



DIVERSIFY
The college should continue to push for increased diversity among its faculty members.
Page 9

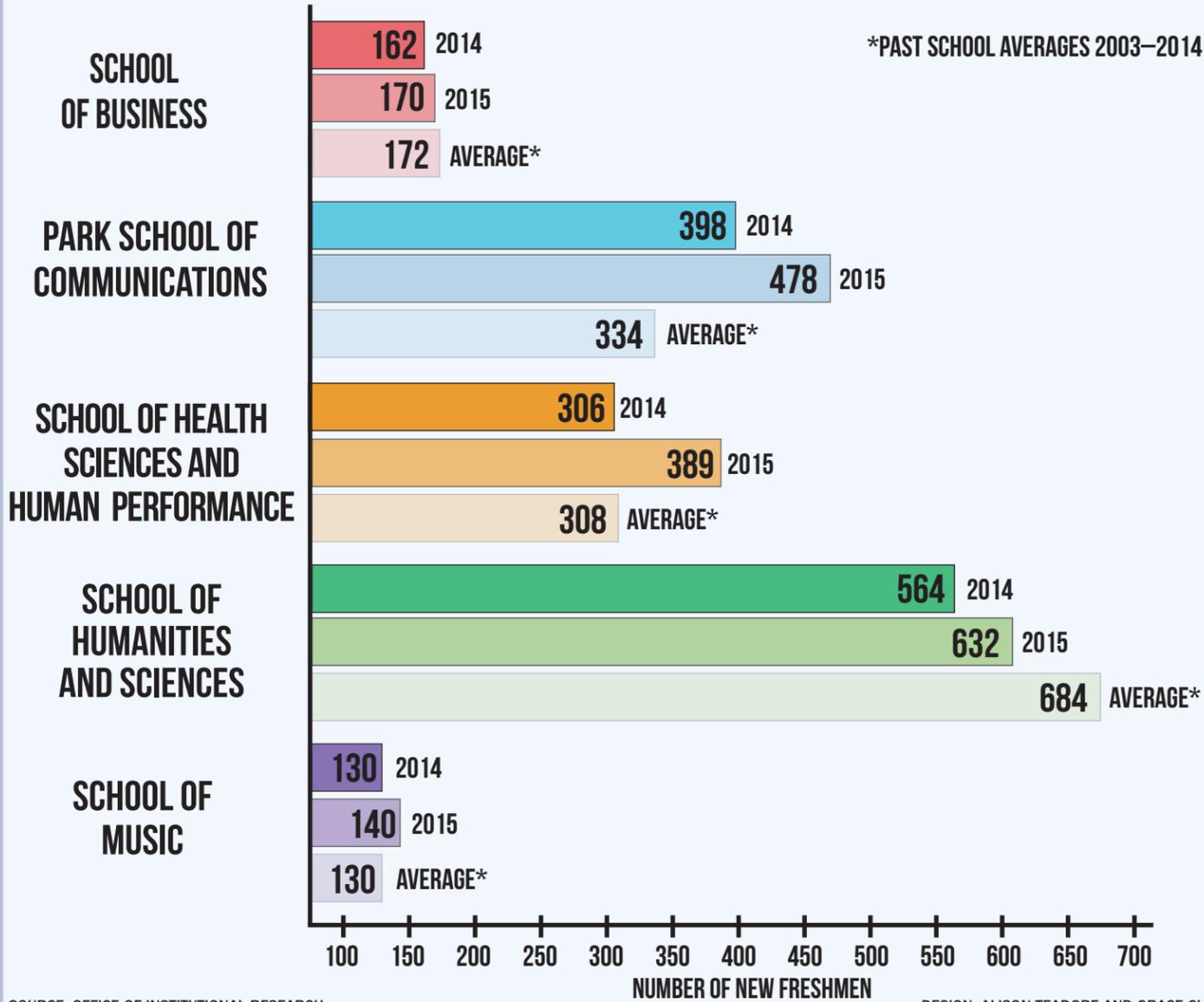
BOTH SIDES OF THE FIELD
Student-athletes majoring in athletic training learn how to balance playing a varsity sport while keeping up with the demands of their major.
Page 23

BEAUTY SALON
One student's residence hall room doubles as her own professional, on-campus beauty salon.
Page 17

College's enrollment bounces back

Ithaca College surpassed its enrollment goal, but H&S's enrollment lags behind

ITHACA COLLEGE FRESHMAN ENROLLMENT BREAKDOWN BY SCHOOL



SOURCE: OFFICE OF INSTITUTIONAL RESEARCH

DESIGN: ALISON TEADORE AND GRACE CLAUSS

BY MAX DENNING
ASSISTANT NEWS EDITOR

Ithaca College exceeded its 1,700 student enrollment goal by more than 100 students in 2015 after increasing the college's acceptance rate by almost 8 percent.

The Office of Institutional Research released all of the official enrollment statistics on the college's website in the Ithaca College Facts in Brief on Sept. 25.

After falling short of the enrollment target in 2014 by 150 students, Gerard Turbide, interim vice president of enrollment management, said the college adjusted its offers of admission. The adjustment included an 80-student increase in the Roy H. Park School of Communications and a 34-student increase in the Department of Theatre Arts, the largest increases for any school and department at the college.

After a record 18,207 applicants last year, the college had 1,688 fewer prospective students apply this year, which was still the second-most applications the college has ever received.

With the decrease in applicants came an increased acceptance rate. The college increased the acceptance rate to 67 percent, the same as it was in 2013, after having a 59 percent acceptance rate in 2014.

Nicole Eversley Bradwell, interim director of admission, said she thought the college was able to

See ENROLLMENT, Page 14

Shared Governance revisited on campus

BY FAITH MECKLEY AND MARK PROWSE
ASSISTANT NEWS EDITOR & STAFF WRITER

The Ithaca College Faculty Council and Benjamin Rifkin, provost and vice president for educational affairs, are reviving conversations around improving the college's Shared Governance system.

According to the American Association of University Professors, Shared Governance systems call for shared responsibility among the different components of an institution and its specification of areas of primary responsibility for governing boards, administrations

and faculties.

Faculty Council Chair Peter Rothbart, who is also a professor of music theory, history and composition, said the administration has primary control over the budget, while the faculty has primary control over academics, and Shared Governance does not mean all members of the college community will have equal say and power in decision-making.

"Students have a special role. Yes, they should be heard. Yes, they should give input," he said. "But there are issues in permanence ... experience, expertise and knowledge. It is accepted that students are not at that

See SHARED, Page 15



Check out our Applefest coverage on Pages 19 and 28, and also online.

CAPS wait times lower despite staffing issues

BY ELENA PIECH
CONTRIBUTING WRITER

Wait times at the Ithaca College Center for Counseling and Psychological Services have decreased slightly so far this year, despite a couple of staffing setbacks.

Although CAPS missed a self-imposed Sept. 14 deadline for hiring a post-doctorate resident and has lost a counselor due to a personal health leave during the first half of the semester, CAPS Director Deborah Harper said a new telephone-based assessment system is responsible for slightly declining wait times. CAPS hired the post-doctorate resident Oct. 7.

Last semester, the Faculty

Council, Student Government Association and members of the #getCAPSready campaign petitioned the college for more funding for CAPS. Last year CAPS had eight counselors, and with the counselor currently absent for personal health reasons, there are now only seven.

This year, people who call the office get set up with the first available phone call appointment, which Harper said happens in a week or less. During the phone call, they have their concerns assessed by a counselor and can be given an appointment time. Harper said the first available intakes take between a couple of days

See CAPS, Page 15

NATION & WORLD

Guatemala investigating those responsible for mudslide deaths

The warning signs were everywhere in the canyon neighborhood of Cambray on the outskirts of Guatemala City, where a mudslide buried hundreds of people Oct. 1.

Residents lived with regular falling rocks and flooding from the adjacent Pinula River. Evelyn de Cifuentes said her mother-in-law was killed in a smaller slide in 2010 next to her own house.

A November 2014 report by Guatemala's National Disaster Reduction Commission said there were "fractures in blocks of material that can indicate future slides," and people should be moved out.

But the area wasn't declared uninhabitable until Oct. 5, four days after hundreds of people perished when a hillside buried acres of the neighborhood. The official death count stood at 161 Oct. 6 with 300 people still believed to be missing.

The Guatemala prosecutor's office announced it will conduct an investigation into who was responsible for allowing the dangerous conditions to exist.

"We will establish the degree of responsibility as best we can — who authorized construction in that area, and whether someone didn't take appropriate action to avoid this tragedy," said prosecutor Rotman Perez of the political crimes section.

Nobel Prize awarded for crucial subatomic particles discovery

Two scientists won the Nobel Prize in physics Oct. 6 for key discoveries about a cosmic particle that whizzes through space at nearly the speed of light, passing easily through Earth and even a

human body.

Takaaki Kajita of Japan and Arthur McDonald of Canada were honored for showing that these tiny particles, called neutrinos, have mass, which is the quality typically experienced as weight.

"The discovery has changed our understanding of the innermost workings of matter and can prove crucial to our view of the universe," the Royal Swedish Academy of Sciences said in awarding the prize.

The work dispelled the long-held notion that neutrinos had no mass.

Neutrinos come in three types, or "flavors," and what the scientists actually showed is that neutrinos spontaneously shift between types. That, in turn, means they must have mass.

Kajita, 56, is director of the Institute for Cosmic Ray Research and professor at the University of Tokyo. McDonald, 72, is a professor emeritus at Queen's University in Kingston, Ontario.

Top commander recommends US keeps troops in Afghanistan

The top U.S. commander in Afghanistan recommended Oct. 6 that President Barack Obama revise his plan and keep more than 1,000 U.S. troops in the country beyond 2016, just days after a deadly U.S. airstrike "mistakenly struck" a hospital during fierce fighting in the north.

Gen. John F. Campbell told Congress conditions on the ground have changed since Obama announced his plan in 2014 to cut the current U.S. force of 9,800 to an embassy-based security contingent of about 1,000 in Kabul post-2016. Obama has vowed to a war-weary nation to end the U.S. war in Afghanistan and to get American troops out by the time he leaves office in January 2017.



Migrants' bodies wash ashore in Libya

Members of the Libyan Red Crescent wash their hands Oct. 3 at the shore after they put bodies in bags after they were found washed up on the eastern shore of Tripoli, Libya. A spokesman for the Red Crescent said the bodies of at least 95 migrants have been found washed ashore since Sept. 28.

MOHAMED BEN KHALIFA/ASSOCIATED PRESS

Campbell said, however, Afghanistan remains engaged in a violent battle against the Taliban. Military operations in Pakistan have pushed fighters — including those linked to al-Qaida — into eastern and northern Afghanistan and the emergence of Islamic State fighters has further complicated the conflict.

Jailed Saudi Arabian blogger gets major free-speech award

A Saudi blogger who has been jailed and flogged for insulting Muslim clerics was awarded a major free-speech prize Oct. 6.

Raif Badawi shared the PEN Pinter Prize with British poet James Fenton.

Badawi is serving a 10-year sentence after being convicted of insulting Islam and breaking Saudi Arabia's technology laws with his liberal blog. He was also sentenced to 1,000 lashes, spread over 20 installments and fined \$266,000. The flogging has been suspended since Badawi received 50 lashes in January, a punishment that sparked international outrage.

Western governments have condemned Badawi's treatment, and human rights groups have campaigned for his release.

The PEN Pinter Prize was established in 2009 in memory of playwright Harold Pinter.

SOURCE: ASSOCIATED PRESS

MULTIMEDIA

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Apples to Apples

The Downtown Ithaca Alliance hosted its 33rd annual Ithaca Apple Harvest Festival, drawing thousands to The Commons.

"Have We Been Lied To?"

Ithaca College students from IC Animal Rights distributed leaflets citing animal cruelty within the factory farming industry.

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Faculty upset about marketing changes

BY GRACE ELLETON
STAFF WRITER

The Office of Marketing Communications is undergoing a shift in strategy from a client-based model to a model that focuses on the whole of the Ithaca College brand. At the Oct. 6 Faculty Council meeting, faculty voiced worries about the new system.

The department will now be called the Office of Strategic Marketing and Communications, and it is changing its strategy to market the college from a client-based model to a model that focuses on enrollment, advancement and top college priorities as defined by the president, deans, vice presidents, faculty and staff, said Chris Biehn, vice president of the Division of Institutional Advancement and Communication.

Biehn said the new system would implement a governance structure to decide marketing priorities. He said the old model was not efficient because the office could not take on the number of projects that were requested from programs.

"The hope is that people will eventually be thoughtful about ... what we actually need to produce in order to have [a] successful program," Biehn said. He said the new model will also help the college cut unnecessary costs.

Individual programs will now be responsible for marketing their own projects and events, with toolkits and templates provided by the office online, Biehn said.

Currently, the office has placed a freeze on all department projects that do not align with the shift in marketing strategy in hopes that those projects will be able to be conducted through the online templates and toolkits.

Multiple faculty members expressed concern that this new system is advertising too much of the "generic" college experience, rather than specific programs, and that faculty will have to pick up the work that the office is leaving for them to do.

David Turkon, associate professor and chair of the Department of Anthropology, said he wants to see the advertisement of individual programs strengthened, rather than to see the marketing focus shift to the whole college.



Chris Biehn, who oversees the Office of Strategic Marketing and Communications, speaks at Faculty Council Oct. 6 as Peter Rothbart, chair of the Faculty Council, listens.

KELLIE HODSON/THE ITHACAN

Fae Dremock, assistant professor of the Department of Environmental Studies and Sciences, said she thinks this strategy would make the college more uniform, compared to the current strategy of marketing individual programs, which adds personality to the school.

Diane Long, associate professor and chair of the Department of Occupational Therapy, said she was concerned about faculty having more responsibilities and not the skills to market their own programs with the toolkits the office is providing.

"I don't have the skills ... so it's terrifying. And I don't have the time," Long said.

In response to the skepticism about the toolkits the office is offering, Bonny Griffith, interim associate vice president of strategic marketing communications, said the office will help faculty with top-level material.

Deborah Rifkin, an associate professor in the

Department of Music Theory, History, and Composition, supported the changes. She said she wants the office to focus on how to strengthen the brand of the college due to the competitive climate in higher education.

The marketing and communications webpage and the college website as a whole will also undergo a revamp to engage potential students and the college's brand.

Biehn and Griffith said the office is smaller than it has been, and their plan is to get it smaller to be more efficient, although they do not know specifically how this will happen. The office has chosen not to fill two marketing director positions that were filled last year because they are not needed, Biehn said. He said the office will adjust accordingly for positions that are needed.

"This is a huge change for the campus community, but an important one, for where we're going," Biehn said.

Athletics addressed at council

BY GRACE ELLETON
STAFF WRITER

Ithaca College Faculty Council discussed conflicts between classes and sports in the 4–6 p.m. time slot and heard a presentation on the college's budget from Gerald Hector, vice president of the Division of Finance and Administration, at the Oct. 6 Faculty Council meeting.

Judith Pena-Shaff, chair of the Academic Policies Committee, brought forth a proposal to Faculty Council that no single-section required course can be scheduled 4–6 p.m. to accommodate intercollegiate sports practices.

Pena-Shaff said the proposal gives students the ability to stay committed to a sport while also being able to complete the requirements of their major.

"The rationale is basically a practice but not supported by policy," Pena-Shaff said. She said while most professors are mindful of that time frame being dedicated to sports, not all faculty members schedule around the conflict.

Faculty members were concerned about the lack of statistical information about the number of students and classes the proposal would impact, as well as how it would affect particular programs at the college.

Fae Dremock, assistant professor in the Department of Environmental Studies and Sciences, said the science department wouldn't be able to comply to the policy because science labs are generally booked during the afternoon.

"It would be too hard for the department to maintain that space open," Dremock said.

Michael Trotti, professor and chair of the history department, said seminars in his school are often held in that time frame.

Chris Hummel, clinical associate professor for the Department of Exercise and Sport Sciences, said the absence of a policy designating an official time for athletes to practice is confusing for students.

"Having policies listed out for student-athletes for them to know is important," Hummel said.

Hummel, who is also an athletic trainer, said a struggle of being an athlete is making the choice between their sports commitment and their academics and that this policy would help them balance both.

The council passed a motion to ask the Office of the Registrar to research how many student-athletes and students who are not athletes would be affected by the policy and how many classes are currently being taught in the 4–6 p.m. time frame. The council agreed to revisit the issue once these statistics are received.

Hector also addressed the council about the college's budget. Hector said the motivation behind the discussion was to present information on the college's expenses and a plan on how to move forward.

Hector said he wanted to clarify how the college's budget worked so when faculty members ask questions, they can be asked in the correct context. He explained that while the college's tuition is rising at a rate of less than 1 percent per year, the college is also increasing how much aid it gives out to students, which means it is bringing in less revenue over time. Hector described this overlap as a potential problem and outlined how the budget needs to tighten its surplus money, known as the Capital Maintenance Fund, for the college to maintain a healthy economic position.

"We need to educate [faculty and staff] to make sure this institution remains financially solid," Hector said.

The council also decided not to address budget priorities for the 2016–17 academic year. Peter Rothbart, chair of Faculty Council, said the discussion will most likely be moved to the spring.

Report shows increase in reported rapes at college

BY SARA KIM
STAFF WRITER

The number of reported rape cases and drug abuse violations increased from 2013 to 2014, while reported liquor law violations decreased, according to the 2015 Annual Security and Fire Safety Report released by the Office of Public Safety and Emergency Management on Oct. 1.

According to the report, the number of rape cases reported on campus has increased from zero cases in 2013 to four cases in 2014.

Public Safety Investigator Tom Dunn said the increase in the number of rape cases reported may have to do with more people taking the initiative to report it.

"It's not as dramatic as one might see just looking at the data," Dunn said. "It's been happening all along, and if you look at the national averages, our numbers are a little lower than the national average."

Dunn said the Title IX coordinator provides students with the opportunity to report rape cases to an external source so they feel more comfortable than reporting it to the police.

"The 2014 statistics include reports that went to Title IX, not necessarily investigated by the police, but just documented that it occurred on campus," Dunn said.

Tiffani Ziemann, Title IX coordinator, said her role is to reach out to students and help them understand the options and resources available for reporting cases of sexual misconduct, like rape.

"I think in the past couple of years, Ithaca College and all colleges and universities have been doing a lot better job of explaining to students their reporting options," Ziemann said.

She said she also thinks the increase in rape cases is because of the increase in students reporting the incidents rather than just an increase in the number.

"I can't speak to why 2013 had none, but the fact that we had four reported in 2014 means that

more cases came to the college's attention," she said. "Either students were connected with the resources or sought out a judicial response."

Dunn said in 2012, sex offenses were categorized as either forcible or non-forcible, and in 2013, they expanded to four more descriptive categories: rape, fondling, incest and statutory rape.

"I'm very proud with our 2014 statistics, and I think with the changes in sexual assault classifications ... it gives people a better feel for what those numbers mean," Dunn said.

Ziemann said she thinks the number of rape cases on campus is underreported across all college campuses.

"I think it's just an improvement of people's understanding of what the college needs to do and the ability to report," she said.

The report also noted the increase in drug abuse violations. In 2013, there were five reported cases of drug abuse violations, while in 2014 there were 19 reported cases, according to the annual report.

In 2013, the number of on-campus drug abuse violations that resulted in disciplinary action was 181 cases, which increased to 241 cases in 2014.

Nancy Reynolds, health promotion center program director, said it's common for students to relieve stress by using substances.

The annual report also said reports of liquor law violations that resulted in disciplinary action decreased from 440 cases in 2013 to 342 cases in 2014. In 2010, the reported number of liquor law violations that resulted in disciplinary action peaked at 870 cases.

Last year's reported number of disciplinary actions against liquor law violations was the lowest recorded in the past decade.

Dunn said in 2010, the college transitioned to allow resident assistants and student workers to enforce alcohol violations.

He said the numbers significantly increased and then started to decrease when students realized the RA could refer them for alcohol violations.

PUBLIC SAFETY REPORT FINDINGS

REPORTED RAPES

2012:	N/A
2013:	0
2014:	4

ALCOHOL JUDICIAL VIOLATIONS

2012:	426
2013:	440
2014:	342

DRUG JUDICIAL VIOLATIONS

2012:	269
2013:	181
2014:	241

SOURCE: PUBLIC SAFETY ANNUAL REPORT
DESIGN: GRACE CLAUSS



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Special thanks to
 Dr. Thomas Girshin, Assistant Professor and Director of the Writing Center;
 Dr. Jim Stafford, Assistant Professor and former Director of the Writing Center;
 and the H&S Education Department for their support of this Fall's pilot tutor training course,

EDUC 21500—Peer Tutoring Theory and Practice.

SGA passes LGBTQ bill

BY EVAN POPP
STAFF WRITER

The Ithaca College Student Government Association passed a recommendation Oct. 5 calling for a “continuous effort” to implement an LGBTQ studies minor by the fall of 2020.

Last semester, *The Ithacan* reported it may take five or more years to create an LGBTQ studies minor at the college because of the extensive process of developing new courses and finding the right professors to teach the classes. This is the third consecutive year senior Kyle James, vice president of academic affairs, who sponsored the legislation, has been involved in passing bills expressing the SGA’s support for the minor.

One aspect of James’ most recent bill is the creation of a committee made up of faculty, staff and students to meet at least once a block and discuss methods of implementing an LGBTQ studies minor at the college.

“The purpose of the committee is just to ensure there’s a constant talk and constant discussion and constant motion to move forward in the progress of the minor, so the progress doesn’t stall,” he said.

James said the next steps in the process after the passage of the legislation are to determine the members of the committee the bill created, organize a committee meeting and reach out to faculty and administration members.

The legislation said the Queer Studies course was not scheduled to be taught in the spring semester. However, Bruce Henderson, a professor in the Department of Communication Studies and the instructor of the Queer Studies course, said the class will be offered.

The potential LGBTQ studies minor would likely be housed in the college’s Women’s and Gender Studies program, James said. He said while there is interest in pursuing the creation of the minor from the Women’s and Gender Studies program and the administration, there has yet to be a firm commitment to implementing it.



Honor students go on rock climbing trip

Freshman Genevieve Tripler climbs on a granite wall on Moss Island in Little Falls, New York, about 2 1/2 hours away from Ithaca. A group of five honor students spent the day rock climbing Oct. 3 as part of an honors program trip. Junior Nolan Hurst and seniors Daniel Bender and Greg Hayes organized the trip as a part of their outdoor adventure leadership major requirements.

FAITH MECKLEY/THE ITHACAN

BOC holds open forum

BY MEREDITH HUSAR
CONTRIBUTING WRITER

Ithaca College’s Bureau of Concerts held its first public forum in an effort to increase student involvement in the selection of musicians it brings in to perform on campus.

In the past, BOC has opened up a survey to the entire student body to generate a consensus on which artist it should bring in for the big spring show. However, the process of determining what artists make it onto the survey in the first place has been left up to the members of the executive board, which junior Lisa Laffend, executive director of BOC, said is part of the reason they wanted to hold the public forum.

“The artists that end up on that survey have completely been artists that we as a group have come up with, and we would really like to change that and have it start with the student body,” Laffend said.

Laffend opened up the Sept. 30 forum with an overview of what the organization is all about. As declared in its mission statement, BOC functions to bring outside musicians to the college to perform, as well as promote the talents of the students.

Laffend asked the estimated 10 students at the forum to contribute ideas for what genres of music and specific artists they would like to see perform at the college, as well as ways to better reach the student body about upcoming shows and events. About half of the students contributed to the discussion, mainly looking for more diverse artists to perform.

Decades ago, BOC brought in some artists that are widely recognized today. According to BOC’s historians, The Beach Boys came to the college in the 1960s, and The Roots came in the early 2000s.

Senior Delaney DuBois, ticket sales team member, said at the time that some of these musicians performed at the college, they were still on the rise and had not reached their current level of notoriety. The Beach Boys had just earned their first No. 1 hit with “I Get Around” in 1964, and The Roots weren’t the house band on “Late Night with Jimmy Fallon” until 2009.

BOC used to invest its entire budget in one big show every year, Laffend said.

Kyle Stewart, Student Government Association vice president of communications, said BOC has a budget of \$40,000 a year.

To appeal to more students through offering a greater variety of artists, BOC now aims to put on four small- to medium-sized shows throughout the school year, plus a show at IC Kicks Back, an annual end-of-the-year celebration for students.

Several students at the forum, including sophomore Chelsea Rance, said they would like to see BOC further diversify the genres of artists it brings to campus.

“I feel like right now the only people that really know about the BOC are the people that are more into indie and alternative music,” Rance said.

Rance suggested BOC reach out to other student organizations on campus to facilitate better communication with the entire student body.

“It could be through talking to the presidents of all kinds of clubs that work with students, whether it’s PRISM or one of the [African, Latino, Asian and Native American] groups. Just getting people to spread the word more I think could go far,” Rance said.

BOC has previously worked with other student organizations on campus, like the Student Activities Board, to combine budgets and put on bigger shows, including the most recent collaboration in January 2015 to bring hip-hop artist Jeremih.

The first show of this year was Cloud Nothings, held Sept. 18, and the next will be a student showcase Oct. 30, which is free to students.

Laffend said BOC encourages students to contact the organization with any genre or artist ideas.

Club protests against factory farms

BY GIANNA FOLZ
CONTRIBUTING WRITER

Approximately 15 Ithaca College students spent a day passing out pamphlets and fasting to protest factory farming on World Day for Farmed Animals.

“End factory farming #alllivesmatter,” was written on five signs held by members of the IC Animal Rights club as they protested factory farming Oct. 2.

The group protested at multiple locations around the college campus informing students about animal welfare and factory farms. According to the American Society for the Prevention of Cruelty to Animals, factory farms are farms that focus on profit and efficiency at the expense of the animals’ welfare.

Senior Katherine Frappolli, president of IC Animal Rights, and around 15 members set out to inform students about animal cruelty.

There were no chants nor were the protestors disrupting classes, but instead students tried to explain animal cruelty to members of the campus community.

“The purpose of the protest was to be informative and peaceful,” she said. “It’s not extremist, it’s not putting it in your face, it’s just raising awareness.”

Frappolli and members of the group also took part in fasting for the day.

“Usually two days before the animals are taken to be slaughtered they are not given any food or water, so it is in remembrance of their pain and suffering,” she said. “Fasting in

itself is difficult, but if you have a good enough cause, it is easy.”

Almost 200 of the 300 pamphlets sent to the group by the Farm Animal Rights Movement were handed out. FARM is a nonprofit organization that promotes planetary survival through plant-based eating. The pamphlets showed pictures of slaughtered chickens and pigs living in factory farms alongside statistics displayed to support their cause. The pamphlets — which were created by the national nonprofit against animal cruelty, Mercy For Animals — included statistics such as 51.4 billion turkeys and chickens are killed each year, and 13 pounds of grain and 520 gallons of water are required to produce one pound of poultry.

Senior Adam Monzella, IC Animal Rights officer, said there are ways of getting protein, calories and nutrients other than eating meat.

“I think that there are a lot of animals that are enduring a great deal of suffering, and it doesn’t have to be that way,” he said. “I think there is a way to raise animals that can be considered ethically permissible, but I think that factory farming just isn’t, and it is really sad how the industry has so much power that they are able to get away with a lot.”

The IC Animal Rights club is in its fourth year and has more activities coming up in the future. On Oct. 10, members will be visiting the Farm Sanctuary, where animals who have been saved from factory farms are rehabilitated and cared for. Frappolli voiced her dedication toward the cause of protecting all lives.



From left, Katherine Frappolli, president of IC Animal Rights, and Alana Herlands, member of the club, pose for a picture while they pass out pamphlets on World Day for Farmed Animals Oct. 2.

TOMMY BATTISTELLI/THE ITHACAN

“I always had a natural affinity with animals, and I just have always connected with animals more than people,” Frappolli said.

The protest largely achieved what the club set out to do, Frappolli said.

“I don’t think that everyone we handed pamphlets out to has converted, but this was for exposure

and awareness, and I think that we really achieved that today.”

After hearing what the club members had to say, freshman Annie Estes said the information read to her by the group made her think more about her food choices.

“I am definitely going to be more conscious about what I am putting into my body,” she said.

New bus service travels from Ithaca to NYC

BY MICHAEL PYSKATY
CONTRIBUTING WRITER

A new bus service that runs nonstop from Ithaca to New York City is now operational.

The Big Red Bullet is an alternative to other bus companies like Greyhound, Short Line and Cornell University's Campus-to-Campus bus. Robert Nicholas, general manager of the Big Red Bullet, said the company was started by Ali Nasser, a recent Cornell graduate.

"He had spent a number of years at Cornell and was doing the trip on a regular basis, so he had been trying the Campus-to-Campus and using the

Short Line, so he had experience with both and didn't like either of them," Nicholas said.

The service will run twice between the two cities each day, with the exception of Saturdays. A one-way ticket for Monday–Thursday will run \$55, with travel on Friday and Sunday being \$65. This price is comparable to the Short Line service, though that bus trip can take anywhere from five to six hours and makes three or four stops, according to its website. According to the Bullet website, its trip lasts 4 1/2 hours and doesn't take a single stop. Cornell's bus is also nonstop but costs \$90 each way.

The bus stops at the Green Street bus station in Ithaca and then travels to Bryant Park in Manhattan. There had been some discussion of adding a few additional stops in the city.

Nicholas said there was the possibility of adding a stop at Ithaca College and Cornell in the future, depending on rider-ship needs, but Tompkins Consolidated Area Transit objected to having the bus stop in Col- legetown over fears that it would cause traffic congestion and delays on TCAT routes.



Professor wants to combine food and communications



Cory Young represented the college at the National Communication Association in Washington, D.C. She has presented food-related research at multiple conferences.

COURTESY OF CORY YOUNG

BY GRACE ELLETON
STAFF WRITER

From Tokyo to Italy, Cory Young's passion for food and communications has brought her around the globe. Currently on sabbatical leave, Young is on a quest to combine these two passions to define culinary communications and how it could potentially become a field of study at Ithaca College.

Young, an associate professor and graduate program chair in the Department of Strategic Communication, said she has been toying with the idea of creating a culinary communications minor. Young said culinary communications is a field that is growing exponentially, according to her research.

Young is researching and creating a definition for culinary communications during her sabbatical leave. She said culinary communications cannot be explained with a Google search because it hasn't been researched thoroughly.

Her current definition of culinary communications is how the food industry markets and communicates business.

"It's really what kind of messages are coming out of the making of food that are being connected to the right audience with the right medium," Young said.

If the college implements a culinary communications minor in the future, it would be the first college in the United States to have one. The closest major that Young could find is Boston University's master's program in gastronomy.

Last May, when Young was applying for sabbatical, Ketchum Inc., a major public relations firm, created a culinary communications food lab. Young said this lab provides clients with a space to make products, create menu developments and food branding.

Young said culinary communications encompasses not only public relations and marketing, but training communication, crisis

communication and interpersonal communication within restaurants.

"My interviewees have said the kitchen is an emotionally abusive environment," Young said.

She said celebrity chef Gordon Ramsay's rage is considered normal in the culinary world, and people in the restaurant business are affected by the high-stress environment, which is why Young said she is also analyzing how culinary communications can help make the kitchen a more enjoyable workplace.

Before Young entered college, she worked in the culinary field as a waitress, caterer and manager of a gourmet restaurant.

Young initially went to Bowling Green State University in Ohio, where she struggled to find her passion — until she took Introduction to Human Communications.

"Something just lit my brain on fire," she said.

Alberto Gonzalez, now professor and chair of the Department of Communication at Bowling Green, helped Young get into graduate school with full funding.

"You could tell she had a passion for communication, which won us over," Gonzalez said.

Young is now planning a trip to go to Milan, Italy, for another conference about food and design, which will be held Oct. 14–16.

Sophomore Tatiana Prater, president of the Culinary Arts Club, said being able to combine her passion for food with communications would be a great opportunity.

"Because of her, I'm more inspired to actually do more research on the whole industry," Prater said.

Young has also been involved with multiple conferences across the United States, interviewing experts and researching how to define culinary communications

"I've been on an amazing adventure so far," she said.

Latest master's program connects images and text

BY MADELINE LESTER
CONTRIBUTING WRITER

Ithaca College is establishing a new Master of Fine Arts program, a 25-month graduate program beginning this summer focusing on the cross-disciplinary interaction between writing and photography.

Catherine Taylor, MFA program co-director and associate professor in the writing department, said the program is the first official Image Text MFA in the country. Taylor said the program gives students the opportunity to explore an exciting, creative curriculum. Applications for the Summer 2016 incoming class will open this fall.

Along with the MFA program, the Image Text Ithaca initiative includes an annual symposium and an independent press.

"We hope that the graduate students will have an opportunity to really explore and push themselves and enter new territory, while also learning about traditions in those fields and increase their skill level with the technical side of those disciplines," Taylor said.

Through the program, students will gain skills in photography, writing and design, Taylor said, and will be ready to take their artistic practice to the next level while preparing to publish their books.

Students will work with faculty and artists during three monthlong summer sessions in Ithaca and also study at the college's New York, Los Angeles or London campuses for two annual, weeklong winter sessions. During their fall and spring academic terms, students will have the freedom to explore independent study.

Nicholas Muellner, co-director and a professor of photography and critical studies, said the initiative began with two workshops in 2014 and 2015 and a symposium in 2015.

Taylor and Muellner brought in six junior fellows and six senior fellows to work on the project.

"It was very successful. The participants were tremendously productive, and several books have been published from those encounters," Taylor said. "They were very exploratory, playful and intense, and we hope to continue that same dynamic in the graduate program."

While the program has just started, two books have already been published and were



Catherine Taylor, a professor of writing, is the co-director of the new program.

CELINE BAUMGARTNER/THE ITHACAN

launched at the NY Art Book Fair Sept. 17–20: "Tessex?" and "Dark Archives." These pieces emerge from the ITI Press, which is an integral part of the emerging MFA program at the college. The ITI Press, modeled on photographic and literary small presses, will publish both online and print works of text and image.

"This is the kind of work that we hope will happen in the MFA program in the sense that two writers and two photographers get together and create a structure for a book that is not what either of them would do on their own," Muellner said.

Taylor said the program had its first meeting during the summer of 2014.

"I looked around and I saw 15, 16 amazing — many of them internationally known — artists all talking and working together, printing, making little books, writing poems on the fly, and I thought, 'This is why I got into this,'" she said.



**O PINK
HEARTED
MONSTER,
O FLORAL
BED OF MY
13TH YEAR.**

"Tessex?" a book by workshop participants Emma Kemp, Daniel Wroe, Bobby Schiedemann, Analicia Sotelo and Thomas Whittle, is an example of work in the program.

COURTESY OF NICHOLAS MUELLNER

COLLEGE

Cornell diversity director to speak on National Coming Out Day at IC

Cornell F. Woodson '09 will be the featured speaker at Ithaca College on National Coming Out Day at 7 p.m. Oct. 8 in Clark Lounge.

Woodson will talk about his story of embracing a career in social justice and practicing self-care and why he believes authentic dialogue, reflection of our identities and an understanding of history are key to creating a more inclusive environment at the college.

Woodson is currently the associate director for diversity and inclusion in the School of Industrial and Labor Relations at Cornell University.

Provost Benjamin Rifkin to host Brown Bag Lunch for students

Provost Benjamin Rifkin is hosting another "Brown Bag Lunch with the Provost" from noon to 1 p.m. Oct. 8 in the Buttermilk Falls meeting room in the Campus Center.

This month's "Brown Bag Lunch" will have a theme: diversity and inclusion at Ithaca College. The monthly lunches without themes will resume in November.

Attendees will be able to converse with the provost about recent issues on campus that they feel are important.

There are six slots available for this luncheon, and they will be filled on a first-come, first-served basis. Email kemnett@ithaca.edu to secure a seat.

VIC Radio mobile application now available for iOS devices

VIC Radio has released its new mobile application available for iOS devices. The application will feature regular and high-quality streams, in-app access to VIC social media, a sleep timer to stop playback after a period of time and a share button for social media.

The app has the same features as the website and will cover regular news as well as Sportscast and coverage of Ithaca

College sports. The app is available on the Apple App Store.

Listeners can hear classical, indie and pop music, alternative artists like Beach House, Tame Impala and Walk the Moon, and up-and-coming artists like Girlpool and Eskimeaux.

New international volunteering club searches for faculty adviser

International Volunteer Student is a new program at Ithaca College that connects students to opportunities to volunteer and travel around the world. The club is student-led and supports sustainable volunteer initiatives on a local and global scale.

IVS's mission is to support sustainable development initiatives through life-changing student volunteer and responsible adventure travel programs.

For information or advice on how to become an adviser for IVS, email Marissa Smith at msmith23@ithaca.edu.

Sodexo chef visiting from Russia

Sodexo Dining Services will welcome guest chef Liliia Shkileva from Moscow Oct. 19 and 20.

Shkileva is one of 12 Sodexo global chefs who are visiting the United States through an international chef program, called the Global Chef Sharing the International Flavors of Sodexo.

Shkileva will come to Ithaca College after visiting the University of Vermont and will visit Hobart and William Smith Colleges next.

There will be a demo at the Food Lab Oct. 19 in the Terrace Dining Hall where different clubs and organizations will be invited to learn about Russian cooking. There will also be a Russian-themed dinner from 5-7 p.m. at Terrace Dining Hall.

During the lunch hour Oct. 20 in IC Square, there will be free sampling of Russian cuisine on the stage as well as a food cart that has items students can buy, like soup, sandwiches, desserts and entrees. All students and staff are welcome to attend and sample.



Club asks students why they need feminism

Senior Elizabeth Morris poses with a whiteboard where she wrote why she needs feminism Oct. 6 on the academic quad as a part of the "Who Needs Feminism?" campaign sponsored by the Feminists United club. Members of the Feminists United executive board are taking photos of students during the noon hour from Oct. 5-9.

CELINE BAUMGARTNER/THE ITHACAN

Public Safety Incident Log

SELECTED ENTRIES FROM SEPTEMBER 21 TO SEPTEMBER 27

SEPTEMBER 21

MEDICAL ASSISTANCE

LOCATION: Friends Hall
SUMMARY: Caller reported person injured in yoga class. Person transported to Health Center. Master Patrol Officer Bruce Holmstock.

UNLAWFUL POSSESSION OF WEAPON ON SCHOOL GROUNDS

LOCATION: Holmes Hall
SUMMARY: Caller reported possible BB gun in room. Officer confiscated BB guns and issued one person an appearance ticket to the Ithaca Town Court. Master Patrol Officer Don Lyke.

SEPTEMBER 22

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Bogart Hall
SUMMARY: Caller reported unknown person left marijuana paraphernalia in room. Investigation pending. Patrol Officer Lance Clark.

MEDICAL ASSISTANCE

LOCATION: Job Hall
SUMMARY: Caller reported person dancing injured ankle. Person declined medical assistance. Master Patrol Officer Don Lyke.

PETIT LARCENY OVER \$200

LOCATION: Towers Dining Hall
SUMMARY: Caller reported un-

known person stole cellphone. Investigation pending. Patrol Officer Lance Clark.

SEPTEMBER 23

BULLYING OR CYBERBULLYING

LOCATION: All campus
SUMMARY: Caller reported people sent unwanted messages through social media and text messaging. Investigation pending. Investigator Tom Dunn.

OFF-CAMPUS INCIDENT

LOCATION: All other
SUMMARY: Caller reported person sent suicidal text messages. Complainant filed report with IPD and IPD reported person was not a threat to harm themselves or others. Master Patrol Officer Don Lyke.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: East Tower
SUMMARY: Caller reported odor of marijuana. One person judicially referred for unlawful possession of marijuana. Patrol Officer Lance Clark.

SEPTEMBER 24

MOTOR VEHICLE ACCIDENT

LOCATION: S-Lot
SUMMARY: Caller reported two-car property damage motor vehicle accident. Master

Patrol Officer Jon Elmore.

MEDICAL ASSISTANCE

LOCATION: Terraces
SUMMARY: Caller reported person stood up and injured head on bunk bed. Person declined medical assistance. Patrol Officer Waylon DeGraw.

BURGLARY NO FORCE

LOCATION: East Tower
SUMMARY: Caller reported unknown person entered room and stole cash. Investigation pending. Patrol Officer Waylon DeGraw.

SEPTEMBER 25

UNLAWFUL POSSESSION OF WEAPON ON SCHOOL GROUNDS

LOCATION: Terrace 3
SUMMARY: Caller reported an odor of marijuana. One person judicially referred for unlawful possession of both marijuana and a weapon, as well as underage possession of alcohol and unlawful possession of weapon on school grounds. Patrol Officer Waylon DeGraw.

MEDICAL ASSISTANCE

LOCATION: Lyceum Drive
SUMMARY: Caller reported person riding bicycle fell and sustained injuries. Person transported to hospital by ambulance. Master Patrol Officer Don Lyke.

ACTS OF DISHONESTY

LOCATION: C-Lot
SUMMARY: Person reported a vehicle displaying a fraudulent parking permit. One person was judicially referred for acts of dishonesty. Patrol Officer Waylon DeGraw.

MEDICAL ASSISTANCE

LOCATION: East Tower
SUMMARY: Caller reported a person fell from bed and cut arm. One person was transported to the hospital. Patrol Officer Waylon DeGraw.

SEPTEMBER 26

FIRE ALARM ACCIDENTAL

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

POSSESSION OF ALCOHOL

LOCATION: Landon Hall
SUMMARY: Caller reported excessive noise, odor of marijuana and alcohol. One person was judicially referred for underage possession of alcohol and was also warned for noise violation. Patrol Officer Waylon DeGraw.

MEDICAL ASSISTANCE

LOCATION: Butterfield Stadium
SUMMARY: Caller reported person passed out. Person declined

medical assistance. Patrol Officer Waylon DeGraw.

LEAVING SCENE OF AN ACCIDENT

LOCATION: L-Lot
SUMMARY: Caller reported unknown vehicle damaged parked vehicle and then left the scene. Patrol Officer Waylon DeGraw.

SEPTEMBER 27

CRIMINAL TRESPASS

LOCATION: Holmes Hall
SUMMARY: Caller reported unknown person entered room. Person judicially referred for criminal trespass. Master Patrol Officer Jon Elmore.

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments
SUMMARY: Simplex reported fire alarm. Activation caused by burnt food. System reset. Master Patrol Officer Brad Bates.

For the complete safety log, go to www.theithacan.org/news.

KEY

- SCC – Student Conduct Code
- AD – Assistant Director
- IFD – Ithaca Fire Department
- IPD – Ithaca Police Department

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- Chapel
- Snack Bar
- Campus Center Dining Hall
- Campus Center Lobby
- Williams Hall
- Center for Natural Sciences
- Hammond Health Center
- Alumni Hall
- Ceracche Center
- Towers Dining Hall
- Terrace Dining Hall
- Library
- Music School
- Hill Center
- Center for Health Sciences
- Smiddy Hall
- Dillingham Center
- Peggy R. Williams Center: Lobby, 3rd Floor
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- Dewitt Mall
- Center Ithaca

***Issues every Thursday**



ALLISON LATINI/THE ITHACAN

EDITORIALS

College should continue to seek diverse faculty

Having faculty members from diverse backgrounds is beneficial to college students' educational experiences

Over the last nine years, racial diversity among Ithaca College faculty has increased by 3 percent. While progress is often considered positive, it should never be seen as a reason for complacency, which is why it is commendable that the administration has developed new guidelines for hiring faculty members from diverse backgrounds.

Diversity among faculty is essential to enhance the overall educational experience for all students attending college. Varied perspectives are what round out curriculums and make higher education unique and worth its steep price. Professors should be able to draw upon personal experiences and apply that context to what they are teaching in order to better help students connect with the content.

For instance, it would not make much sense to have a Latino/a studies course taught by a faculty member who is not Latino/a, or has not been immersed in Latino/a culture, or does not understand the specific types of oppression faced by Latino/a communities.

This is why last year, several students rallied around the push for the hiring of a Native American professor to teach courses within a redefined Native American studies minor. No professor better understands Native American culture and history better than one who has lived it.

This issue reaches even beyond racial and ethnic backgrounds to cross national borders. International diversity among faculty should also be increasing, especially in language and politics courses, where cross-cultural perspectives might be most beneficial. A German class taught by a professor who was born and lived in a German-speaking country will have much more to offer students in terms of teaching them about German language and culture than a professor from the United States would.

The college has been adamant about demonstrating its progress and dedication to increasing diversity among faculty. Still, a 3 percent increase is hardly enough, and the college should do everything in its power to prioritize and achieve more progress.

Students should be able to attend historic events

The college should continue to provide opportunities that connect students with important national moments

When Pope Francis made his historic visit to the United States, the Ithaca College Catholic Community organized for students to bus to Philadelphia to see him in person. Evidenced by some of the students' emotional reactions to this experience, it is clear that connecting students with important historic events is beneficial to their college experience.

While the campus and local community offer a number of ways in which students can get involved beyond the classroom setting and their extracurricular activities, there may be much more to be gained from going to see a speech by a prominent national or world leader or attend a national or even international conference. In light of this, the college and leaders of campus organizations should make it a priority to continue to connect students with these opportunities.

Getting the opportunity to witness a monumental speech or event is often highly

educational and provides a very real context to what students might be learning in their classes. When students were able to travel to and film the Selma march for NBC last spring through the Roy H. Park School of Communications, they were provided with not only being a part of a historic moment but also gaining professional experience.

Similarly, attending conferences not only offers an educational experience, but also enhances networking opportunities, especially when these conferences are on a national or international scale.

For instance, last year, Ithaca College Feminists United sent some of its club members to a national feminist conference in Washington, D.C. Students should be connected with the events and meetings that will help them meet professionals in the industries they are passionate about.

With this in mind, the college and its organizations should continue to present more opportunities to get students off campus and into profound experiences.

YOUR LETTERS

Department of History does incorporate discussions of diversity issues in curriculum

Dear Editor:

In your Sept. 30 article, "Ithaca College releases new minority faculty hiring policies," Professor Gustavo Licon is quoted as saying, "In an ideal world ... departments would be

diverse, so these subjects would come up in history and sociology and communications and all of these different departments, but the reality is that for the most part it doesn't." I applaud the college's effort to recruit and retain more minority faculty. The cultural background of the instructor can make a difference in how learning happens in a class. That having been said, it is manifestly untrue

that subjects related to diversity and the struggle to create a pluralistic society don't come up in the history department at IC. Indeed, these issues are at the center of many of the courses I and my colleagues teach. I suspect the same can be said of sociology.

Michael Smith
Associate Professor, Department of History

SPEAK YOUR MIND

Be heard in print or on the Web. Send a letter to the editor to ithacan@ithaca.edu or to the Opinion Editor at nshanklin@ithaca.edu. Letters must be 250 words or fewer, emailed or dropped off by 5 p.m. Monday in Park 220.

MIND
MATTERS

AMELIA ERIKSON

Erasing mental health stigmas

To mark the end of September as Suicide Prevention Awareness Month, the national organization Active Minds celebrated National Day Without Stigma Oct. 5. The point of this day is to take steps to eliminate the discrimination based on mental health and mental illness in our society and to encourage people to not be ashamed of seeking help and support. The Active Minds website provides three ways in which people are able to help stop stigma in their daily lives: watching their language, showing positive support and reaching out.

The first relates to microaggressions that are often used with mental health terms. Statements such as “She’s so crazy,” “I’m so OCD” and “The weather is so bipolar” link mental health terms with a negative connotation. People should always be identified as people, not as their mental illness.

The second, positive support, would be sending out positive messages to the world to let people know that they are not alone and that they have support. It’s as easy as leaving someone a note saying “Have a nice day.”

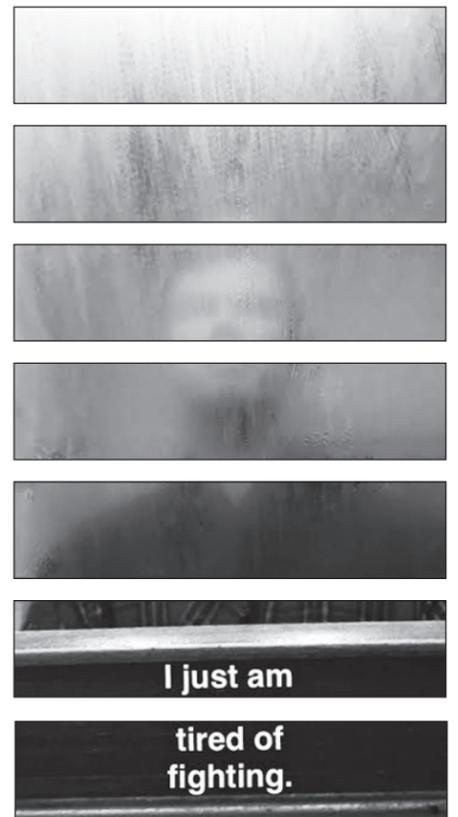
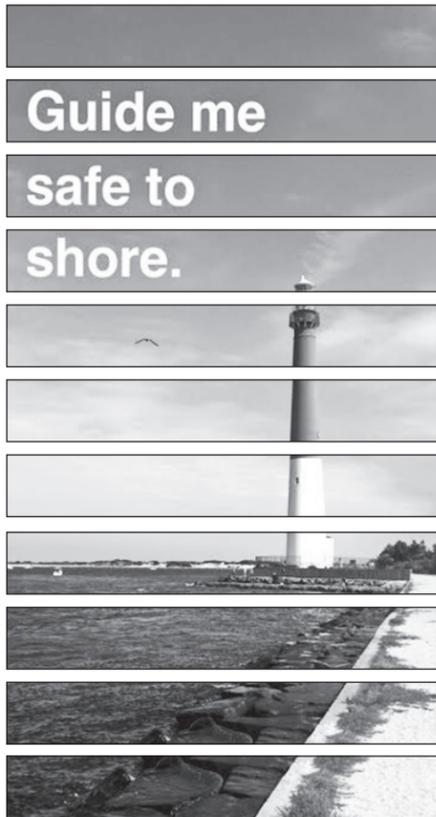
Finally, reaching out to people who might be struggling and giving them information about where to seek help and the resources available to them can make a huge difference.

Mental illness is not something that should be shameful, and these steps can help change the stigma. However, it isn’t something we should only be cognizant about for the day — it should be a constant effort. Instead of being excited and passionate about this day, it has instead made me frustrated.

It is exasperating, sometimes, that we need specified days to remind us to take action to prevent hurting other human beings. To remind us to think before we speak and about the impact our words have on the world around us. My wish is that we did not need the day, but it is hard for change to occur without it.

My point is not that days and months of awareness should not exist. My point is that we should actually use them to raise awareness and make change. How many people who heard about National Day Without Stigma will take those three steps and tell their friends to do the same? Probably very few. People need to be motivated to take action. Maybe we need an awareness day about awareness days.

AMELIA ERIKSON is a senior applied psychology major. Email her at aeri101@ithaca.edu.



Depression turns the world black and white



If a person were to go on Google and search “are mental illnesses ...,” the first two suggestions are this: “are mental illnesses real” and “are mental illnesses contagious.”

Clearly many people are misinformed when it comes to the topic of mental illness. Yes, they are absolutely real and affect one in four American adults. No, it should be common sense to realize they cannot be spread like the flu. Mental Illness Awareness Week, Oct. 4–10, is a perfect time to address and fight this stigma, which is only still prevalent because uninformed people fail to identify mental illnesses for what they are: legitimate disorders of the brain that should be treated.



CHRIS BIEHN

Some people incorrectly view depression as just being sad. People will claim they’re depressed after having a single bad day, when the weather is gloomy, or as a result of something negative happening like a bad grade on an exam. Everyone has typical mood swings that are caused by emotions or situations that cannot nearly compare to the dark depths of depression. I sometimes like to think of depression as chemical warfare in your brain where a person is really sad when everything in his or her life seems to be going right. With a phenomenal support system — and when from an outside perspective my life looked like everything was going quite well — my depression consumed me and forced me to take a medical leave of absence this semester because I couldn’t process or retain the school work.

I’m fighting a mental illness called bipolar I disorder. I was diagnosed when I was a freshman

in high school. Bipolar I disorder is characterized by two mood episodes. During a manic episode, my mood becomes escalated and my entire perspective changes. I feel like I’m on the top of the world, I sleep much less, my thoughts race at a million miles a minute, and I have grandiose ideas. The other mood spectrum that I, along with others with bipolar I disorder, experience is the major depressive episode. During a major depressive episode, the world seems to change from color to black and white. I feel sad and empty, I lose interest and pleasure, my energy is gone, I can’t concentrate, I feel vulnerable, I think I’m worthless, and sometimes I feel like I want to die. However, for the majority of my experience with this illness I’ve had a “normal” mood, just like everyone else with typical highs and lows.

I don’t let my illness define me, but my recent bouts with depression have had a big impact on my life. I have been in a depressive episode for four months.

I believe it’s beneficial to be able to express yourself. Unfortunately, people think they should only share their highlight reels on social media. I think people don’t realize that the most meaningful connections are made when you’re vulnerable.

As someone who wants to be a mental health advocate, I chose to post an update on Facebook with some of my recent struggles so that people could find comfort that they are not alone with their mental health challenges, that there is hope and that it’s OK to be open and honest.

Here are two excerpts from the post:

“It feels like the entire world has changed from color to black and white. I struggle to just

The week of Oct. 4–10 is Mental Illness Awareness Week, which aims to raise awareness about and eliminate the stigma surrounding mental health issues. In light of this, sophomore Chris Biehn has launched a social media campaign in which people share black-and-white photos of themselves on Facebook, Twitter and Instagram. The photos presented here are from Biehn’s Snapchat and include quotes that represent what he feels while experiencing a depressive episode.

COURTESY OF CHRIS BIEHN

“I accept that the best attitude is to make the most out of every possible moment, for not every moment is possible to enjoy.”

— Chris Biehn

go through the motions, force a fake smile, and even to get out of bed in the morning. The depression has given me a constant migraine and simple tasks prove to be challenging.”

“I believe there is a purpose to my pain. I intend to use my suffering to help others who suffer in similar ways. I accept that the best attitude is to make the most out of every possible moment, for not every moment is possible to enjoy.”

The support from the post was overwhelming and positive. I went on to take the black-and-white concept to my Snapchat stories as another way to express what depression feels like. For this photo project I tried to use captions that accurately reflected my thoughts with artistic images so that people might have a better understanding of depression and how challenging it can be.

For Mental Illness Awareness Week, I started a student-run campaign called “Listen. Learn. Accept.” that speaks up for mental illness. Our main focus is to promote acceptance for mood disorders through its Facebook, Twitter and Instagram accounts. My hope is that this movement will gather a following and people in the Ithaca College community will post a black-and-white photo of themselves to social media between Oct. 4 and 10 with this caption:

“Depression makes the world seem like it’s black and white. #LLA”

If people are interested in volunteering for the LLA campaign, they can email listenlearnaccept@gmail.com. Help fight stigma for mental illness and depression by being vocal!

CHRIS BIEHN is a sophomore journalism major. Email him at cbiehn1@ithaca.edu.

NEWSMAKERS

Cornell professor discusses local controversy

William Jacobson, clinical professor and director of the Securities Law Clinic at Cornell University and founder of the conservative blog Legal Insurrection, facilitated a discussion Oct. 7 at Ithaca College about an incident at the local Beverly J. Martin Elementary School on Sept. 18, where Palestinian activist Bassem Tamimi and others spoke to third graders about the Israeli-Palestinian conflict. Jacobson said he has qualms about the appropriateness and objectiveness of the presentation.

He also said Tamimi was not an authorized guest at the school that day. His friend, Ariel Gold, who was authorized to speak, invited him to present with her without the school's permission.

Prior to the Oct. 7 presentation, Staff Writer Kyle Arnold spoke with Jacobson about Bassem Tamimi, the controversy and his discussion.

Kyle Arnold: It says in the Ithaca College Intercom post that you will be talking about the incident in the "context of broader anti-Israel activism in colleges and schools." Can you explain exactly what that broader context is?

William Jacobson: Depending on the campus, and it varies widely from campus to campus, there is a very active boycott movement against Israel, including an academic boycott movement against Israel. Some places it's not very active, others it's more active. So I think what happened at the Beverly J. Martin school is part of that broader context because it was sponsored by the same people, Jewish Voice for Peace, and there were a couple of others who are very active in the boycott movement.

KA: Do you think that, objectively, what happened was inappropriate?

WJ: Well, from what the superintendent had said about what's expected and the statements that people have posted as to what happened, yes.



William Jacobson, a professor at Cornell University, spoke at Ithaca College on Oct. 7 about the controversy surrounding a Palestinian activist who presented at Beverly J. Martin Elementary School. TOMMY BATTISTELLI/THE ITHACAN

Several of the people who attended and participated in the presentation wrote on Facebook and in letters to the superintendent about what happened, and it is absolutely clear that the goal of the presentation was to generate sympathy for the Palestinians and against the Israelis, and you can like that or not like that. People may say that's a good thing, but it raises questions as to whether it was an appropriate event, first of all for third graders, and second in a public school where students are essentially forced by law to attend and whether it was consistent with Ithaca school district's understanding and intentions. So all those things lead me to say that, objectively, this was not an appropriate presentation regardless of where someone may come down on the Israeli-Palestinian issue.

KA: How does a Palestinian activist who has familial connections to terrorism, with his cousin, Ahlam Tamimi, being involved in the Sbarro Pizza suicide bombing, make his way to Ithaca, New York?

WJ: There are two things going on here: One was the presentation itself. The other is that they never cleared him with the school to be a speaker, and I think there are serious issues if he was an appropriate speaker in a third grade class. There are serious questions about somebody who advocates stone throwing and who uses 8- and 9-year-old children in his videos by putting them in difficult situations, whether he, as an unapproved speaker, should have been brought to that classroom.

Theater professor talks about Partition project



Kathleen Mulligan, associate professor in the theater department, screened her documentary about her "Voices of Partition" project Oct. 2. JENNIFER WILLIAMS/THE ITHACAN

Kathleen Mulligan, associate professor in the Department of Theatre Arts, held a screening of her documentary, "Voices of Partition," Oct. 2 in the Roy H. Park Hall Auditorium. The film featured the Voices of Partition project she's been working on with the Theatre

Wallay in Islamabad, Pakistan.

The five-step project highlights the stories of survivors of the Partition in 1947, when India was split and one section became Pakistan. The first stage included workshops for the actors at Theatre Wallay, where they studied survivors' sto-

ries, then wrote and performed monologues. The next two steps involved the actors traveling to universities and collecting stories, then creating a script. The last two steps are performances of the play "Dagh Dagh Ujala" — "This Stained Dawn" — in both Pakistan and the U.S.

Staff Writer Maura Aleardi spoke with Mulligan about her work with the Theatre Wallay, the creation of the Voices of Partition project and the making of the documentary.

Maura Aleardi: What parts of the project does the documentary focus on?

Kathleen Mulligan: It focuses on the whole project talking about the history of the idea of it and then taking us through the interviews with the survivors of Partition to us developing the script and rehearsing and then producing it.

MA: Where did the idea for Voices of Partition come from?

KM: I do a project here called Ancestral Voices with my seniors, and that's where students here at Ithaca College interview their family members about their family history, and then they create a monologue out of it and they have to do the dialect work. So when I was in Pakistan and started hearing about Partition and realizing how little I knew about it, and realizing

also that the people that are still alive that are survivors are in their 80s and 90s and if we didn't collect those stories quick they were going to be gone. And I'm certainly not the only person that's figured that out. There's a lot of efforts in the world right now to get these stories recorded.

MA: Where did the idea for the film come from?

KM: It was actually the U.S. government. I want to say that somebody in the embassy thought that would be a good part of it, but I'm not certain about that. Originally, we were going to do a book too, and we'd still love to do that, just with the monologues and photographs or the survivors, but we'd have to get more money to do that.

MA: What do you want the viewers of the film to take away from it?

KM: What I'd really love is for them to get excited about coming to see the play, to spark their interest about learning more about Partition and also learning more about Pakistan. We kind of have this image I think because of our media. The only time we see something about Pakistan is when something terrible happens. Partition was a pretty painful period in history, but it's also getting to hear stories of just everyday people and realize how much we're alike.



INTO IDENTITY

MARISSA BOOKER

Being a token biracial student

I am your black friend. I am not intimidating. I speak your language.

I am your black-enough friend. I am not that intimidating. I sometimes speak your language.

I am not your friend. I am intimidating. I switch between my many languages.

I am the other.

Over the past 18 years I have grown tired of being tokenized even though I know it has just begun.

As a freshman on this campus, I would be blind to not notice I am one of few, if not the only, brown hand raised during attendance. There is a chance that upon first introduction, I am perceived as black. From that perception, belief is built regarding me as an authority on racial topics. This belief is almost never held by another person of color.

The oddity continues. I am seen as approachable, and I am seen as safe, and I am seen as "white enough" to be welcoming. I am constantly compared to other people of color in a subconscious way; "the whitest black person I know."

To clarify, I am biracial. My mother is white. My father is black. I identify as biracial. I have no intention of shifting that identification for any situation, no matter what pressure is put on me.

Black issues affect me just as white issues weigh upon me. When someone feels as if a space is unsafe because of the color of his or her skin, I may not directly understand, but I am likely to feel the same. When someone feels guilt for the privilege given to them by the color of his or her skin, I may not be influenced the same way, but I have some parameter of knowledge. This is not the truth for every biracial person. This is true for me.

The thing about racism is that it is a standard and an oppression put upon individuals for their relation to a group, whether that association is based on fact or not.

The oddity of being the token is that I am somehow elevated to being the safe liaison into that world. I am somehow identified as just close enough. This stance ignores my character, my background and my narrative and even worse, replaces others' identities and stories with mine.

INTO IDENTITY is a column about identity issues written by Frances Johnson and Marissa Booker.

BOOKER is a freshman communication management and design major. Email her at mbooker@ithaca.edu.

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sudoku

medium

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

very hard

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

answers to last week's sudoku

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

crossword

By United Media

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15				16				17			
18				19				20			
			21				22				
23	24	25				26			27	28	29
30						31				32	
33			34	35				36	37		
			38					39			
40	41	42				43			44	45	46
47						48			49		
50						51			52		
53						54			55		

ACROSS

- 1 Iffy attempt
- 5 "Swan Lake" costume
- 9 Suitable to the occasion
- 12 Volcanic rock
- 13 Comparable
- 14 Give -- break
- 15 Rainbow goddess
- 16 Swimmer's need
- 18 Square-dance calls (hyph.)
- 20 Glances at
- 21 Cote murmur
- 22 Observe
- 23 Like pea-soup fog
- 26 Dinosaur bones
- 30 "Little Women" sister
- 31 "Westworld" name
- 32 Mgmt. biggie
- 33 Type of energy
- 36 Byron and Keats
- 38 Mont Blanc or Jungfrau
- 39 Knock sharply

40 Worm seeker

- 43 Slickest
- 47 Hoops or studs
- 49 Softball team
- 50 -- Star Pictures
- 51 Pharaoh's river
- 52 Romantic deity
- 53 PC button
- 54 Prepared to do business
- 55 Rookie socialites

DOWN

- 1 Rode the banister
- 2 Poi source
- 3 Hertz rival
- 4 Fundamentals
- 5 Not allowed
- 6 Luau strummers
- 7 -- Maria (coffee liqueur)
- 8 Cousins' dads
- 9 Lectern
- 10 Crest
- 11 License plates
- 17 Works the garden

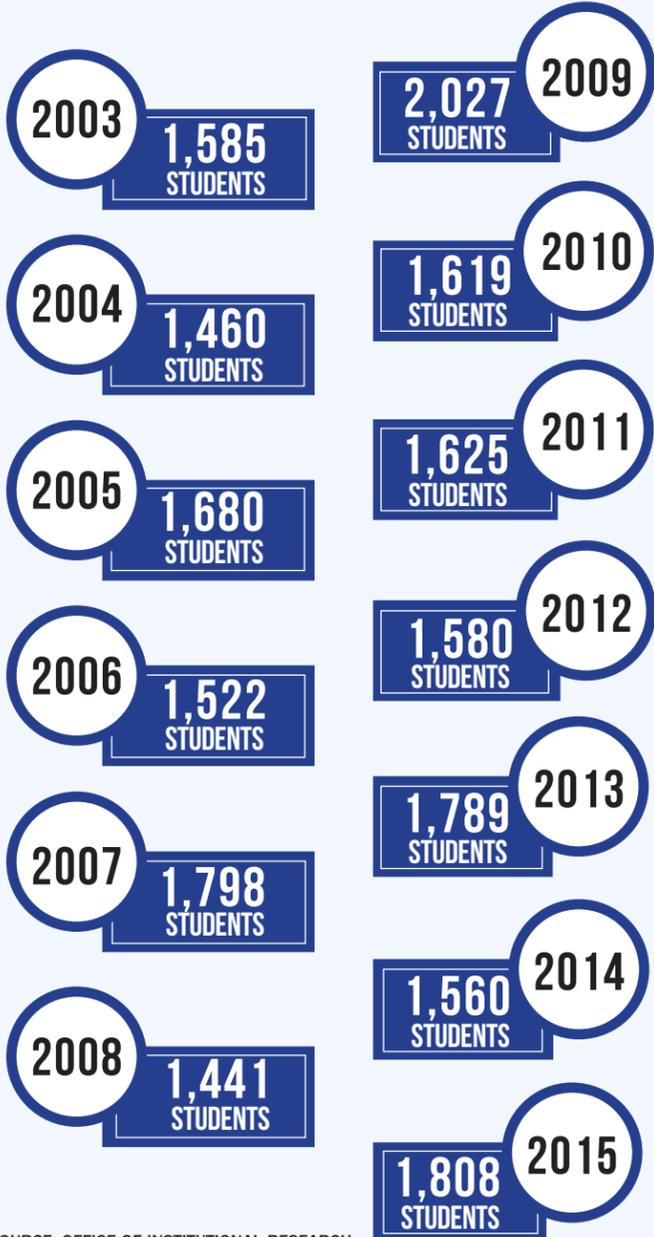
19 Mother rabbit

- 22 Our sun
- 23 Former Miami QB -- Marino
- 24 Tall bird
- 25 The Big Apple
- 26 Make the -- fly
- 27 Goalie's milieu
- 28 Rent out
- 29 Emergency signal
- 31 Bark or yelp
- 34 Place to hibernate
- 35 Warm ocean current (2 wds.)
- 36 Sidekick
- 37 Reckoned
- 39 Up and about
- 40 Nerve network
- 41 Galley mover
- 42 -- a-brac
- 43 Give the glad eye
- 44 Dublin's land
- 45 Haughty type
- 46 Hardy heroine
- 48 Playful bite

last week's crossword answers

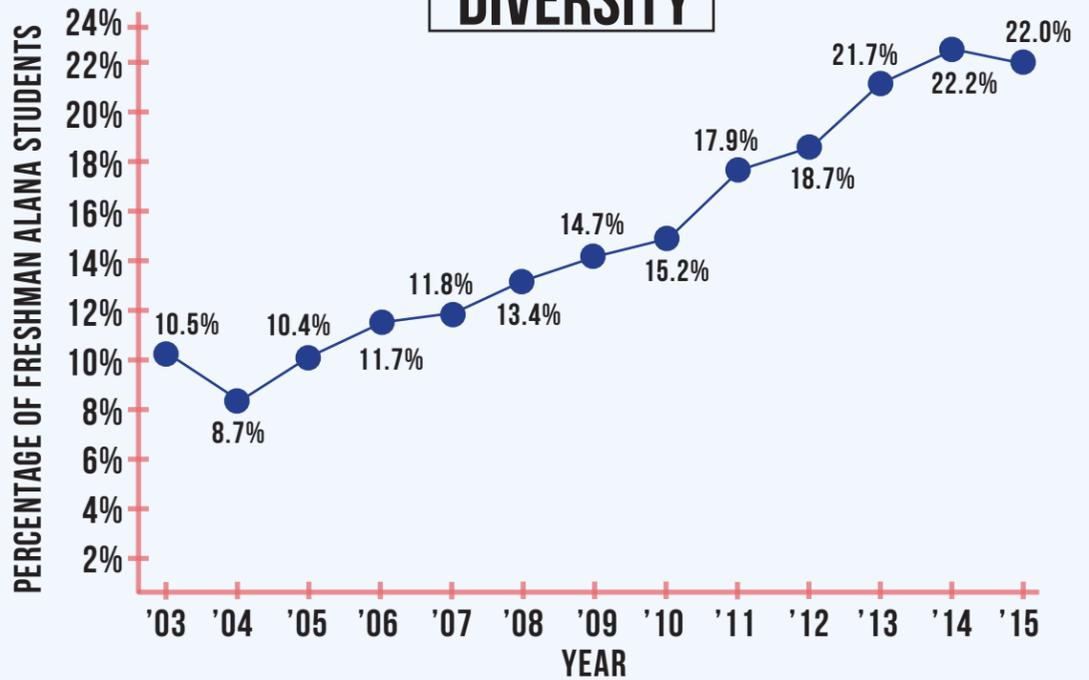
YECH		FEE		DYE						
OOHED		ADA		EON						
MERLE		ROSE		BUD						
		OILER		YET						
ROMP		GOT		KOAN						
AHEAD		WAT		ROO						
VA		DEY		JIF						
ERG		REF		CRETE						
LENT		ARF		ALAS						
		OAF		ELENA						
BEMOANS				STICK						
ESE		IAN		SINAI						
GAS		RHO		CELT						

FRESHMAN ENROLLMENT

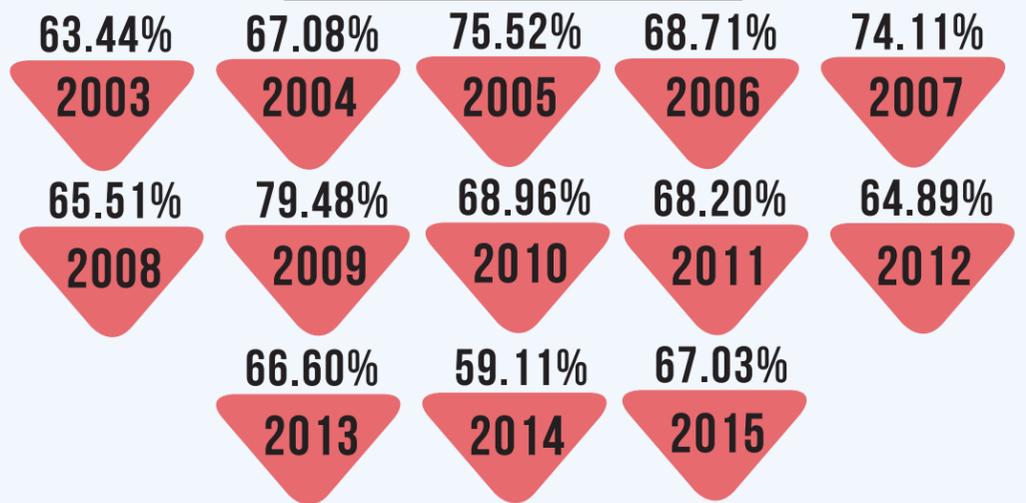


SOURCE: OFFICE OF INSTITUTIONAL RESEARCH

DIVERSITY



ACCEPTANCE RATE



DESIGN: ALISON TEADORE AND GRACE CLAUSS

ENROLLMENT, from Page 1

increase enrollment by admitting students who were more engaged with the college. The college measures engagement by attendance at admission events and interactions on IC Peers.

The freshman class at the college includes 1,808 full-time new freshmen, the third-largest class the college has seen since it began reporting such data in 1962. The largest class was in 2009, when 2,027 first-time full-time freshmen enrolled in the college, a year in which the college's acceptance rate also climbed to 79 percent.

Turbide said the college is happy with the increased enrollment.

"This is a great, strong, talented incoming group of students," Turbide said. "This is not a number the college can't handle in any aspect."

Of the 38.3 percent of students who reported their high school standing, 23 percent of those students reported being in the top 10th of their high school graduating class. This is the lowest percent of students reporting to be in the top 10th since 2004, which is the first year the data is available from the Office of Institutional Research. The average over those 11 years is 30.4 percent, with each year having between 38.3 percent and 65.4 percent of the students reporting.

Turbide said fewer secondary schools have been reporting class rank. He said there are many reasons schools aren't reporting rank.

"Certainly, a good reason to move away from ranking is that the practice might lead some to conclude that a person's rank within their class is a direct reflection of their relative worth as a human being among their peers," Turbide said. "That seems problematic to me."

He also discounted the importance of it as a statistic.

"For us, rank is not as important an indicator of a student's potential to succeed as are things like a student's course selection and how well they have done in their coursework, reflected in grade point average," he said.

The college doesn't provide data on the class' GPA.

The School of Music has 140 new freshmen, and the School of Health Sciences and Human Performance has 389 new freshmen, both the second-largest classes of students since 2003.

The School of Business has 170 full-time, first-time freshmen, only slightly below its average over the last 12 years of 172.25

The School of Humanities and Sciences, however, had its second-smallest class of students since 2003, with only 2014 being a smaller class. The 632-student class is 52 students smaller than its average over the last 12 years.

Eversley Bradwell pointed out that the major and school choices of incoming students may have to do with factors outside the college's control.

"In my personal observation, a lot of it has to do with what's on television," she said. "If there's a popular character and they're doing something and it's intrigued that age group, we'll get a lot of questions about that as a career and what you can major in to become that."

Jennifer Jolly, associate professor and chair of the Department of Art History, said she thinks professional programs are more popular because of the state of the economy and the perception that college is meant to prepare you for a specific profession.

"Right now with the economic downturn, people are looking at the high cost of college, and they're very anxious about what kind of job do you get right out of college," Jolly said.

Jolly said there are entry-level humanities jobs, but there is a perception that these jobs are hard to find.

The Department of Art History only has two freshman majors this year, and in 2014 they had none.

While the department is affected by low enrollment, Jolly said because of Integrated Core Curriculum requirements and the curiosity of students outside of art history, most of their 100- and 200-level courses are full.

However, Jolly said she believes low enrollment caused the department not to get a tenure-track faculty member this year to replace Stephen Clancy, who retired in May 2015.

"In our department, we have the resources to do what we need to do," Jolly said. "I just wish that we could get another tenure track line right now."

THEATER DEPARTMENT INCREASES YIELD

The Department of Theatre Arts has 104 freshmen this year, compared to 70 in 2014, an increase that Catherine Weidner, associate professor and chair of the Department of Theatre

Arts, said was due to a concerted effort.

"We did a more focused recruiting effort, and it paid off," Weidner said.

She also said she didn't think that this year's yield — the percentage of accepted students who actually enroll — would be part of a trend.

The college's yield in 2015 was 16.33 percent.

"We have highly selective programs," Weidner said. "So when we make offers to students and then they say yes to us, our yield might go up. It's because of the quality of the program. It's not because we let in students that aren't of the highest quality."

Weidner said with the increased number of freshmen, the department has added new sections of classes, and the college installed a new dance floor into Job 161 to help them accommodate more students. Weidner said it was difficult for the theater department to hire additional full-time faculty because often the extra sections are in highly specialized classes.

Weidner said she couldn't equate the additional sections to the number of faculty the department added.

"It doesn't pan out for us to answer a question like 'How many full-time equivalents?' because there might be one person teaching one extra class in one area, and there might be two people teaching two extra classes in one area," Weidner said. "So it's not necessarily three extra teachers."

The Department of Theatre Arts's yield rate was 42 percent this year, compared to a usual yield of about 27-30 percent. This increased yield caused an increased class size, as theater usually looks to enroll about 80 students, Weidner said.

The theater department did accept more students in programs they knew could grow, such as theater studies and theatrical production arts, Weidner said. They recruited more heavily in those areas, specifically by sending theatrical production arts faculty to one-on-one interviews with applicants.

Weidner said there is no correlation between H&S enrolling fewer students and the Department of Theatre Arts enrolling more.

The department won't be getting much bigger than the 347 students it has currently enrolled and wouldn't be able to without increasing their facility size, Weidner said.

PARK SCHOOL'S LARGEST CLASS EVER

Four hundred and seventy-eight new freshmen enrolled in the Park School — which Diane Gayeski, dean of the Park School, said is the largest class of students ever — is an increase that has caused some changes in the school. Gayeski said the development was a product of good press for the programs inside the Park School, the growth of the Department of Media Arts, Sciences and Studies, including the emerging media major, and a competitive applicant pool.

"We had really strong applications," Gayeski said. "We are growing in reputation. We are starting to build on programs that are relatively new."

The Park School's original enrollment target — before applicants were finalized — was to remain steady with the past years' enrollments, Gayeski said. There were 417 new freshmen in the Park School in 2013 and 398 new freshmen in 2014. Yet Gayeski said the change of enrollment targets was nothing new, as it depends on how strong the year's applicants are.

The school did not increase its class sizes, Gayeski said, so to compensate for the additional students, the school added faculty members.

Gayeski said the Park School added four new full-time faculty lines this year, whose contracts may be extendable for two or three years.

"Before we search for full-time, tenure-eligible positions, we want to make sure that this is where we want to stay, that the college wants to maintain this level of enrollment," Gayeski said.

Turbide said the Park School had a large applicant pool, but the specific number of applicants is not released by the college.

Gayeski also said Park School students are some of the most competitive and are often judged on their media experiences in high school, along with other factors, making it difficult to compare them to accepted students in other schools at the college.

The communications school may not retain the record number of students it has this year as some students may change majors outside the Park School, Eversley Bradwell said. Turbide said each year, the college sees a variance in the programs students apply to.

"Each year you see varying interest in academic programs," Turbide said. "It's really hard to know all the things that influence interest in a particular program."

SHARED, from Page 1

level. Faculty have power over students, and so it is fundamentally an unequal situation.”

The council created a task force to look into the question of Shared Governance in May 2013. It completed its study in September 2014. Rothbart said at the time faculty members were having problems communicating with the administration.

“There were real questions about how much the administration was listening and being responsive,” Rothbart said. “I think even faculty were a little lost about exactly as to how we could affect things. It wasn’t clear that our current system was working.”

Rothbart said since then, communication with administration has improved.

The Faculty Council’s study, detailed in the report from the Shared Governance Research Task Force, includes three potential governance models to improve on the current structure. In order to move forward with discussion on the three models, the council is working with Information Technology Services to set up a system on Sakai to receive input from faculty.

“The intent was that Faculty Council would review the document and then open it up for faculty comment,” Rothbart said. “In the process, I have realized that we have no common way for faculty to comment on anything as a whole.”

Rothbart said the Sakai system will be functional in the coming weeks, and then the report will be open for comment from faculty for two to three weeks. Additionally, Rothbart said the council is working to get information about all college committees posted online for access to lines of communication.

The task force was organized in 2013 and originally had a deadline of Jan. 1, 2014, set for its study. Rothbart, a member of the task force, said the faculty and administration involved are “just exploring the options.”

The first Shared Governance model detailed in the report is called “traditional model revisited,” which builds on the college’s current system. Rothbart said the current system is not broken but needs to be revised due to its lack of central communication among committees at the college.

“Not all of the different committees are reporting to each other,” Rothbart said. “Our communication is not as effective as it should be. We all need to clean up our act.”

The traditional model revisited calls for more effective use of electronic methods to improve communication.

The other two models outlined in

the report are called “sustainable system governance” and “collaboration and communication.”

The sustainable system governance model would take advantage of an integrated Bulletin Board System to allow for internal information sharing, as well as Open Space Technology to allow for periodic, facilitated, open meetings.

The collaboration and communication model would allow for any member of the college community to submit a concern to a body called the College Coordinating Committee, which would then form a College Policy Committee made up of faculty, staff and students to address the issue. Once a proposal is made by the CPC, administrators and other appropriate governing bodies would be required to respond within 45 days.

Rifkin has met with Student Government Association members, Staff Council and Faculty Council to discuss the concept of Shared Governance since arriving at the college this summer. Rifkin said he participated in a Shared Governance system at The College of New Jersey, where he worked six years prior to his appointment at the college.

“I saw time and again that proposals that were submitted for campuswide consideration by a community member in one stakeholder group were substantially improved by analysis and discussion by others, including members of other stakeholder groups, before resulting in the adoption and implementation of a new policy, procedure or practice,” Rifkin said.

Staff Council Chairman Sean Reilley said in his experience, the college’s upper administration has always been willing to speak with the Staff Council’s executive board. However, he said an expanded role for Staff Council would be greatly appreciated.

“Hopefully with this shift, we can have important conversations,” Reilley said. “A lot remains to be seen, but I do see those types of interactions improving from what’s already a good situation for us.”

Senior Dominick Recckio, president of the SGA, said he hopes a governance model would help student voices reach the right departments and encourage greater transparency across the board.

“We’ve seen instances of not knowing where to go — not knowing who to talk to,” Recckio said. “And this could be a really knowledgeable entity to make sustainable and legitimate change.”

Rothbart said once the Sakai system is set up and feedback is received from faculty members, the council will review the feedback and then send it along with the study to the administration for consideration.



CAPS hired a post-doctorate resident Oct. 7, a position which was created this fall after two consultants visited over the summer following campus unrest over staffing.

TOMMY BATTISTELLI/THE ITHACAN

CAPS, from Page 1

to over a week and a half depending on the severity. There are also same-day crisis hours every Monday through Friday 2:30 p.m. to 4:30 p.m.

Last year, people seeking help would get screened in the CAPS office and then get scheduled for an appointment, which would take several weeks, as *The Ithacan* reported at the time.

Harper said the wait times for a phone call appointment, which determines the severity of the situation before scheduling an in-person appointment, is under a week.

“[The telephone-based assessment] seemed like a good idea,” Harper said. “It’s a new system. It speeds up the process for students.”

Harper said wait times are slightly down from last year but are longer than she had hoped for this year due to the staffing issues.

Harper said CAPS hired a post-doctorate resident Oct. 7 with the start date of Oct. 14, and the counselor who left for personal health will be returning after fall break.

CAPS posted the job opening Aug. 12. Harper said she thought CAPS could try to fill the position within one month, but expected that the process could take longer.

“I would be shocked if we had an ad out before the middle of September,” she said. “Our target was to get this thing out very fast, and the reality is nothing moves very quickly.”

With a late notification for the position approval, Harper did not want to rush the hiring process, as the college needed to advertise the position and conduct background checks and interviews.

Harper said another counselor is currently on maternity leave, but her position has been filled.

Even with less staff, Harper said CAPS has scheduled 1,200 appointments this semester, though she said the demand is average.

Freshman Jack* said he was disappointed in the phone-based assessment.

“I went to them, and the next time they could schedule me for was like a week in advance, and it wasn’t an actual appointment, it was just a calling appointment,” he said. “I didn’t do it. I just felt like it was weird at that point.”

Jack went to CAPS in early September. After waiting in the office, he said he was then given a business card with a scheduled time to have a phone call with a counselor. That scheduled phone time was one week after he first entered CAPS. If he carried through with the phone call and talked to a counselor, he would then have an additional wait time as the counselor decided the severity of his issue and set a date to meet face-to-face. Jack said he felt the process took too much time, and said he thought CAPS was advertised as a place students could walk into and speak to someone immediately.

Harper estimated over 90 percent of students call in to complete their phone counseling at their scheduled time.

Junior Eli Serota, one of the founding members of the #getCAPSready campaign, said a friend of his who went to CAPS this year said it was a much smoother experience.

“I know people who have sought CAPS services this semester and were able to set up an appointment within two weeks,” he said. “Obviously two weeks is not ideal, but the progress made has been amazing, and we look forward to watching the progress and we hope it continues.”

Junior A.C. Tierney, a member of Active Minds, said she had not heard much about CAPS wait times this semester since many of her friends are upperclassmen who seek help off campus instead of going to CAPS because they have heard about or experienced the lack of counselors at CAPS in the past.

“I think CAPS does the best it can given the resources and money they are provided,” she said. “However, I do feel that they are severely understaffed and cannot provide long-term services for students on our campus.”

Harper said once CAPS is fully staffed, it will have a better time with meeting students’ needs. For now, she said CAPS has functioned well even with the setbacks in employment.

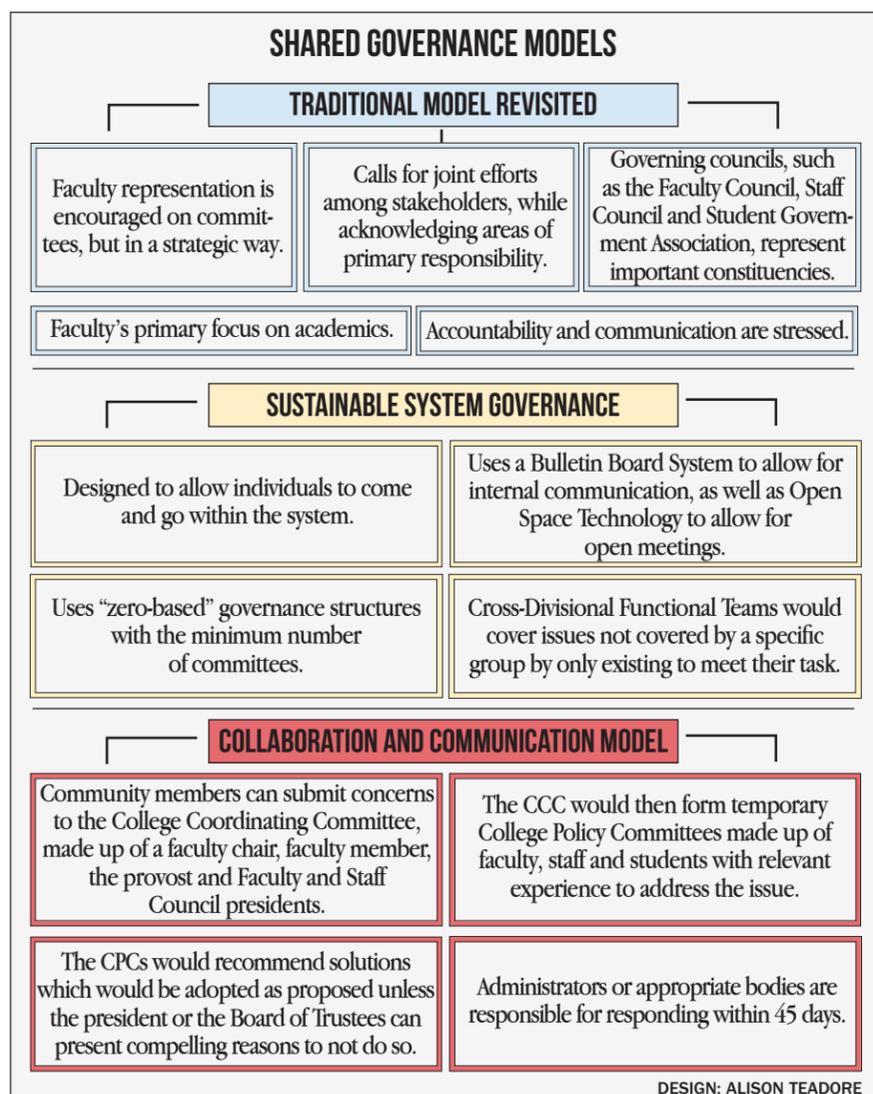
“When you ask a staff member how they’re feeling, they’re like, ‘Oh my word, we’re doing a lot of heavy lifting here,’” she said. “Staff have been really feeling the pressure. I think, were we fully staffed it could have gone a lot better, but it’s going pretty good.”

*Name has been changed for anonymity.



Deborah Harper, the director of CAPS, speaks to Faculty Council in Dec. 2 2014.

TOMMY BATTISTELLI/THE ITHACAN



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Cornell F. Woodson '09

Embracing My Purpose: How Did I Get Here?

Featured Speaker in commemoration of National Coming Out Day



We all start out with a dream of what we want to spend
our life doing. However, sometimes life presents our true
purpose– we can choose to deny it or accept it fully. This
is my story toward embracing a career in social justice
and practicing self-care.

Thursday, October 8th
7:00 pm

Clark Lounge, Campus Center
Delicious fall-themed refreshments will be served!

Cornell F. Woodson has spent his career in education working with underrepresented groups and developing social justice initiatives to engage communities in tough conversations about the social issues that impact our society. Cornell believes that authentic dialogue, reflection on our identities, and an understanding of our history are key to creating more inclusive environments. He is currently the Associate Director for Diversity and Inclusion in the School of Industrial and Labor Relations at Cornell University.

A cut above the rest



One student's residence hall room doubles as her self-run, professional beauty salon



BY SYDNEY O'SHAUGHNESSY
STAFF WRITER

In the corner of a dorm room, a sleek, black salon chair sits in front of an Ithaca College desk. Certifications are displayed openly on the shelves alongside a full-length mirror.

Many college students use their residence hall rooms to sleep, study and relax with friends. However, for Kelly*, a freshman, her room doubles as a business, where she uses her experience as a cosmetologist to run an informal, affordable beauty salon for students.

"We're all college students," Kelly said. "It's hard when you're leaving home to find someone you trust. I'm trying to get people to find somewhere that's, like, not so expensive. I'm trying to make it easier for girls and guys that need a quick

cut in between class."

Kelly completed 1,200 hours of training over a two-year period to earn her cosmetology certification in New Jersey. She is trained in hair, skin and nails, as shown on the certificates on her desk. Before coming to the college, she posted on Facebook to tell students she is open for business.

"So far, I would say I have 25 solid people that would come and get waxed or whatever," Kelly said. "When I first got here, I had maybe two girls, even though my Facebook post had almost 200 likes ... which was way more than I expected."

Kelly uses competitive pricing to grow her clientele, but making money isn't her only motive. She stresses the importance of customer satisfaction and fair pricing.

"I think it's a total rip-off how people get charged," Kelly said. "I just feel like everyone here, at least your

freshman year, should save your money and

still get what you need done."

For waxes, Kelly typically charges \$8 for eyebrows, \$5 for chin or lip, \$40 for legs, \$15 for armpits and \$20 for arms. Women's haircuts are usually \$25-\$30, and men's trims are \$15 and \$5 for a beard touchup. Comparably, Changes Cutting Studio at 120 N. Aurora St. asks \$50 for a haircut, and patrons who miss their haircut appointments are still charged the full price for services. Even Cost Cutters, a more budget-friendly option, charges \$10 for an eyebrow wax and \$10 for a lip wax.

Freshman Ally Ruggieri found Kelly online and made an appointment. Ruggieri said she was pleased with the outcome.

"It was fun," Ruggieri said. "It was laid back, and she was really nice. She really knew what she was doing and, honestly, she charges way less than a professional salon for the same results."

Kelly recognizes that running a business from her dorm room violates Section No. 6 of the Solicitation Guidelines of the Ithaca College Policy Manual, which prohibits students from selling goods or services in residence hall rooms, but believes that, as long as her academics don't suffer from the work, she shouldn't have to stop using her vocational skills.

"I like not having an on-the-books job right now," Kelly said. "I think, as long as you set enough time apart so you can study and then make your business kind of second, it'll be OK. Don't let the money go to your head."

Michael Leary, assistant director of the Office of Judicial Affairs, said the consequences vary for student-run businesses on campus. He said he thinks the punishments should be issued on a case-by-case basis. However, since dorm rooms are considered private property, the students will be asked to stop running their businesses.

"It's really rare that a case like that comes to our office," Leary said. "It's against the policy to run a business from your room, but it depends on the business and how long it's been running."

In the last 10 years, only five cases have come across Leary's desk. If they the Office of Judicial Affairs knows of a student running a business from his or her dorm room, there will always be an investigation into the situation.

"Anything we hear about will be investigated, and we will meet with the student entrepreneur to try and figure out what, exactly, is going on," Leary said.

Freshman Brianna Rose also had her hair dyed and styled by Kelly. Rose said she wanted to try a new look and decided to make an appointment.

"My favorite part was that it was local, and knowing that the person doing my hair was on campus and that I didn't have to go out on The Commons to try and find some place to do it," Rose said.

Rose said she believes that college entrepreneurs should be able to run their businesses on campus.

"I feel like it's their right," Rose said. "I feel like they should do it if they want to and if it makes them happy. [Kelly] had an informal environment, but it had a very professional feel to it. She would explain what was going on, exactly like how it would be if I actually went somewhere to get my hair done."

Kelly said she does not plan to stop her cosmetology business. As long as she can balance her business with school, she said she hopes to continue making money this way.

"I will try to leave you as happy as possible," Kelly said. "I won't let you leave my chair unhappy."

*Name has been changed for anonymity.



Kelly cuts and colors freshman Ally Ruggieri's hair in her dorm room that she uses as a beauty salon. She said she wants to offer fair prices to students.

ACCENTUATE



Peeples: An App to Rate People

“Character is destiny.”

Have you ever wanted to rate someone? Maybe your ex, co-worker or friend? Peeples, a new app created by Julia Cordray and Nicole McCullough, is expected to launch in late November, and as a result people will have the ability to review anyone they would like. The Washington Post compared this app to Yelp, being similar in the sense that people will be able to give a five-star rating to anyone they

know. In order to take part in Peeples, users will need to log in to their Facebook account and verify that they are 21 or older. Since the announcement has been made, there have been many negative comments through social media, claiming that it is a form of bullying and is similar to high school cliques. After receiving much backlash, the app-makers responded, claiming they will be monitoring all the reviews to make sure nothing extremely negative goes live.

CELEB SCOOPS

Gigi Hadid

Supermodel Gigi Hadid took to Instagram on Sept. 28 to stand up for herself after receiving body-shaming comments claiming she was too heavy for high fashion after walking the runway during New York Fashion Week. The post showed Hadid's written response to negative comments about her body image. She said although she doesn't have the same body type as other models and has a unique walk, she doesn't feel the need to change her body nor say no to designers who ask her to walk in their shows. “If I didn't have the body I do, I wouldn't have the career I do. I love that I can be sexy. I'm proud of it,” she said.

VIRAL VIDEO

Mila finds out Adam Levine got married

Little Mila's heart was absolutely broken when she found out Adam Levine, lead singer of Maroon 5, is indeed married and has been for over a year. When

Mila's mom, who took the video that was posted Sept. 30, broke the news that the Sexiest Man Alive was married, Mila broke down in tears, screaming “No” several times. She did not want to believe her mom was telling her the truth. She took the news hard, but hopefully Mila will find someone else to fangirl over soon.

Cinnamon Bun Oreos

The never-ending announcement of new Oreo flavors continues. On Sept. 28, Nabisco announced it will be releasing cinnamon bun-flavored Oreos. The cookie will consist of a cinnamon-flavored cookie and cinnamon bun-flavored cream. The product does not have a release date yet, but is expected to make its debut soon.



Dog Fact



A 1-year-old dog is as physically mature as a 15-year-old human.



Dad & Stepdad

Todd Bachman did something no one thought he would do during his daughter's wedding. When walking his daughter, Brittany, down the aisle, Bachman stopped and walked over to Brittany's stepfather, Todd Cendrosky. The photographer, Delia D Blackburn, who captured the moment, said, “Everyone was a little bit concerned because there had been tension.” However, Bachman grabbed Cendrosky and told him to help him walk Brittany down the aisle. Blackburn said there was not a dry eye in the house. Since Blackburn posted the photo, it has been shared more than 500,000 times on Facebook. “They are happy that their message is getting out for parents and stepparents [to get] along for the sake of their kids,” Blackburn said.

An apple a day



CROWDS FLOCKED TO ITHACA'S ANNUAL APPLE HARVEST FESTIVAL OCT. 2-4

HOMEMADE APPLE PIE



THE BIG PICTURE
Buy too many apples at Applefest? Check out some of *The Ithacan's* recommended apple recipes, Page 28.

ONLINE
For more on Applefest, go to theithacan.org/apples-to-apples

Three-year-old Sage Sunsee takes a bite out of an apple at Ithaca's 33rd annual Apple Harvest Festival, also known as Applefest, held Oct. 2-4. SAM FULLER/THE ITHACAN



Fresh apple crisp with whipped cream is a staple of the annual Apple Harvest Festival. SAM FULLER/THE ITHACAN



A girl buys a pumpkin funnel cake from a vendor at Applefest. Apple sundaes are also popular treats. KEVIN TOAL/THE ITHACAN



Upstate New York is known for its apples. These were picked in Williamson, New York. CAITIE IHRIG/THE ITHACAN



Indian Creek Farm, a farm and farm stand in Ithaca, sold some of their products, including apples and Brussels sprouts, at Applefest. SAM FULLER/THE ITHACAN



Homemade foods and crafts are common fare at Applefest, where many vendors gather to sell their wares, like these pies from Little Grey Bakery. CAITIE IHRIG/THE ITHACAN

Viewers get hands-on in interactive art gallery



At "Free Play," the latest installation in the Handwerker Gallery at Ithaca College, viewers interact with all of the exhibits. The installation houses many board games, including several chess sets.

STEPHANIE AANONSEN/THE ITHACAN



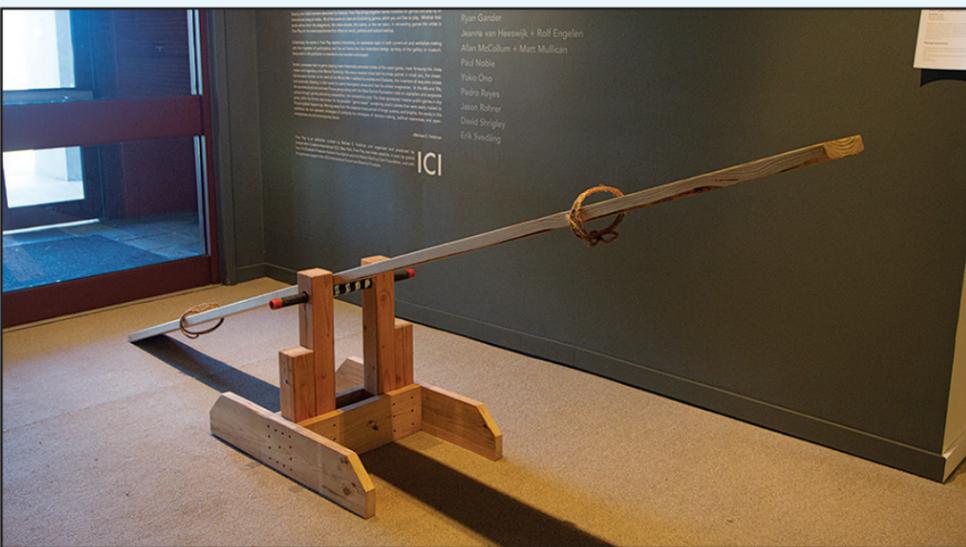
From left, freshmen Nabilah Abdalla and Marcus Liebenthal face off in a game of chess.

STEPHANIE AANONSEN/THE ITHACAN



"Your Fate" is a piece in which 25 die with symbols are rolled to determine one's fate.

STEPHANIE AANONSEN/THE ITHACAN



One of the most dynamic parts of "Free Play" is "Futurefarmers," a seesaw near the entrance to the exhibit that viewers are encouraged to ride. The exhibit encourages viewers to recall childhood.

STEPHANIE AANONSEN/THE ITHACAN

BY CASEY MURPHY STAFF WRITER

Ithaca College's Handwerker Gallery has been made to resemble a scene out of a childlike dream for its latest exhibition, titled "Free Play," which opened Oct. 1.

The exhibition is curated by Melissa Feldman, an independent curator from Seattle. It features work by 14 artists from across the globe, including Yoko Ono. All the installments are based around games and childhood play. Each artist has recreated games in a way that explores several cultural and philosophical issues.

Senior art major Kelsey Fons, who helped to install "Free Play," said the exhibition speaks to the complex interaction between power roles.

"Viewers interact with these deep concepts through easily accessible games, creating a juxtaposition between the playfulness and innocence of the games and the serious message behind them," Fons said.

Since the exhibition is focused on the act of imaginative play, it is entirely interactive, featuring pieces like

board games and a seesaw visitors can ride.

The exhibition also includes multimedia components, such as video and computer games. Featuring multimedia art has become an important part of Handwerker exhibitions with the recent installment of new outlets throughout the gallery.

Junior Lisa Peck, an art history major, also helped to install the exhibition. She said the interactive nature of "Free Play" is different from anything the Handwerker Gallery has done in recent years, and this interaction compels students to think about deeper issues in a surprising way.

"This exhibit makes you think about everyday life because everyone has played games as a kid, and these are really different kinds of games," Peck said. "It makes you reevaluate the games you've grown up playing."

"Free Play" will be at the Handwerker Gallery until Nov. 7 and will host game nights at 6 p.m. Oct. 22 and 29.

Circle K club takes many opportunities to serve community



Members of IC Circle K International participated in the Out of the Darkness suicide prevention walk Sept. 19. The group raised \$645.

COURTESY OF IC CIRCLE K INTERNATIONAL

BY SYDNEY O'SHAUGHNESSY STAFF WRITER

IC Circle K International started the semester walking in the right direction.

At the Out of the Darkness suicide prevention walk Sept. 19, the Ithaca College club stepped out at its first major event of the year. The group completed the walk in high spirits and raised \$645 for the American Foundation for Suicide Prevention, making IC Circle K the seventh-highest donating team for the Out of the Darkness Walk.

IC Circle K has existed at the college for over a decade, with the international organization being founded in 1951. Recently, the club has been particularly active providing students with opportunities to serve the community. The club offers a combination of long-term and short-term projects planned throughout the academic year to help students engage with new people and build a strong sense of connection with the Ithaca community.

Junior Olivia Sod, president of IC Circle K, said while the group is a chapter of an international community-service organization, the college club tries to go beyond the basic mission of Circle K.

"The technical Circle K tenets are leadership, service and fellowship," Sod said. "But my main goal for us is to get people to put a little good in the world."

This semester's executive board stresses the importance of building relationships within the group, in addition to making strong community ties.

After the Out of the Darkness Walk, all of the participating members went to The State Diner to reflect on the experience. Junior Jessica Wolfe, the internal relations chair for the club, said it is important to have reflection and "hang-out" time after their volunteer events because it helps build friendships within the club.

"We have been emphasizing bonding and getting to know each other more this year," Wolfe said. "We want it to be more of a club that it's like we are all friends, so that it's not like it's a club you just show up to for a half an hour every week and go home."

According to the executive board, in addition to participating in the suicide prevention walk, the club does weekly service projects that benefit the Ithaca community. So far this year, the members have made dog toys for the Society for the Prevention of Cruelty to Animals, placemats for Meals on Wheels and sandwiches for the Rescue Mission.

"We work with kids, we work with the elderly, we work with the homeless and even with the dogs," Wolfe said. "We're trying to, I think, branch out into every single area because it's just really awesome to have such a diverse amount of people to work with and help out."

The organization tries to have long-term service projects as well, like hosting a weekly bingo night at Longview, an independent living facility for the retired, Sod said.

Junior Andrea Wollin, vice president of IC Circle K, said interacting with the community is a high priority this year for the club.

"For us, it's all about the Ithaca community, so we don't do a lot with huge organizations outside of the community because then you don't see the effects as much," Wollin said. "We live in Ithaca and we use their facilities all the time, so I think that it's important that we give back to the community that gives us so much as college students."

The executive board is planning more community events for this semester. The group will be collecting old shoes for impoverished families and will be having a Buffalo Wild Wings fundraiser to raise funds for their weekly service projects Oct. 10.

IC Circle K hopes to expand its reach on campus this semester as well, as Sod said the club is a judgment-free zone and a good way for students to relieve stress.

"We want more people to participate in everything that we do," Sod said. "We have a lot of great opportunities, and we just want people to take them."

IC Circle K meets for a half-hour at 8 p.m. every Wednesday in Williams Hall, Room 222.

On the Verge takes staged reading on the road

BY FAITH MACIOLEK & EMILY FEDOR
STAFF WRITERS

Three actors skimmed through their highlighted scripts as they prepared to perform together for the first time. They laughed and joked as they eased into their scene, but once they found their groove, they quickly transformed into the emotional and honest characters of Arthur Miller's "All My Sons."

On the Verge, a staged reading performance group at Ithaca College, has been performing since 1993. The group is a collaboration between the college's theater and English departments. One of the two pieces the group will perform this semester, "All My Sons," will be presented at 6 p.m. Oct. 8 at the Handwerker Gallery. The cast will then take its show on the road Oct. 18 to St. Francis College in Brooklyn, New York, as part of the Arthur Miller Centennial Conference.

Claire Gleitman, a professor in the college's English department, is now On the Verge's English sponsor, which means she selects which plays the group performs. Gleitman said the classes she is currently teaching tend to guide the plays she selects for On the Verge, as she said she believes it is beneficial for students to see live productions of the plays they have read.

"When you take a dramatic literature class, you only have the text of the play, and plays are meant to be performed," Gleitman said. "Any opportunity students have to see these plays on their feet really enriches our discussions, enriches students' understanding, appreciation and liking of the texts."

Gleitman was invited to speak at the centennial conference celebrating Miller's 100th birthday by Stephen Marino, the event's organizer, over a year ago. When Marino mentioned he wanted to have some performances at the event, Gleitman immediately suggested a performance by On the Verge. After her pitch was accepted, Gleitman fit "All My Sons" into the syllabus of her Dangerous Women in Dramatic Literature class and announced an open audition to find a cast.

Casts of On the Verge productions include students, faculty and professional actors. Kathleen Mulligan, an associate professor in the Department of Theatre Arts, is On the Verge's theater sponsor. She said she's excited to have the opportunity to work on a play written by Miller, as it challenges the actors to bring their best work to the table.

"His plays don't work well if an actor is kind of performing instead of really living within the situation. But given that, it's just an actor's dream," Mulligan said. "The characters are so well written, so complex, so human. I just love doing his work."



From left, acting professor Greg Bostwick, junior Daniel Wisniewski and associate theater professor Kathleen Mulligan perform a scene from "All My Sons," a play by Arthur Miller, as part of a staged reading sponsored by Ithaca College performance group On the Verge. JENNIFER WILLIAMS/THE ITHACAN

Mulligan's castmate, sophomore acting major Justin Albinder, was also drawn to On the Verge after seeing professors and students work together in the group's previous productions. He said he believes that although staged readings offer less time to craft a play, they offer something special.

"A reading can still provoke the strong emotional responses that a full production can," Albinder said. "We're not going crazy with props or sets or costumes. We're telling the story in its rawest form."

Following the casting, Mulligan and Gleitman went to work tackling the logistics of this special performance, such as transportation and sleeping accommodations for the group. From deciding what to bring from their already rudimentary set, to blocking the show for a stage they have not even seen yet, Gleitman said the group has some decisions to make before making the journey. Gleitman said she

discovered they were given a time slot too short for the play, forcing the group to choose between performing without an intermission, or cutting the reading as much as possible.

"I actually noticed — to my horror — just about two weeks ago when I looked at the conference program that he had us slotted in for two hours," she said. "I was thinking, 'Am I just going to have to just cut this thing down to the bones?'"

The group will see the space for the first time the morning of its performance. Gleitman said it's unpredictable what kind of audience they'll face, but she's been told to expect at least a hundred people.

"I'm highly optimistic . . . and I'm also scared," Gleitman said. "But I think we have a superb cast. I'm really happy with the students and faculty members who have agreed to do it."

Jazz musician John Hollenbeck to perform and teach class

BY CECILIA MORALES
CONTRIBUTING WRITER

While jazz music is rooted in many traditions, some within the genre are constantly innovating. One such artist is percussionist and composer John Hollenbeck.

Hollenbeck will perform with his Large Ensemble at Ithaca College on Oct. 19. The 19-piece big band, composed of New York's top professional musicians, will play at 7 p.m. in Ford Hall. In addition to the performance, Hollenbeck will host a masterclass Oct. 20. The class, which is open to anyone, will be held at 9:50 a.m. in the Nabenhauer Recital Room.

The Grammy-nominated musician has gained recognition for breaking the standards of traditional jazz music. Hollenbeck's approach to jazz relies more on creating an element of surprise rather than sticking to one structure. While most would identify jazz as having a continuous beat accompanied by a soloist, Hollenbeck strives to create compositions with written solos at unexpected times.

Throughout his years as a musician, Hollenbeck said he has found teaching to be one of his favorite creative outlets. For him, it is another way to connect with his fellow musicians and share one another's passion for jazz.

"I have been a professor at the



COURTESY OF JOHN HOLLENBECK

Jazz-Institut Berlin for 10 years and am now starting as a professor at McGill [University] in Montreal," he said. "I love schools and their utopian environment. Teaching is another way to use your creative energy [and] to share your music and experience with others."

Michael Titlebaum, associate professor at the college and Hollenbeck's longtime friend, said the musician's ability to create "music uncategorizable beyond the fact of being always identifiably his" is one of his best traits.

"John has always been incredibly inspiring for me and for many others," he said. "The passion and dedication that he brings to both playing drums and

to composing in the big band idiom is truly awe-inspiring. I learned that about him first during our time making music together, but the music he's made in the 20-plus years since then has been truly astounding. The Grammy nominations are just a hint of that."

Although the college holds student jazz ensemble concerts throughout the year, Titlebaum said he hopes to have more performances by professionals.

"This concert was created by the Thaler/Howell Foundation, who have endowed several wonderful non-jazz concert series at Ithaca College," he said. "I very much hope this particular gift will lead to an ongoing jazz series, too."

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Check out the rest of this week's movie and music reviews, including "Sleeping with Other People."

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COURTESY OF IFC FILMS

'Everest' film turns into a frigid failure

BY MATTHEW RADULSKI
STAFF WRITER

Why would anyone climb Mount Everest? This question delves into the psyche of humanity itself. In "Everest," directed by Baltasar Kormakur, Jon Krakauer (Michael Kelly) asks a group of hikers why they climb. Everyone responds in unison: "Because it's there." What should be a fascinating dissection of hubris and the human condition is boiled down to one line. The film never goes deeper than that, but it could and should have. "Everest" had the tools to be a great film, boasting decent acting and interesting cinematography, but it fails in nearly every regard to connect these pieces together. What remains is a preposterous film that takes far too long to offer any thrills.

"Everest" is about the 1996 Mount Everest disaster. In May of 1996, a group of climbers struggled to survive in a blizzard while near the summit of Mount Everest. The film takes its time getting to that blizzard. The first half is very dull, as the film takes too long to introduce the characters and their preparation to climb. There is very little drama in the first hour of the film, and that leaves the viewer mentally drained just as the action picks up.

The group is led by Rob Hall (Jason Clarke), an experienced leader who is at odds with Scott Fischer (Jake Gyllenhaal), who leads a separate expedition at the same time. With Rob is a group of climbers with

diverse backgrounds, including Beck Weathers (Josh Brolin), a Texan who climbs to avoid his crumbling marriage, and Doug Hansen (John Hawkes), a mailman who is pursuing his dream of reaching the summit during his second attempt. Also starring are Sam Worthington as Guy Cotter, a confidant of Rob, and Keira Knightley as Jan Arnold, Rob's pregnant wife.

The characters must fight for screen time, and this makes it difficult to connect with anyone. Clarke's Rob commands authority, but he does not have enough presence to be the center of the story. Knightley is stellar as Jan but is also given little time on screen, and is left on her own to develop her character in a handful of scenes. The same goes for Gyllenhaal's Scott, who has a drug problem. Scott is used more to provide comic relief, but it is clear there is more to his struggle that remains completely unexplored. Solid acting is not enough to make the viewer empathize with these characters.

The cinematography shows flashes of greatness. Perspective is manipulated while on the mountainside. The camera wraps around the mountain only to zoom in and focus on the small group. The climbers look tiny and helpless in the face of the great mountain. In the second half of the film, nearly every single shot is of or on the mountain. The shots are repetitive and leave the viewer numb to the action on the mountain. Despite the production's best effort, the viewer will soon grow tired thanks to shots exclusively of icy snow.

MOVIE REVIEW

"Everest"
Universal Studios
Our rating:
★★★★★



"Everest" stars Jason Clarke, pictured in top and left photos, as Rob Hall, and Jake Gyllenhaal, bottom right, as Scott Fischer, two climbers leading separate group expeditions up Mount Everest when a blizzard hits.

COURTESY OF UNIVERSAL STUDIOS

The editing is fast and choppy. It's rare for "Everest" to stay in a moment for more than 15 seconds. It constantly cuts between different angles and characters. This hurts the drama, as it makes it more difficult to get invested in the struggle of any one character. Scenes are almost

exclusively very bright, with characters taking up a fraction of the white space. It does not lend toward excitement, but it does serve to highlight the strife of the characters overtaken by nature.

The struggle of "Everest" should be an epic one — one that explores suffering and death. Instead, the film is

a chore to get through and explores little outside of the scenery. Talent has been wasted to create something utterly mediocre.

"Everest" was written by William Nicholson and Simon Beaufoy and directed by Baltasar Kormakur.

Album tells the story of producer's journey

BY CECILIA MORALES
CONTRIBUTING WRITER

World-renowned Swedish producer Avicii released his second studio album, "Stories," on Oct. 2. Following the impressive commercial success of his 2013 debut, "True," the musician has managed to create an album that is more reflective on his personal journey through the highs and lows of gaining fame and recognition within the music world.

"Stories" presents itself as a collection of musical diary entries, with each song describing a different facet of life's struggles. Songs like the fourth track, "Ten More Days," depict a more raw feeling than Avicii's feel-good summer anthems while maintaining his usual electronic music style. Lyrics like "I'm torn between fulfilling my wildest dreams / To satisfy the beast inside

of me" capture an inner conflict and a sense of frustration, giving listeners a different yet amazing taste of Avicii's lyrical ability. While the song's melodic synths and bluesy vocals ring true to Avicii's signature sound, the song also captures a soulful vibe with the introduction of smooth, wah-wah guitar sounds riffing throughout the chorus.

The entire album incorporates retro styles to complement Avicii's marimba synths, which provide an enjoyable variation between tracks. The main beat in the second track on the album, "Talk To Myself," is very similar to the "Miami Vice" theme song, giving the song an '80s cop movie feel with its repetitive bass line. Other songs, such as "Touch Me," have a more '70s disco vibe, interweaving piano sounds with wah-wah synths to create a groove worthy of being played at the famous Studio 54 nightclub in New York City during 1977.

Power ballads such as "For A Better Day" and "Somewhere In Stockholm"



COURTESY OF SPINNIN' RECORDS

add a gospel-like feeling to the album, with Avicii using powerful vocals and piano to tell stories of staying strong when times get tough. Yet a real surprise comes with the ninth track, "Pure Grinding," which uses a hard snare and a wave of electronic arpeggios to create a funky trap sound.

"Stories" is a perfect example of Avicii's talent to mix and layer different styles of music to fit under the umbrella of electro-pop. The album successfully carries itself along, giving listeners a series of tracks that are both successful on their own and able to complement one another well within one album.

ALBUM REVIEW

Avicii
"Stories"
Spinnin' Records
Our rating:
★★★★★

Wavves makes a splash

BY KATE NALEPINSKI
STAFF WRITER

Psychedelic-rock group Wavves is back with its fifth release, "V." The album has fans bopping and raving about Nathan Williams, the face behind Wavves and their favorite emo artist. "V,"

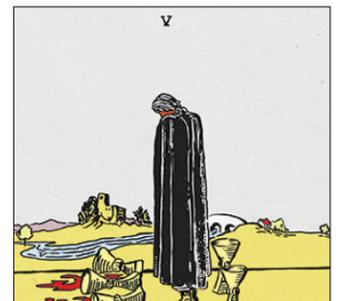
released Oct. 2, features a perfect balance of passive-aggressive lyrics and flowing guitar solos.

The first track, "Heavy Metal Detox," sets the tone for the rest of the album. Though it suggests negative, complaining lyrics to follow, such as "Have I lived too long? Why does my head hurt?" the album balances stereotypical pop-punk lyrics with complementary positive lyrics like "It only gets better" in "Pony."

In at least three different songs off "V," Williams makes melodic complaints about his head pain,

evident in "All The Same," "My Head Hurts" and "Cry Baby." It's hard to determine if Williams is being honest with his audience or if he is using this common theme as a technique to hint at his frustration with the music industry.

Compared to Williams' 2010 album, "King of the Beach," fans had high expectations with the new release of "V." Though there is not a tremendous sound difference between the two albums, Wavves succeeded in forming a captivating electronic-rock album similar to that of his 2010 release. For all alternative music lovers, "V" is something fans don't want to miss.



COURTESY OF FAT POSSUM RECORDS

ALBUM REVIEW

Wavves
"V"
Fat Possum Records
Our rating:
★★★★★

QUICKIES



COURTESY OF FUELED BY RAMEN

"VICTORIOUS"
Panic! At The Disco
Fueled by Ramen
American rock band Panic! At The Disco released its latest track, "Victorious," on Sept. 29. The tune listens like a head-banging anthem, complete with guitar riffs, drums and lead singer Brendon Urie's vocals carrying the song along.



COURTESY OF VIRGIN EMI RECORDS

"WAKE UP"
The Vamps
Virgin EMI Records
British pop boy band The Vamps just released "Wake Up," their newest single, on Oct. 3. Backed by driving synth beats, the band sings to a potential love interest about finally starting a relationship together.



COURTESY OF RCA RECORDS

"PLAYER"
Tinashe ft. Chris Brown
RCA Records
Singer Tinashe teamed up with Chris Brown for her latest song, "Player," released Oct. 2. The song transitions from her usual slow and sensual sound into an electronic-pop tune complemented by her and Brown's smooth vocals.

THURSDAY, OCTOBER 8, 2015

AThletes

Student-athletes handle athletic training as a major

Junior football player Christopher Durr tends to a patient while in the athletic training room in the Athletics and Events Center on Oct. 7 for academic credit.



AMANDA DEN HARTOG/THE ITHACAN



YANA MAZURKEVICH/THE ITHACAN

BY LAUREN MURRAY
CONTRIBUTING WRITER

One of the main priorities of a student is balancing academics with extracurricular activities, but for some student-athletes, that can be a bit more difficult.

Athletic training is one of the most time-consuming bachelor's degree programs at Ithaca College based on the students' heavy workload. Participating in a varsity sport also requires an immense amount of time and dedication.

Roughly 250 students out of about 7,000 undergraduates on campus embrace the challenge of doing both.

Because of the challenge, the college is part of a handful of athletic training programs in New York state to allow students to also participate in intercollegiate athletics. Four out of the 10 schools in New York state that have athletic training programs, including Alfred University, Marist College and Hofstra University, allow AT majors to play a varsity sport while in their program.

Majoring in athletic training at

the college requires more than the hours spent in a classroom. In the second year of the major, students begin clinical education, which is only available on campus. Students work hands-on with one of the 25 intercollegiate sports teams in order to receive credit for their clinical education. Later, juniors and seniors are assigned to either on- or off-campus clinical rotations twice per year, and a minimum of 780 hours are required to graduate.

Athletic training majors who are also varsity athletes have to put in double the time and commitment. For intercollegiate athletes, practices are held every day during their season, while off-season practices depend on the team and coach.

Paul Geisler, program director and associate professor of athletic training, said participating in both the athletic training program and a varsity sport is a major commitment, and the students are informed of the challenge prior to enrollment.

Senior Carrine Putnam, an athletic training major who is also on the women's crew team, had to give up crew for the fall season in order to focus on her major requirements.

"It's challenging because all my teammates are practicing together, and I have to find time to work out with another teammate so that I won't be behind for the spring season," Putnam said.

This fall, Putnam is working with the women's soccer team before transferring to the swimming and diving team in the winter season. Her responsibilities include attending all of the team's practices, home games and treatments. In the spring, Putnam will be given

several Hill Center clinic hours a week, and she will also be back in one of the boats of the women's crew team.

Putnam said she has figured out how to balance both obligations despite how much they consume her time.

"The only things I try to avoid are classes after 3 because that's when I either have to go to my sport assignment or have crew practice," she said.

Truman State University, a Division II school in Kirksville, Missouri, with a similar athletic training program, does not permit its students to participate in the NCAA while in the program.

According to the Truman State website, it is not possible to meet the demands of both desirable priorities and instead encourages co-curricular activities.

Brandy Schneider, the athletic training program director at Truman State, said the reasoning for Truman State's decision is that their clinic hours overlap varsity sports practice hours, as well as games.

Thomas Anania, a junior on the wrestling team, said he is fortunate Ithaca College allows students to participate in both the athletic training program and a varsity sport considering the fact that few AT programs allow participation in the NCAA as an AT major.

Anania said the real challenge comes in when his sport is out of season, as he struggles to find a balance between his off-season training for the football team and his increased academic load.

"As a collegiate athlete, we're able to participate during our traditional sports season. But when not in season, you're expected to be doing all your AT duties like going to practice and working in the clinic," Anania said. "So the only real conflict is with preseason and off-season, which, depending on the sport, you may not be able to go to all of your preseason and off-season workouts."

Junior football player Christopher Durr is also an aspiring athletic trainer. He will begin his training with the swimming and diving team in the winter season after the Bombers' football season concludes. Despite the long days between both programs, Durr said he has managed his time accordingly and does not think tackling both programs at once is extremely difficult.

"I stay on top of my work and schedule everything out so I know when work has to be done by and what tasks I need to get done," Durr said. "The one thing that might be difficult is making sure I get the required hours for the major during the fall semester when I am in season because I do not work with a sport like fellow students."

Instead, Durr finds himself spending extra time in the clinic while in season and willingly works other events when he has the day off.

Durr decided to come to the college primarily for the athletic training program, and it was only after he arrived that he decided to join the football team.

He currently works one hour in the Hill Center Clinic and two hours in the Hammond Health Center in order to meet his clinical education requirement. When his football season is over, Durr will be working with the swimming and diving teams until the men's lacrosse team starts its preseason.

Durr said the college has provided a great Division III atmosphere for both the athletes and non-athletes.

"It is just a great place to play at and for," he said. "It's just an awesome experience to have everyone from all the different sports support you and say 'We have got your back.'"

Junior wrestler Thomas Anania wraps a football player's ankle in the athletic training room in the Athletics and Events Center on Oct. 7. He earns academic credit working for the team.



YANA MAZURKEVICH/THE ITHACAN



JENNIFER WILLIAMS/THE ITHACAN

THE BOMBER ROUNDUP

The Ithacan's sports staff provides statistical updates on all of the varsity Bomber squads during the fall season.

Football

RESULTS		STANDINGS	
	30-27 Oct. 3		Ithaca
	1st 2nd 3rd 4th OT Total		
Ithaca	0 0 7 17 3 38		
Utica	0 10 0 8 6 18		

Next game: 2 p.m. Oct. 10 against Hartwick College in Oneonta, New York

	Conference	Overall
Cortland	3-0	5-0
Alfred	2-1	4-1
Utica	2-1	3-2
Brockport	1-1	3-1
Ithaca	1-1	3-1
Buffalo State	1-2	2-2
Morrisville	1-2	2-2
St. John Fisher	1-2	1-3
Hartwick	0-2	2-2

Women's Soccer

RESULTS		STANDINGS	
	1-0 Oct. 3		Houghton
	1-0 Oct. 6		Hartwick

Next games: Noon Oct. 11 against Rochester Institute of Technology in Rochester, New York and 4 p.m. Oct. 13 against SUNY Oneonta in Oneonta, New York

	Conference	Overall
Ithaca	3-0-1	6-3-1
Stevens	2-0-1	7-2-1
Elmira	2-1	2-7
Hartwick	2-1	8-2
Nazareth	1-0-1	7-1-2
St. John Fisher	1-2	4-6-1
Houghton	0-2-1	4-4-1
Alfred	0-2	1-9-1
Utica	0-3	2-8-2

Sculling

1K Cayuga Sculling Sprints Results			
Position	Name	Place	Time
1	Ithaca Open Double (Ithaca A Boat)	1st	18:19.05
2	Ithaca Open Single (Peterson)	1st	21:22.57
3	Men's Open Quad (Ithaca A Boat)	2nd	16:47.51
4	Women's Open Quad (Ithaca A Boat)	8th	20:18.08
5	Men's Collegiate 8	3rd	14:35.58
6	Women's Collegiate 8	7th	17:16.80

Next invite: 9 a.m. Oct. 11 at the Seven Sisters Regatta in Amherst, Massachusetts

Golf

Middlebury Invitational Results				
Name	Place	R1	R2	Total
Indiana Jones	7th	85	78	163
Kyra Denish	13th	83	82	165
Mary Rooker	53rd	101	95	196
Lauren Saylor	54th	99	99	198
Colleen Vaughn	75th	123	123	246

Next invite: 12:30 p.m. Oct. 10 and 11 at the Wittenberg Pat Clouse Invitational

Field Hockey

RESULTS		STANDINGS	
	2-1 Sept. 30		Ithaca

Goals - Colleen Keegan-Twombly

Next game: 4 p.m. Oct. 7 against Wells College at Higgins Stadium

	Conference	Overall
St. John Fisher	4-0	7-3
Ithaca	3-1	6-3
Stevens	2-2	7-4
Utica	2-2	3-8
Houghton	2-3	6-4
Nazareth	2-3	4-6
Elmira	1-2	4-6
Washington and Jefferson	1-2	4-6
Hartwick	1-3	4-6

Men's Soccer

STANDINGS		RESULTS	
	Conference	Overall	
Alfred	2-0-1	7-1-2	
Houghton	2-0-1	5-4-2	
Ithaca	2-1	2-7-1	
Elmira	1-0-2	4-4-2	
Stevens	1-0-2	7-1-2	
Utica	1-2	4-8	
Nazareth	0-3	0-12	
St. John Fisher	0-3	0-10	

	1-0 Oct. 3		Ithaca
	2-0 Oct. 6		Ithaca

Next game: Noon Oct. 10 against Houghton College in Houghton, New York



Sophomore Amanda Schell moves the ball past a Hartwick College defender during the field hockey team's 4-0 shutout against the Hawks on Sept. 23 at Higgins Stadium. CAITIE IHRIG/THE ITHACAN

Cross-Country

Men's - Geneseo Invitational				Women's - Geneseo Invitational			
Position	Name	Place	Time	Position	Name	Place	Time
1	Sawyer Hitchcock	8th	25:20.3	1	Denise Ibarra	40th	22:53.3
2	Tim Chappell	41st	25:48.8	2	Anna Fay	72nd	23:24.8
3	Jesse Capellaro	106th	26:30.5	3	Michaela Cioffredi	90th	23:35.9
4	Chris Gutierrez	181st	27:11.5	4	Kristin Lynn	107th	23:48.6
5	Shane Connor	229th	27:29.5	5	Christina Rucinski	122nd	24:03.6
6	Owen Memelo	264th	27:43.7	6	Emilie Mertz	126th	24:06.5
7	Sam Hayden	316th	28:09.2	7	Trisha Ignatowski	156th	24:19.0
8	Daniel Hart	363rd	28:46.3	8	Emily Krakowski	163rd	24:23.1
9	John Blake	366th	28:48.0	9	Emily Drain	182nd	24:28.1
				10	Sierra Grazia	201st	24:40.9
				11	Lauren Hodge	213th	24:46.4
				12	Alexis Kindig	215th	24:47.1
				13	Georgia Caplen	272nd	25:30.7

Next invite: Noon Oct. 10 against Hamilton College in Clinton, New York

Volleyball

RESULTS		STANDINGS	
	3-0 Oct. 2		Fredonia
	3-2 Oct. 3		Canton
	3-0 Oct. 3		Hilbert

	Conference	Overall
Ithaca	4-0	18-1
Stevens	3-0	11-8
Nazareth	3-1	13-9
Houghton	2-1	12-7
Elmira	2-2	10-7
Hartwick	1-2	8-15
St. John Fisher	1-2	10-8
Alfred	0-4	1-17
Utica	0-4	2-17

Next games: 1:30 p.m. Oct. 10 against Stevens Institute of Technology and 4:30 p.m. Oct. 10 against Nazareth College in Rochester, New York

Women's Tennis

RESULTS		STANDINGS	
	9-0 Sept. 30		Houghton
	9-0 Oct. 3		Alfred
	9-0 Oct. 4		Hartwick
	9-0 Oct. 4		Cortland

	Conference	Overall
Ithaca	8-0	9-0
Nazareth	5-1	5-2
Stevens	6-2	7-2
Hartwick	5-2	7-3
Houghton	3-4	6-5
Elmira	2-4	4-5
Alfred	1-5	2-8
St. John Fisher	1-7	1-9
Utica	0-5	0-9

Next game: Noon Oct. 17 at the Empire 8 Championship at Nazareth College in Rochester, New York

Tennis player creating a racket in her first year

BY NICK FUSTOR
CONTRIBUTING WRITER

In a season of relative change — with the addition of eight freshmen and a new assistant coach — the women's tennis team has still managed to thrive. Coming off its 10th straight Empire 8 Championship, the Bombers are 9–0 on the season. One reason for the Bombers' success is the influx of young talent, including the addition of highly touted freshman McKinleigh Lair to the squad.

Lair has already seen success on the court. In her first singles match, she won 6–2, 6–0.

Surprisingly, this was Lair's first singles match in almost three years. Lair said she spent the last three years of high school tennis playing doubles.

"I just wasn't used to the singles competition," she said. "I'm definitely looking to improve my play from that first match. I think I was nervous, but I've kind of gotten the nerves out of my system. In the future in singles matches I'll progress from there."

Assistant coach Jordon Smith said Lair's transition to the college game has been a smooth one.

"She plays with a knowledge of the game and level of maturity that you don't often see from freshmen," Smith said. "She takes a very serious and businesslike approach to the game in both practices and matches, and that is really nice to see from someone so new to collegiate tennis."

Lair's seamless transition to playing collegiate-level tennis is not surprising, though. The Tulsa, Oklahoma, native said she grew up fostering a winning attitude on and off the court. Lair said she began playing tennis at 8 years old while enrolled at the Tucker Tennis Academy in Tulsa, which is one of eight United States Tennis Association high-performance regional training centers.

Matias Marin, Lair's tennis coach at TTA, said Lair's dedication to the sport is unmatched.

"You will see her working hard at the club taking private lessons, group drills, running, gym ... to be the best player she could possibly be," he said.

Lair said her commitment to and passion for the game stems from her father and uncle, who also played college tennis.

Since her first match, Lair has not looked back. With junior Haley Kusak moving back to first

singles, Lair was moved to second singles. The freshman has remained undefeated throughout the season, translating to doubles, too.

While a majority of her time is devoted to improving her game on the court, Lair is just as focused on academics and extracurriculars. When making the decision of where to play collegiate tennis, Lair, a documentary studies and production major, said it came down to academics. Lair said she was also looking at the University of Oklahoma. However, Lair said Oklahoma is not known for its filmmaking, so had she gone there, she would have majored in journalism.

In addition to tennis, she is currently involved with Seesaw, the multimedia portion of Buzzsaw magazine and the 4-H Urban Outreach Program at Cornell University. She is also editing documentaries for the Ithaca Area United Jewish Community and working on the Holocaust Education Project.

Lair's interest in filmmaking has led her to a variety of multimedia projects. One project includes a story about her very own team on the imbalance of freshmen and upperclassmen. Lair said she ultimately chose the college because of the number of opportunities it provides.

"[Ithaca College] is really specialized, and I'm around a lot of people who are like-minded and enjoy doing what I want to do, which is different because during my high school experience, I was in a documentary and filmmaking class and there were eight people, and a couple of them kind of wanted to do it but I wasn't around a peer group that was as interested as I am now," Lair said.

Fellow freshman Caroline Dunn said she has been impressed with Lair's effort and success on the court.

"McKinleigh has handled the college transition very well by allowing a balance between both her school work and her athletics," Dunn said. "She is very dedicated to both and puts 110 percent into

all that she does."

Smith said he and head coach Bill Austin had an easy decision when deciding to play Lair at first and second singles, with Kusak in doubles.

"She has earned it in practice through challenge matches," Smith said. "And we are also very comfortable with her that high in the lineup with her level of maturity."

Marin said he is thoroughly impressed by Lair's ability to thrive both on and off the court.

"Her passion, character, determination and commitment to achieve excellence on and off the court gave her the great opportunity to be at [one of] the

most prestigious film programs and continue to keep expanding and enjoying her love for the game of tennis," Marin said.

Balancing a full course load, several extracurriculars and a varsity sport may be tough for some, but whether it be on or off the court, Lair said she is ready for the challenge and always looking to hone her tennis skills and her school work too.

"Just improving my play under pressure is going to be the biggest thing," Lair said.



Freshman McKinleigh Lair hits the ball during the tennis match against Hartwick College on Oct. 4.

JILLIAN FLINT/THE ITHACAN



Sophomore Iza Mocariski serves during a volleyball game against Keuka College on Sept. 23 in Ben Light Gymnasium.

JENNIFER WILLIAMS/THE ITHACAN

Former club volleyball player set up for success as she moves to varsity

BY MADISON BESS
STAFF WRITER

Given the demands of a varsity sport, it is not uncommon for athletes to decide they no longer want to play on a varsity squad. When this is the case, many athletes opt to join a club team. What is rare, however, is when an athlete on a club team is recruited to play on the varsity team. This was the case with Ithaca College sophomore Izabella Mocariski when she went from playing club volleyball to varsity volleyball, a team that now has an 18–1 record.

Mocariski is only the second volleyball player to go from the club team to the varsity team since head volleyball coach Janet Donovan began coaching in 1992. Donovan said the last player to go from club to varsity was Andrea Blitz in 2003.

Mocariski played volleyball at Northside College Preparatory High School in Chicago, Illinois, which Donovan said made it difficult to watch Mocariski perform.

"When I go out recruiting, people email and video me," she said. "She never did that. We recruit mostly from the northeast. Her location made it more difficult to see her play in person."

Donovan said she did not know much about Mocariski when she first came to the college, but she gave her the opportunity to try out her freshman year. In the beginning, Donovan said Mocariski didn't jump out compared to the athletes that had been highly recruited.

"She came back and worked very hard," Donovan said. "She knocks it out of the park both physically and athletically. She holds her own. Me, as a coach, I am excited to see that. She really wanted to be on the team."

Mocariski said she is very happy that she chose to play for the women's club volleyball team because she loves the sport and wanted to continue playing after high school. She said her experience on the club team allowed her to develop her playing ability.

"It gave me an opportunity to play the sport that I love and practice with a group of girls who were nothing short of talented and incredible," she said. "Without club volleyball, I would not have been able to improve my technique and receive the experience that I needed to get to where I am today."

Sophomore club volleyball player Leanne Sweeney said

Mocariski deserves to be on the varsity team.

"She's an extremely hard worker, so she always brought her A-game on the court. She was always ready to play and was always a supportive teammate," Sweeney said.

Donovan said she has noticed improvements since the spring in Mocariski's fitness level and said Mocariski is now much more confident on the court.

"She is less nervous and seeing the game better. Her technique is getting better and better every day because she is coachable and getting more repetitions in," Donovan said.

Mocariski said she is excited to be a part of a team made up of an outstanding group of women.

"It's amazing to be able to practice with them every day and even more amazing to have them as teammates," she said.

Additionally, Mocariski said she is eager to see how well the team plays the rest of the season. It is already off to a promising start this year, and Mocariski said it is great to think about the potential they have to make this season one of the squad's best.

Mocariski said her biggest goals this season are becoming more consistent at passing and communicating with her teammates better on the court. She said while she has felt like she has made progress, she feels that there is still more to make.

"It's definitely going to take some time getting used to playing at this level of competition, as well as getting to where I want to be as a player, but I am looking forward to working with the coaching staff and making the most out of this opportunity I have been given," Mocariski said.

Sophomore captain Joelle Goldstein said Mocariski always comes to practice and games fully energized, which she said goes a long way since volleyball is such a mental game.

"Iza is one of those people who works so hard that it's contagious and makes others want to work equally as hard," she said.

Mocariski described her team as being very optimistic, cohesive and hard-working. She said her teammates always show up to practice with a competitive mindset, and they make sure to translate that mentality to every game they play.

"I feel like the team has a great chemistry this year, which is helping us play well together on the court and have a lot of fun in the process," Mocariski said.

Sophomore making strides in second year

BY JOELLE GOLDSTEIN
STAFF WRITER

If there's one thing sophomore cross-country runner Denise Ibarra knows, it is that giving up is never an option. Even despite a five-month-long hiatus due to an ankle injury in her junior year of high school and competing as the only female in her senior season of cross-country, Ibarra knows what it takes to get to, and stay at, the top.

Ibarra, a native of Wassaic, New York, began her cross-country journey in high school. Originally a multi-sport athlete, Ibarra said she played basketball and soccer and ran track and field before discovering her true passion for distance running.

In the fall of her junior year, Ibarra continued playing soccer while beginning her cross-country season. She said this became a challenge for her, as several meets and practices conflicted with one another, and her physicality and energy were drained as a result.

In her junior year of high school, Ibarra contracted a severe case of tendinitis in her ankle, an injury that kept her out of competition for five months. As her senior year approached, Ibarra said she decided to retire from soccer so that she could focus on cross-country in the fall and track and field in the spring.

Her cross-country coach suggested she take a year off to heal the inflamed tendons in her ankle. However, Ibarra was determined not to take any time off.

"A former teammate of mine had stopped running entirely because of an injury," she said. "For me, seeing her case made me want to push forward and keep running. I like to think of the fact that I can still run as a privilege. I was inspired to keep trying, despite having so many things against me."

The injury also inspired Ibarra to pursue a major in health sciences, and she is considering physical therapy as a career path. Ibarra said she attributes her professional ambition to this.

In Ibarra's senior season of cross-country,

another obstacle came her way: competing as the only female on her school's team.

"I was in really bad shape, to the point where I couldn't do more than 10 minutes or I'd be out of breath," Ibarra said. "Not having anyone to run with definitely affected me. All my workouts were by myself. My coach was really great, and he really pushed me and gave me the 'oomph' that I needed."

Despite being the only female competing during her high school senior season, Ibarra said her male teammates were supportive and took her under their wing, allowing her to work out with them. It was the camaraderie and team dynamic that made Ibarra excited for the new challenge she would experience at Ithaca College.

Ibarra said at first she was reluctant to run with so many unfamiliar faces around her, but over time she became more comfortable with it.

"I was very nervous to be exposed to a team and having girl teammates to run with, but I think once the season started, my mindset was much better," Ibarra said. "I learned to enjoy it and take advantage of the new teammates, having people to run with and pull me along with them."

Although Ibarra wasn't recruited initially and even considered not trying out due to nerves, she said head coach Erin Dinan and the rest of the team encouraged her from the start.

"Running in college was never a definite," Ibarra said. "The coaches and team have helped move me along and were very good at welcoming me into the program."

Despite only having one year of experience under her belt, Ibarra's leadership by example is one of her strongest assets, Dinan said.

"Being a sophomore at the top of her team, she's become quite a leader of sorts," Dinan said. "Her attitude and determination are incredible attributes of a leader for our team."

Dinan also said Ibarra's carefree yet passionate attitude toward running has helped the entire team to succeed this season.

Ibarra has made her mark as a Bomber thus far, most recently placing first for the Blue and Gold and placing 38th overall at the Mike Woods Invitational at SUNY Geneseo on Oct. 3. She finished with a time of 22:53.3 — 1:37 faster than her time from the same race last season.

Fellow sophomore Alexis Kindig said Ibarra always looks forward to practices to watch her teammates improve just as much as herself.

"She pushes everyone to do their best and is really supportive of all of us," Kindig said. "Seeing how much she has improved within these past two years is inspiring and shows how much hard work can pay off."

Senior captain Anna Fay said she has been impressed with Ibarra's performance this season.

"She's optimistic, fun to be around and incredibly hard-working," Fay said. "It's been awesome to see her hone in on her talent and realize her full potential this year."

While Ibarra is all about the team dynamic, she said she is ready to make personal strides for herself as well, learning from her past experiences.

"You get to overcome your personal barrier," Ibarra said. "It's all mental — the fact that I stayed in it, didn't give up and pushed through after that bad spot from my injury is my biggest asset as a runner. Even in races where I don't feel good, I can still mentally push, and the mental strength I have now is what I got from all of that."



Sophomore Denise Ibarra on the women's cross-country team runs in the Jannette Bonrouhi-Zakaim Memorial Alumni Run on Sept. 5.
YANA MAZURKEVICH/THE ITHACAN

Field hockey team scoops up adept assistant coach



Assistant coach Maureen Ordnung coaches the players through a drill during a field hockey practice Oct. 5 at Higgins Stadium. Ordnung was hired July 30 to coach the team.
KARIELLE WILLIAMS/THE ITHACAN

JUST THE FACTS

- Spent one year at Wilkes University as an assistant coach to the Colonels, which placed four athletes on the Freedom All-Conference Team
- Served as a coach and goalkeeping specialist for the KaPow Field Hockey Klub, a position she held since 2012
- Played for East Stroudsburg University, was a two-time MVP and served as captain her senior season

Maureen Ordnung was hired as the assistant field hockey coach by the athletics department on July 30. Ordnung served as an assistant coach at East Stroudsburg High School North in 2012–13. Prior to coming to the college, Ordnung was an assistant coach for Wilkes University in Wilkes-Barre, Pennsylvania, for one year, where she helped place four of her athletes on the Freedom All-Conference Team. She was also a goalkeeping specialist for the KaPow Field Hockey Klub, a position she held from 2012 until she was hired by Ithaca College.

As a player, Ordnung was a goalie for East Stroudsburg University, serving as team captain. Ordnung was also named Female Senior Scholar-Athlete of the Year in 2012.

Contributing Writer Katie Callahan spoke with Ordnung about why she chose Ithaca College, how she plans on using her prior experience to help the team and her favorite level of field hockey to coach.

Katie Callahan: What was so attractive about the program here that made you want to join the coaching staff?

Maureen Ordnung: It was really nice to see an athletic department that was so focused on the well-being of their athletes and coaches. It was really nice seeing the longevity of all of the coaches here. [Field hockey head coach Tracey] Houk has been here for so long and really knows the ins and outs and is able to help me out with things. [Head women's basketball coach] Dan Raymond interviewed me for the job. Meeting with him and getting his opinion on winning and his opinion on success made me see that the athletics program here matched my values.

KC: How has coaching a club team prepared you for the collegiate level?

MO: It was a lot of fun coaching club because I worked with KaPow, who is run by [Olympian Lauren Powley]. She played in Beijing and was able to share a lot of her experiences with me. She has a very deep understanding of the game, and I am getting there, but I would not have even been

able to brush that surface without her. We did a lot of indoor games at [KaPow], so it was very precise. The indoor game makes you really focus on basic skills and ball movement. I think that really helped me to narrow down things and be able to pinpoint issues and focus on them a little bit better.

KC: You are a goalkeeping specialist, so how is the atmosphere in practices with so few goalies to work with?

MO: It is interesting. Coach Houk and I have to really plan out practices because if I am taking the goalkeepers I am focusing all of my attention on two people, and she has the rest of the team. It creates a good atmosphere in the sense that in the beginning of practice I can really focus on them. I am able to put all of my attention and effort on them while the rest of the team is still warming up and working on basic skills. I feel like it is also good that I am not only with the goalkeepers because no one likes having someone breathe down their throat the entire practice. It's good because I can give them my full attention, and then I can move on to helping them when necessary and spreading out my attention to the rest of the team.

KC: Seeing as you have coached at the high school, club and collegiate levels, what would you say is your favorite and why?

MO: I really enjoy collegiate, and I am really happy being here, but I also really enjoyed the club. It was very hard leaving it. The thing with club is that I was a goalie specialist for all of the teams, so that meant that I was taken to tournaments when I was not coaching a specific team. I got to know everyone and work with a lot of different people, which was a lot of fun. The coaches would bring me in to do team bonding stuff, and then I would go off and help another team. I got to interact with a lot of different people, and that is what brought me to coaching. It was not so much field hockey that I wanted to do, but working with younger people. It was just a plus that I happened to be good at field hockey. I liked the club and collegiate levels for separate reasons.

the Buzzer

by the numbers

31

The number of kills the volleyball team had in its 3-0 victory over the SUNY Fredonia Blue Devils on Oct. 3.

17

The number of shots the women's soccer team collected in its 1-0 double-overtime victory over Houghton College on Oct. 3.

the foul line

Weird news from the world of sports

On Oct. 4, the New York Jets faced off against the Miami Dolphins in London, and for its 65-hour international trip, the team wanted to keep to its American routine as much as it could. This meant packing more than 5,000 items onto a ship containing supplies for all six NFL teams playing in London this season, according to a New York Times article.

The squad managed to pack 263 cases of food items, 315 power devices, 472 pieces for athletic training, 2,683 equipment items and 1,268 promotional items. The team also went as far as shipping 350 rolls of two-ply toilet paper with them because the toilet paper in England is apparently too thin. For the Jets' traveling party of 220 people, 350 toilet paper rolls equates to 1.6 rolls per person, which is more than enough for a 65-hour trip overseas.

"Some may say that's a little over the top or whatnot, but it didn't really cost that much, so why not?" said Aaron Degerness, Jets' senior manager of team operations.

The Jets ultimately defeated the Dolphins 27-14.



Top Tweets

The best sports commentary via Twitter from this past week



NOT SportsCenter
@NOTSportsCenter

BREAKING: The #Bears have traded Jay Cutler to Chicago Middle School for two pencils and an eraser to be named later



Jon Gruden
@Faux_Gruden

Wow. Randall Cobb can get in-between defenders like corn on the cob gets in-between your teeth. Someone get the floss, man. That's wild.



NOT NBA Tonight
@NOTNBATonight

LeBron went back home to Cleveland. Melo went back home to NY. Derrick Rose went back home to the surgery table.



The Fake ESPN
@TheFakeESPN

The Nationals have suspended Jonathan Papelbon 4 games. This will give him more time to train for his upcoming UFC fight.

Did you know?

Oct. 1 saw the third edition of the National Women's Soccer League's championship game, played between the Seattle Reign FC and FC Kansas City at Providence Park in Portland, Oregon, in front of a crowd of 13,264. The game was a rematch of last year's final, which Kansas City won 2-1.



Seattle entered the match with the best regular-season record for the second year in a row, but it was a similar result to the previous season, with Kansas City winning 1-0 from an Amy Rodriguez header with fewer than 20 minutes of play to go in the second half. Rodriguez scored both of Kansas City's goals the year before as well, and currently holds the record for most postseason goals in NWSL history.

The win also marked the final professional club game for Lauren Holiday, the retiring U.S. Women's National Team midfielder, who is currently the leader in assists, 18, and second in goals scored, 22, in the league's three-year history. Additionally, she was named Most Valuable Player for the 2013 season and the 2014 championship games.

THEY SAID IT

BART SCOTT

There's nothing tough about Tom Brady. The toughest thing about Tom Brady is his chin because it has the dimple in it, which is characteristic of most superheroes.
— On Tom Brady looking like a dork on the field



ONLINE

For more on Applefest, go to theithacan.org/apples-to-apples

LIFE & CULTURE

For a look at Applefest, see our photo essay on Page 19.

HOW 'BOUT THEM APPLES

GOT LEFTOVER APPLES FROM APPLEFEST? USE THESE HANDY RECIPES TO INCORPORATE UPSTATE NEW YORK'S FINEST FRUIT INTO EVERY MEAL

BREAKFAST

APPLE-OVEN PANCAKE



SOURCE: YELLOW BLISS ROAD



Ingredients

- 1 medium-sized crisp apple
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 2 tablespoons butter
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1/2 cup milk
- 2 eggs

Directions

1. Heat oven to 350 F. Cover bottom of baking pan with butter. Place into oven.
2. Whisk together flour and salt. Add eggs, milk and vanilla. Mix together until well blended.
3. Take pan out of the oven and sprinkle in brown sugar.
4. Arrange sliced apples on top and pour in the batter.
5. Bake for 20 minutes.
6. Take pan out of the oven and turn it over on a cutting board. Slice and serve with syrup, powdered sugar or fruit.

SOURCE: LIFE MADE SIMPLE BAKES



LUNCH

APPLE HARVEST SALAD



Ingredients

- 3 cups packed spinach/mixed greens
- 1/4 cup cooked quinoa
- 1 apple cut into chunks
- 2 tablespoons pumpkin seeds
- 3 tablespoons dried cranberries
- 3 tablespoons pecans, halved or chopped
- *Vinaigrette of your choice*

Directions

1. Add greens to a large dinner plate or salad bowl.
2. Top with quinoa, apple chunks, pumpkin seeds, dried cranberries and pecans.
3. Mix together until all ingredients are incorporated.
4. Drizzle your desired vinaigrette.

DINNER

SAUSAGE, APPLE, CHEDDAR MAC 'N CHEESE



Ingredients

- 3/4 pound sweet Italian sausage, casing removed
- 1 large onion, diced
- 2 apples, cubed
- 3/4 pound pasta shells
- 1 1/2 cups milk
- 4 tablespoons butter
- 10 ounces sharp cheddar
- 4 tablespoons flour



SOURCE: KATIE AT THE KITCHEN DOOR

Directions

1. Heat oven to 350 F.
2. In a large skillet, cook the sausage, breaking it up with a spoon, until cooked.
3. Add the onion and apples into the skillet for 8–10 minutes.
4. Cook the pasta.
5. Warm milk over low heat.
6. Melt butter and add flour in a pan and cook until golden brown. Drizzle in the milk and stir.
7. Remove from heat. Add in the cheese, and stir.
8. Mix everything with pasta.



DESSERT

MINI CARAMEL APPLES

Ingredients

- 4 large apples
- 2 bags of caramel bits
- 1 melon baller
- 1 package cake pop sticks



SOURCE: MYLITTER

Directions

1. Scoop out ball sections of the apple, making sure the waxy skin is gone.
2. Place balls on a cookie sheet with wax paper.
3. Stick cake pop sticks into the balls.
4. Melt caramel bits in a saucepan. Let the caramel cool before you dip the apples.
5. Dip balls in caramel.
6. Place back on wax paper.
7. Decorate with sprinkles.
8. Do not store them in the refrigerator. The caramel can come off.
9. Serve and enjoy!

COCKTAIL

CARAMEL APPLE SANGRIA



Ingredients

- 1 bottle white wine
- 1 bottle sparkling apple cider
- 1/4 cup caramel syrup
- 4 apples chopped

Directions

1. Chill your white wine and sparkling apple cider.
2. Once cold, mix together wine and cider.
3. Add 1/4 cup caramel syrup.
4. Chop 4 apples into small cubes.
5. Add to sangria.
6. Chill in the refrigerator until ready to serve.



SOURCE: KIMBERLY SNEED/A NIGHT OWL

Ingredients

- 1 ounce Grand Marnier
- 1 ounce gold tequila
- 5–6 ounces sweet apple cider
- Apple slices, cinnamon and sugar for garnish

Directions

1. Add spoonfuls of sugar and cinnamon to a plate.
2. Run an apple slice along the rim of the glass.
3. Press the glass into the cinnamon-sugar mixture to coat the rim.
4. Add apple slices to the bottom of the glass, and fill with ice.
5. Add Grand Marnier, tequila and apple cider, and stir.
6. Garnish with apple slices and enjoy.



COCKTAIL

APPLE CIDER MARGARITA



SOURCE: HOW SWEET EATS