Master Patrol Officer Don Lyke.

FIRE ALARM

LOCATION: Circle Apartments
SUMMARY: Simplex reported fire alarm. Activation caused by burnt food. Area ventilated and system reset. Fire Protection Specialist Enoch Perkins.

POSSESSION OF MARIJUANA

LOCATION: Emerson Hall
SUMMARY: Caller reported odor of marijuana. Two people judicially referred for possession of marijuana. Master Patrol Officer Don Lyke.

MARCH 6

MEDICAL ASSIST

LOCATION: Office of Public Safety
SUMMARY: Officer reported intoxicated person vomiting. Person declined medical assistance from the ambulance staff. Patrol Officer Eric Willman.

HARASSMENT

LOCATION: West Tower
SUMMARY: Caller reported fight in progress. Two people judicially referred for harassment and underage possession of alcohol. One of the two people was also judicially referred for possession of a fictitious license. Master Patrol Officer Dan Austic.

V&T VIOLATION

LOCATION: Grant Egbert Boulevard
SUMMARY: Officer investigated a vehicle and traffic complaint concerning a possibly intoxicated driver. Officer located vehicle and the operator was arrested for DWI. Officer issued uniform traffic tickets for Ithaca Town Court for DWI, blood alcohol content greater than .08 percent, a campus summons for stop sign violation. The person was

also judicially referred. Patrol Officer Eric Willman.

HARASSMENT

LOCATION: Terrace 4
SUMMARY: Caller reported fight in progress. Two persons judicially referred for harassment and underage possession of alcohol. Master Patrol Officer Dan Austic.

CONDUCT CODE VIOLATION

LOCATION: West Tower
SUMMARY: During health and safety inspection, caller reported finding fictitious license. One person judicially referred. Patrol Officer Waylon DeGraw.

MARCH 7

LARCENY

LOCATION: Circle Lot 4
SUMMARY: Caller reported unknown persons entered vehicle and stole electronic device. Investigation pending. Patrol Officer Steve Rounds.

SUSPICIOUS CIRCUMSTANCE

LOCATION: Circle Lot 4
SUMMARY: Caller reported unknown person entered vehicle. Investigation pending. Patrol Officer Eric Willman.

LARCENY

LOCATION: Circle Lot 10
SUMMARY: Complainant reported unknown person entered vehicle and stole cash. Investigation pending. Patrol Officer Jon Elmore.

FIRE ALARM

LOCATION: Circle Apartments
SUMMARY: Simplex reported fire alarm.

Fire alarm activation caused by high temperature. Master Patrol Officer Chris Teribury.

MARCH 10

FIRE ALARM

LOCATION: Terrace 6
SUMMARY: Simplex reported carbon dioxide activation. Carbon dioxide alarm activation caused by faulty ventilation louver. Fire Protection Specialist Enoch Perkins.

MARCH 11

MOTOR VEHICLE ACCIDENT

LOCATION: Y-Lot
SUMMARY: Caller reported one-car property damage motor vehicle accident, vehicle struck sign. Report taken. Master Patrol Officer Bruce Holmstock.

FIRE ALARM

LOCATION: Garden Apartments
SUMMARY: Simplex reported fire alarm caused by water leaking into smoke detector. Fire Protection Specialist Enoch Perkins.

FOR THE COMPLETE SAFETY LOG,
go to www.theithacan.org/news.

KEY

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

MARCH 4

ASSIST OTHER DEPARTMENT

LOCATION: All Campus
SUMMARY: Caller reported intermittent power outages at various places on campus. Full scope of effect areas unknown. Investigation pending. Master Patrol Officer Dan Austic.

MEDICAL ASSIST

LOCATION: Academic Quad
SUMMARY: Caller reported person sent

MARCH 5

MOTOR VEHICLE ACCIDENT

LOCATION: I-Lot
SUMMARY: Officer reported two-car property damage motor vehicle accident, vehicle damaged a parked vehicle. Patrol Officer Eric Willman.

MOTOR VEHICLE ACCIDENT

LOCATION: College Circle
SUMMARY: Complainant reported one car property damage motor vehicle accident. Report taken. Patrol Officer Waylon DeGraw.

OFF CAMPUS INCIDENT

LOCATION: : All Other
SUMMARY: Caller reported unknown vehicle caused damage to vehicle. Report taken. Master Patrol Officer Don Lyke.

EDITORIALS

CAPS NEGLECTED DESPITE CRISIS

The college should have approved CAPS' request for additional resources and support

The denial of the Faculty Council's recommendation for increased funding and support for the Counseling and Psychological Services at Ithaca College shows a blatant disregard for the mental health of students. This service, which is essential to the health and well-being of students at this campus, does not seem to be a priority for the administration because the urgency of the issue was clearly communicated through the proposal and continued efforts of the Office of Counseling and Wellness.

Deborah Harper, director of the Office of Counseling and Wellness, has been fighting for more resources and support since last fall, and when she approached the Faculty Council, the council members recognized the severity of the situation and provided Harper with their support by recommending the Office of Counseling and Wellness be granted another permanent position. Despite their efforts, the request was denied. Although Peter Rothbart, council chair and professor of music theory, history and composition, said he was waiting for the official reasoning behind the denial of the proposal, there is no question that this issue is not a priority for the administration.

At the all-college meeting March 5, Ithaca College President Tom Rochon said student affordability is the top priority. At any institution, students should come first, but the college is not putting enough money into one of the things that matters most. CAPS should not be struggling to keep up with student demand. College students across the nation need mental health resources at increasing rates, and CAPS does not have the manpower to help the students at need at this college. Neglecting a service that has the potential to save lives is unacceptable.

If ethical reasons are not enough, those in power can consider the money to be saved by retaining students that would otherwise take a leave of absence. The added position would basically pay for itself over time. Ithaca College cannot claim its students are the top priority if the administration is not willing to provide the necessary support.

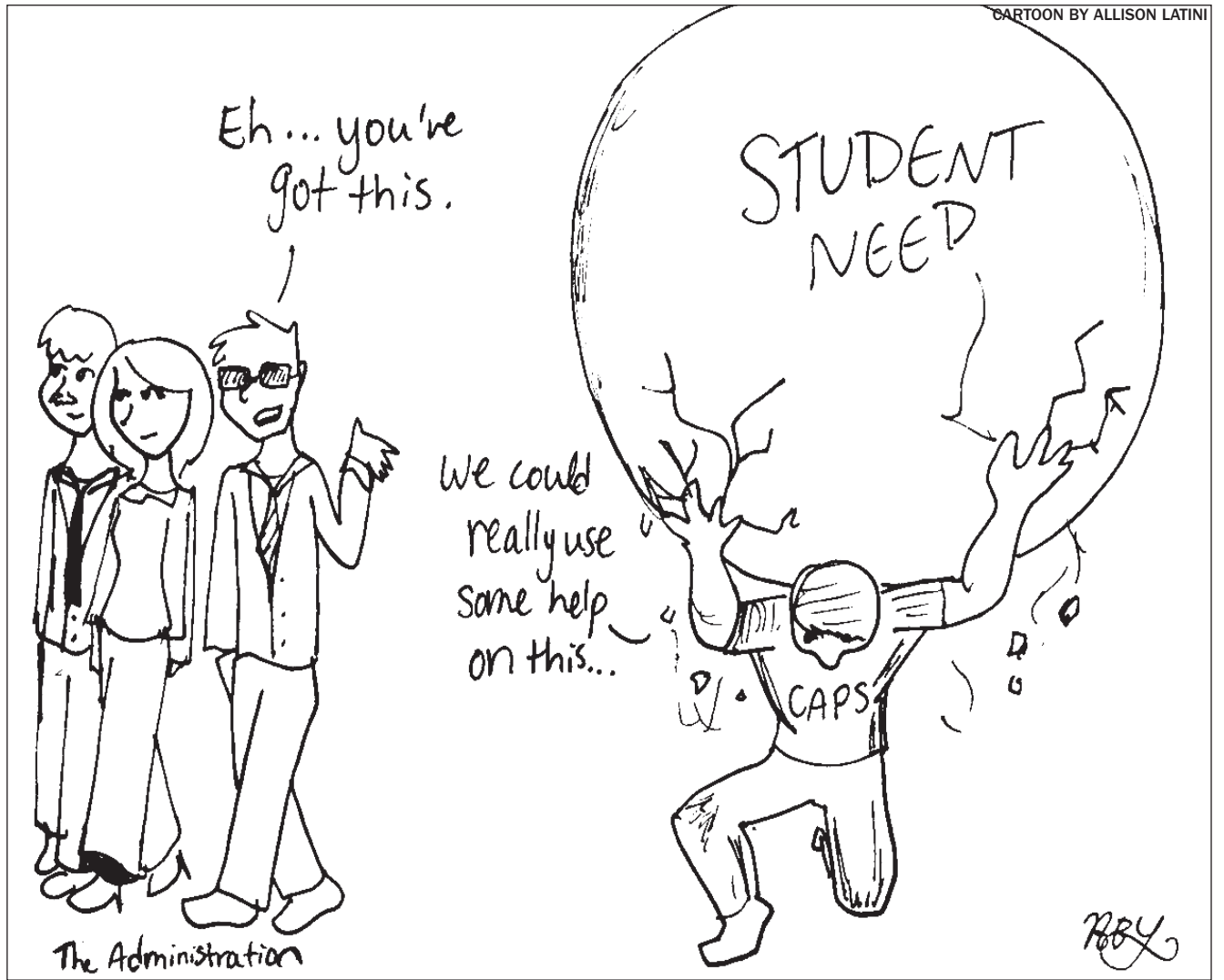
CHEERS TO COACHES

Ithaca College boasts a large number of committed and successful long-term coaches

Ithaca College has one of the most experienced coaching staffs in Division III sports. This is a remarkable feat and speaks to the quality of the athletics department here. Ithaca boasts four coaches who have been here for 30 years or more, eight coaches for 20 or more and seven for 10 or more. It is not common for programs to have successful head coaches that remain with the school for this long.

An article that ran in the March 5 issue of *The Ithacan* said SUNY Cortland, a comparable Division III school, only has two coaches who have been in the same position for more than 20 years, while the Bombers have 12. Ithaca coaches have maintained long-term success, and this deserves commendation.

The Bombers deserve praise for cultivating and maintaining a team of successful coaches who are committed to this college and their programs, even as Division III recruiting has become more competitive.



YOUR LETTERS

Professor exploitation must end starting with supporting unions

When I asked a former professor of mine about a future in higher education, she replied: "There isn't one. It's hard to hear, but anyone who tells you there are opportunities in higher education is either lying to you or sugarcoating the situation."

Professor exploitation has long been a problem, but it recently reached a peak in prevalence and severity. Adjuncts, or part-time professors, are teaching at two, three, four different colleges at once, commuting for hours between cities, and in some cases, facing the prospect of homelessness if their contracts are not renewed the following year.

Faculty members here at Ithaca College have confessed that their tenure approval was more a matter of timing and luck than skill or qualifications. So distressing is the adjunct crisis that tenured professors have actually written to the provost and asked to postpone their pay raise so their colleagues might receive a living wage. How bad does a situation have to be in a capitalistic society for people to actually turn down money?

This is education we're talking about, not the fast-food industry, which faces strikingly similar problems. Something

is fundamentally wrong with a society that devalues teaching because it consequently devalues the future. These corporate policies should not be a part of the college experience — not for professors, not for students. As a part-time professor from Burlington College said at a unionization meeting Wednesday night, "The Board of Trustees is made up of people; people have phone numbers." Let's get dialing.

STEVEN FOWLER

SPEAK YOUR MIND
Send an email to ithacan@ithaca.edu to write a letter to the editor.

SNAP JUDGMENT

What's the coolest thing that has happened to you?



"WHEN I WAS 12, ME AND MY BROTHER WERE AT A RED SOX GAME AND HE CAUGHT A BASEBALL."
JEN FRANCISCO
PHYSICAL THERAPY '17



"WHEN I WAS 11, I WAS ABLE TO GUESS ALL THE NUMBERS ON THE POWER BALL."
ERICA BACHAND
PHYSICAL THERAPY '16



"I THINK IT'S UNBELIEVABLE THAT I'VE HELD MORE THAN FIVE JOBS ON CAMPUS."
MATT VASQUEZ
INTEGRATED MARKETING COMMUNICATIONS '17



"WHEN I WAS IN EIGHTH GRADE, ME AND MY FRIENDS ENTERED AN ACTING CONTEST AND MADE IT TO GLOBAL FINALS."
MATT NANNA
ENVIRONMENTAL SCIENCE '18



"I WAS ON A PLANE FLYING INTO NYC AND I HAD A FIGHTER JET ESCORT INTO THE CITY."
ZACH LUCKIN
ENVIRONMENTAL STUDIES '17

JEN KIM/THE ITHACAN

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GUEST COMMENTARY

Disability of deafness not inherently negative

As a hard-of-hearing or deaf individual who primarily communicates orally and utilizes assistive listening devices like hearing aids or a cochlear implant, I have found myself at a crossroads of identity. When I was diagnosed with a hearing loss, the decision for amplification — as opposed to using American Sign Language — was rather easy. I had largely intelligible speech, with amplification I had access to a lot of speech sounds, I was doing well in my public elementary school and I had proved myself an adequate lip reader — part of why it took until fourth grade to discover my hearing loss. I was mainstreamed for my entire K-12 education, sitting in hearing classrooms with hearing students and teachers. I had two hearing aids and an FM microphone — a small microphone worn around the neck that transmits and amplifies the wearer's voice directly to my hearing aids. I still use this microphone: in class, for driving lessons, with my coach.

If you had asked me when I got hearing aids if I was disabled, I would have said no. My school said I was, my doctor said I was, the government said I was — even my parents said I was. But I didn't want to be disabled. Middle school mentality demanded that I be like everyone else, and "everyone else" didn't wear hearing aids or have to sit in the front row during assemblies. For six years, I wore my hearing aids from 7:30 a.m. to 2:05 p.m. — exactly the length of my school day. As soon as the bell rang, I would stuff them in my pockets and head home, or to work, or to band practice. I pretended my deafness was something that only occurred while I was in class.

Toward the end of high school, I learned what it meant to be Deaf, to identify as a member of a minority culture with its own language: American Sign Language. I went to Deaf meet-ups where everyone signed. For the first time in my life, I wasn't missing out on conversation or jokes. I didn't feel disabled. I carried this mentality into college with me: It's not me who was disabled, it was the context that was disabling



Junior psychology major Matt Dankanich sits in the LGBT Resource Room with his FM microphone, which is worn around the neck and transmits and amplifies the wearer's voice to his hearing aids.
AMANDA DEN HARTOG/THE ITHACAN

(the social model of disability).

This is great if you're actively immersed in the Deaf community and everyone around you uses ASL. Every movie shown in class without subtitles, every discussion course I couldn't keep up with, every conversation in a noisy dining hall was a sharp reminder that I am disabled. This was a frustrating time. I quickly realized that I couldn't change my deafness, but I could change my context ... sometimes. I've had professors who are willing to institute my FM as a "talking stick" in the classroom, so I no longer sit and wait for my discussion classes to end.

While this accommodation has made a huge difference in my education, it's not a universal fix, and it's certainly not enough. Not everyone uses the same equipment or communication

style that I do, so there's no universal answer to making a classroom more accessible. Some basics include making sure the deaf person can see you when you're speaking, repeating or rephrasing when asked, providing material with subtitles or closed captions and giving students who may need accommodations adequate time to request them — don't announce an extra credit event the day-of.

Ultimately, though, it's important to stop pretending that the experience of disability is innately a bad thing. I cannot and do not speak for every deaf, Deaf, or disabled person, but ignoring my deafness because it's too uncomfortable to talk about doesn't help anyone.

MATT DANKANICH is a junior psychology major. Email him at mdankan1@ithaca.edu.

FACULTY RESEARCH

Writing professor publishes award-winning personal essay

This is an excerpt of a personal essay titled "Compliance" written by Cory Brown, associate professor in writing. The essay was published in the nonfiction and art magazine South Loop Review and won finalist in Missouri Review's 2013 essay competition. It will also appear in the local literary magazine States of Mind.

My sister Margaret is dying in a nursing home in the largely suburban Northeast section of Oklahoma City. It's a one-story, three-winged building with about ten rooms to each wing, small rooms. This one seems especially so with Margaret's large hospital bed taking up much of the space and a portable tray on either side of it and near the foot of it a good-sized TV. The windows in the rooms are dirty, their screens still on even though it's January, and right now there's a weak mid-day light streaming in from between the blinds. On the wall on the far side of the bed is a bulletin board with a handwritten "get well soon" card pinned to it and below that an 8x10 drawing of a smiley face. On one of the portable trays beside the bed sits a small bowl of stewed tomatoes and a plate of some sort of potato-meat goulash next to some pale green beans, all untouched, and two glasses of juice—one cranberry, one orange—with that clear plastic that stretches across the top and clings to the side. I think to



Cory Brown, associate professor of writing at Ithaca College, sits at his desk in Smiddy Hall. Brown's essay was published in the South Loop Review.
KECIA ROMIEL/THE ITHACAN

subvert the room's gloominess, I find myself fantasizing that the stretches of plastic are little trampolines and that I'm small enough to jump up and down on them, but then I imagine the plastic tearing and I picture myself falling into the juice.

Margaret had multiple organ failure a few days ago and pulled out of it, but it left her in a confused state of mind. Doctors say there's no neurological evidence of a stroke, but the nurses say her speech and thinking present otherwise. I teach in a small liberal arts college in

upstate New York and am on winter break, so I flew down to be with her for what my siblings tell me will be her last days. Margaret is sixty-five and I'm ten years younger. We're the bookends for our siblings—between us are two brothers and one sister. The older brother, Butch, lives in the small town in the western part of the state where we grew up and where Margaret lived before she was transferred here and he took care of her a lot the last couple of years as her health deteriorated. The other brother, Bob, two years older than I, lives here in the city and has

been overseeing her care since she was moved here. The other sister, Christine, hasn't spoken with Margaret in several years and they've been feuding for as long as I can remember, I suspect because they have such opposite temperaments: where Christine is bubbly and quick to laugh, her laugh almost a tick, Margaret is serious and intellectual. When Christine does get serious it's usually to express her conservative Republican politics, whereas Margaret is politically liberal and disdainful of the right in general. It's been painful to watch these two go at each other over the years and I have to confess it's one thing about my relationship with them I won't miss when Margaret is gone. That thought makes me feel awful. I suppose we sanctify life so automatically that any wandering thought that hints at welcoming another's death makes us feel guilty. I suspect a lot of that goes on, that many of our thoughts about a loved one's death are about how it will ease our lives. Life is difficult enough, we feel, without the hardship that that person is imposing on us. But the guilt that those thoughts cause is another hardship, so we're left having replaced one unpleasantness with the burden of another.

CORY BROWN is an associate professor of writing at Ithaca College. Email him at cbrown@ithaca.edu.



MIND MATTERS

AMELIA ERIKSON

Internet proves useful advocate

One of the most common ways to reach out to friends and family today is through social media sites such as Facebook and Twitter. These outlets can allow us to see who is dating who, what our friends did this past weekend and who just had a baby, all through a quick scroll down an ever-changing news feed. While many of the almost endless posts tend to reveal positive happenings in our friends' lives, they can also provide hints and clues about our friends who may be struggling.

Since 2011, Facebook has provided suicide support resources for members who showed signs of distress. First, the website provided a link to a hotline, then it allowed for friends and families to report posts for further review by Facebook employees. Last month, Facebook announced improvements to its resources based on collaboration with organizations such as the National Suicide Prevention Lifeline.

Now, those identified as at risk by friends have the opportunity to find contact information for hotlines and professionals or get tips and advice about how to find support and work through the challenges they are facing. The dialogue box that prompts users lets them know that they are not alone and encourages getting help.

Other social media sites have attempted to provide more mental health resources with varying success. Twitter piloted an app named the Samaritans Radar, which detects words and phrases linked to suicide. However, there was backlash about privacy, and the app was removed a week later. Reddit has a SuicideWatch forum, but there is controversy about the implications of a group of people speaking online without professional guidance.

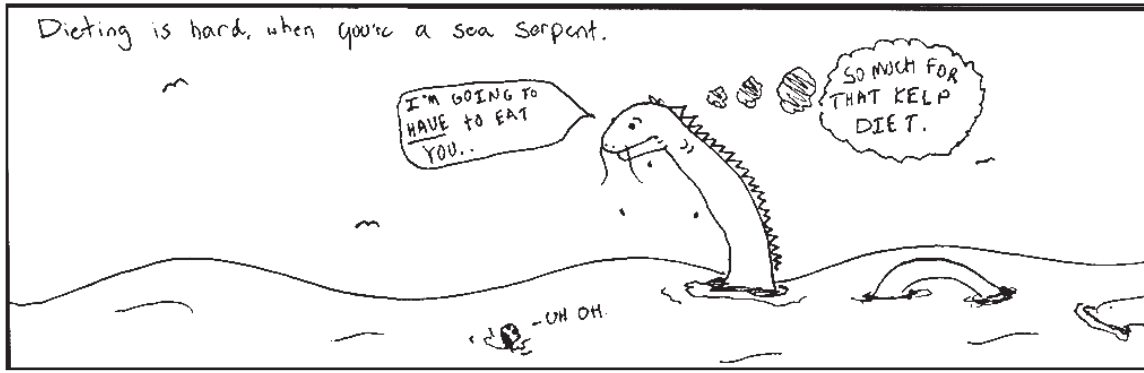
Tumblr has provided one of the best examples of mental health advocacy by prompting a dialogue box similar to Facebook about where and how to get help when users search terms related to suicide. Users must read and scroll through the information to continue with their search results. Google is similar, but lacks the more urgent, mandatory approach to resource information. However, there is a petition to improve Google's prevention techniques, which can be supported and signed.

Overall, though, Facebook has proven to be one of the most successful systems for suicide prevention and mental health advocacy. Using social media will improve outreach and will, hopefully, prompt more people to get the help they need.

AMELIA ERIKSON is a junior applied psychology major. Email her at aerikso1@ithaca.edu.

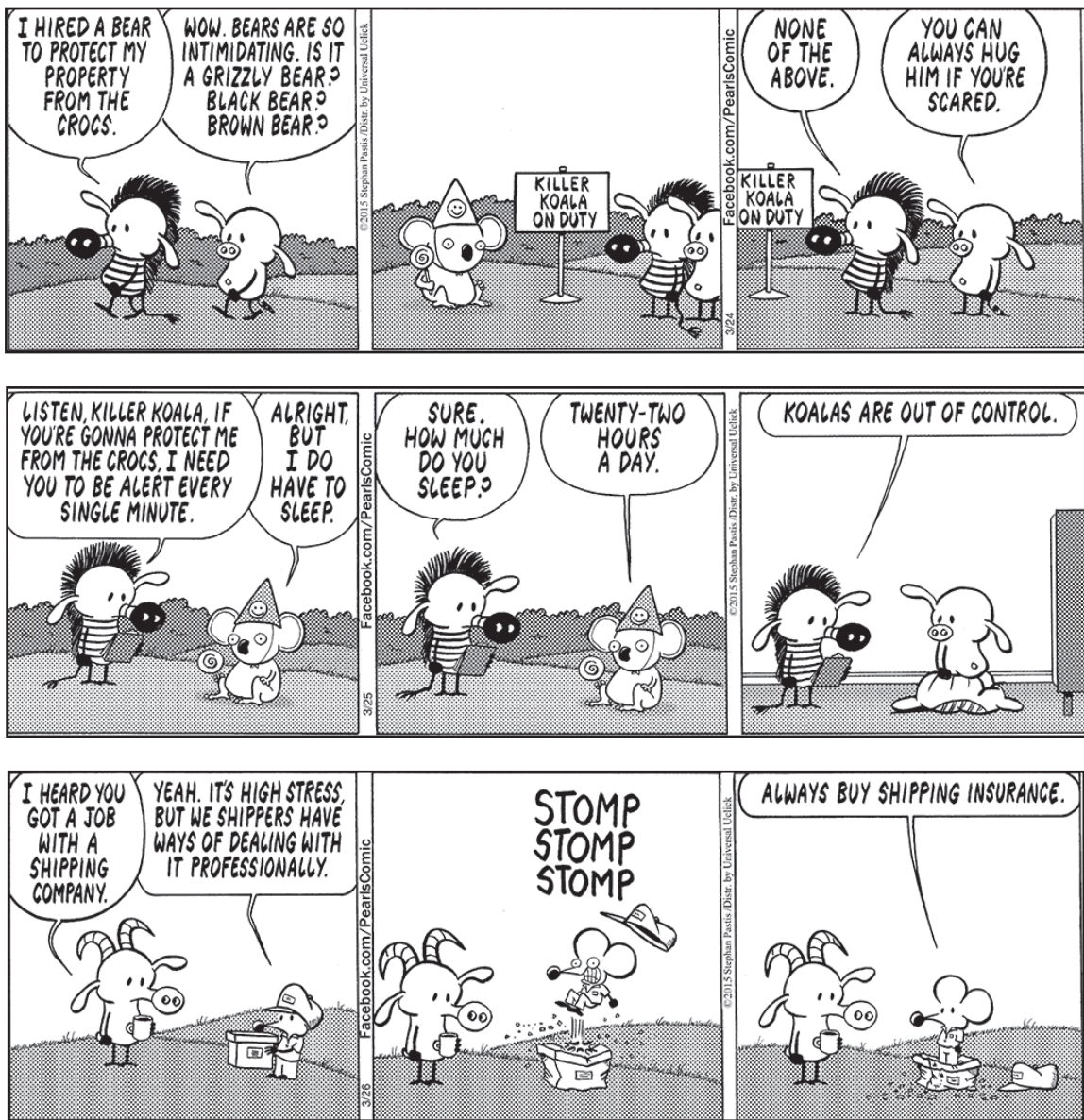
Your Dad's Dad

By Steven Pirani '16



Pearls Before Swine®

By Stephan Pastis



sudoku

medium

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

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very hard

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

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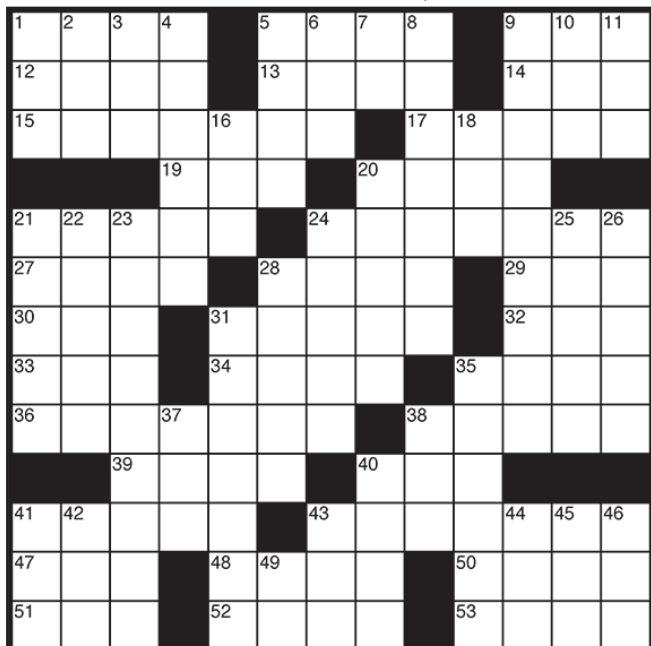
answers to last week's sudoku

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

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PRIZESUDOKU.COM
The Sudoku Source of "The Ithacan".

crossword

By United Media



ACROSS

- 1 Applaud
- 5 Mr. Griffin of television
- 9 Decline gradually
- 12 Patrick's domain
- 13 Jai -
- 14 La Brea - Pits
- 15 In an open manner
- 17 Sunny
- 19 Tumbler's pad
- 20 Boo and hiss
- 21 Wing it (hyph.)
- 24 Peerage member
- 27 Toe pain
- 28 Karate cousin
- 29 Guitar, slangily
- 30 Financial mag
- 31 One over par on the links
- 32 Med. staffer
- 33 Likewise not
- 34 Architects' wings
- 35 Lotion additive
- 36 Baby sitter, perhaps
- 38 Secret meeting
- 39 Lunar effect
- 40 Photo
- 41 Defense play
- 43 Found
- 47 Gun the engine
- 48 Apprehends a suspect
- 50 Winged Victory
- 51 Dressy accessory
- 52 Pour forth
- 53 Thrust-and-parry sword

DOWN

- 1 Business VIP
- 2 Ullmann of cinema
- 3 "We - not amused"
- 4 Let
- 5 Fountain order
- 6 Ron who played Tarzan
- 7 Nile god
- 8 Bright butterfly
- 9 Without end

- 10 Meadow murmur
- 11 Icy remark?
- 16 Soda-can opener
- 18 Zodiac sign
- 20 Green minerals
- 21 Winery process
- 22 Generous one
- 23 Profitable
- 24 Military horn
- 25 Montreal team of yore
- 26 Doctrine
- 28 Angelina - of films
- 31 Stooping
- 35 Esoteric
- 37 Pen point
- 38 Muscle spasm
- 40 Ritzy
- 41 Easel display
- 42 Hawaiian wreath
- 43 Deli units
- 44 Friendly advice
- 45 Just scrape by
- 46 Aberdeen's river
- 49 Gold, in chemistry

last week's crossword answers

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

CASH THE PARTY

Fundragers have become an effective, albeit forbidden, option to raise money for student projects and organizations

BY CELISA CALACAL
STAFF WRITER

A dark room teems with bodies, moving and pulsing to the pounding beat of the music, while a crowd in the next room gathers around a table abundant with colorful bottles. The space is filled with the vibrant energy of college students, their bodies swaying to the music and their fingers loosely grasped around red Solo Cups. Alcohol, a driving dance beat and the prospect of a fun night: All for the price of \$5. No ID needed. No questions asked.

This scene, which occurred on a Friday night in March, is typical of the types of “fundragers” that occur year-round: parties in which attendees are charged a fee as a means of raising funds for a project, event or organization. While most fundragers charge an entrance fee, sometimes the purchasing of merchandise or a previous donation may act as a free ticket into the party. Others may also charge an additional price for alcohol, and more often than not this is done informally, without monitoring the drinkers’ age. Junior Justin Snow, who threw a fundrager in February to raise money for his film “The Pee-Wee,” said fundragers are quick and easy to organize.

“We figured that it’s probably the best way to make money on a college campus is to have as many people packed into one place having a good time,” he said. “So that was our goal, and everyone that came was very willing to donate.”

Because of the various media projects Roy H. Park School of Communications students work on, Snow said many of them attend and throw fundragers to rapidly raise money for projects they must complete under deadline.

The Park School offers several grants to students working on media projects, such as the James B. Pendleton Student Research and Production Grant, which offers grants of up to \$1,000. However, the timeframe for

these applications occurs primarily within the spring semester, making it difficult for some students to receive the funds needed to coincide with their film’s production and shooting schedule.

Although fundraising websites such as Indiegogo and GoFundMe allow for the collection of funds outside the school, what makes fundragers a more successful option for students is their ability to raise large amounts of money in a single night.

“It was just so quick, and it was so easy to have people over,” Snow said. “There are definitely other ways to make money through other accounts, but we’re kind of limited because of the amount of people we have on our crew and the amount of time we have before our shoots. It was really easy to just throw a party and make our money that way.”

Lily*, a theater student, said students in the theater department throw fundragers to raise money for the department’s formal events. In addition to other fundraising means, she said fundragers act as supplemental revenue from outside the theater department.

“You need an extra source, and when you have other people being able to come in that means that there’s another source of money there,” she said. “You’re making money, which is the goal, so you’re striving towards your goal.”

Snow acknowledged the lack of

identification at previous fundragers, but said IDs were checked for “The Pee-Wee” fundrager due to the volume of attendance.

“Yeah we did [check IDs] for this one, but I know previous fundragers that don’t do that,” he said. “I mean it’s just like a process because there were a lot of kids that came that day so it was important for us to do that.”

Despite the possibility of underage drinking at these parties, oftentimes faculty members who are aware of these events may turn a blind eye to them. Lily said some theater professors are aware of fundragers due to the professors’ involvement in the department’s student-organized formals — events that are often supported by fundragers.

Regarding this notion, Diane Gayeski, dean of the Park School, said in an email, “What students choose to do outside of classes, even if it to raise funds for a class assignment, is out of the purview of any academic administrators.”

Aside from the support for students and production projects, fundragers are also used as a means to sustain student organizations. Sophia*, an executive-board member of an organization, said her group throws fundragers to maintain their status as a recognized on-campus organization.

“If we don’t have enough funding, we run ourselves at risk of losing our status as an organization,” she said. “And any occasion that we cannot have enough funds in our account, we can’t even put on the events that we would like to, which is the most unfortunate piece of it.”

According to the Student Organization Guidebook, a negative balance in an account forfeits the organization’s recognition status. The depletion of funds then prohibits the organization from holding events, reserving or spending funds, and reserving rooms.

On Feb. 17, the Student Government Association announced that due to a miscalculation of the Student Activities Fund, the SGA would no longer be able to provide funds for student organizations for the rest of this academic year, creating difficulties for many organizations that rely on the Student Activities Fund as a primary source of funding.

“It’s just very limiting here, so the plus side is that the money you could’ve gotten on campus without so many regulations, you’re getting regardless, and you’re still being able to do the things your organization is kind of built to do in the first place,”

Sophia said.

Theresa Radley, assistant director of student leadership and involvement in the Office of Student Engagement and Multicultural Affairs, said all recognized fundraisers must go through OSEMA to gain approval and follow college and OSEMA policy. However, the informal nature of fundragers, paired with casual distribution of alcohol, make these parties a prohibited option for on-the-books funding.

“It’s completely against policy just because of the alcohol level, and I wouldn’t recommend it,” she said. “There are so many other reasons and ways to raise money for your student organization or for a student event, so finding those ways and tapping into them would be better just because you have to think of the reputation.”

What Radley said is a fundamental dimension to a fundrager. The potential repercussions of the event could put students in hot water. However, many of the illicit activities also serve as incentives for people to attend, forcing organizers to tread a fine line between creating appeal and avoiding reprimand. Even online fundraising sites such as Indiegogo, Radley said, are prohibited for use by student organizations. Sophia said the risks of throwing a fundrager can threaten the existence of the organization itself.

“That’s one of the most counterintuitive aspects of it, is like, we’ll get in trouble for doing something to help sustain our organization, which is something I find very problematic,” Sophia said. “We never really publicly advertise it because we don’t want to run ourselves that risk of losing our status as an organization when we’re doing all we can to keep it an organization.”

Sophia said these regulations regarding campus fundraising, in combination with the SGA’s recent loss of funds, make hosting fundragers a necessity to raise the funds the organization needs.

However, despite the threat of ramifications against students, those who throw fundragers believe they offer an effective avenue to raise funds. Both Snow and Sophia said the promise of a good time, free from stress and filled with fun, gives students more bang for their buck.

“I think that especially for a college atmosphere, it’s harder to get someone to go on Facebook and take the time to go through an Indiegogo account and donate,” Snow said. “There are more benefits to going out on a Saturday night and being with all of your friends at one time.”

*SOME NAMES HAVE BEEN CHANGED TO PROTECT ANONYMITY.



PHOTO ILLUSTRATION BY TOMMY BATTISTELLI AND ALISON TEADORE



Money is traded for alcohol during a fundrager in March. Students often hold these parties to raise funds quickly for projects, showcases, events and more.

JENNIFER WILLIAMS/THE ITHACAN



Strutting their stuff

Members of the Ithaca College Dance Team perform on the runway at HiFashion Studios' Artpop Runway Show on March 23 in Emerson Suites. The show also featured many models and an intermission performance by members of IC Beatbox.

KAITLYN KELLY/THE ITHACAN

Video of the week

A father and his daughter used \$100,000 worth of Lego bricks to create a three-minute recap of the best scenes from "Jurassic Park." The project took over three months to complete, beginning when Paul Hollingsworth wanted to prove to 8-year-old Hailee that she could make anything out of Lego bricks. Hollingsworth is a contributor to the DigitalWizardz YouTube channel, which regularly features Lego stop-motion videos. He, along with several other contributors, worked with Hailee to make exactly the video she wanted. Hailee herself learned to animate and provide voice-overs for the video, which highlights all the major moments of the beloved movie.



WHERE'S THE BEEF?

The Ithacan hunts down the latest in zany consumer products for its readers to get their hands on.

Burger King announced a cologne that will make the wearer smell like a freshly grilled burger. The fragrance will only be available April 1 at select locations throughout Japan, and only 1,000 bottles will be available for purchase. Called "Flame Grilled," the cologne will cost about 5,000 yen, which is equivalent to about \$40. Customers will also receive a free Whopper with every "Flame Grilled" purchase.

This isn't the first time that Burger King branched out into cosmetics. Another meat-themed scent was available in the U.S. in 2009, and many made a stink over its uncomfortably seductive commercials. Though allusions to this blunder remain — Burger King's press release stated it wanted to "seduce" new customers with the "Flame Grilled" cologne — the new promotion is viewed by many as a lighthearted prank.



WORLDWIDE WEDDING COUPLE MARRIES ON SIX CONTINENTS

Instead of spending exorbitantly for a one-day wedding, one California couple set out on a worldwide adventure, aiming to be married almost 40 times on six continents. When making their wedding plans, Cheetah Platt and Rhian Woodyard discovered that the trip would actually cost less than hosting all of their family and friends in their hometown, Los Angeles. For about \$3,000 a stop, the couple have been married so far in India, Ireland, Egypt, Thailand and Colombia. Their photos, which depict the acrobatic pair posing in front of dozens of international landmarks, went viral on social media about halfway through their journey, which began in early February. The couple plans to conclude their journey on American shores with friends and family at an informal ceremony.



THE RADIOACTIVE MAN MAN RISKS RADIATION TO CARE FOR ANIMALS

After the 2011 nuclear meltdown in Fukushima, Japan, over 30,000 people were evacuated from the radiation zone. However, one farmer named Naoto Matsu-mura returned to take care of the many animals that had been abandoned by their owners. Though he is being exposed to massive amounts of radiation, Matsumura isn't concerned. "They told me that I wouldn't get sick for 30 or 40 years," he told Vice. "I'll most likely be dead by then anyway, so I couldn't care less." As a precaution, however, Matusumura only eats food from outside the radiation zone.



celebrity scoops!

Diesel honors Walker

During a March 16 advanced screening of the upcoming film "Furious 7," Vin Diesel paid tribute to fellow actor Paul Walker, who died November 2013 in a car crash during a break in the making of the movie. "When the tragedy happened, I lost my friend," Diesel said. "I lost my brother."

Footage of the emotional speech was posted to YouTube and went viral, showing the crowd offering support and encouragement to Diesel.

Several stand-ins, including two of Walker's brothers, were used to complete the filming of "Furious 7," along with digitally modified, previous footage. "This was a very, very personal and important film for us," Diesel said. "It was in some ways the hardest movie I ever had to do."



tweetuntweet



"This is the best eclipse I've ever seen in my peripheral vision whilst checking my phone."

— London-based comedian Michael Spicer joked March 20 about the solar eclipse that could be seen in parts of Europe, which many people watched on social media.

TOMMY BATTISTELLI/THE ITHACAN

STREET YOUR ART OUT

Around Ithaca, artists have turned standard urban environments into venues for artistry

ONLINE

To see a slideshow of more street art, visit theithacan.org/street-art



ON ANY GIVEN MORNING, EARLY-RISERS WALK ACROSS THE PARKING LOT NEXT TO ITHACA BAKERY ON MEADOW STREET, AND JUST AS OFTEN THEY PASS WITHOUT NOTICING THE MASSIVE MURAL ADORNING THE WALL AT THE BACK OF THE LOT. PAINTED BY ALICE PASQUINI, AN ITALIAN VISUAL ARTIST, THIS IS JUST ONE OF MANY INSTANCES OF ART THAT CAN BE FOUND ON THE STREETS OF ITHACA. HOWEVER, THESE PIECES ARE OFTEN LOST IN THE BUSTLE OF DAILY LIFE. THESE FOLLOWING MURALS ARE A FEW OF THE MANY WORKS OF ART THAT CAN BE FOUND THROUGHOUT ITHACA.



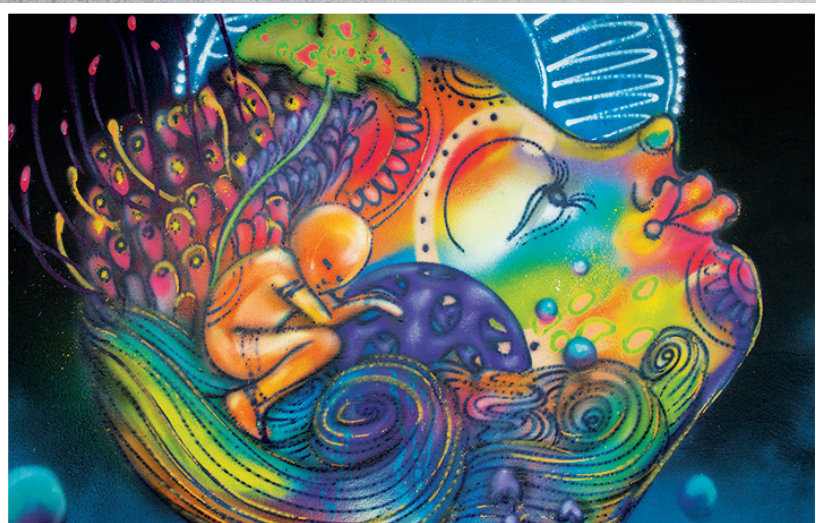
This mural, which can be spotted in a skate park on the Titus Flats on South Meadow Street, is the work of Cap Matches Color, a collective of graffiti artists.
TOMMY BATTISTELLI/THE ITHACAN



This brightly colored lettering is one of many murals hidden on the back of the International Brotherhood of Electrical Worker's building on Cecil A. Malone Drive.
TOMMY BATTISTELLI/THE ITHACAN



This mural can be found on a New York State Electric and Gas Corporation pump house at Route 79 and 13A. The piece was done by local artist Sean Chilson.
TOMMY BATTISTELLI/THE ITHACAN



This detail is part of a larger mural by the front entrance of Lot 10 on Cayuga Street. The piece was done by Eder Muniz, a Brazilian urban artist based out of New York.
AMANDA DEN HARTOG/THE ITHACAN



This surreal take on "Alice in Wonderland" was painted by French graffiti artist Roti. One of the most intricate murals in Ithaca, it can be found on Green Street.
JACKIE BORWICK/THE ITHACAN

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Ithaca theater company inspires youths

BY SYDNEY HILL
CONTRIBUTING WRITER

With abundant theater productions throughout the year, Ithaca boasts many theater companies full of seasoned actors. However, Running to Places Theatre Company is taking a different approach, looking not at the community's established actors but at its young, budding performers.

Running to Places is an Ithaca-based theater group that showcases local youth in all areas of live performance through the production of plays, musicals, workshops and cabarets. All aspects, from actors to set designers, are carried out by high school and middle school students that are guided by experienced mentors.

Through these opportunities, Running to Places strives to enrich local youth at a cultivating time in their lives. The founder and current artistic and resident director, Ithaca College alumnus Joey Steinhagen '96, is constantly pursuing this mission.

"With kids and teenagers, you have this moment where you become self-aware, and with peer pressure you get put behind walls," Steinhagen said. "But in theater, it's all about tearing down those walls and divisions, and try as you might, you can't be the weirdest kid among theater people. And it creates a moment of self-expression that's so magical and just rare for teenagers to get the opportunity to do."

Running to Places began its first season in 2007 and has since produced around 40 full-staged shows. According to its website, its season of five stage



Christian Henry and members of the ensemble take the stage Feb. 7, during Running to Places Theatre Company's production of "Fame."

GEORGE CANNON/RUNNING TO PLACES THEATRE COMPANY

productions reaches an annual audience of 5,000. It has also collaborated with local theater groups such as the college's theater arts program, The State Theatre and The Hangar Theatre.

These collaborations go back to the roots and namesake of the organization, Doug Levine, the executive director of The State Theatre, said. The State Theatre has been a performance venue for many Running to Places productions since 2009, allowing Levine to work closely with the organization. He said the company exposes the students to the stage.

"Running To Places, the name, was founded on literally running around the community, like having it at The State Theatre, then the Hangar Theatre, so it sort of opened students' eyes to all the ways that theater is performed in this county," Levine said.

This collaborative approach has fostered many lasting connections in students from all parts of Tompkins County. One of these students is junior Emily Behrmann-Fowler, who grew up in Ithaca. Behrmann-Fowler began performing with Running to Places in its first season in 2007,

and continued to hold many roles throughout middle school and high school.

"It brought together all these theater kids who share a common passion and brought us all together in one place," Behrmann-Fowler said. "So some of my best friends now I actually met from Running to Places who went to nearby schools, and I wouldn't have met them otherwise."

Since 2013, rehearsals for these productions have been held at the Just Be Cause Center for Not-for-Profit Development on West State Street. The locations of the shows are held in the many performance venues of the Ithaca community, such as The State Theatre, The Kitchen Theatre and even the Ithaca High School Kulp Auditorium.

This season has already featured productions of "FAME" and "Daisy Pulls it Off," but to catch this union of community and performance in action, viewers can also see "The Wizard of Oz" May 15-17 at The State Theatre, "13: The Musical" July 9-18 at The Kitchen Theatre and "Little Women" Aug. 14-16 at Ithaca High School Kulp Auditorium.

Steinhagen said thus far, this season has been a shining addition to the company's track record. He said he is optimistic for what the future has to bring.

"Running to Places has been an incredible showcase of the incredible raw talent, and I absolutely guarantee that it is just going to continue to defy expectations of what young people are capable of doing on stage and off," Steinhagen said.



NATALIE DIONNE, INDIA

THE
JETSETTERS

Desert downpour makes for dirty feet

I've been living in India for about 55 days, and my feet have been incredibly dirty for roughly 45 of those days. In the beginning, I made it a point to wash them often so the creases of my toes were void of any dust or grime. Now, it seems the layers of dirt are adding up as my wandering among side streets increases and walks around forts become more frequent. I'm beginning to grow a fond appreciation for all the dirt packed tight in the leather cracks of my sandals and markings of adventure on my feet.

Perhaps it's a personal quirk, or the effects of running around barefoot outside for the larger portion of my childhood — and young-adult life for that matter — but I often associate my fondest memories with the level of dirt I can acquire between my toes. My Indian escapades have consistently been experienced with dirty feet.

On a weeklong excursion to Bikaner, a small desert city very close to the Pakistani border in the Western part of the state of Rajasthan, my feet got the dirtiest they have been thus far. At the same time, I also crafted one of my favorite memories in India since my arrival.

The night I arrived in Bikaner — after a seven-hour trip on a bus that easily could have fallen apart mid journey — I left the guesthouse with two friends and one goal: to get lost among the foreign streets. A rickshaw with flashing, multi-colored lights dropped us off at the gates of the old city. We walked until we found a side-alley, swarming with small shopkeepers and steaming with the tempting smell of spices and street food, and peeled off the main road to explore.

My feet were comfortably tucked inside my 5-year-old Birkenstock sandals and relatively void of dirt when we began wandering among the streets. We snuck through passageways smelling of garbage and greasy samosas and found ourselves in a vegetable market covered by canopies of burlap and illuminated by flickering lightbulbs. Desert sand dusted the ground, and the cleanliness of my feet became a thing of the past.

As we continued to walk — with no exact destination in mind — glances of mutual curiosity were exchanged with the Indian men behind their market stands. The bazaar was crowded with cows roaming among the narrow pathways in search of a forgotten piece of fruit and women carrying vegetables in baskets gracefully balanced on their heads. My senses were overwhelmed.

After passing by stacks of chickens in cages and tailors sewing Indian dresses on old-fashioned sewing machines, we emerged from the market and found our way back to a familiar street. That's when the rain began. At first it was a light sprinkle, but that only lasted 30 seconds. Soon, water was dripping off my eyelashes as the rain fell harder and faster than I would have expected it to in the desert.

We ran through the streets and toward the guesthouse, laughing. The dirt covering my feet turned to mud as more rain fell and puddles grew larger. An Indian man ran by us and passionately yelled, "Welcome to beautiful India!" We exchanged broken bits of Hindi with street merchants who invited us under their tarps to escape the rain, but we continued on until we reached a little restaurant with wooden walls and stone floors. I ordered too much naan — if that's even possible — and had the best paneer butter masala to date.

At the end of the night, soaked and blissful from the desert rain, I looked down at my feet. They were painted with mud, and I was left with the dirtiest of feet and the happiest of hearts.

Authentic Ethiopian cuisine arrives to Ithaca area

BY ILANA DIAMANT
CONTRIBUTING WRITER

While Ithaca boasts a range of American, European and Asian restaurants, African cuisine has been absent from Ithaca's food scene. Enter Hawi Ethiopian Restaurant, located at 113 S. Cayuga Street, the first venture in restaurant ownership from Citra Mohammed and Gadise Degebasa, who previously worked together in an Ethiopian restaurant in New York City. With a goal to bring both traditional and personal recipes to the table, Mohammed and Degebasa designed Hawi to add new flavors to Ithaca citizens' palates.

"We hope to bring the wonderful sharing experience that Ethiopia has ... the meals are shared," Mohammed said.

This notion of sharing that Mohammed, who is Ethiopian, refers to is regarding the way meals are served in Ethiopia, and thus in this restaurant: Guests are served a large platter with injera, a spongy, sourdough flatbread, that is then topped with whatever dishes the guest orders. Food is eaten by hand, a departure from American and European dining customs. There are options on the menu for meat-eaters, vegetarians and vegans alike.

Mohammed said she and Degebasa visited the town before they made a decision, and its diverse food scene and location were the prime reasons for opening the restaurant here.

"We came here once [to see the space] and tried many different restaurants in one day ... a lot of international places, and the people were very open-minded," Mohammed said. "We also found out that Ithaca is one of the greatest American college towns, so we decided to give it a try."

Degebasa, after her time working in New York City, said she is happy to have found this location.

"I worked in New York for two years, but Ithaca is a very good place for the restaurant



A server spoons a bowl of cooked vegetables onto a platter March 24 at Hawi Ethiopian Restaurant. Ethiopian food is usually served with injera, a flat, fluffy bread, and is eaten without silverware.

TOMMY BATTISTELLI/THE ITHACAN

because Ithaca is very different and the people seem to really like the food," Degebasa said.

Though the restaurant's soft opening was scheduled for March 11, the pair said a piece done by the Ithaca Voice brought so many Ithacans to the restaurant that week that it became the restaurant's grand opening.

"We didn't expect that many people," Mohammed said. "The house was packed."

So far, the co-owners said they have received good feedback from their patrons and a warm welcome to Ithaca.

Ithaca College freshman Marieme Foote said she had a pleasant experience when she sat down to eat at Hawi.

"The food was authentic and the service and staff were very welcoming," Foote said. "I really enjoyed the vegan options and the way spices were incorporated into the food."

Ethiopian cuisine may be a new

experience for many Ithaca-area students, as the dining customs and flavors differ greatly from many of the restaurants in downtown Ithaca. The vegetable dishes, often consisting of split peas, lentils, beets, chard, potatoes and carrots, can be quite spicy. All the vegetables used in Hawi's kitchen are unprocessed, and there is very little oil used in the food preparation, making this cuisine a relatively healthy option.

While the restaurant currently offers lunch, dinner and pick-up service, looking toward the future, Mohammed said there are plans to begin delivery service in the future, along with a breakfast option. She also said she is looking forward to the summer tourism season, when visitors set out to get a taste of Ithaca.

"I think people will have more places to choose from, and I hope other international places will join soon, too," Mohammed said.

Freshman finds passion in yo-yoing

BY ASHLEY WOLF
STAFF WRITER

Freshman Donald Hodgkinson, wearing a black T-shirt and black flat-brimmed hat, stands in front of a sponsorship board at the 2012 World Yo-Yo Contest. A remix of the song "Dust In The Summer Rain" by Parov begins to play, and Hodgkinson begins an intricate three-minute routine with light-blue yo-yos, each yo-yo connected by a green string. This is no standard routine for Hodgkinson: He is about to take seventh place in a worldwide competition.

Hodgkinson's yo-yo career began in third grade, when he saw older kids on the playground in his hometown of Sharon, Massachusetts, playing with yo-yos and decided he wanted to learn, he said. He taught himself how to play through online tutorials, books and by meeting with other yo-yo players in Massachusetts. At his yo-yo-themed 11th birthday party, where he had a professional yo-yo player, he heard about the competitive side of the sport. Hodgkinson said he was in his first competition that same year.

"My first competition was in 2007," Hodgkinson said. "It was in Western Massachusetts. It was a state competition ... I entered the beginner division and got fourth place. It was a really great experience ... Even still, I love going to competitions. It's a really nice vibe. Everyone is there to support you."

The way a competition is run varies depending on the size of the event, Hodgkinson said. There is usually a registration signup for each division and an entrance fee of \$15–20. When competing, Hodgkinson said the judges grade the player based on the performance and routine's technical difficulty.

"If you drop a string or something, they'd give you negative



Freshman Donald Hodgkinson practices one of his signature moves with his yo-yo. Hodgkinson has been a competitive yo-yo player for over eight years, and he has participated in many international yo-yo competitions.

JENNIFER WILLIAMS/THE ITHACAN

points, and depending on how well you execute, they'll give you positive points," he said. "For the other part of your score, it's performance: It's the musical use, stage use — just how well you look on stage."

Hodgkinson is a 3A player, which means he performs string tricks with two yo-yos at once. Throughout his yo-yo competitive career, Hodgkinson has been awarded many trophies, including first place at many competitions, such as the 2013 Pacific Northwest Regionals. He has traveled to places such as Florida, California and even Prague to compete. Each country has its own style of yo-yoing, Hodgkinson said.

"[Europe] was a lot more relaxed than here," he said. "I thought that was really interesting and helpful because if you become too involved with [competition], you lose sight with the main points of yo-yoing,

which I think is to have fun, interact with others and make friends."

At competitions, Hodgkinson tries to promote his sponsor, Werrd HQ — an Australian yo-yo company — by wearing the company's clothing and yo-yos they had sent him. Keith Mitton is a globally ranked Australian yo-yo player and works with Werrd HQ. He said Hodgkinson was on the rise to being a popular yo-yo player when the company began to talk with him about potentially sponsoring him.

"We want people that want to become a part of the [yo-yo] family," he said. "Some people have a particular style that they might be winning contests with, or maybe nobody else can play yo-yo quite like them. Donald is a bit of both."

Leslie Amper, Hodgkinson's mother, said prior to the beginning of her son's yo-yo hobby, she never imagined what yo-yos could lead

to. The yo-yo community enjoys coming together to compare yo-yos or new tricks and cheer one another on, she said.

"Donald drew us into a world that we had no idea existed," Amper said. "The fun thing about it is that it's creative, physical, includes discipline, it's a community and you're making friends all over."

Hodgkinson has about nine yo-yos at the college and another 20 at his house, he said. He uses them on a daily basis as a creative outlet. No matter what he's feeling or doing, his yo-yo is his way of expressing himself, Hodgkinson said.

"A lot of the time I spend thinking about tricks, performing in my mind, expressing some thoughts I have," he said. "Like a musician would use their talent to express themselves, I do that the same way with the yo-yo to get out a lot of my creative energy."

hot dates

thursday

'**Deserving Desire,**' a lecture regarding the sexual evolution of heterosexual women, will be presented by Beth Montemurro at 7 p.m. in Textor 101 at Ithaca College.

friday

The Hound Dogs, a classic rock and swing quintet, will perform at 6 p.m. at The Oasis Dance Club, 1230 Danby Road.

'**Flight of the Heart,**' Ithaca College's Main Stage Theater production, will feature three major choreographed numbers at 8 p.m. in the Clark Theatre.

saturday

A book reading by Josh Greenfield, the author of "Homeward Bound," will take place at 3 p.m. at Barnes & Noble, 614 S. Meadow St.

'**Il Signo,**' an opera based on Shakespeare's "A Midsummer Night's Dream," will be performed at 8 p.m. at the Lehman Alternative Community School, 111 Chestnut St.

sunday

'**Mami Confessions,**' part of a monthlong solo play festival, will be performed by Lorraine Rodriguez-Reyes at 4 p.m. at the Kitchen Theatre Company, 417 W. State St.

'**From Africa to America,**' a concert by the Dorothy Cotton Jubilee Singers, will be held at 4 p.m. at the First Presbyterian Church of Ulysses, 69 E. Main St., Trumansburg.

Annual photo show puts work of local artists on display

BY ANGELA WELDON
STAFF WRITER

A missile, a man smoking, a river in Vermont: these seemingly unrelated subjects appear in the 85 featured photographs in this year's Annual Juried Photography Show at the State of the Art Gallery located at 120 W. State Street in downtown Ithaca.

This 26th annual exhibit, open from March 4–29, incorporates a wide variety of photographs and shows off the talents of local artists. According to the SOAG website, the annual exhibit features photographers in the Central New York area who wish to enter their recent work.

David Watkins, a member of the gallery for over 10 years, has helped coordinate the annual show for the last few years.

"Each year the show gets better, and this year is no exception," Watkins said. "The show has also become more regional with applicants from the NYC area, to Buffalo, Ohio and of course a several county area around Ithaca."

Stan Bowman, member of the gallery and former photography professor at Cornell University, said any photographer who is able to personally bring in their pictures to the gallery is eligible to submit up to two works for consideration for the show. Bowman said the gallery looks to take the most current work from photographers, usually within the past three years. A group of photographers, who are members of the gallery, then reviews all of the applicants and selects those who will be displayed. In addition, a judge, usually from outside of the gallery members, awards prize money to selected artists.

Although this 85-piece collection features diverse works, the photos fall together to form one cohesive exhibit. Showing a balance between nature and portraits, the photographs become interconnected. The featured artists chose to aim their focus toward either landscapes and nature, such as trees, flowers, animals and bodies of water, or human portraits, which play with light in different ways. The gallery showcases



Local photographers' artwork was chosen to be displayed from March 4–29 at the State of the Art Gallery in downtown Ithaca.

TOMMY BATTISTELLI/THE ITHACAN

some of the best work local artists have to offer, and it does not disappoint.

One recurring method seen in this year's show was the abundance of black-and-white prints. Making up 20 of the 85 photographs, the colorless pictures hold the tightest bond among the work. These 20 pictures are all striking, and the choice to capture the scenes in black and white definitely enhances the photographs. Bowman said he was pleased with the increase in black-and-white photographs selected.

"That's the one thing I'm noticing in the last few years, and that seems to be growing in popularity, which I find kind of funny because when I started photography in the 1950s it was black-and-white because that's what you had," Bowman said.

"It's really interesting to see these things changing as time goes by, but I'm really keen on having people return to doing black and white."

Adam Baker, Ithaca College's senior multimedia producer and developer, has two photographs of rivers and waterfalls featured in the show. He said he agrees that the trend toward black-and-white photography is innovative and prominent in this year's exhibit.

"Everybody's got a camera these days, and everybody can take a great shot, and I think black-and-white photography requires a different thought process. And that shows there is a lot of thoughtful work going into it," Baker said.

Apart from Baker's pieces, some of the highlights of this show included works by three other Ithaca photographers: Sarah Carmen, Jon Reis and Elaine Derby.

Carmen created two images, "Leaf of a Portrait" and "Three Walls and a Window," which both explore different media, generating three-dimensional photographs and inventive pieces. In contrast, Reis' "Missile and Six Tumbleweeds, Banning Municipal Airport, Riverside County California" tells a more old-fashioned story, framing a still life of a missile resting on an airport fence. Reis has been working for 25 years on this "aviation anthropology" theme, photographing the culture of aviation. Derby, another standout, displayed two portraits of feminine wisdom with which she said she hopes to honor women at a crucial time as they are experiencing a spiritual awakening of the divine feminine.

This gallery is definitely worth a look because the talent of these 63 local photographers shouldn't go unnoticed. Baker said he was impressed by the compilation in the 26th Annual Juried Photography Show.

"In my opinion, I think that the photo show always has a great collection and diversity of photography," Baker said. "I think it really goes to show how much talent there is in this town when it comes to art and photography."

Soviet Russia exposed in hockey documentary

BY JOSH VITCHKOSKI
STAFF WRITER

It's the end of the 20th century in the aftermath of the once-mighty Soviet Union, now a crumbled shadow of its former self. Soviet hockey players are beginning to leave their shambling economy for a brighter future in the National Hockey League. Onscreen, an Internet video of a former Russian player-turned-NHL all-star plays as he demonstrates his shooting ability for America. Several Russian nesting dolls have been filled with condiments and tied to a goal for the player to shoot at with his stick. One by one, each puck makes its mark in an explosion of sauce and Russian pride. Now add former legendary Red Army defenseman and team captain Viacheslav "Slava" Fetisov as the narrator, listing after every shot what the Soviets were losing to the Americans.

With Fetisov at the epicenter, director Gabe Polsky crafts a deliciously wholesome account of the Soviet Union's supremacy in the rink in the 2014 documentary "Red Army." The documentary follows the account of Fetisov and several other of the USSR's greatest hockey players during the Cold War. Analyzing the politics, use of sports propaganda and the rising tension between the East and the West in the time of imperious communism, Polsky carries the audience through the later half of the 20th century through the eyes of a sports regime that was perhaps the Soviets' most effective weapon against the U.S.

Fetisov, born into a system that prioritized sports above all else and selected the best of the best, recalls his rises and falls in the ongoing battle for glory that is hockey, the most

popular sport in the USSR at the time. To put that on an even higher note, for many years he carried the burden of being the symbol of his country's triumph over capitalism and faith in the Kremlin. Illustrated in sports footage of stunning shots and incredible feats of puck-passing, the Red Army team is shown to be unstoppable. It transformed the stereotypically brutish game of hockey into a finessed art form, spearheaded by its enlivening coach Anatoli Tarasov.

Later in the documentary, the dark side of being the Russian all-stars is seen when Tarasov is replaced by the ruthless, contemptuous Viktor Tikhonov as head of the Red Army team. Under Tikhonov, the entire team is put through the wringer: They are isolated in a sports training camp for 11 months a year, unable to see their families even in dire situations, and put under days of excessive training and scarce luxuries. Tikhonov brings to the Red Army the brutality of the KGB, with such disrespect for his players that Fetisov questions his prompts as to what exactly they mean when they ask for a summary of his "relationship" with Tikhonov — "relationship" is too strong a word.

The thin line between hockey being a metaphor for the war between the U.S. and the USSR and it literally becoming war itself is crossed at a number of points throughout the players' anecdotes. For a time, it was widely believed that the Soviets' victory at the Olympic Games in Lake Placid, New York, would bring about the total victory of communism and the end of morale to capitalistic societies everywhere. The Soviet government was insistent on keeping its players confined within their society, unable to see how better off the rest of the world's economies were, just as was given treatment to average citizens. The players couldn't use their own passports for



Members of the Soviet Union's national hockey team during the Cold War are the subjects of the documentary "Red Army," narrated by team captain Viacheslav "Slava" Fetisov. COURTESY OF SONY PICTURE CLASSICS

anything that wasn't government-mandated and were essentially forced to be with only one another and no one else. With life and death on the line in some cases, it's a riveting documentary constantly keeping the less historically aware audience on its toes.

The film has a happily cynical sense of humor, showcasing the stars' own crude jokes, unedited takes or news of a hockey player's defection as perfectly timed knee-slappers. Against a backdrop in the colors of Russian propaganda, a mix of old and new cinematography blends nicely together with a satisfying soundtrack. Complementing it all, Fetisov is a

wry and hardened speaker with more insight into the history of hockey than could be said for many.

Those interested in the Cold War, the tension between the U.S. and the Soviet Union or anyone who appreciates hockey would enjoy "Red Army." This one does justice both for those with interest in documentaries and without, and it brings humor and perception to what some may consider the real war that the Soviets fought for dominance.

"Red Army" was written and directed by Gabe Polsky.

Long-awaited album offers intense social commentary

BY ANGELA WELDON
STAFF WRITER

After an eight-year hiatus, Modest Mouse released its sixth album, "Strangers to Ourselves," on March 17. With this modern album, the indie-rock band out of Washington is re-entering the music scene, coming back stronger than ever.

In the opening song and title track, "Strangers to Ourselves," lead singer-songwriter Isaac Brock's smooth voice introduces the album's theme: detachment from the confusion and the meaning of our lives. "Strangers to Ourselves" sends a message to listeners that this band is still making mistakes and still has regrets, as all humans do. The other most noteworthy song, "Lampshades on Fire," uses an extended party metaphor to represent humanity's inclination toward self-ruin and repeated

mistakes. The catchy dance beat is reminiscent of Modest Mouse's previous albums.

"Strangers to Ourselves" is more mainstream for Modest Mouse, being significantly different in both lyrics and music from its previous albums, which were more dismal and cynical in lyrics and aggressive in form. Older fans may be disappointed as the band strays from the classic edgy style of its previous albums, but Modest Mouse does manage to mix some of its old sound into these modern jams, enhancing its quality and likability.

This album offers intense social commentary on humanity's ignorance and greed. The combination features dance beats, such as "Strangers to Ourselves" and "Pistol (A. Cunanan, Miami, FL, 1996)." In contrast, Modest Mouse also offers deep emotional ballads, such as "Ansel," which Brock wrote after the death of his brother. Both techniques help to uplift the album's themes.

Modest Mouse's newest 15 tracks



COURTESY OF EPIC RECORDS

bring up these deep issues, such as ignorance of natural resource depletion in "The Ground Walks, with Time in a Box" and humanity's loss of dignity and obsession with destruction in "Lampshades on Fire." This distinctive twist sets Modest Mouse apart from its indie-rock counterparts and produces an enjoyable album.

With some real winners and some other throwaway songs, Modest Mouse definitely gets its point across through intense lyrics and optimistic beats. After this long-awaited album release, Modest Mouse leaves listeners wanting more. As Brock asks in "Lampshades on Fire," "This one's done so where to now?"

'Run' stumbles on style shifts

BY ANGELA POFFENBAUGH
CONTRIBUTING WRITER

Known for its iconic song "Sail," electronic rock band AWOLNATION released its newest album, titled "Run," on March 17. Overall, the album is enjoyable, with several different styles of music and a likable sound in every track. However, there are some pitfalls, including repetitively negative lyrics, that detract from the album's appeal.

Some songs, like "Drinking Lightning," "Holy Roller" and "Headrest for My Soul," are calm and mellow, sounding like sweet pop songs rather than the hard rock songs typical of AWOLNATION. Others have a more expected edgy, emo feel with lots of screaming and intense instrumental parts. There are also a few of pieces that fall between the two contrasting types. They start off sweet and slow

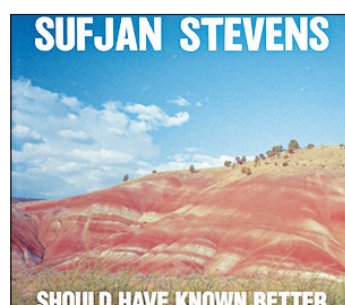
but then finish with the artists screaming the lyrics. The result is a versatile listening experience: Whatever mood someone is in, they can find a song to fit it on this album. The downside, however, is that the listener may be confused by the beat changing so inconsistently, switching from incomprehensible lyrics to acoustic guitar pieces and back again.

Through its dynamic tempo and tone changes during the music, AWOLNATION has created a catchy, albeit off-kilter, compilation that is certainly worth a listen.



COURTESY OF RED BULL RECORDS

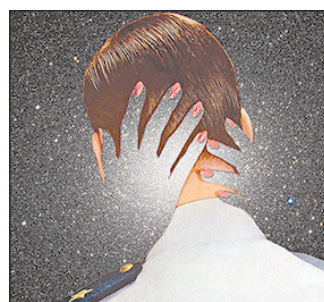
QUICKIES



COURTESY OF ASTHMATIC KITTY

"SHOULD HAVE KNOWN BETTER"
Sufjan Stevens
Asthmatic Kitty

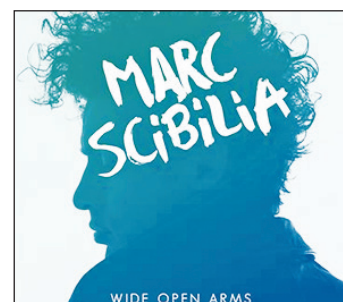
Sufjan Stevens' signature soft electronics make his March 12 single, "Should Have Known Better," instantly recognizable. The song is from his upcoming album, "Carrie and Lowell," to be released March 31.



COURTESY OF 300 ENTERTAINMENT

"LYDIA"
Highly Suspect
300 Entertainment

Highly Suspect, a blues-rock band out of Brooklyn, New York, released its first official single, "Lydia," on March 17. The song, from the upcoming album, "Mister Asylum," features a grinding, guitar-based beat.



COURTESY OF I.R.S. RECORDS

"WIDE OPEN ARMS"
Marc Scibilia
I.R.S. Records

Buffalo, New York, native Marc Scibilia released his newest single, "Wide Open Arms," on March 17. The easygoing track marks an energetic return for the Tennessee-based singer, boasting a pop-country vibe backed by strong piano.

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ITHACAN LITERARY NARRATIVE



Head baseball coach George Valesente gives advice to senior pitcher John Prendergast at the team's practice March 23. TOMMY BATTISTELLI/THE ITHACAN

A VALIANT LEADER

Head baseball coach George Valesente leads his alma mater to 37 straight winning seasons

BY KRISTEN GOWDY
SPORTS EDITOR

March 14, 2015:

The baseball team is closing out the final frames of a seven-game, Southern California road trip over spring break. The weather is almost summer-like, a tease for the team, which will return to sub-freezing Ithaca the next day. But for now, it's perfect baseball weather.

As he has done so many times before, head coach George Valesente watches from the dugout as his team looks to finish its annual trip on a high note. It's been a tough week for the Blue and Gold, who have clinched just one victory — an 11-9 extra-innings thriller against Occidental College — thus far. But now, with a 2-0 lead in the top of the ninth against Spalding University, the Bombers are trying to get back to South Hill with another win under their belts.

It's just another regular season game for Valesente's team, but then again, it's not, and the players know it. The 70-year-old head coach, who is in his 37th year, has been coaching since before any of his current players were born. The 999 games that the Bombers have won since 1979 have all been under Valesente's watchful eye. But this is the big one. Winning 1,000 games at a single institution is something few coaches can lay claim to.

"We wanted to get it done out there for him," senior catcher Cooper Belyea said. "It was definitely in our minds."

Senior Andrew Sanders is on the mound for the Bombers. There are two outs in the inning, and Sanders is pitching to the Golden Eagles' designated hitter after retiring the first two batters of the inning and having a runner reach on an error.

Now, Sanders eyes the base runner — who is dancing teasingly off first base — over his left shoulder. Ensuring that the runner will not attempt to steal, Sanders refocuses on the batter. He just needs one out. Throwing from the stretch, Sanders delivers what he hopes will be the final pitch of the game. ...

One month earlier:

Valesente leans back in the stiff, white chair near the entrance of the Athletics and Events Center and looks out at the falling snow that is coating Higgins Stadium and the parking lot outside. The powdery white is accumulating quickly and shows no sign of stopping. He dreams of spring.

His team has just finished a two-hour practice in the warm confines of the A&E

Center. Several players have stayed behind to take extra batting practice in the netted cages by the track, and the ting of aluminum bats finding their mark reverberates across the building. But the noise of ball meeting bat — normally one of the purest sounds in the sport, in all of sport — is tainted. It's the echoes. This game was not meant to be played indoors.

Valesente knows this all too well. Forty-three years of coaching at four different schools in New York have brought too many long winters and short springs. But the springs are always worth it. When the well-trimmed grass on the diamond across campus finally makes its appearance from under the snowdrifts, and the red dirt of the infield loosens enough to slide on, that's when the season can finally begin. That's when the fun can finally begin.

But for now, it's still winter, and the team won't taste spring on South Hill for at least two more long months. As Valesente watches the flurry outside, he reflects back on the 37 years he has held the reins of the program. To him, the wins are just a number, a quantifiable statistic that looks impressive on a sheet of paper. The nearly four decades he has been the head coach have been so much more.

For a moment, he is lost in thought.

"It's been the best thing that could happen," he said. "I don't know if there's any other person on the planet who could have had it any better than I have."

Summer 1952:

Established in 1831, the small town of Seneca Falls, New York, was a bustling industrial hub due to the river that runs through its heart. Its 19th-century residents, however, were interested in more than just factories. Home to the first Convention on Women's Rights in 1848, Seneca Falls was well-known for its support on reform issues such as slavery abolition, women's suffrage and temperance.

This was where Robert and Virginia Valesente chose to raise their children. As Valesente and his brother, Bob, grew up, the thriving community featured a population of about 7,000, including plenty of young athletes for the brothers to compete against.

Valesente is 7 years old and is, as usual, tagging along after Bob. The boys sprint out the front door of their small, two-story, Victorian-style house. They pause only to grab a broom and a whiffle ball as they make their swift exit.

Outside, the summer sun streams down on the grassy yard adjacent to the Valesente household. The brothers take turns pitching to each other, using the broom as a bat. Walnut Street is constantly abuzz with the sound of children running through the streets, and the Valesente brothers are no exception.

"The natural tendency back then was everyone was out playing," Valesente said.

Even though Bob is four years older than Valesente, and Valesente considers his brother one of his best friends, the two constantly compete against each other. Valesente latches onto the idea of competition, and it quickly becomes a staple in his personality.

"He was very talented, so we did a lot of things together," Bob said. "If I had something going on and he wanted to get involved, he got involved."

Because Seneca Falls did not have an organized Little League until Valesente was 9, it was Robert who served as his first coach. A construction foreman, Robert had also grown up playing sports and was a major influence in both boys' lives as they continued to progress in their athletic careers.

"He was a motivating force," Bob said. "He never pushed it on us, but he was a guy that was always interested. There were a lot of great moments there that we shared because of that."

There were many great moments with his father, but Valesente also was very close to Bob as he grew up. Two years later, Valesente is once again following his brother. The now-13-year-old Bob is headed across the river to play sandlot baseball with his friends, and his younger brother desperately wants to come.

At the insistence of his parents, Bob allows Valesente to follow him to the field on the other side of the river. The boys hop onto their bikes, baseball gloves hanging from their handlebars, and fly down the streets.

To Valesente's dismay, Bob and his friends don't need an extra player when they arrive,

and as the youngest one there, he is automatically excluded. Dejectedly, he sits on a log off to the side of the field, waiting for one of the older boys to leave. Finally, one does.

"We need Valesente!" one of the players yells over.

Valesente perks up immediately and enters the game, excited for the opportunity to prove himself to his brother and his older friends.

"My brother was my idol, I idolized him," Valesente said. "They would tell me where to go and when to bat and what to play and I said, 'yes, yes,' and just did it."

After returning home, Valesente watches the Yankees play on his parents' television. A youthful center fielder named Mickey Mantle appears on the black-and-white screen. The young Valesente stares at the grainy picture in awe, memorizing Mantle's moves so he can imitate them on the sandlot the next day. At that point, Valesente doesn't know that a lifelong passion had just planted itself into his mind.

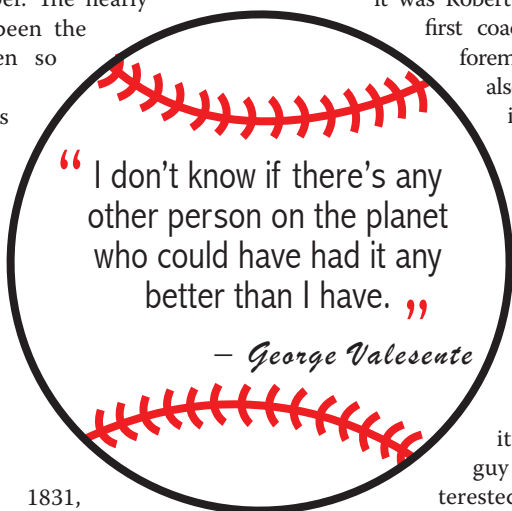
Spring 1963:

Valesente leaves his Ithaca College dorm room on Quarry Street — converted from an old hospital building for the college's use — and walks through downtown Ithaca toward the Seneca Street Gym for his first class of the day.

Now 18 years old and a freshman at the college, Valesente finds himself once again following in his brother's footsteps. While Valesente was starring in baseball, football and basketball during his high school years at Mynderse Academy in Seneca Falls, Bob was an All-American college baseball player and co-captain of the 1962 Ithaca College team that became the smallest school to ever appear in the Division I College World Series. The Bombers would later move to Division III in the 1970s, after both Valesente brothers had graduated.

In his final year at Mynderse, Valesente watched on television as his brother's team fell to the University of Texas, 4-3, and was eliminated from the tournament. That season, Bob's senior year, was also the inaugural season of the diamond that, some five decades later, would be christened the George Valesente Diamond. Valesente knew Ithaca College was the place he would end up, and he often made the hour-long drive with his father to watch his brother play for legendary head coach Bucky Freeman, who would soon become a mentor to Valesente.

See VAL, page 24



THE BOMBER ROUNDUP

The Ithacan's sports staff provides updates on the winter and spring

BASEBALL BY TOM GARRIS

The baseball team fell to 2-7 on the season March 22, after dropping both games of a doubleheader against the nationally ranked Kean University Cougars by scores of 2-1 and 8-0.

In the first of the two nonconference games, senior Andrew Sanders pitched a gem with six strikeouts, no walks and six hits over eight innings. Sanders, who only allowed one earned run, recorded the loss to begin the season with a 0-2 record.

After Kean scored its two runs in the second inning, a pitching battle ensued over the course of the game. The Bombers looked to make a late

rally in the top of the ninth when senior Matt Connolly drove in freshman Dominic Boresta.

In the second game, junior Benji Parkes continued with his struggles this season, but the bullpen came in strong in relief, led by senior Jimmy Wagner, who gave up two earned runs and three strikeouts. The Bombers struggled on offense as only four players recorded hits.

The game against SUNY Cortland was postponed March 24 due to weather conditions.

The Bombers, back in action March 25 and 26, have three home games all against the Elmira College Soaring Eagles.

Box Score: March 22
Union, New Jersey Kean University (12-4) 8-0 Ithaca College (2-7)

MEN'S LACROSSE BY JOELLE GOLDSTEIN

The men's lacrosse team continued its dominance over Elmira College in an Empire 8 matchup March 21. The Bombers, who defeated the Soaring Eagles 19-1, are now 2-0 in the conference and own a 6-2 record overall.

In a game where 12 of the players recorded goals and nine recorded assists, the South Hill squad outshot the Soaring Eagles 59-9 and won 19 of its 24 faceoff attempts.

Sophomore attacker Jack Shumway led the way for the Blue and Gold with three goals, while junior goalkeeper Scott Sidnam had two

saves for the team. Sophomore goalkeepers Justin Isaacs and Jack Deragon also saw some playing time in the game.

The Blue and Gold are ranked 14th in the United States Intercollegiate Lacrosse Association Division III Coaches Poll.

The Bombers then hosted Empire 8 rival St. John Fisher College on March 25. The score was not available at time of print.

Next up on the squad's schedule is a match against Cabrini College at noon March 28 at Higgins Stadium.

Box Score: March 21
Higgins Stadium Ithaca College (6-2) 19-1 Elmira College (1-3)

WOMEN'S LACROSSE BY ALEX WONG

The women's lacrosse team sat at a 1-3 record on the season following its spring break trip to Florida. The Bombers took on stiff competition that yielded three losses, and they looked to get back on track when they hosted SUNY Oneonta in the first game back on the South Hill.

Nine players scored for the Bombers en route to a 19-8 win over the Red Dragons on March 18 at Higgins Stadium. The offensive attack was led by juniors Riley Marion and Ally Runyon, who each netted four goals.

However, on March 21, a matchup with St.

John Fisher College saw the Bombers struggle offensively in their first Empire 8 action of the year, going on to drop the contest by a final score of 13-6. Runyon and senior Molly Fischer each scored two goals.

The South Hill squad looked to bounce back with a game against Elmira College on March 24, which it won by a final score of 19-4 over the Soaring Eagles at Corning Community College.

The Blue and Gold get back into action March 26 when SUNY Cortland visits Higgins Stadium in a highly anticipated matchup.

Box Score: March 24
Corning, New York Ithaca College (2-4) 19-4 Elmira College (0-4)



Freshman midfielder Marc Ross carries the ball for the men's lacrosse team March 21 at Higgins Stadium. The nationally ranked Blue and Gold defeated Elmira College by a score of 19-1.

CAITIE IHRIG/THE ITHACAN



Sophomore Wes Davis jumps for a serve during the men's tennis team's 9-0 win over Alfred University on March 22 in the Glazer Arena. It was the first time this year the squad swept a match.

CAITIE IHRIG/THE ITHACAN

SWIMMING AND DIVING BY ANDREW SULLIVAN

Both the men's and women's swimming and diving teams sent two representatives to participate in the NCAA Division III Swimming & Diving Championships from March 18-21 at the Conroe Independent School District Natatorium in Shenandoah, Texas.

Seniors Matt Morrison and Lucas Zelehowsky competed for the men's team as they combined to accumulate 33 team points, placing the Bombers 26th out of 42 programs.

Morrison tallied a score of 481.15 in the 1-meter dive preliminaries as the South Hill squad's lone male diver. He then recorded a score of 517.75 to earn him fourth place overall and his first All-American honor of the meet.

In the 3-meter dive, Morrison secured a spot in the championship final with a score of 534.40 in the preliminaries. He finished with a score of 561.00 in the championship final and placed third overall to earn him his second All-American honors.

The decorated senior diver now has a

First-Team All-American total of six honors, which is the sixth-highest total in the program's history since its beginnings.

Meanwhile, Zelehowsky swam in both the 100-yard butterfly and the 200-yard breaststroke in the four-day meet. His third-place finish in the consolation finals in the 100-yard butterfly earned Zelehowsky his first and only First-Team All-American honor as a Bomber.

Sophomore Nickie Griesemer and freshman Anna Belson competed for the women's squad as they combined for 18 team points to place the college 30th out of 45 schools.

Both Griesemer and Belson earned First-Team All-America honors in the 3-meter dive during the four-day meet. This marked the first honor of Belson's career and the third of Griesemer's career.

The men's and women's teams concluded their 2014-15 seasons with records of 15-0 and 16-1, respectively. For the men's, it was the first time the team went undefeated.

MEN'S TENNIS BY CAITIE IHRIG

Over the weekend, the men's tennis team won both of its matches to improve its record to over .500 for the first time this season.

On March 21, the team won an 8-1 match against Houghton College at the Reis Tennis Center at Cornell University. The Blue and Gold won all three double matches and won five out of the six single matches.

In a shutout against Alfred University on March 22, the Bombers won their home match 9-0 in the Glazer Arena to improve to 2-0 in the Empire 8 conference.

The team also played a match March 24 against Hobart College in the Glazer Arena. The Bombers lost to the Statesman, however, in a tight battle by a score of 5-4. After doubles play, Hobart was up 2-1. However, losses by three

Bombers' in singles play snapped the Bombers' two-game win streak.

Junior Chris Hayes said the team prepares for each match by confiding in one another before heading into each match.

"We had a lot of energy [March 22]," Hayes said. "The key to our success is all the energy we bring to each match. Building off each other and cheering teammates on."

The Bombers now stand at 4-4-1 on the regular season heading into conference play next week.

Up next for the South Hill squad is a match against Connecticut College at 10 a.m. March 29 in New London, Connecticut, before traveling to Utica, New York, to take on the Pioneers on March 31.

Box Score: March 24
Glazer Arena Hobart College (8-1) 5-4 Ithaca College (4-4-1)

Track athlete transitions from dunking to jumping

BY MATT HORNICK
CONTRIBUTING WRITER

When junior Andrew Brandt began his collegiate athletic career as a freshman in 2012, he was a member of the men's basketball team that upset first-seeded Stevens Institute of Technology to win the Empire 8 Championship. However, now, after a journey of self-discovery and hard work, he is a leader on the men's track and field team.

This was not the path the 6-foot-9-inch Brandt envisioned for his athletic career when he began high jumping in high school. Brandt said he began participating in the track and field event in high school to improve his basketball performance.

"I started high jumping in high school as a way to work on jumping higher for basketball, I had never thought about continuing with it in college," Brandt said.

After playing limited minutes in his first two years on the college's basketball team, Brandt informed head men's basketball coach Jim Mullins of his decision to leave the basketball team in order to pursue track and field. Brandt said collegiate basketball was not what he expected and he was not enjoying it as much as he thought he would.

"Basketball became more of a job for me than a sport I wanted to play, and that's not why I came to Ithaca to play basketball," Brandt said. "I'm not going to the NBA, and I wanted a sport that I would enjoy doing every day, and basketball wasn't that."

Brandt also said his lack of enjoyment led to him not working as hard as he should have, and that was not fair to the rest of the team. He said he thought the team's best chance to succeed would be without him, and while the team was disappointed, the coaches were supportive of his decision.

"They understood that it was a tough decision for me to make, and they wanted me to stay around because they recruited me, but in the end they were supportive of my choice," Brandt said.

Mullins said Brandt's decision was not a shock to him based on his performance and limited playing time.

"I wasn't surprised he came to me about leaving, it didn't seem like his heart was into it," Mullins said.

Junior Sam Bevan, a member of the basketball team and former teammate of Brandt's, said he was uncomfortable continuing to play basketball without Brandt.

"We were roommates last year so we talked about it a lot as he was going through the process of deciding," Bevan said. "It felt weird continuing on with my career without him being there because we came in together as freshmen, and we were very close."

Brandt kicked off his collegiate track and field career as a



Junior Andrew Brandt leaps over the high jump bar in the Cornell Relays on Dec. 6, 2014 at Barton Hall. Brandt quit the men's basketball team after his sophomore year to join the men's track and field team. He has jumped a career-best 2.03 meters.

TOMMY BATTISTELLI/THE ITHACAN

sophomore in the spring of 2014 after finishing out the 2013-14 basketball season. He had initially contacted head men's track and field coach Jim Nichols about high jumping during his freshman year, but was not able to make the commitment of being a two-sport athlete. Once he chose to stop playing basketball, he reached out to Nichols again about joining the team and Nichols said he was happy to have him. However, Nichols said Brandt had a rough start when he first re-entered the high jump pit.

"He hadn't high jumped in two years, so he was rusty, as I expected he would be, but he worked hard to improve, and now he's excelling," Nichols said.

Once Brandt got his bearings as a high jumper again, he ended the season with a fourth-place finish in the ECAC championships by jumping a season-best 2.01 meters.

Now a junior, Brandt started the 2014-15 indoor track and field season slowly, jumping 1.94 meters in the team's first two meets. After that, however, Brandt improved at every meet and had his best performance at the NYSCTC Championship meet Feb. 27-28, where he jumped a career-best 2.03 meters to take a first-place finish in the event.

Beyond his impact as one of the top performers on the men's track and field team, Brandt's biggest impact has been the effect he has had on his teammates. Nichols said Brandt's experience has helped him to become a leader this year.

"He's a sheer competitor, and he clearly wants to win and he works hard not only to improve his own performance and provide guidance to his teammates to make them better," he said. "Now that he's an upperclassman, more of his teammates look to him."

Freshman high jumper Kevin Pomer said Brandt has helped him greatly as both an athlete and a teammate.

"I talk to Andrew after all of my jumps at our meets and he gives me advice of ways to improve," he said. "When Andrew is not jumping he is never sitting in the bleachers he is always cheering on another teammate."

Reflecting on the year since he joined the track and field team, Brandt said he is pleased about where he is, and that having to make the decision made him grow as a person.

"I'm happy with my decision, and I'm happy that I had to go through the thought process," Brandt said. "I learned a lot about myself from it."

Young softball squad rebuilds after graduating ace pitcher

BY MATT ROTTLER
CONTRIBUTING WRITER

The softball team's pitching staff is looking to continue the same stretch of dominance as in years past, despite losing one of its best pitchers in the last decade and a key leader over the last four seasons in Sam Bender '14.

After pitching in 159 of the 270 total innings for the Bombers last season and accounting for 70 out of the 140 total strikeouts, Bender embodied the stereotypical word "ace."

However, with the Blue and Gold losing Bender to graduation, the softball team is scrambling to find a new leader for its pitching staff to rally around this season.

The pitching staff returns its second- and third-best starting pitchers in juniors Laura Quicker and Allison Macari. The South Hill squad also adds freshman Payton Cutting to round out the staff for 2015.

Head coach Deb Palozzi said the pitching staff has a good mixture of youth and experience heading into conference play.

"The pitchers are working hard and making improvements," she said. "They're taking the right steps in improving their game."

In addition, the pitching staff will also have to overcome a shorter rotation this season. In 2014, the team was led by a three-man rotation, however, so far this season Palozzi has only used two of her starting pitchers in games.

Through the first eight games of last season, the pitching staff has averaged a 1.53 earned run average combined. Going with a three-man rotation last year, Bender started four of the first eight games. Macari and Quicker each started two games with the team as the Bombers held an



Junior pitcher Laura Quicker delivers a pitch in relief of Sam Bender '14 during the softball team's 6-5 win against King's College on April 17, 2013, in the first game of the Bombers' doubleheader.

DURST BRENEISER/THE ITHACAN

8-0 record at that point in the season.

This year, the staff, featuring Macari and Quicker as the go-to pitchers, has an ERA of 3.41 through the first eight games. Each pitcher has pitched four contests as the Bombers face a team record of 2-6 so far.

The next pitcher that comes close to Bender's numbers last year is Quicker, who pitched in 69 innings, also adding with 36 strikeouts.

Despite cashing in most of the team's innings and recording many strikeouts, senior catcher Monica Capolongo said the most important thing the team lost with Bender was her

leadership, stressing the void she left can be filled.

"She was our leader pitching wise," she said. "But nothing has really changed much because our current pitchers are very experienced and quickly taking over that go-to position."

Macari said she feels this year's pitching staff knows it needs to bring in a group effort in order to be successful.

"There is a different dynamic this year from last year," she said. "We were all learning following Sam's lead. Now it is a team-leading mentality, we are all pushing each other."

Quicker said she shares the same sentiment

as Macari about learning from Bender that will only benefit the staff for future years.

"I think being under Bender for two years really helped because she was that experienced and that role leader," she said. "I think learning from that, me and Al are pretty prepared to take it on now that we're upperclassmen."

So far this season, Bomber pitching has been mainly Quicker and Macari going back-to-back with Cutting coming in relief.

Capolongo said it's too early to tell how the staff will perform because they haven't played many games yet this season.

"There are variables when it comes to pitching," she said. "Someone could be having a very good or someone could be having a really bad day. No team ever has a constant rotation."

Quicker also said bringing Cutting along to show her the ropes will help in future situations.

"I think that me and Allison are good working together because we have been for three years now," she said. "Bringing Payton along as that third person is a good mix of the three of us."

Macari said the pitchers are mentally ready for the workload ahead despite the increased amount of work.

"The bullpen was majority underclassmen, so I think now that we lost Sam, everyone else realizes that they have to step it up," she said. "It's not one person that needs to do everything and needs to have all the weight on their shoulders."

Macari said they need to play it out to win the World Series, but their goal for their season is to go farther than expected by reaching nationals.

"The goal is to go to Nationals and eventually win, but first our goal is to host Empire 8s, win that and take it step by step in the postseason."

VAL FROM PAGE 21

As the college developed on South Hill — when he was a freshman, only two buildings stood on campus — so did Valesente's character. During his four years, glimpses of the coach he will later become began to shine through, particularly on the baseball team and namely through his trademark competitiveness.

During his three years on varsity baseball, Valesente's teams won 39 games, and for Valesente, it was those 39 victories that laid the foundation for a lifetime of winning. But he didn't know that just yet.

"I never really prepared my life very well," he said. "I never sat down when I was 17, 18, 22 and decided that I want to coach. I didn't know really what the hell I wanted to do."

Summer 1972:

It was coaching that eventually called to Valesente, but it didn't come immediately, and it certainly wouldn't have happened without his connection to the college.

A 27-year-old Valesente is surrounded by family at a wedding. His playing career over after a short stint in the minors — he made it as far as the Triple-A Buffalo Bisons before retiring for good — Valesente finds himself unemployed.

It is an uncharacteristically cold day, the temperatures falling to the low 60s, contradicting the mid-August heat wave typical of upstate New York. Valesente is enjoying the wedding with his brother when Bob suddenly gets a phone call. On the other end of the line is Bob Christina '62, who had co-captained the 1962 World Series team with Bob. Christina had been the head baseball coach at SUNY Brockport, but was stepping down. Seeking a recommendation for the position, Christina seeks advice from Bob, one of his closest friends and teammates at the college.

"I said, 'I know just the guy for you, he'd be great,'" Bob said. "And he said, 'Who's that?' and I said, 'My brother George.'"

It is at that family wedding where Valesente gets his first big break. Christina takes Bob's word and sets up an interview for Valesente for Monday morning, fewer than 48 hours after the wedding. Valesente returns home and prepares the best he can in the hours he has before his interview.

He arrives in Brockport on Aug. 17. Classes begin in two weeks and the baseball program needs a quick hire. At Christina's urging, the Golden Eagles appoint the young and inexperienced former Ithaca College student, fresh from completing his master's degree and several graduate assistantships in various sports at the college.

"I pushed real hard on my end at Brockport for them to hire him," Christina said. "I said, 'Look, I know this guy and I've seen him play. I think he can do this job. He's a good person.' The rest is history."

After his hiring, Valesente packs up his belongings and drives to Rochester, New York, near Brockport, where he lives temporarily with one of his old college roommates and best friends, Wayne Lyke, who works for St. Joseph's Villa, a home for mentally disturbed and neglected children. The two meet for lunch one day, and Valesente is introduced to his secretary, Dianne. He couldn't have possibly known then that this acquaintance would be the woman with whom he would spend the rest of his life. After several years of Valesente returning to Rochester in the summers to teach recreational activities at St. Joseph's, the two would eventually begin dating.

But after that first, brief meeting, the two part, at least for now. Valesente needs to get ready for his new coaching job.

Two weeks later, as the uncharacteristically cold August turns into a warmer September, Valesente runs his first-ever tryout.

The school is still constructing its baseball facility, so Valesente moves the tryout to the nearby Brockport High School

softball field. Over 100 student-athletes show up. Valesente isn't ready for the sheer size of the tryout, and on that day, learns the importance of preparation.

"I absolutely had the worst tryout ever in possibly the history of tryouts because I wasn't prepared," Valesente said.

It is a lesson that sticks with him even now, four decades later, as he runs the Ithaca College baseball team's practices, constantly carrying around a clipboard that holds schedules and other notes. They keep him prepared. They keep him successful.

Fall 1976:

After leading the baseball programs at Brockport and SUNY New Paltz for two years each, Valesente finds himself coaching both baseball and soccer at SUNY Maritime, a quasi-military maritime institute.

The school's small size and the athletic department's budget present one of the greatest challenges to Valesente's coaching career yet. While coaching baseball in the spring, Valesente finds there isn't anyone to maintain the diamond. He often finds himself out on the field hours before game time, carefully dragging and lining the dirt just so his team can play its game that day. It is this dedication that, four decades later, is still evident in the way he leads Ithaca College's program. While nearly everything else in the program changes, Valesente is a constant.

Following his second year at SUNY Maritime, Valesente hears of another job opportunity. Carp Wood, who had been coaching the baseball program at Ithaca College since Valesente's senior year, is stepping down. Valesente jumps at the opportunity, interviews and gets hired. He quits his job at SUNY Maritime, makes the four-hour drive back from the city into upstate New York, and prepares for his newest job.

"I really paid my dues before I came back here," he said. "I had three great experiences, they were valuable experiences." But now, Valesente is finally coming home.

Summer 1978:

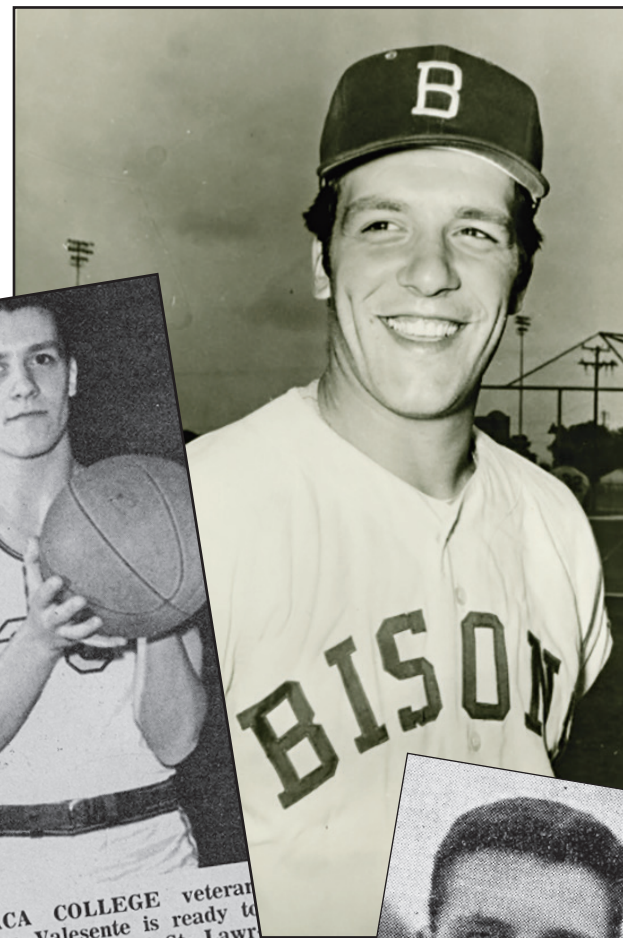
Valesente drives up toward South Hill for his first day on the job. It is a hot August day, and sun streams through the dusty windshield into his old car. After his brief period of unemployment, he is almost completely broke, but he doesn't care. After paying his dues, at 33 years old he is finally arriving at the place he wants to be.

As he drives, Valesente struggles with his feelings, fumbling to regain control over his emotion. It is surreal for him, difficult to grasp that he is returning to the program, to lead the program, that gave him so much as a student and an athlete. Nerves knot his stomach and muddle his mind.

The pressure is on. He knows he is next in what has been a long line of iconic coaches. He is replacing Wood, his former coach who led his teams to three World Series appearances in his 12 years at the program's helm. Before him, Freeman, who, 10 years earlier, had the field named after him following a career in which he spent more than three decades expertly crafting the program, which hasn't posted a losing record since 1935.

"It was hard to understand that I was going to be the head coach at Ithaca College, replacing an icon that I had looked up to so much and here it was, it was me, and I was nervous," Valesente said. "I didn't want to be responsible for its demise."

As Valesente drives, he reflects upon the long road that led him to this point. The days spent with his brother in their backyard, broom in hand, waiting for Bob to pitch him a



ITHACA COLLEGE veteran George Valesente is ready to bomb them against St. Lawrence Friday at South Hill gym. George is a 6-3 sophomore from Seneca Falls.

Clockwise from left: Valesente in an Ithaca College basketball uniform; Valesente as a high school football player at Mynderse Academy; Valesente in his Buffalo Bisons uniform. COURTESY OF GEORGE AND DIANNE VALESENTE

whiffle ball. The uphill treks from downtown Ithaca to South Hill to get to baseball practice on time every day. The long, hot afternoons spent dragging the field at SUNY Maritime just so his team would have the opportunity to play that day. All of these moments, all of these experiences, have led to this.

"The pressure was on me to continue to do well in my own mind and work hard," he said. "I'll never forget that day."

Summer 1980:

The stage is set for Valesente. Now 35 years old, he is in his second year as head coach and has led his Bombers to the Division III World Series Championship game in dramatic fashion. After dropping the first game of the double-elimination tournament to Upsala College, Valesente's team won two in a row, setting up a must-win doubleheader against host and No. 1-ranked Marietta College.

It has not been an easy two years for Valesente, however. His team, used to a different coaching style when Valesente took over the program, had slowly adjusted to Valesente, and likewise, he had adjusted to them. But they were talented. Talented enough to lead Division III in both earned run and batting average. Talented enough to make it to the final day of the national tournament.

"They needed some leadership, which Coach Val gave them," assistant coach Frank Fazio, who was in his first year on Valesente's staff, said. Thirty-five years later, Fazio still serves as Valesente's right-hand man. "They really bought into it."

Six-thousand people, most of whom cheer loudly for Marietta, fill the bleachers behind home plate and down the base lines. Valesente finds himself in an unfamiliar situation.

"We didn't know what we were doing, we were just there and didn't know what to expect," he said.

Dianne paces nervously in the stands as the Bombers fall behind to Marietta, 4-1, in the first game. The two had been long-distance dating — him regularly driving to Rochester and she spending her weekends in Ithaca — for about a year. Soon after the 1980 season, they would be married.

"He always said that I proposed to him, but it's not true," Dianne later joked. "I think it was a mutual thing."

Valesente is quick to say that now, even 34 years into marriage and with two grown children, he and his wife never have had an argument. He smiles when asked about her, she's been supporting his career for nearly its entirety, including during the 1980 World Series championship, which she said was one of the most emotional days of her life.

It's emotional for Valesente, too, who was nervous throughout the game and couldn't shake the feeling of intimidation.

"What it was was a new experience," he said. "Never having been there before, not quite knowing what to expect."

He chooses to go with standout freshman pitcher Dave Axenfield '83, to shut out the Pioneers in the later innings. His decision pays off, as his team climbs back into the game by scoring two runs.

"Dave pitched the greatest outs I've ever seen," captain John Nicolo '80 said. "Bases-loaded and he struck



Head baseball coach George Valesente gives signs as the third base coach for the program, a position he still holds today.

COURTESY OF GEORGE AND DIANNE VALESENTE

out the side.”

An eighth-inning, two-run home run from senior Ted French '80 clinched the game for the Blue and Gold. They were just one win away from a national championship.

“In that second game, there was no way we were going to lose,” Nicolo said.

Rejuvenated from its unprecedented comeback, Valesente watches from the dug-out as his team's bats come alive in the second game. Nicolo goes 5-for-6 en route to series MVP honors, and his team upset Marietta 12-5. Valesente can hardly believe it. As his players mob on the field following the final out, he and Fazio find themselves just as excited.

“We were acting somewhat like kids because it was something we were striving for and we accomplished it,” Fazio said.

There would be parties later, congratulations, ceremonies and celebrations. Valesente knows all of this but focuses on savoring the championship — his first championship. After years of seeking a national title, the ultimate goal for any athlete or coach, he finally has it. But this is just his second year with the program. He knows that he's not even close to being done.

Winter 2015:

Valesente walks across the rubberized, synthetic gray surface of the Athletics and Events Center, watching his players as they practice. They have split into three groups today: infielders, outfielders and pitchers. While his assistant coaches primarily stay with one of the groups, Valesente oversees the entire practice.

As he walks, he exchanges dialogue with the players he passes. Some he jokes with, others he offers bits of advice. He can be both the loudest person at practice and the quietest, as he often sits back and observes.

Walking through the end of his team's practice, he encounters a middle infielder taking practice cuts outside of the batting cages. Valesente watches him for a moment, analyzing his swing.

“You gotta smile more, I never see you smile,” he finally says, the edges of his brown eyes crinkling into a soft smile. For a moment, you can see the joy of a child who grew up on a sandlot baseball field. “When you get to my age, then you can be serious.”

It is interactions like these that show that Valesente is not just a coach. He is more than that. He is a mentor, a teacher, a parental figure and a leader. He cares about his players more deeply than just the surface-level coach-player relationships. For many, like Nicolo, he serves as one of the most important people in their collegiate careers, in their entire lives.

Now 57 years old, Nicolo is a Massachusetts high school teacher and former football coach. Even nearly 40 years after his team helped Valesente win his first national championship, the two remain extremely close, occasionally vacationing together, most recently a trip to Cape Cod, Massachusetts, last year. But more importantly, Valesente has been a fatherly outlet for Nicolo in the years since he has left the college. Nicolo said he often calls Valesente for advice, be it coaching or otherwise.

“He's like my father, best friend,” Nicolo said. “He always told me just to hang in there and do the best I can. I didn't have the [coaching] success he did, but the one thing I always took from him is to treat people the way you want to be treated.”

For others still, he acts as a connection to the college, even for his current players, such as sophomore Logan Barer. When Barer took a semester off for personal reasons in Fall 2014, Valesente was the one who helped him get back to Ithaca.

“He was one of the people who reassured me that Ithaca wants me to come back, because I know that Ithaca, the college itself, doesn't care as much if I don't come back. I'm just another student,” Barer said. “But to Val, it makes a big difference to him, because I'm part of the team.”

Now pitching for the 2015 team, Barer found his way back to the college, just as Valesente did so many years ago.

Valesente's nearly four decades at the college have brought with them numerous awards and accolades, most notably inductions into the New York State Baseball Hall of Fame — in the same class as the likes of



From left, former Ithaca College president James J. Whalen looks on as head baseball coach George Valesente smiles on the baseball field. COURTESY OF GEORGE AND DIANNE VALESENTE

Vin Scully and Bud Selig — and the American Baseball Coaches Association Hall of Fame. In addition, Valesente has led the Bombers to 10 World Series appearances, including his second national championship in 1988. In his 37 years at the college, Valesente has posted 37 winning seasons.

However, if you ask Valesente about it, the accolades mean nothing. What matters to him are the connections. Connections such as Nicolo, connections such as Barer, that allow him to help his players, both current and past, on a deeper level than just their pitching mechanics or batting stance. He and Dianne receive countless Christmas cards, wedding invitations and baby announcements from former players. Dianne even remembers a time when Valesente — who she said is known to be a matchmaker of sorts, in his office in Ceracche Center — set one of his players up with a female student who was working in Ceracche for Valesente at the time. They ended up getting married.

“We were one of the first people to know about it,” Dianne said. “It's that kind of stuff that makes it real special.”

In a way, Dianne has found her own ways to take part in her husband's career. In addition to raising their two children, Dianne has essentially adopted Valesente's program.

“I'm kind of a mom to them,” she said. “That's the connection that I have through George. I've been with him in this ordeal for a long time.”

Valesente's connection with his children and wife is also one of the biggest and most important reasons that Valesente has remained at the college for all these years. After graduating in 1962, Bob became a Division I football coach, also assisting with NFL teams for several years. Valesente took notes from watching his older brother, never even considering offers from any other schools because he appreciated all that Ithaca College offered him.

“One of [Bob's] major regrets was he didn't get to see his family grow,” Valesente said. “Well, my job here allows me to do that. This was enough for me. As I look back on it, I'm very happy that ... I never got a Division I job, and I'm very happy that I've gotten my years here.”

The loyalty to the program and to Valesente also runs deep with his players, both current and past, who understand just how much their coach cares about them.

“He shows up with the same passion and work ethic every day, and he expects the same out of his players,” senior captain Matt Connolly said. Valesente recently helped him get his current job at Bang's Ambulance. “He'll never hesitate to go out of his way for you and make something happen.”

For Valesente, it's these relationships that make it all worth it. But there's

another main component, an obvious component. Forty-three years, season after season, being around the game has never gotten old, never become monotonous. It has never become a job.

He approaches each practice with the same pure enthusiasm as he did when he was an athlete. You can tell from his eyes. As practice winds down for the day, and he makes his way toward the white chairs at the far end of the arena. His eyes will occasionally light up from behind his glasses when he sees an athlete make an exceptional play.

This excitement, this pure, child-like joy for baseball that Valesente retains, is the reason he's never considered retirement. He laughs when he's asked about retirement. He says when he sees himself holding the program back, he will step down. But he's the winningest active coach in Division III, and his teams' records haven't even come close to dipping below .500 in years. For him, retirement is but a speck on the horizon.

He knows it will come eventually though. “I take it a year at a time,” Valesente said. “If I feel like ... I'm too old and the program is going to suffer, I will leave then.”

Perhaps it is for this reason that Valesente's countenance drops just a little — it's almost unnoticeable — when he thinks about leaving the program that he has built. He sits back for a moment, eyes clouded with emotion, remembering, as the snow continues to fall outside.

“I'll be honest with you, it's gone by in the blink of an eye,” he says. “It's hard to believe that it's been that long, and it's hard to believe that I'm still here to do it.”

March 14, 2015:

The white blur that is Sanders' pitch seems to move in slow motion



George Valesente poses on the mound during his four-year minor league playing career. COURTESY OF GEORGE AND DIANNE VALESENTE

toward the Spalding University batter, who swings and grounds the pitch to second baseman Josh Savacool. It's an easy play for the sophomore, who scoops it up and throws it lightly to Connolly at first base, effectively ending the game and simultaneously cementing Valesente's legacy.

One thousand wins, all in the same place. It seems almost ironic that it is here in California, under the baking southern sun, so far from the place he has built his career and raised his family, so far from the familiar field that is part of a familiar campus, so far from home, that Valesente has set the capstone of his 37-year career.

At this moment, emails are flooding Valesente's inbox and his cellphone is lighting up with dozens of messages from former players and colleagues. All want a chance to congratulate the man that has given them so much, given the program so much.

Always humble, Valesente remains calm as his players celebrate around him, gracefully avoiding the cooler of water that they attempt to pour over him.

“I guess it indicates longevity,” Valesente said. “I never imagined that it would happen. I had no goal or no plan for this to happen.”

But it did. When Valesente returned to his alma mater, he was a newcomer, a young coach with big dreams.

Thirty-seven years later, he remembers driving up to South Hill on that first day of work as if it were yesterday, overwhelmed at the idea of taking over the program after a history of legendary coaches. He couldn't have possibly predicted — no one could have possibly predicted — what it all would turn into.

Over the years, his dreams have become reality. Now he is a living legend, but he would never admit it.

“I've never evaluated how good I was as a player or a coach,” he said. “I just play and I just coach and go home. But it has been a true honor to have been coaching here for this long.”



THE HOT STOVE

STEVE DERDERIAN

Polar Plunging for a good cause

Though it is spring and the cold has yet to break, the weather has provided a fantastic opportunity for charity, fundraising and volunteering in the community.

On March 21, I joined fellow *Ithacan* staff members, Durst Breneiser and Christian Araos, to participate in the second-annual Ithaca Polar Plunge for Special Olympics New York on the West shore of Cayuga Lake at Taughanock Falls State Park.

As I looked around, I also noticed there were several teams and groups coming together to donate and participate. I saw members of the volleyball team, the women's soccer team, both the men's and women's swimming and diving teams, and even a team from Elmira College that traveled over 40 miles.

And everyone was there for the same reason: to support the Special Olympics.

It made me reflect on the value of charity and volunteering done by varsity athletes, especially as it relates to Ithaca College and specifically my involvement as a student-athlete on the men's cross-country and track and field teams. As a three-season student-athlete, it's more difficult to spend weekends volunteering throughout the year given that there is never really an offseason for us. Other than a one-hour run-a-thon on the outdoor track every October, our squad usually doesn't have time to collectively participate in any fundraisers during the year.

As a result, I have always wanted to take part in volunteering in charitable events more often than I have. Just spending 30 seconds inside freezing-cold Cayuga Lake was worth not being able to feel my legs for about 15 minutes afterward.

The Polar Plunge wasn't even the only charity event going on around this time, as the college hosted Relay for Life to help support the American Cancer Society on the same day. Members of the wrestling team and women's tennis team were among other student-athlete representatives. One student-athlete, senior tennis player Kelly Fishback, raised over \$1,500 for this event.

Running during one of the coldest and snowiest winters in history takes its toll, so doing something different during one of the few open weekends helped clear my head and allowed me to enjoy the plunge with friends I have had during my four years here in Ithaca.

So regardless of your involvements, I encourage everybody to volunteer or raise funds. It's a rewarding experience, one that can help others and at the same time help people hit the reset button before beginning the march toward summer — and for me and my fellow seniors, graduation.

STEVE DERDERIAN is a senior journalism major. Follow him on Twitter @Steve_Derderian.

Junior goalkeeper commands men's lacrosse

BY KARLY REDPATH
SENIOR WRITER

The second quarter of the men's lacrosse team's game against SUNY Oneonta on March 17 had just begun when the Red Dragons' Brandon Hickey won the ball off the faceoff. Hickey passed the ball downfield to midfielder Mike Metzger, who sprinted down the middle of the field. Metzger carried the ball into what was a one-on-one with junior goaltender Scott Sidnam, wound up and shot. Sidnam lunged toward his stick-side, and the ball bounced off his stick and back into play. Just seconds into play, Sidnam made a save to keep the Bombers in the lead.

The Bombers clinched a 9-8 victory over the Red Dragons, and Sidnam's save was a crucial part of the win. Stopping shots is something he has become accustomed to, as he has started in the net for the last three years. So far this season, Sidnam has played the majority of the Bombers' minutes, and through that has come to serve a major leadership role.

In his first year on the team, Sidnam was forced to step up after the original starting goaltender quit the team. He did just that and was named the Empire 8 Goalkeeper of the Year.

But Sidnam said he didn't necessarily have a knack for the position when he first began playing organized lacrosse at the age of 7. He said he ended up in the net because he wasn't a fan of the physical demand necessary in playing in the field.

"I started playing goalie fourth or fifth grade, and it was mostly because I hated to run. I was pretty lazy," Sidnam said. "Since I had a goalie stick around I figured I'd just play goalie and not have to move that much."

Sidnam's two older brothers both played the sport, one as a field player and the other as a goalie, which influenced the Camillus, New York, native's decision to pick up a lacrosse stick.

"Even before I started playing on a team, I was in the front yard playing with my brothers," he said. "Where I am from, pretty much everyone starts playing lacrosse at a young age."



Junior Scott Sidnam, the men's lacrosse team's starting goalkeeper, tosses the ball back to his teammate after making a save during the squad's 19-1 win March 21 at Higgins Stadium.

CAITIE IHRIG/THE ITHACAN

Head lacrosse coach Jeff Long said he has seen Sidnam grow and develop, something he said he believes his goaltender will continue to do.

"He's grown a lot over the past few years, and he continues to grow," Long said. "He's more vocal now, has better body language and can really keep a level head."

Though he has improved steadily throughout his career, Sidnam showed promise even in his first year on the team. Junior defenseman Eli Gobrecht said there was one game during that year where he realized how good he was going to be.

"The Cortland game was when I realized that we had somebody special in net," he said. "We got a penalty before the first whistle even blew ... They ripped off about five shots on that man-up opportunity, and Sid stuffed their shooters every single time. We ended up losing the game, but

that had to be his breakout game."

Senior defenseman John Figarelli said he has a great deal of respect for his teammate because of the difficulty of the position.

"I honestly think you have to be absolutely nuts to be a goalie," he said. "Just mentally, you have to be the toughest guy on the field because you have to lead and communicate with six other guys all while trying to stop a little white ball being shot at you at 90 miles per hour."

Sidnam said for him, the thing that makes the position different than others is the need to remain composed and not let mistakes affect him.

"You've got to have a short memory as a goalie," he said. "I mean you let in a bad goal and you just have to get over it and move on, focus on the next one because those are going to happen so you have to be prepared for it and handle it well."

Club Ultimate Frisbee glides to first tournament win

BY DIANA HUBERTY
CONTRIBUTING WRITER

Over spring break, the men's club Ultimate Frisbee team was presented with a shot at a tournament title, something none of the six seniors had accomplished in their four years at the college.

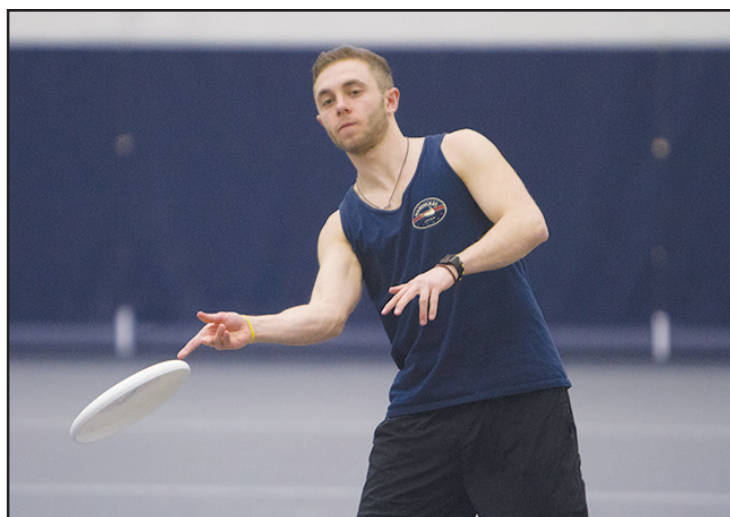
They delivered, defeating three teams en route to the High Tide 2015 B Division championship.

Senior practice captain Brendan Vogt said this win represented the end of the team's rebuilding stage, having expanded its roster from roughly seven athletes to over 20 in fewer than two years.

"It means everything," he said. "It means we aren't a new program or a development team anymore. This program has a foundation underneath it now, and we can start building brick by brick. Everyone is ready to work."

The team spent its spring break in North Myrtle Beach, North Carolina, competing in High Tide 2015, the largest college Ultimate Frisbee spring break tournament in the world. High Tide hosts four weekly tournaments, running from Monday to Thursday throughout all of March, in order to accommodate the majority of college spring break schedules.

Sophomore cutter Kevin Doubleday said the team's enthusiasm for the tournament was a morale boost heading into the



Sophomore Max Konnaris throws the Frisbee to a teammate during the club Ultimate Frisbee's practice March 23 at the Athletics and Events Center.

MATT GURBARG/THE ITHACAN

championship game.

"We were incredibly confident," Doubleday said. "We had a good roster, and more importantly, passion for the sport and respect for each other."

The Bombers finished on top in the B division of the tournament, beating out seven other colleges, including larger schools such as Yale University and Lehigh University.

Vogt said the day-to-day grind the squad put in throughout the year finally paid off.

"We felt good about our team this year," Vogt said. "We had a lot of young players that were developing nicely, and we had been working hard all winter to be ready

for the outdoor season. We wanted the trophy badly."

Sophomore Adam Sharabi said although the sport is not recognized as often as other sports, the team's success is exciting from any competitor's standpoint.

The team currently consists of 20-25 athletes, fluctuating as players come and go according to their personal schedules. The men's team often practices cooperatively with the women's team at all hours of the night — sometimes ending practice as late as midnight — in the Athletics and Events Center. Junior Peter Fulton said the later time slots are the only available practice times the team can get.

"Regardless of these difficult practice times though, the team has been working hard and definitely has deserved this title," Fulton said.

Doubleday said the team's next goal is to make it to regionals, which it qualifies for by winning sectionals. He said the win helped the team gain momentum as it moves forward.

"Every single player on our roster played the best he could play, put in 100 percent effort and contributed to the team," Doubleday said. "We won by taking every single point of every single game seriously and with intensity. We all played tight defense and never gave ourselves a break on the field."

The tournament success is widely considered a team win rather than a single player's talents.

Vogt said the team prides itself on being disinterested in individual accomplishments, focusing rather on the team as a whole.

"We won because we played hard for each other," Vogt said. "The thing about Ultimate is that it's not like other sports. You can't yell and scream and insist that players want it. Not everyone comes from an athletic background. ... The trick is to convince everyone, to make them believe that setting goals with your teammates and working hard to achieve them is the most rewarding thing there is. Everyone executed, and that's why we have a trophy."

Top Tweets

The best sports commentary via Twitter from this past week

Darren Rovell

@darrenrovell



Final perfect bracket on ESPN has been busted w/Zona win. Took 35 games. Last year, there was no perfect bracket after 25 games.

Jay Harris

@JayHarrisESPN



My son: "I hate March. March is dumb." #PickedIowaState #MarchMadness #quoteoftheday

SportsPickle

@sportspickle



Kentucky is emptying its bench. All these lames are pathetic 4-star recruits. So embarrassing.

NOT SportsCenter

@NOTSportsCenter



Time spent by you creating your bracket: 57 minutes
Time spent by the person that will win your pool creating their bracket: 57 seconds



The Sultan of Swat

Senior Brandon Bozek throws the ball to senior Chris Whalen as he takes a swing during his team's 4-3 win March 23 in the intramural whiffle ball league. His teammate, junior Bryan Baiman, stands in the background watching.

MATT GURBARG/THE ITHACAN

PLAYER of the WEEK



NAME: JACK SHUMWAY
SPORT: MEN'S LACROSSE
CLASS: SOPHOMORE

The sophomore attacker scored a team-high five goals in the men's lacrosse team's two wins March 17 and 21 to help the Bombers to two key conference wins. He owns 20 goals on the season.

The Beck Report

Jon Beck's fantasy baseball advice on two stolen base sleepers to consider picking up

ERIC YOUNG JR.



The former New York Mets utility man, who signed a major-league contract with the Atlanta Braves this offseason, looks to earn a starting job in a once-crowded Braves outfield. The 29-year-old maintained his elite speed last season, as he swiped 30 bags in 36 opportunities as a part-timer. The Braves have lacked a leadoff hitter the last few seasons, so Young, improving his offensive production, could have a shot.

ANTHONY GOSE



Detroit Tigers outfielder Anthony Gose has the potential to become a great everyday player, but it will be his ability to steal bases that carries him. Gose, 24, has a .301 on-base percentage and 34 stolen bases in his career. The Tigers, with two power-hitting right-handed corner outfielders in Yoenis Cespedes and J.D. Martinez, will look to Gose in center field to showcase his talents against right-handers.

UPSET of the WEEK

On March 19, the University of Alabama at Birmingham shocked the sports world with its 60-59 upset win over Iowa State University in the first round of the NCAA men's basketball tournament.

In a day of many upsets, No. 14 seed UAB, a team that finished fifth in Conference USA during the regular season, gathered 19 offensive rebounds to defeat the Cyclones and move on in the South Region. Iowa State, which made a magical run of its own during the Big 12 Tournament, propelled itself to a No. 3 seed in the Big Dance in hopes of making the Final Four.

The Blazers would eventually fall to the University of California, Los Angeles in the second round March 21.



They said it

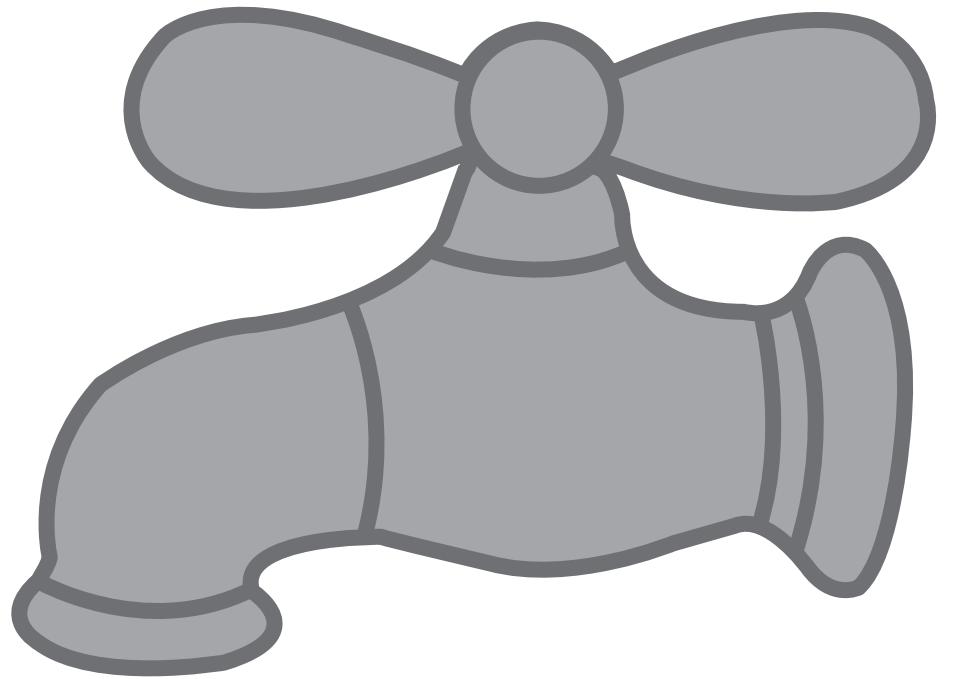
"At the moment people always try to compare Ronaldo with Messi, [but] it's a different style. They are two great players, but in the past 10 years the best in the world was Messi!"

Edson Arantes do Nascimento, also known as Pele, finally commented March 22 regarding the debate over who is the best current soccer superstar: Lionel Messi or Cristiano Ronaldo. He said although both players have their own styles of play, he would have to give the edge to Messi. Since 2010, only Messi and Ronaldo have won the Ballon d'Or, the latter winning the award the last two years.



WATER: A HISTORY

All of the interesting facts you wish you knew about water usage and availability



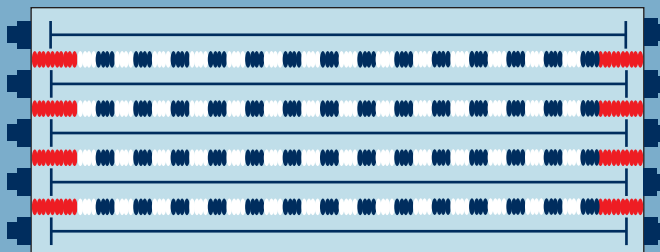
QUESTION:

HOW MANY GALLONS OF WATER DOES THE AVERAGE HUMAN USE PER DAY?

ANSWER:



A&E CENTER
INDOOR POOL
=
OLYMPIC-SIZED POOL



=
660,253
GALLONS

2.5%

OF ALL
THE WORLD'S
WATER
IS...

FRESH WATER.

SOURCE: U.S. GEOLOGICAL SURVEY

SOURCE: U.S. GEOLOGICAL SURVEY

USES ABOUT
A
10-MINUTE
SHOWER
25
GALLONS
OF WATER

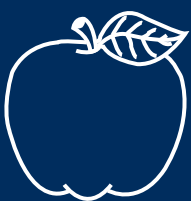
THEREFORE

WE USE ABOUT
175
GALLONS
OF WATER
PER
WEEK

SOURCE: U.S. GEOLOGICAL SURVEY

THE AMOUNT OF WATER IT TAKES TO PRODUCE...

ONE APPLE



18 GALLONS

ONE CUP OF COFFEE



37 GALLONS

ONE GLASS OF MILK



53 GALLONS

ONE POUND OF CHICKEN



487 GALLONS

ONE POUND OF BEEF



1,849 GALLONS

SOURCE: UNITED NATIONS