

THE ITHACAN

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A CHANGE IN THE AIR

As e-cigarette use becomes more prevalent, student policies have yet to be clearly defined



PHOTO ILLUSTRATION
BY DURST BRENEISER

BY LEWIS KENDALL
CONTRIBUTING WRITER

A student sits down at a table in the Ithaca College Library, pulls a cigarette out of his pocket and takes a few puffs. A few heads turn as he takes a final drag before plugging the cigarette into his computer.

While in high school, junior Ben Kohan said he smoked as much as a pack of cigarettes a day. He was eventually able to quit, but after four years smoke-free, he returned to tobacco over the summer. In order to help him quit again, he switched to a new method: electronic cigarettes.

"If I have it on me, I am probably using it," Kohan said. "It's part of the oral fixation thing where if you have a sandwich in front of you, you're going to eat it."

Electronic cigarettes, or "e-cigs" as they are commonly known, are small, plastic cigarettes that heat liquid nicotine into a

vapor that can be inhaled.

The liquid comes in different flavors, such as cherry, strawberry and chocolate, as well as varying nicotine levels. The devices themselves can be single or multiuse, the latter costing upwards of \$100.

See **E-CIGARETTE**, page 4

Town granted \$95,000 to study sidewalk feasibility

BY KAYLA DWYER
CONTRIBUTING WRITER

The Ithaca-Tompkins County Transportation Council has allocated \$95,000 of federal funding to a study of Danby Road to determine the logistics of building a sidewalk and amending crosswalks for safer pedestrian travel.

In recent years, several pedestrians along Danby Road have sustained injuries, though there have been no fatalities. Anthony Hopson, assistant vice president of community and government relations and civic engagement at Ithaca College, said the college has been concerned by the lack of a sidewalk for decades.

The study, spanning over the 2013-2014 fiscal year, will determine possible sidewalk routes based on analyses of car traffic, pedestrian movement patterns and current construction constraints such as drainage and slopes.



The New York State Department of Transportation installed signs after Ithaca College raised concerns about the lack of a sidewalk on 96B.
CJ ANASOULIS/THE ITHACAN

According to the Ithaca Town Board's application to the New York State Department of Transportation, the estimate of \$95,000 was based on anticipated consulting

fees. Susan Ritter, director of planning on the Town Board and representative on the Planning Committee of the ITCTC, said she prepared the application for

this state grant alongside Town Engineer Creig Hebbon. Because Route 96B is a state road, the town had to request state money for the 2014-2018 Transportation Improvement Plan, the five-year plan that determines which transportation projects to prioritize in Tompkins County.

The ITCTC approved the TIP on June 18 and will go into effect Oct. 1, according to the council's Web page. The Danby Road study is projected to begin around January 2014, Ritter said.

A large part of the funds will be used to hire consultants, who plan to hold meetings with college students, property owners and other stakeholders who will be impacted by permanent changes to the landscape, Ritter said.

These field analyses and discussions will serve to develop a

See **SIDEWALK**, page 4

Community bank buys local BofA

BY JACK CURRAN
ONLINE NEWS EDITOR

Chemung Canal Trust Company has announced that it will take over six Bank of America branches in New York, including the local branch located on The Commons. After the transfer, all existing Bank of America deposit accounts opened at the sold offices will become Chemung Canal accounts.



WAYNE said Chemung Canal is more individual-client focused.

After an auction in July, Chemung Financial Corporation acquired two Bank of America offices in Ithaca, located at 202 The Commons and 304 Elmira Road. Chemung Financial also purchased two branches in Auburn, one in Cortland and one in Seneca Falls.

The offices will transfer from Bank of America to Chemung Canal on Nov. 22. Michael Wayne, the senior vice president and director of marketing at Chemung Canal, said checking accounts are expected to transfer over in about five weeks.

Bank of America has already notified its customers with affected accounts about the sale. Wayne said Chemung Canal has sent a welcome letter to its new customers and will send them more information after the transfer happens.

Accounts opened at offices not included in the sale will remain with Bank of America. While there will no longer be a Bank of America office in Ithaca, there will still be two Bank of America ATMs on the Cornell University campus where account holders can deposit and withdraw money with no fees.

Several Ithaca College students have expressed concern about the Bank of America leaving The Commons. Sophomore Martha Fisher said she opened a Bank of America account over the summer to avoid ATM fees while at school.

"This summer, I decided to get a Bank of America card, because I had Chase, and there's no Chase in Ithaca, so every time I'd go to the bank I'd get charged five dollars for taking money out," Fisher said. "Now I find out they're closing, and that's annoying, because Chemung does not exist where I'm from."

According to Chemung Canal, affected customers will be required to stop using Bank of America checks and debit cards when notified by Chemung

See **BANK**, page 4



ALL HOPPED UP

Senior develops hops farm located outside of Ithaca, page 13



MAXIMUM RANGE

German student adds yardage to Bombers kicking game, page 23



FAIR PLAY

Former Bomber in the minor leagues and finishing final semester, page 10

Nation&World

Navy Yard gunman was unstable

Aaron Alexis, a 34-year-old information technology employee at a defense-related computer company, used a valid pass to get into the Washington Navy Yard on Monday. He then killed 12 people before he was slain by police in a shootout that lasted more than half an hour.

It was the deadliest attack at a domestic military installation since November 2009 when an Army psychiatrist killed 13 people and wounded 30 others at Fort Hood, Texas.

According to court records, Alexis had a history of violent outbursts, two of which were documented in the early stages of his treatment for mental illness.

A month before Alexis went on the shooting rampage, he complained to police in Rhode Island that he heard voices and felt microwave vibrations in his body, which deprived him of sleep.

U.S. law enforcement officials told The Associated Press that investigators had found no manifesto or other writings suggesting a political or religious motivation.

Car sales in EU remain sluggish

Car sales in the European Union are still sagging despite modest economic growth over the past six months.

From January to August, passenger car sales in Europe declined 5.2 percent from 8.27 million to 7.84 million sales compared with the same period last year, the lowest figure since 1990, the European Automobile Manufacturers' Association said Tuesday.

The unemployment rate remains high at 11 percent, making many consumers unable or afraid to buy a new car.

New car registrations in August fell 5 percent from a year ago to 653,872 registrations, the association said.

Governments hit by the Eurozone debt crisis have cut back on spending and raised taxes to try to manage oversized debt levels, slowing their economies.

Philippine police capture rebels

On the 10th day of a hostage crisis in southern Philippines, a Philippine police chief convinced the Muslim rebels who

held him captive to surrender to police. A separate, larger group of rebel guerillas continues to hold hostages, officials said.

The standoff began Sept. 9, when about 100 rebels of the Moro National Liberation Front tried to take control of Zamboanga, a city of nearly 1 million people. Rebels were foiled by government forces, but still managed to take hostages from coastal villages.

The MNLF is fighting for independence for the Muslim-dominated southern province. It is unhappy with a peace deal the government is negotiating with a rival Muslim group to give the region greater autonomy.

Liberian oil leader steps down

The son of Liberian President Ellen Johnson Sirleaf, Robert Sirleaf, resigned from his position as head of the state oil company, an appointment that had prompted allegations of nepotism from the president's critics.

Sirleaf accepted her son's resignation from his positions as chair of the National Oil Company of Liberia and as senior presidential adviser, according to a statement from the Executive Mansion on Tuesday.

The resignation comes just days after Liberia's lawmakers suspended debate on new oil laws until after they return from recess in January. Liberian non-governmental organizations urged lawmakers not to pass the laws, complaining of the lack of public consultation.

The Senate passed the laws on Sept. 10, but the House of Representatives voted Friday to suspend debate. The oil company refused to make copies of the draft laws public.

Brazilian president protests NSA

Brazilian President Dilma Rousseff plans to divorce Brazil from the U.S.-centric Internet in protest of Washington's widespread online surveillance and espionage.

Brazil will not prevent its citizens from accessing U.S.-based Web services, but wants their data to be stored locally as the nation assumes greater control over Brazilians' Internet use to protect against U.S. National Security Agency snooping.

Rousseff's proposals follow revelations that the NSA intercepted communications, hacked into the state-owned Petrobras oil



Muslim pageant winner crowned

Obabiyi Aishah Ajibola of Nigeria was crowned the winner of the third Annual Award of World Muslimah on Wednesday in Jakarta, Indonesia. The pageant is exclusive for Muslim women and assesses not only contestants' appearances, but also their piety and religious knowledge.

DITA ALANGKARA/ASSOCIATED PRESS

company's network and spied on Brazilians who entrusted their personal data to U.S. tech companies such as Facebook and Google.

Rousseff was invited to a state dinner next month to strengthen ties between the U.S. and Brazil, but the dinner has been postponed.

Colorado residents endure flood

In the days right after floodwaters rushed through the Rocky Mountain foothills, the helicopter crews that lifted stranded people to safety were greeted like heroes. Nearly a week later, they are often waved away by stubborn mountain residents who refuse to abandon their homes.

By Tuesday, military helicopters had flown nearly 2,400 people and more than 850 pets to safety. Rescue officials said it was likely the largest airlift since Hurricane Katrina struck the Gulf Coast in 2005.

State officials reported six flood-related deaths, plus two women missing and presumed dead. The number is expected to increase. It could take weeks or even months to search through flooded areas for people who died.

Iran frees human rights lawyers

Iran released a dozen prominent political prisoners Wednesday, including Nasrin Sotoudeh, an Iranian human rights lawyer who defended opposition activists. Sotoudeh's release comes three years after she was sentenced to six years in prison for her practice.

The release came ahead of Iranian President Hasan Rouhani's scheduled visit to New York next week. The releases were among his promises for more transparency.

The International Campaign for Human Rights in Iran welcomed the releases and urged Rouhani to continue to take concrete steps toward improving the country's "urgent human rights situation" ahead of his scheduled speech to the United Nations on Monday.

SOURCE: Associated Press

MULTIMEDIA

THERE'S EVEN MORE MULTIMEDIA ONLINE.
VISIT THEITHACAN.ORG/MULTIMEDIA.

CORRECTIONS

It is *The Ithacan's* policy to correct all errors of fact. Please contact the News Editor at 274-1618.

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Got a news tip?

Contact the News Editor at
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Video
Cory and Linda Byrad, residents of Ithaca, are spreading their love for books and reading with their "Little Free Library."



Video
Junior Danny Doran surprises everyone and reveals more than just his kayaking skills in a brand new Hidden Talents of Ithaca.



Video
Check out the James J. Whalen School of Music's Wind Ensemble perform last Sunday in DeWitt Park for the Ithaca community.



Video
The community shared its love for amateur music as it gathered throughout the city of Ithaca last Sunday at the annual Porchfest.

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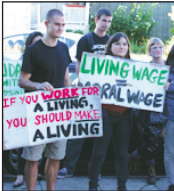
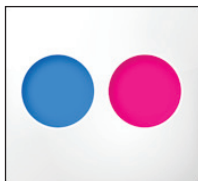
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News
Witness citizens of Ithaca rally in support of raising the minimum wage to a living wage.



Accent
See computer science students and their professor create an online radio site.



Sports
Watch the Bombers women's tennis team shutout Nazareth 9-0 in Glazer Arena.

Stanford expert explores rhetoric of race

BY CIARA LUCAS
CONTRIBUTING WRITER

By the dictionary's standards, race and ethnicity are static concepts. However, more than 40 students, faculty and community members explored their active roles in "doing" race and ethnicity while attending a presentation Tuesday in Emerson Suites.

Paula Moya, associate professor in the Department of English at Stanford University, explored the language around these concepts during her presentation, "8 Conversations About Race & Ethnicity." Moya kicked off the Center for the Study of Culture, Race and Ethnicity's discussion series "Just Cause? Just Language? Just Us?"

Gustavo Licon, assistant professor of Latin American studies, said this year's theme, "Just Cause? Just Language? Just Us?" is a play on words for "justice" and analyzes the deficiencies of language when discussing race and justice.

Licon is on a year-long leave from Ithaca College to research modern anti-neocolonial struggles throughout the Americas. He received the Career Enhancement Fellowship for Junior Faculty from the Andrew W. Mellon Foundation and administered by the Woodrow Wilson Foundation. Licon returned to the college for the kickoff event of the series.

Moya said race and ethnicity are treated as if they define who we are, when in actuality, race and ethnicity are malleable products of a powerful system of distinction in which we all participate. She added that, as a society, we do not properly understand the definitions of race and ethnicity. In a book cowritten by Hazel Rose Markus and Moya, called "Doing Race," Moya defined race and ethnicity as two broad processes, one positive and one negative.

Moya said the negative process of racial identity is when a group is seen as a threat based on superficial physical characteristics and behaviors. She said the positive aspects of racial or ethnic identity include the ability to empathize with people on the basis of commonalities, such as language, history, customs and religion.

"Deeming it social hierarchy or biological determinism is inadequate, because that obscures why race came to be and why race persists today," Moya said.



Paula Moya, associate professor of English at Stanford University, and Gustavo Licon, assistant professor of Latin American studies at Ithaca College, spoke to students Tuesday in Emerson Suites.
JACK CURRAN/THE ITHACAN

Though there were eight conversations introduced, only four common conversations about race and ethnicity were explained because of the complexity of the topics. Moya presented "Variety is the spice of life," "Everyone's a little bit racist," "Racial diversity is killing us" and "Race is in our DNA," which are the most popular conversations.

During the discussion, John Suter, an Ithaca resident, responded to the common conversation with, "Everyone's a little bit racist."

"People are really thinking about how to address structural racism in this community," Suter said. "For both groups, being able to listen to people tell about being followed in a grocery store or having to tell their kids, 'Don't touch anything' is a reminder how the daily insults of racism are personal and within our social construction."

Moya said the eight conversations often play a role as conversation enders, rather than starters. They dismiss race and ethnicity as a progressive and ever-changing process, she said.

Licon shared an anecdote with the audience about when he was stereotyped by another Latino in his apartment complex when returning home for the night. Licon was mistaken for a "flyer guy," a person who goes from door to door handing out pamphlets. He posed a question to

the audience based on his perspective: How do we communicate, and how does race affect all of us, even within cultures?

The conversation then segued into comments from the audience as to how the topic of diversity should be communicated. Suter spoke of talking circles that Ithaca residents of all races and ethnicities hold on The Commons each week.

"For many people, it's the first time they've felt safe enough to say how they really feel and what it's been like for them," Suter explained.

Suter said the talking circles create a space where community members can have cross-cultural dialogue.

"People come out of those sessions often not knowing what to do with it, but people make changes and make friends across cultures," he said. "There's a momentum in the community that's spinning conversation into action."

Freshman Alex Horner, who attended the event, said he was surprised and interested to see how deep emotions run with racial conversations.

"It's a shocker to see how off communication can be with people," Horner said. "Coming from Vermont — it's such a white state. It's not so much a culture shock, because I understand it, but to actually see the emotions is moving."

Vacant SGA positions attract 20 candidates

BY JACK CURRAN
ONLINE NEWS EDITOR

Candidates for the Ithaca College Student Government Association and the newly formed class council positions presented their plans for change on campus on Monday evening in IC Square.

This fall, there are nine open positions, with one transfer senator, five student-at-large senators, a newly created varsity sports senator and two Class of 2017 senators. The club sports senator, music school senator, international student senator and off-campus senator positions are also open but have no candidates. Elections will be held Sept. 23-25 online at IC Link, and results will be posted Sept. 26.

A total of 20 candidates contested for the nine positions. The most popular positions were Class of 2017 senator, which had five candidates, and student-at-large senator, which had seven candidates. The student-at-large senator represents the entire student body in the SGA. Senior Cedrick-Michael Simmons, president of the SGA, said he was excited to see the large number of students competing for positions.

"The fact that we had so much competition for the student-at-large and Class of 2017 positions shows that we're definitely in the right

track in terms of expanding what SGA does and why they should be a part of it," Simmons said.

At the event, 20 students pitched their platform ideas to an audience of about 40 people. Communication among student and administrative groups was a common theme. Many candidates discussed problems they have seen on campus and how they planned to improve the college.

Sophomore Jamila Carter, a student-at-large candidate, said the college needs to create a better sense of collaboration among students.

"The school must focus on two C's: communication and collaboration," she said. "Through understanding comes communication that creates a sense of collaboration. Through collaboration with the people, Ithaca College can become a better institution."

Other topics brought up several times were the Integrative Core Curriculum, dining hall hours and the quality of the campus Wi-Fi.

Freshman Melinda Carmichael, another student-at-large candidate, addressed credit rollover. She said, because tuition covers the cost of 18 credits, unused credits should roll over into other semesters.

During the student-at-large presentations when audience members were permitted to ask questions,



Freshmen Rachel Roizin-Prior and Kaitlin Logsdon give statements during the Student Government Association platform presentations Monday.
DURST BRENEISER/THE ITHACAN

Simmons asked the candidates about their plans to improve the SGA's outreach to the campus.

Simmons said reaching out to students is one of the biggest goals of the SGA.

Sophomore Kyle James, another student-at-large candidate, said he wants to send the SGA members to student organizations to promote interest in campus politics.

"We shouldn't expect them to be interested in what we're doing if we're not interested in what they're doing," he said.

Candidates also discussed what they called the divide between schools in the college. Sophomore Renee Schweizer, a candidate for

sophomore class council vice president, said she wants to create more connections among the five schools.

"There's minimal interaction between the different schools," she said. "I would like to see a change."

Candidates also emphasized the importance of listening to ideas from students. Freshman Kaitlin Logsdon, a Class of 2017 senator candidate, said she hopes to give a voice to freshmen.

"There's only one position open for the freshman class, that only represents the freshman class, so it's important that your SGA representative is willing to listen to many ideas, not only those that are the loudest," Logsdon said.

TCAT to pilot hydrogen cell bus in 2014

BY ZAKARE ILNITZKI
CONTRIBUTING WRITER

The Tompkins Consolidated Area Transit bus company has received funding through the Federal Transit Administration's National Fuel Cell Bus Program to pilot a bus powered by hydrogen in 2014. The program works with the government and manufacturers to advance the commercialization of fuel cell technology in U.S. transit buses. More than \$60 million have been granted to projects nationally.

The U.S. Department of Transportation is allocating \$13.6 million for cleaner forms of energy, according to the Federal Transit Administration. TCAT is one of three organizations to receive one of these buses.

Doug Swarts, service development manager at TCAT, said the FTA will provide the bus at no expense to his company.

Swarts said there will be no increase in cost to ride the bus. He also said the hydrogen TCAT bus will use a hydrogen filling station, which will be located downtown and open to the public.

"Hydrogen fuel cells are a maturing technology that is more or less ready to go out to the market," he said. "I understand that even private passenger cars will be sold by auto manufacturers starting next year or 2015."

Paul Mutolo, director of external partnerships at Cornell University's Energy Materials Center, said hydrogen fuel cells are environmentally friendlier than gas power or even electric power. The average mileage per charge for electric cars is 92. Meanwhile, hydrogen-based cars are expected to travel around 300 miles on a single tank of hydrogen, Mutolo said.

"The experience for the car driver is very similar to their experience with a gasoline-powered car," Mutolo said. "Yet they're driving a very efficient electric vehicle that only has water coming out of the tailpipe."

Chris Sinton, assistant professor of environmental studies and sciences at Ithaca College, said these water vapor emissions is beneficial in urban environments.

"For an urban environment it is very helpful, because you don't have any pollutants such as nitrogen oxide or particulates associated with diesel fuel that pose a direct health hazard," he said.

Research around hydrogen as a source of fuel began in the 1990s. It is not foreign to the American market, Sinton said.

Mutolo, who was also in charge of the grant awarded to TCAT, Cornell and several other companies, said hydrogen cells are efficient.

Standard Hydrogen Corporation, Mutolo's locally based business, will supply the hydrogen station. Muloto also said he expects the new public hydrogen station will be more accessible to college students and members of the community.

"We saw this as an opportunity to establish the first hydrogen filling station for Ithaca and have TCAT be the first customer," Mutolo said.

Alumna's work spurs town action

SIDEWALK

FROM PAGE 1

preliminary design of where and how sidewalks will be put in, how crosswalks will be updated at the King Road intersection — which is currently not handicap accessible — and to estimate how much the construction will cost. Ritter said this study will make the construction of a sidewalk more likely.

"We're in a much better position to get money if we're all set to go and have a plan in place," she said.

Hopson said the town's recent action to pursue the study was prompted largely by the student-led effort headed by alumna Charlotte Roberts '13.

"In large part due to Charlotte's efforts, the town has begun to look at this again," he said.

Roberts said she is pleased and not surprised at the \$95,000 allocation for the study.

"Extra allocation doesn't surprise me too much — it actually makes me feel good about it, because they are guessing that there is no way to tell how much this would cost," she said.

Her campaign calling for a sidewalk on Danby Road began last summer after she narrowly escaped a car accident on 96B.

Roberts said she recalls driving uphill toward the Circle Apartments in July 2012 when a group of six to eight college students was walking downtown on a non-standard shoulder on Danby Road. She said she swerved into another lane to avoid hitting them. Roberts said the experience prompted her to file a petition online, calling for officials to pave a sidewalk on the road. The petition received more than 600 signatures within about six months.

Using Facebook, Roberts said she organized the Pedestrian Protest, an evening march from the college entrance down Danby Road to the city line, last November. The protest took place on the same day and in the same spot where an Ithaca College student and the public safety officer who came to his rescue were hit by cars in 2008. Both victims survived the accidents.

Hopson said he was involved in the Student Government Association when it held a 2010 conversation with representatives from the Town Board and local businesses to address pedestrian concerns.

At this meeting, Hopson said, the college made inquiries about its concerns to the state DOT but received no response except the installation of some "Share the Road" signs.

After talking with his predecessors about these efforts, senior Cedrick-Michael Simmons, president of the SGA, said the news of the recent budget allocation was well received.

"We're all excited that this is actually happening," he said.



HOPSON said the lack of sidewalks has long been a college concern.

College has no policy on e-cigarettes

E-CIGARETTE

FROM PAGE 1

According to the Center for Disease Control, 6 percent of adults tried e-cigarettes in 2011, nearly twice the 2010 percentage.

A New Zealand study, published Sept. 7, has determined that e-cigarettes are more effective than nicotine patches in helping smokers quit.

The study revealed that the success rate for people trying to quit smoking using nicotine filled e-cigarettes was 7.3 percent, while the rate for those using the patch was 5.8 percent.

However, the devices are not marketed as cessation devices, but as a smoking alternative, because under U.S. law, companies that make health claims are subject to regulation by the Food and Drug Administration. In an email, the CDC confirmed that, "E-cigarettes not marketed for therapeutic purposes are currently unregulated by the Food and Drug Administration."

The industry is projected to hit \$1.7 billion this year, twice as much as the year prior.

Michael Frennier, the general manager of Unique Cigs, an e-cigarette business with a branch in The Shops at Ithaca Mall, said the return of college students for the fall semester coincided with a marked increase in sales.

"When parents bring their kids back to college, they'd rather see them vaping on electronic cigarettes than smoking a traditional, analog cigarette," Frennier said.

The company, founded in 2010 with a single mall kiosk, has grown to include eight stores, with a ninth set to open by the end of the year.

"The growth has been so overwhelming that we've had to move the [Ithaca] store to a larger location in order to accommodate more customers," Frennier said.

Cost is just one reason for the increased popularity of e-cigarettes. Kohan said the savings are an added benefit of using a product more discrete than tobacco cigarettes.

According to V2Cigs, a company that sells e-cigarettes, a person who smokes a pack a day would spend an average \$182 per month, while a comparable e-cigarette equivalent is just \$45.

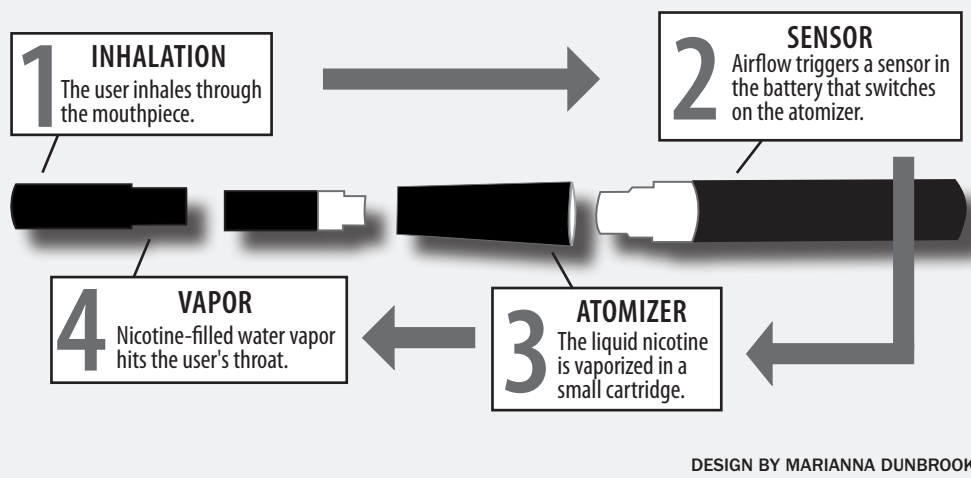
"Ever since I got a [re]chargeable one, I've spent so much less [money] on nicotine," Kohan said. "And if you don't want to be seen as someone who smokes, it's an easy thing to smoke incognito. You can just slip into the bathroom or slip inside or just go somewhere and puff on it."

College policy limits tobacco cigarette smoking to specified outdoor areas. However, Bonnie Prunty, director of residential life and judicial affairs, said in an email that the college has no policy regarding the use of electronic cigarettes.

As part of Tompkins County policy, it is

HOW IT WORKS

An electronic cigarette performs a process to convert liquid nicotine to water vapor.



illegal to use e-cigarettes in any county-owned structures or property. Ithaca's own outdoor smoking ordinance, which bans smoking in places like playgrounds, natural parks, outdoor dining areas and on The Commons, does not currently include e-cigarettes.

The FDA has held discussions with companies regarding a possible ban of the online sale of e-cigarettes to prevent consumption by minors. Similarly, Governor Andrew Cuomo signed a law last year prohibiting the sale of e-cigarettes to minors. Other states, like New Jersey, Utah and North Dakota, have banned their use indoors. Moreover, it is currently illegal to use them on planes, as well as on many train and bus systems.

However, Nancy Reynolds, program director of the center of health promotion at the college, said she can see the benefits of the devices.

"I could see some potential in terms of helping students quit smoking, because different smoking cessation modalities are going to work for different students," she said. "Some students may find the e-cigarette a helpful modality to help them cut down on tobacco use. So I can see some harm-reduction potential, which I think is very positive."

Though Kohan said the nicotine levels are deceptively high, e-cigarettes can be a cessation tool if used properly.

"If you're one of those people who is thinking about quitting cigarettes, definitely be aware of how you smoke e-cigs," Kohan said. "They can get you pretty addicted pretty quickly, because they're never not lit. You end up sucking on it all day and end up getting more addicted without realizing it. It's definitely a good thing to ease yourself out of [smoking tobacco cigarettes]. You just have to be smart about it."

Ted Schiele, the program coordinator for Tobacco Free Tompkins, a program in the county's health department, said e-cigarettes are just another trend that companies are cashing in on.

"What I really believe is that it's a product that people are trying to make money with," he said. "Whether it's electronic cigarettes or regular cigarettes, it's still public drug use. The idea that e-cigs can be used anywhere is ridiculous, because you're promoting addiction."

Increased public exposure to e-cigarettes negatively affects people who are trying to get over their addiction, Schiele said.

The recent rise in e-cigarettes also coincides with more smoking advertising on television.

Kathy Eliason, lifestyle coordinator at the Cayuga Center for Healthy Living, said new e-cigarette advertisements, such as commercials in which celebrities like Jenny McCarthy and Stephen Dorff urge consumers to "Take Back Your Freedom," are proof that the tobacco industry is simply changing its sales strategy.

"You look at the ads, and it's like, 'What are they trying to do? Do they want people to quit smoking tobacco, or do they want you to use it in a different way?'" Eliason said. "It's just giving people another alternative."

Eliason, who works to help people quit using tobacco with devices like the patch and a nicotine inhaler, said while she believes they will eventually receive FDA approval, she does not recommend electronic cigarettes as a cessation tool.

Despite these claims, Kohan said he has no plans to quit using his e-cigarette.

"I really don't want to be dependent on nicotine anymore," Kohan said. "But it is working for me right now, so I am just going to continue doing this until I get tired of it."

Bank of America clients prepare for changes

BANK

FROM PAGE 1

Canal. Wayne said customers will be given specific instructions when the transfer occurs.

"There will be a calendar that will say, on noon of 'X' day, stop using your Bank of America debit card and start using your Chemung Canal debit card," Wayne said. "All of that very specific information will be outlined and mailed to every customer approximately 30 days before the transfer takes place."

Wayne said credit cards and loans with large lines of credit, such as mortgages and car loans, are not going to be transferred from Bank of America.

T.J. Crawford, Bank of America senior vice president and regional media relations executive, said in an email interview that the bank sold the branches because online banking has reduced the need for offices.

"As customers continue to do more of their routine banking



Sophomore Matthew Michaud withdraws money at the Bank of America ATM on The Commons. The branch will be taken over in November.

MAX GILLILAN/THE ITHACAN

transactions outside the branch, we'll adapt accordingly," Crawford said. "This may mean closing branches, or selling them when the right opportunity presents itself."

Wayne said Chemung Canal purchased the branches to expand into a larger market.

Wayne said he expects Chemung Canal to do well in its new locations because of its connection to the community.

"We believe our type of community banking will be widely accepted by the residents and businesses of these communities,"

he said. "Bank of America is a great organization, but it operates on a national and international scale, while we tend to be a lot more individual client-focused."

Chemung Canal currently has offices at 806 West Buffalo Street and 909 Hanshaw Road in Ithaca. Chemung Canal also has an ATM near the Bookstore in the Phillips Hall Annex in the college.

Senior Monique Peterkin said she is unhappy with the transfer, because she did not choose to have a Chemung Canal account. Peterkin said she is going to set up a new account in a different area, because she wants to remain with Bank of America.

"You're starting with that bank, because that's the bank you trust, and that's the bank that you want to be with," Peterkin said. "It's ridiculous and unfair, because I'm probably going to have to go back home and start another account with another bank, because now I'm with Chemung when I didn't really sign with them."

IC alumnus speaks about food injustice in Brooklyn

BY SAGE DAUGHERTY
ONLINE NEWS EDITOR

About 50 students and faculty gathered at 4 p.m. Monday in Center for Natural Sciences 112 to listen to a presentation about social justice by Ajamu Brown '99. Brown's presentation was titled "Organizing on the Front Lines for Social/Environmental Justice and Food Sovereignty in Central Brooklyn."

Currently, Brown is heading an environmental health advocate pilot program with the New York City Housing Authority. The program aims to increase the capacity of public housing residents and improve the environmental quality and safety of their homes.

Brown holds a master's degree in urban and environmental policy from Tufts University and a bachelor's in speech communications from Ithaca College.

While pursuing his master's in environmental policy, Brown said he got involved in food justice activism because he was interested in sustainability. Coming back to the college and interacting with students allowed him to understand their opinions about food justice, he said.

"Thinking about how we talk about sustainability in a real way — I thought that food justice was kind of the low-hanging fruit to talk about larger issues around energy and sustainability in general," Brown said. "A lot of people focus on the ecological aspect of it and the social piece of it is kind of secondary. You need both of them to work in order to create that sustainability."

Central Brooklyn is the largest black community in the country and is ethnically, racially and religiously diverse, Brown said. With a mother from Jamaica, and as a first-generation American, Brown said he began looking at food inequality issues because of his lived experiences and West Indian heritage.

"Brooklyn has a huge West Indian population," he said. "They also have a lot of social challenges, a lot of poverty, a lot of unemployment. I look at it like this: if you have an issue, you can look at a problem, or you could look at the assets and organize to adjust those



At Bed-Stuy Farm, food activist Ajamu Brown '99 and Maria Marasigan give back to Brooklyn residents by completing a community arts project. Brown said his passion is sustainability. COURTESY OF AJAMU BROWN

problems by using what's already there — and the community's biggest assets are the people."

He spoke about gentrification — a process where the middle class restores run-down urban areas — in New York City throughout the past 30 years as an obstacle to achieving an ideal, inclusive economy and need for more affordable housing, particularly in Brooklyn.

"There is a lack of affordable housing," Brown said. "We talk about the gentrification,

and the people who gentrify get gentrified out, and they have to move somewhere else and gentrify that, and it's just a cycle. Why should I fight to improve my neighborhood when I can't afford to live there?"

Brown talked about wider food injustice in the United States and the unhealthy food system that is currently in place. He said many rural towns lack healthy food access, even though the majority of the food consumed

nationwide is grown in rural areas. Organizing around these issues can help close the divide, Brown said.

Freshman Amanda Little said food justice and inequality could apply to the Ithaca community, and she is a supporter of locally grown food.

"Ithaca has a strong community base with food," she said. "They have the Farmers Market and I think there are a lot of people here that would be interested in being involved with food justice. I definitely try to buy organic and local because I see the environmental effects and the effects it has on the local economy."

Brown said food is a human right and the problem of food injustice in poorer areas of the country, like Brooklyn, needs to be rectified. He cited a 2010 New York Times article, "The Obesity-Hunger Paradox," which said the Bronx's hunger and obesity problems are not simply related to a lack of fresh food, but exacerbated by poverty. The borough's 14 percent unemployment rate is the highest in the state, and it's one of the poorest counties in the nation.

"People are putting all this stuff in their bodies and the weight gain and the attitudes and the hypertension — people are killing themselves," Brown said. "They don't see our food as medicine, and that's what it is. Food is really a human right and not a luxury as it's treated now, particularly in urban areas."

Freshman Lima Hossain is from Brooklyn and had a year-long internship at the Brooklyn Botanical Gardens that opened her eyes to food injustice in her own community.

"I have seen [food injustice] too in the community and my school was on a border — one side was Park Slope, a big white Caucasian community, and the other side was a big African-American population," Hossain said. "The Park Slope area would have more green foods markets or they would have a Farmers Market every weekend and then you go to the other side where the black community is and all you see are supermarkets, and you don't know where the food comes from."

Tompkins County Workers' Center asks for county-wide living wage

BY SAGE DAUGHERTY
ONLINE NEWS EDITOR

The chants of 60 students and Ithaca community members echoed through the streets as they gathered Tuesday on Court Street, outside the Tompkins County Legislature meeting to rally for a living wage.

The event was led by Pete Meyers, coordinator of the Tompkins County Workers' Center, and organized by the TCWC. After the rally, attendees were invited to join the group as it addressed the county legislature during the public comment section of the meeting.

The living wage is the minimum income necessary for a worker to be able to meet basic needs, like food and adequate shelter based on the cost of living in his or her area. The living wage in Ithaca is now \$12.62, which is higher than the federal living wage and the state minimum wage of \$7.25. Tompkins County became a certified living-wage employer in 2006.

Since the early 1990s, more than 120 municipalities have enacted living-wage laws, and the City of Ithaca is slated to become a living-wage employer by Oct. 1, which means that all city employees will earn a living wage.

About 35 members of the Cornell Organization for Labor Action were also present at the living wage rally. The group came with signs reading: "If you work for a living, you should make a living" and "Dignity and

respect for our community."

Cornell junior Michelle Lim and sophomore Molly Becker, both COLA members, stressed their support for the community and for the workers who deserve to make a living wage.

Meyers said an obstacle to a country-wide living-wage law is that some employers are subcontracting their work out as a cost-cutting measure, to the disadvantage of the worker. Subcontracting involves hiring another person or company to do part of an individual's job.

"It's a way to save money, and it's a way to actually break unions," he said. "We're finding an increasing amount of this happening in Tompkins County as well. What we find is a lot of subcontracted workers who don't get a living wage are primarily women — women working in senior care and childcare — and these are people that very much need to be making a living wage."

The Rev. Rich Rose of the First Baptist Church in Ithaca said he is proud to live in a county that believes in a living wage, and he broke down the meaning of subcontracted work, which he said is a problem.

"Sub [means] under, under the carpet, nobody sees, nobody knows," he said. "We're here to pull the carpet back, to expose, to talk about the fact that we know about the subcontracted workers. We know that they're underpaid, and that does not work in this county."



Members of Cornell Organization for Labor Action joined residents of Ithaca on Court Street to protest for a living wage for local workers. After the rally, the protesters addressed the county legislature during public comment. KELLY CUCOLO/THE ITHACAN

Rose said he wants people who speak up for a living wage to know that they are not alone. He said the whole community stands behind those people.

"Sometimes it seems very lonely, like you may be the only voice," he said. "I say to you here today: let us never give up this fight until we see a living wage for every single person, every human being, this county, this community, this nation, this world. Let's not stop until a living wage is the order of the day."

Community organizer Stacey

Black, member of the International Brotherhood of Electrical Workers, said he thinks of the living wage as not a calculation, but as a means for a worker to better provide for his or her family. A living wage relieves the dependence on social nets, which enables the worker to contribute to the local economy, Black said.

Cathy Valentino, former town supervisor of the City of Ithaca, expressed her disbelief that the living wage is still a concern after all these years. She said the living wage was something that should have been

accomplished years ago.

"Those people that get that living wage, as little as it might seem to some of us, to them, it means that they might be able to buy a winter coat or buy a little more food for their children," she said. "All the money you put into getting people a living wage comes back to strengthen the economy, because people can do more, can live better, and it builds a strong community. It should just be a no-brainer for our elected officials and other employers to get us where we need to be."

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Ithaca anti-war protesters rally against Syria strike

BY JACK CURRAN
ONLINE NEWS EDITOR

Ithaca residents took to the streets Sept. 13, to speak out against a potential United States intervention in Syria.

About 40 protesters came together for the demonstration, which began at 3 p.m. in Dewitt Park and proceeded down Cayuga Street to the Tompkins County Public Library.

As they marched, the protesters chanted, “We are unstoppable, another world is possible.”

Ithaca resident Shakti Moksha, who helped organize the protest, said she is against U.S. involvement in Syria, because it would be a repetition of the Iraq war.

“This war is not a benevolent one, and that’s why we’re seeing the same propaganda that we’ve seen over the last decade,” Moksha said. “It’s the same justification that these people are experiencing terrorism in their own land, and they need us to come and save them.”

Though many of the protesters were members of local groups, the rally was not affiliated with any particular group. Moksha said she is considering creating an organization to help with rallies to support community movements.

“I’m going to start something called ‘Rallies of Ithaca,’ which will be a network that will allow people to rally a little bit easier,” Moksha said. “Rallies for any community-sponsored movement, and anything that people get excited about and want to rally about.”

After marching to the library,

community members spoke to the group about their opinions on the Syria conflict. Any resident who wanted to speak was given five minutes to address the group. In his presentation, Ithaca resident James Ricks said he thinks it’s hypocritical for the U.S. to respond to violence with more violence.

“The hypocrisy of Obama, Kerry and Biden talking about how we can’t stand by and watch these innocent children being killed by these outlawed weapons, when we’re doing it at the same time, is such a troubling disconnect,” Ricks said. “We take our crimes and put antiseptic names on them and, unbelievably, it seems to pacify the people in this country.”

Moksha said she agreed that America’s involvement in Syria is hypocritical. She said the U.S. shouldn’t criticize Syria for using chemical weapons, because the U.S. has the same weapons.

“This idea is getting thrown around about chemical weapons, and it’s quite a hypocrisy — that one of the most well-armed nations that has its own chemical weapons is criticizing other nations for trying to defend themselves as well,” she said.

Lies and propaganda were recurring themes in the protest. Clare Grady, Ithaca resident and member of the Catholic Worker community, said there are government lies involved with every act of war.

Grady said the American people can prevent future acts of war by uncovering the truth.

“There is a lie that precedes every killing, and there is lie that follows



Ithaca residents march on Sept. 13, to protest a possible U.S. military intervention in Syria. Protesters hold signs showing their opposition to war. U.S. and Russian leaders said military force is on the table as a last resort.

DURST BRENEISER/THE ITHACAN

up every killing,” she said. “We have the obligation to seek the truth and proclaim the truth.”

Another theme at the protest was disappointment in President Barack Obama.

Ricks said he had supported Obama when he was first elected, but has since lost respect for him because of his actions regarding Syria. Many demonstrators praised

Congress for not supporting a strike on Syria. Ithaca resident Dan Bergman said he supports Congress in its negative response to war. Bergman said Congress accurately represents the opinion of the American people on this issue.

“Thank goodness the Congress has refused Obama’s declaration to bomb, because the majority of the people don’t want this,” he said.

In her presentation, Grady asked the group what good a U.S. invasion of Syria would do.

She said if an invasion will not help civilians in Syria, there will have to be another option.

“Something must be done, but will U.S. bombs help the children of Syria?” she said. “If we can’t answer that question, then we have to go back to the drawing board.”

Construction on The Commons to be completed by next year

BY KELLY CUCOLO
STAFF WRITER

The construction of The Commons is currently on track and on budget to meeting its Thanksgiving 2014 completion deadline.

Project Manager Michael Kuo said he and his team have made consistent progress on the project, but are aware that there may be delays as they install new water mains, power lines and sidewalks.

“We planned the project in a deliberate way, but we also have to be ready to react to situations as they surprise us,” Kuo said.

Kuo said the utility lines on State Street, which is a 150-year-old street, were due for an upgrade. New phone, power and water lines will replace the current lines, which were last repaired in 1975.

He said the unpredictability of the brick, however, could delay the deadline.

“It’s always a surprise every time you dig,” Kuo said.

Kuo also said the sidewalks would be repaired with new concrete, and trees and lamps would be repositioned to make the streets less crowded.

“By livening the street, we’ll make the businesses more valuable,” Kuo said. “It will be much more open. ... You will be able to see clear through The Commons.”

The team is evaluating its construction plans for next year. The next phase will soon become reality, Kuo said.

Construction has forced a relocation of annual events like Apple Fest, which will be held between West State Street and Cayuga Street this year, Kuo said.

“Since construction is a two-year project with a break during the winter due to the cold weather, the events will go on as planned and on schedule,” he said.

The construction may temporarily slow down business.

However, Kuo said the purpose of the



City officials say construction on The Commons, which began in April, is on track to be completed by November 2014. The project has forced the relocation of the annual Apple Fest.

MAX GILLILAN/THE ITHACAN

reconstruction is to improve future mobility for pedestrians and increase traffic on The Commons.

“They are very aware that it is a very important element to the economy downtown,” Kuo said.

Kuo said most businesses on The Commons have been understanding of the inconveniences caused by the construction.

Joanne Lamoureux, the owner of the Pack ‘N Ship Store on The Commons, said the construction has not negatively impacted her business. However, she said her neighbors have lost their customer traffic.

“My business has been spared to some degree,” Lamoureux said. “People come here specifically for us, because they know we are here and provide a service they need. Stores that are more general retail that rely on foot traffic I think are being impacted. There are just fewer people walking around on The Commons.”

Joe Wetmore, the owner of Autumn Leaves Used Books, said the reconstruction is a good investment for The Commons and, as with any maintenance project, decreased foot traffic should be expected.

“In the short term, most businesses have

seen a reduction in foot traffic, but I’m also predicting that after The Commons is rebuilt, we’ll see an increase in foot traffic from everybody who’s really excited ... to see the brand new pedestrian mall.”

Wetmore said there have been small maintenance projects on The Commons since it was built in 1974, but the current project is most extensive since. He said construction updates are a natural part of the business cycle.

Wetmore also said the Downtown Ithaca Alliance and the City of Ithaca have kept merchants informed about updates and involved with since the planning stage of the construction project a decade ago.

“The communication during this project has been outstanding,” Wetmore said. “There’s been a lot of discussion both at the planning stage and as the implementation starts moving forward. We’ve been kept very much abreast of what’s been going on.”

Tammy Baker, outreach coordinator for the construction project, said she thinks the reconstruction of the utilities and surfaces on The Commons and the increased open space will make it a more friendly place to dine and shop.

“There will be more outdoor dining of current restaurants,” Baker said. “A few of them already have outdoor dining, and it would be more inviting to have even more outdoor dining.”

Baker, who visited and spoke with merchants on a regular basis throughout the project, said she is excited for the completion of the construction.

“I am going to be really delighted to be involved in the process from the beginning to the end, seeing people be really excited and holding their hands through the process,” Baker said.

Assistant News Editor Michael Tkaczewski contributed reporting to this article.

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Public Safety Incident Log

AUGUST 26 UNLAWFUL POSS. OF MARIJUANA Location: Emerson Hall Summary: Caller reported smelling odor of marijuana. One person judicially referred for unlawful possession of marijuana. Sergeant Dirk Hightchek.	
SUSPICIOUS CIRCUMSTANCE Location: All Other Summary: Caller reported an unknown person sent a fraudulent check. Investigation pending. Master Patrol Officer Chris Terbury.	
LARCENY Location: Facilities Parking Lot Summary: Caller reported an unknown person stole a boat using the word "Ithaca" written on it from caller's truck. Investigation pending. Master Patrol Officer Chris Terbury.	
V&T Location: C-Lot Summary: Caller reported an unknown vehicle damaged a parked vehicle and left the scene. Investigation pending. Master Patrol Officer Daniel Ausic.	
LARCENY Location: Coraiche Athletic Center Summary: Caller reported an unknown person stole medicine tablets between May 19 and Aug. 26. Investigation pending. Master Patrol Officer Shane Graham.	
IRRESPONSIBLE USE OF ALCOHOL Location: Holmes Hall Summary: Caller reported intoxicated person acting erratically and having difficulty breathing. Person transported to CMC by ambulance and judicially referred. Master Patrol Officer Chris Terbury.	
UNLAWFUL POSSESSION MARIJUANA Location: Emerson Hall Summary: Caller reported smelling odor of marijuana. Two people were judicially referred for unlawful possession of marijuana. Master Patrol Officer Chris Terbury.	
DISORDERLY CONDUCT Location: Terraces Summary: The caller reported that an unknown person set off illegal fireworks. Investigation pending. Master Patrol Officer Dan Lyke.	
LARCENY Location: The Campus Center Summary: Caller reported an unknown person stole caller's laptop computer. Investigation pending. Master Patrol Officer Chris Terbury.	
CRIMINAL MISCHIEF Location: Emerson Hall Summary: The caller reported that an unknown person entered an apartment and stole Xbox. Investigation by NYSP pending. Sergeant Investigator Tom Dunn.	
MEDICAL ASSIST/ILLNESS RELATED Location: Muller Faculty Center Summary: Caller reported a person was feeling faint. Person was transported to CMC by ambulance. Master Patrol Officer Brad Bates.	
ACCIDENTAL FIRE ALARM Location: Cicco Apartments Summary: Simplex reported that a fire alarm was activated by burnt food. System was reset by officer who responded. Master Patrol Officer Jeremiah McMurray.	
UNLAWFUL POSS. OF MARIJUANA Location: East Tower Summary: A caller reported smelling the odor of marijuana. The two people were judicially referred for unlawful possession of marijuana. Master Patrol Officer Jeremiah McMurray.	
SUSPICIOUS CIRCUMSTANCE Location: East Tower Summary: Officer reported a person was acting suspiciously. Person was transported to CMC as per mental hygiene. Master Patrol Officer Brad Bates.	
CRIMINAL MISCHIEF Location: Emerson Hall Summary: The caller reported that an unknown person entered an apartment and stole Xbox. Investigation by NYSP pending. Sergeant Investigator Tom Dunn.	

College & City

Service programs open to students for fall break

The Office of Student Engagement and Multicultural Affairs will be hosting two student community service programs this fall break. The applications are currently available and are due before Oct. 17. The two programs are at the Sky Meadow State Park and the Rescue Mission. Six students can volunteer with each program.

Students who volunteer at the Sky Meadow State Park will work with Virginia Parks and Recreation to build and maintain trails. The cost of the trip is \$75 for participants who cannot drive.

Students can also volunteer at the Rescue Mission, a non-profit organization just outside the downtown area of the Mission District of Syracuse. The organization serves three meals to more than 700 people per day, provides housing for homeless people and operates a day center. The cost of the trip is \$50 for participants who cannot drive.

Students over 21 years old can apply to drive other participants and receive a discount.

Outdoor Kitchen to serve dinner at grand opening

The Ithaca Children's Garden, a non-profit community activity and education organization, is holding a grand opening of the Outdoor Kitchen, which was built by volunteers from the Ithaca community, from 3–5 p.m. Saturday at Cass Park along Route 89. The event is free and open to the public, and

attendees are encouraged to donate to cover the cost of food. Simply Red Bistro will cook fresh garden food, Not From Wisconsin and other local bands will play live music, and the Ithaca Children's Garden will provide activities for children.

The Ithaca Children's Garden was founded in 1997. The organization purchased three acres of land on Cass Park, where it built Gaia the Turtle, the large statue, in 2005.

Professor to speak about women's abortion rights

Constitution Day 2013 at Ithaca College will feature Zillah Eisenstein, emerita professor in the Department of Politics, who will speak from 7:30 to 9 p.m. Tuesday in Emerson Suite B about the significance of women's reproductive rights, including the right to abortion and contraception, for women and girls in the U.S. The event is free and open to the public.

Eisenstein has been an advocate for women's rights since the passage of Roe v. Wade in 1973. Eisenstein returned to the college in Fall 2009 from a sabbatical, during which she visited Capetown, South Africa, to lecture about race and gender, the global economy and Barack Obama's presidential campaign.

Eisenstein's daughter, Dr. Sarah Eisenstein Stumbar, a residential physician in Bronx, N.Y., will also

speak about the role doctors have in women and girl's health and sexual rights. She will join the conversation via video chat because she will be on-duty during the event.

Students will celebrate Chinese harvest festival

The Chinese Students and Scholars Association of Ithaca College and the Cornell Asian Pacific Islander Student Union will host the fourth annual Mid-Autumn Festival from 9 p.m. to 1 a.m. Friday in Ho Plaza at Cornell University.

Moon cakes, a celebratory pastry eaten during this and other Chinese festivals, and other Chinese food will be provided at the festival.

Student groups will perform at the event, including Cornell Wushu, which practices the Chinese martial art Wushu; Shintah, a Korean folk music group; and Illuminations and Amber, the university's two Chinese dance troupes. There will also be games and free giveaways.

The Mid-Autumn Festival is a Chinese and Vietnamese holiday that celebrates the autumn harvest soon before the autumnal equinox. The festival typically falls on the day when the moon is brightest.

Cinemapolis to screen film about drug addiction

The Alcohol and Drug Council of Tompkins County will be presenting "The Anonymous People," a documentary about people recovering from alcohol and drug addiction, from 6–8 p.m. Tuesday at Cinemapolis. The film follows addiction recovery advocates who

organize lectures and rallies to bring national attention to alcoholism and drug addiction, from which more than 23 million people in the U.S. are recovering.

Advocates discuss the stigma against people living with addiction in American society and how the mass media perpetuates the stigma.

The portrayals of people living with addiction in mass media and celebrity news are compared to the stories of real people recovering from alcoholism and drug addiction and dealing with the stigma.

The film also investigates the War on Drugs, including the fact that the U.S. has the highest incarceration rate for criminals of drug crimes of all developed nations.

The Alcohol and Drug Council, founded in 1965, is a non-profit education, treatment and referral agency for people who are recovering from alcoholism and drug addiction in Ithaca.

Organizations to practice French and Spanish skills

Two campus organizations, Tertulia and French Conversation Group, for students who want to improve their knowledge of Spanish or French language and culture, are looking for interested students to attend their meetings.

Attendees of Tertulia gatherings speak in Spanish and discuss Spanish and Latin American culture with native speakers and fellow students. Tertulia meets from 7–8 p.m. Tuesdays and from 5:30–6:30 p.m. Wednesdays in IC Square.

French Conversation Group

provides a relaxed environment for French students of any skill level to practice the language. The group will meet from 2:30–3:30 p.m. Mondays and Wednesdays until Dec. 11 in IC Square.

Physician will present on dementia treatment

The Ithaca College Gerontology Institute will hold a workshop titled "Research and Treatment Updates for Alzheimer's Disease," at 2 p.m. Thursday in the Country Inn and Suites located at 1100 Danby Road. The workshop will be presented by Dr. Frederick Marshall, associate professor in the Department of Neurology in the School of Medicine and Dentistry at the University of Rochester's Medical Center.

Dr. Marshall will discuss recent advances in research and treatment for Alzheimer's disease and other dementias. As the population of elderly people in the U.S. increases in proportion to other age groups, gerontology has increased in demand. Dr. Marshall will also provide information on the improvement of care in residential and community-based settings.

The event is free and open to college faculty and students, but attendees need to reserve a seat by registering online at www.ithaca.edu/agingworkshops/check/.



MARSHALL

Public Safety Incident Log

SELECTED ENTRIES FROM
AUGUST 31 TO SEPTEMBER 5.

AUGUST 31

MEDICAL ASSIST/INJURY RELATED

Location: Flora Brown Drive
Summary: A caller reported that a person fell while skateboarding and sustained injury to leg. Person declined any medical assistance from officer who responded to call. Master Patrol Officer Jeremiah McMurray.

SUSPICIOUS CIRCUMSTANCE

Location: Circles Community Building
Summary: A caller reported that an unknown person possibly stole beverages. Investigation pending. Master Patrol Officer Jeremiah McMurray.

ACCIDENTAL FIRE ALARM

Location: Circle Apartments
Summary: Simplex reported a fire alarm was activated by a person cooking in the apartment kitchen. Fire alarm system was reset by officer who responded to alarm. Sergeant Ronald Hart.

SEPTEMBER 1

IRRESPONSIBLE USE OF ALCOHOL

Location: Circles Lot 3
Summary: Officer reported an intoxicated person outside. Person was transported to CMC by ambulance and later judicially referred for irresponsible use of alcohol. Patrol Officer Jonathan Elmore.

LARCENY

Location: Rowland Hall
Summary: A caller reported that an unknown person stole a light fixture from caller's dormitory room. Person was not found. Investigation pending. Patrol Officer Patrick Johnson.

UNLAWFUL POSS. OF MARIJUANA

Location: Upper Quad
Summary: Officers reported person with marijuana. The person was judicially referred for unlawful possession of marijuana. Patrol Officer Jonathan Elmore.

SEPTEMBER 2

ACCIDENTAL FIRE ALARM

Location: Circle Apartments
Summary: Simplex reported a fire alarm was activated by burnt food. System reset. Sergeant Terry O'Pray.

IRRESPONSIBLE USE OF ALCOHOL

Location: Terraces
Summary: 911 Center reported an ambulance responded to report of intoxicated person. The person was transported to CMC by ambulance and later judicially referred for irresponsible use of alcohol. Sergeant Terry O'Pray.

SUSPICIOUS CIRCUMSTANCE

Location: Coddington Road Water Tower
Summary: Caller reported an unknown person had built an unauthorized shelter on natural lands. Investigation pending. Patrol Officer Daniel Austic.

CRIMINAL MISCHIEF

Location: Circles Lot 5
Summary: Caller reported an unknown person damaged the windshield on vehicle. Investigation pending. Patrol Officer Shane Graham.

SUSPICIOUS CIRCUMSTANCE

Location: Eastman Hall
Summary: Caller reported during the planning stage of film project having consensual sexual contact with another

person in May of 2013. Caller discovered it happened to four other people, all consensual, and thought it was suspicious. Investigation pending. Master Patrol Officer Donald Lyke.

CASE STATUS CHANGE

Location: Office of Public Safety
Summary: Caller reported caller's laptop computer, originally reported stolen on Aug. 30 from Terraces, was located and recovered. Burglary unfounded. Patrol Officer Shane Graham.

MAKING GRAFFITI

Location: Terraces
Summary: A caller reported that an unknown person was drawing graffiti on the door of one of the Terrace building. Investigation pending. Patrol Officer Shane Graham.

SEPTEMBER 3

MVA/PROPERTY DAMAGE

Location: L-Lot
Summary: Caller reported an unknown vehicle possibly damaged a parked vehicle and left the scene. Officer reported operator left note on victim's windshield. Investigation pending. Patrol Officer Jonathan Elmore.

SEPTEMBER 4

OFF-CAMPUS INCIDENT

Location: All Other
Summary: A caller reported that an unknown person sent a fraudulent check to purchase an item from Craigslist.com. Online information was unreliable in identifying person. Investigation pending. Sergeant Investigator Tom Dunn.

OFF-CAMPUS INCIDENT

Location: All Other
Summary: IPD reported 15 people who were on public grounds were arrested for various noise violations and for irresponsible use of alcohol. Security Officer Christopher Lemore.

OFF-CAMPUS INCIDENT

Location: All Other
Summary: Caller reported a person was accidentally hit in the face with a paddle while rafting. Person received medical assistance. Patrol Officer Jonathan Elmore.

ASSIST CORNELL PUBLIC SAFETY

Location: Unknown
Summary: Cornell University Public Safety officers reported an unknown person sent an alarming email. Investigation pending. Sergeant Investigator Tom Dunn.

OFF-CAMPUS INCIDENT

Location: All Other
Summary: Caller reported a person threatened another person with a knife on Aug. 30. TCSO arrested the person who made the threat. Judge issued order of protection for caller. Master Patrol Officer Donald Lyke.

CRIMINAL MISCHIEF

Location: Emerson Hall
Summary: A caller reported that an unknown person damaged an exit sign. Investigation pending. Patrol Officer Daniel Austic.

MEDICAL ASSIST/ INJURY RELATED

Location: Lyon Hall
Summary: A caller reported that foot struck furniture in caller's dormitory room and injured toe. The officers who re-

sponded to the call provided first aid, but the caller declined any further medical assistance. Patrol Officer Daniel Austic.

SEPTEMBER 5

MEDICAL ASSIST/INJURY RELATED

Location: Clarke Hall
Summary: Caller reported person may have overdosed on medication. Person had fallen and injured face on floor. Person was transported to CMC by ambulance. Patrol Officer Patrick Johnson.

MVA/PROPERTY DAMAGE

Location: J-Lot
Summary: Caller reported a two-car property damage accident. A vehicle backed into bus and both sustained damage. Sergeant Investigator Tom Dunn.

CASE STATUS CHANGE

Location: Rowland Hall
Summary: Officer reported the light fixture that was originally stolen on Sept. 1 was not stolen. Larceny unfounded. Patrol Officer Patrick Johnson.

FOR THE COMPLETE SAFETY LOG,

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

KEY

CMC - Cayuga Medical Center
MVA - Motor Vehicle Accident
V&T - Vehicle and Transportation
IPD - Ithaca Police Department
TCSO - Tompkins County Sheriff's Office
IFD - Ithaca Fire Department
SASP - Student Auxiliary Safety Patrol

EDITORIALS

SCHOOL AND GAME, TIED FOR FIRST

Former Bombers baseball player returns to Ithaca College to complete his final semester after being drafted to the minor leagues

Ithaca College is not a college that many would expect to frequently pump out professional athletes — and it doesn't. This is why it is unusual to hear the story of Tim Locastro, a senior who was drafted in June from the Bombers baseball team to play for the Toronto Blue Jays organization in the 2013 Minor League Baseball season. Besides Locastro, only five other Bombers baseball players have been drafted from the college in the past 10 years.

Locastro was drafted to the pros with a semester left to complete his undergraduate degree in business administration. He was essentially faced with three options — go full-time professional without graduating, turn down the draft to finish up his last semester of school or try to complete his final semester while going professional. Locastro chose to finish school while starting a professional career.

While it was a tough decision to forgo his senior year of baseball, Locastro now has the benefits of professionally playing a sport he loves and continuing his education on the Blue Jays' dime. Not only does this save him money, but it shows that his employer is also invested in his education.

There is a chance that he could have received a higher salary had he waited to be drafted in the top 10 rounds after finishing his senior year with the Bombers. However, this would have been a gamble, because there is no guarantee Locastro would have been drafted again.

Locastro made the right decision to take advantage of this professional opportunity while finishing his degree. Having an education provides him with other career opportunities if he retires from the pros, and as a student athlete he serves as a role model to his former Bomber teammates by completing his education while pursuing a career.

MEDIA POTENTIAL

Journalism curriculum does not provide students with foundational training in the full range of mediums necessary to succeed in their field

Ithaca College recently hosted Carl Corry, the on-line editor for Newsday, to speak about the rise of smartphone journalism. Corry reiterated that journalists must come out of school knowing the basics of multimedia as well as having journalism skills.

If the college brings field professionals like Corry to discuss concepts that aim to coincide with the Roy H. Park School's curriculum for journalism students, it need to teach these new ideas.

Required courses — Introduction to Journalism, Visual Journalism and Multimedia Journalism — should prepare journalists to tell stories through print, photography, video and social media, all while converging online and integrating into multimedia packages. The smartphone is a recent addition.

Yet this preparation is not happening. By only sticking to what they know in the classrooms, professors do not properly expose students to all mediums. Vital assets for future journalists, such as photojournalism, are completely neglected.

While the journalism program looks excellent on paper, it fails to instruct students how to tell stories through all possible mediums. Journalists in the field cannot afford to be limited to one medium, and neither can journalists in the classroom.



YOUR LETTERS

SGA candidate for upcoming year

Hello! My name is Alex McKeen, and I'm one of the candidates for the SGA Class of 2017 senator.

Here's a little bit about me: In high school, I was the president of my youth group, the junior assistant scoutmaster of my scout troop and the executive producer of my school's television department. Here at Ithaca, I'm one of the assistant producers for Sunday Newswatch and a member of the ultimate-frisbee team.

Now, if you're reading this, then there's something about Ithaca that you like. You

like reading *The Ithacan* — I know I do — or you just love being updated on Ithaca news. If you're here at Ithaca, there was something that you saw when walking the campus tour or reading online that made you want to come here. Something clicked in your mind that said, "This school is great," "I love the campus," or "I love the people."

Aspects around campus that need to be changed shouldn't take over that love for our school. Ithaca College's "Commitment to Excellence" is something we should stand by, because, as the Class of

2017, we shouldn't settle for anything less than excellence.

As your SGA senator, I will make sure your voices are heard, because this school shouldn't be run on what I want to change or what I want different. It's what you want, and together we can make anything happen. Thanks for your time, Ithaca!

ALEX MCKEEN, CANDIDATE FOR CLASS OF 2017 SENATOR

SPEAK YOUR MIND

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

SNAP JUDGMENT

What would you think about Ithaca College adopting co-ed housing in residential halls?



"I THINK THAT FOR PEOPLE WHO HAVE DIFFERENT GENDER IDENTITIES OR SEXUAL PREFERENCES, THEY MIGHT BE MORE COMFORTABLE."
KIMMIE STEINBERG
SPEECH-LANGUAGE PATHOLOGY '15



"CO-ED RESIDENCE HALLS WOULDN'T BE A BAD IDEA. OTHER COLLEGES DO IT, AND IT'S A GREAT WAY TO GET TO KNOW PEOPLE."
COURTNEY TAMBASCO
TELEVISION-RADIO '15



"FOR COUPLES, I DON'T THINK THAT SHOULD BE ALLOWED, BECAUSE THAT COULD CAUSE A LOT MORE ISSUES THAN IT COULD CAUSE BENEFITS."
MITCH ISRAEL
PHYSICS '15



"IT'S A GREAT IDEA TO HAVE CO-ED DORMS AT ITHACA COLLEGE."
HAI LIN
CLINICAL HEALTH STUDIES '16



"I DON'T THINK CO-ED RESIDENCE SHOULD BE FORCED UPON INCOMING FRESHMEN."
NICOLE PANUCCIO
INTEGRATED MARKETING COMMUNICATIONS '15

THE ITHACAN

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GUEST COMMENTARY

ICC benefits first-years despite complications

It's mid-September, and classes are in full swing. For those returning, fall is a time to reconnect with friends and get back into the habits of college life. For new students, it can be a little more complicated than that.

First-year students confront many challenges and changes individually and collectively. For those at Ithaca College, one of these adjustments is the new Integrative Core Curriculum, a general education program that most of my high school friends attending other schools will not have as part of their experiences.



REBECCA COX

We are the first 1,800 students at the college required to take a seminar class and “perspectives,” four different approved courses that relate to the themes under the ICC. Throughout the next four years, we must complete these 16 credits on top of fulfilling existing general education requirements in the social sciences, humanities, creative arts and natural sciences. These must all be taken on top of the classes needed for each individual major. I have found that the ICC has beneficial aspects. As a new student thrown into a world where everyone knows everything about college except me, I find the ICC seminar will help ease the minds of many overwhelmed freshmen.

Each seminar meets three days a week. Two of the days are spent learning material pertaining to the subject of the theme, while the other day is only a 50-minute period of time called “Common Hour,” which is spent discussing and coping with the transition to college. Some of the topics covered include student activities, time management and note taking.

As a student in my first semester of college, I find this guidance helpful because of the relaxed atmosphere. The seminar makes it easy to communicate with peers and helps remind me that we're all going through the same things.



A banner hanging in the Academic Quad on the Ithaca College campus displays one of the approved Integrative Core Curriculum themes, “Inquiry, Imagination and Innovation.” There are six themes in total. TUCKER MITCHELL/THE ITHACAN

But some aspects of the ICC are unhelpful and confusing. During “Common Hour,” we learn more about the required courses we have to take within our themes. But these perspectives can be very restrictive. Within my theme, “Inquiry, Imagination and Innovation,” there are only 20 approved courses out of hundreds offered at the college that I can choose from to complete my perspectives. Themes such as “Mind, Body and Spirit” only have 10 courses.

I've found that the themes are the most confusing part about the ICC. Though the college lists approved perspectives, I've been given handouts in my seminar that list different required courses from the ones listed on the website. The

different information on the perspectives is the biggest miscommunication within the ICC.

Students need to consider their interests when choosing a theme, because they will be taking five courses related to that idea over the course of their four years. However, this is difficult to do, because we were only given a time period of about an hour to explore themes through stands set up during orientation and picked the next morning. An extended period of time to explore each theme would be helpful so we can make the right decision.

REBECCA COX is a freshman cinema and photography major. Email her at rcox1@ithaca.edu.

GUEST COMMENTARY

Sodexo disregards international students' dietary needs

The foods we eat and our nutrition, are guided by our socio-cultural upbringing and surroundings. These differences are apparent in the nuances in the bases from which food is prepared depending on the region of the world. Nigerian food, for example, often consists of a palm oil, red and green pepper base, while Sri Lankan food consists of cumin and coriander, among other things. Even in these nations, there are vast differences in food preparation depending on the society, and it is important not to homogenize it.

These foods are often considered wholesome and sacred in certain communities. That is why it is profoundly dissatisfying and shameful that Sodexo, the main food provider for Ithaca College, fails not only to cater to the needs of international students, but also to create a structured process for meal plan and event exemptions on cultural bases.

Last spring, the African Students Association earnestly prepared for the first annual Africa Week celebration. The final event in this week-long unveiling and deconstruction of mythical and ahistorical notions surrounding the continent of Africa was the ASA Banquet. Though a success, what happened in the background was deeply problematic.

The executive board of the ASA



Ithaca College, Cornell University and Wells College students pose together at the African Students Association's event “Celebrating Our Ancestors.” COURTESY OF STEVEN KOBBOY LARTEY

had several meetings with Campus Center and Events Services in which they made the argument that, in order to preserve the wholesomeness of their native foods, they needed to have an approved outside caterer prepare the foods for the banquet, something that organizations in colleges like Syracuse University, Calvin College and American University can do. The rejection of ASA's request culminated in a night with decent food at best and a Nigerian soup called egusi, or melon seed, being served

instead as pumpkin seed soup.

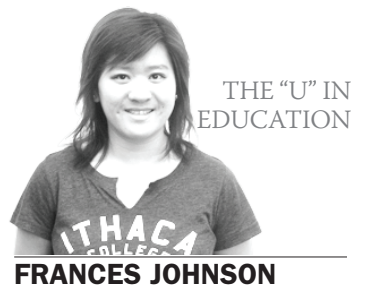
This experience was mirrored at the beginning of the year. International students were shuffled from place to place in their quest to petition for a meal plan exemption. These students also indicated health issues, such as bloatedness and headaches, after eating dining hall food, all of which was documented in notes by medical and nutritional professionals. The students met with a Sodexo official, who belittled them with patronizing “suggestions” to compel them

to remain on the meal plan.

It's cynical for a manager to challenge a student who understands what is needed to fuel his or her body. The request was rejected after a “review,” which provided no rationale for this decision. This process created a feeling of disrespect, dehumanization and complete and utter disregard for the cultures of these international students, which runs parallel to the college's commitment to being an educational institution that claims to “value diversity and promote cross-cultural understanding.”

It is a symptom of the college's true posture toward international students: make us look diverse, take pictures of us and then send us back home. We, the concerned international students of this school, will not sit idly by while our dignity is negotiated within a school-industrial complex boardroom. We therefore ask that we be accorded due respect and dignity in order for us to preserve our rights to control our health. We simply ask that a meal plan and catering exemption process be devised in collaboration with a group of international students and implemented for all who deem it imperative for medical and cultural reasons.

STEVEN KOBBOY LARTEY is a junior legal studies major. Email him at slartey1@ithaca.edu.



FRANCES JOHNSON

THE “U” IN EDUCATION

Focus on students, not the rankings

I hate standardized testing. When I applied to colleges two years ago, I was embarrassed to send my scores. Many schools still require applicants to submit scores. But when Ithaca College announced it would make SAT and ACT scores optional, I was curious and thought there had to be a catch.

A Los Angeles Times article explained the SAT was originally developed in 1926 for students who didn't attend Ivy League prep schools to show off their intelligence to high-ranked colleges and universities. Eventually, the SAT and its rival, the ACT, gained popularity in the college admissions process as determinants of an applicant's potential. Now in 2007, almost 25 percent of America's top liberal arts colleges had become SAT and ACT optional. That number rose to 30 percent in 2008, and the trend continues.

Critics of standardized testing believe that the SAT and ACT are designed to give students from affluent backgrounds an advantage, because they are the ones who can afford to take expensive testing workshops. By making the SAT and ACT optional, students have the chance to prove to schools that a number doesn't define them. Impressive grades, extracurricular activities and job experiences allow colleges and universities to see that students are human rather than fact-memorizing or test-taking machines.

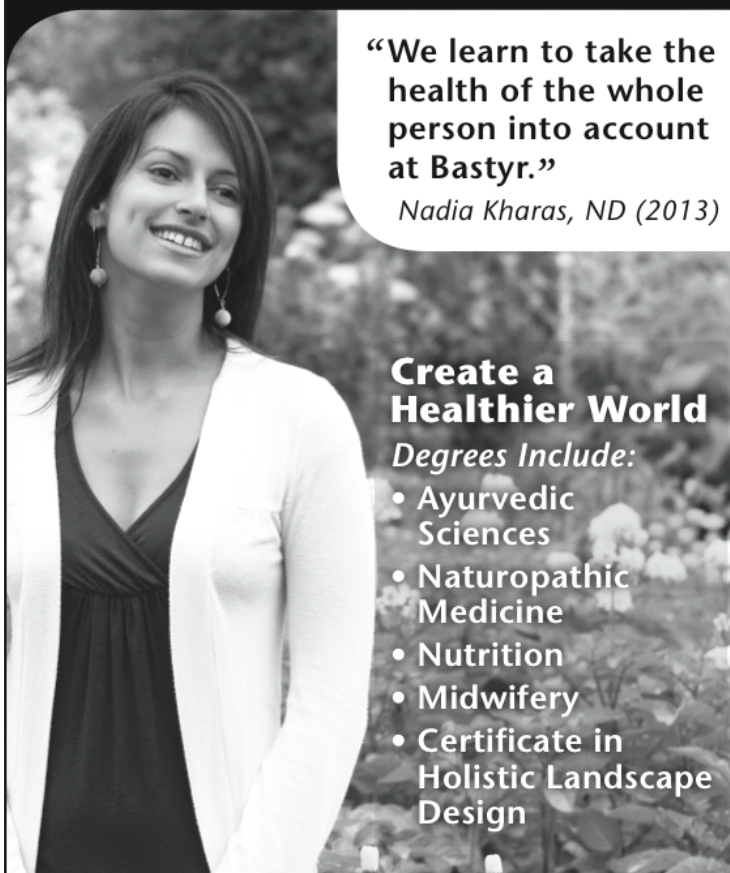
Supporters of standardized testing argue that eliminating the SAT and ACT from college applications would cause grade inflation. When students of similar academic caliber apply to the same institution, that college or university will have a hard time deciding who to accept, deny and wait list.

Grades wouldn't be the only factor inflated. By making SAT and ACT scores optional, only students who scored well will want to submit them, giving the institution an unfair advantage and distorting the average intelligence of the school in the eyes of college-rating organizations and prospective students. With the highest scorers submitting their test results, colleges and universities can climb to the top of “best colleges” lists, which some supporters of standardized testing believe is not a coincidence.

Every student has his or her own abilities. For nervous test-takers, like myself, we should have the choice of whether or not we want to submit our scores without succumbing to institutions' ulterior motives to move up the ranks of “best colleges.” The word “optional” shouldn't have to imply a college's ulterior motives, it should focus on the student.

FRANCES JOHNSON is a journalism/international studies major. Email her at fjohnso1@ithaca.edu.

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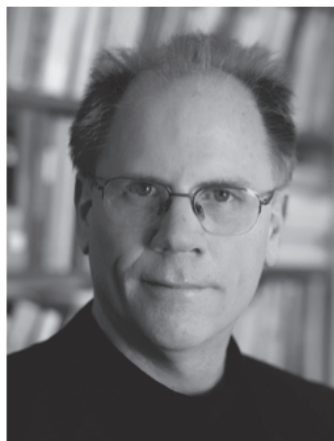
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on

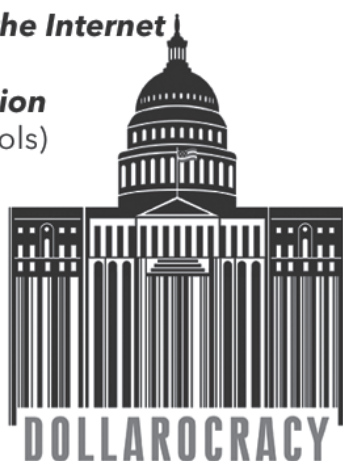
Corporate Dominance of Internet, Media, and Politics

One of our country's leading experts on media history and policy, Professor McChesney published two ground-breaking books in 2013:

- **Digital Disconnect: How Capitalism Is Turning the Internet Against Democracy**
- **Dollarocracy: How the Money-and-Media-Election Complex Is Destroying America** (with John Nichols)

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ITHACA COLLEGE
Park Center for Independent Media

Everybody
has issues ...

... we have a
new one
every week.

THE ITHACAN
Every Thursday.



Left: Senior Josh Grazul works on his hops farm Sept. 8. Top: Hops plants grow on Grazul's farm in Freeville, N.Y. Center: Grazul cultivates his hops at Rhizome Republic. Grazul has been farming his plants for two years. TUCKER MITCHELL/THE ITHACAN

HOP TO IT



Senior makes name for himself as hops-growing businessman

BY T. MICHAEL PALMER
SENIOR WRITER

A long, green vinyl banner hangs on a red barn in Freeville, N.Y.

"No Farms, No Beer."

The banner is the only separation between this barn and a dozen other barns in the town located 12 miles outside Ithaca. But this particular farm is nothing like the others.

On a sunny, fall afternoon, senior Josh Grazul pulls a 70-year-old red tractor in between two of the rows of crops planted behind the barn. Grazul, tall and broad-shouldered, hops off the tractor and walks toward one of the hanging vines. He bends down and grabs one of the plants on the vine. He flips up the brim of his fisherman's hat and plucks a green pinecone-shaped bud from the plant. Squeezing the bud gently, he sniffs it and smiles.

"There's nothing like the smell of fresh-picked hops," he said.

He smirked.

"Except maybe the taste of a fresh-brewed beer."

This farm is home to the Rhizome Republic, the hops farm and distribution company of which Grazul is the owner and creator. Since he began growing hops just two years ago, Grazul has become a pre-eminent hops provider in the area.

Through shrewd farming, tireless hours and unbridled devotion to the hops, Grazul has transformed a dingy attic into a hops dryer, a rake and handmade pulleys into a vine processor, a pond into a personal irrigation system and a two plant operation into more than 2,000 plants, worth more than \$270,000.

Recently, Grazul teamed up with Lars Mudrak, head brewer at Ithaca's own Bandwagon Brew Pub, providing hops on its new Harvest Ale, a beer that debuted at the bar Wednesday.

"[He has] a great operation fueled by hard work, sweat and passion," Mudrak, said. "I respect that, so I am happy to collaborate with him on this beer."

After a couple months as a business major, Grazul's father urged him to put his knowledge into action. The appeal came with a caveat. More than 170,000 small businesses nationwide were affected by the

recession between 2009 and 2010, and his father urged him to be smart in his business decision with that in mind.

"I told him to start his own business," his father said. "I wanted him to get going on something and put his classes to use."

It didn't take Grazul long to think of something that fit the bill.

"Everyone likes alcohol," he said. "It doesn't matter how the economy is doing. Everybody could use a drink."

Grazul said he thought back to a beverage-tasting course he took at Tompkins Cortland Community College. The class mostly focused on wine, but the finicky nature of grapes and cost associated with vineyards ruled out a vino venture.

"At the end of the class, we did a beer section," he said. "We learned very little about beer and the brewing process, but I think it really struck a chord with me."

Grazul had always been a beer lover and cherished his German heritage, so he decided to open up a hops farm. He immersed himself in the biology, maintenance and history of the plant and got in touch with other growers in the area to learn as much as he could.

There were many benefits of opening up a hops farm in central New York, which has a strong history as being one of the main hops-providing areas in the country. Because hops thrive in moist, temperate climates, central New York is an ideal place for the buds to grow. According to the Northeast Hop Alliance, the fertile soils surrounding the Mohawk River Valley provided 80 percent of America's hops in the mid-1800s.

In 2012, Governor Andrew Cuomo signed legislation that will provide tax breaks for New York state breweries. It also mandates that every beer labeled a "New York Beer" eventually must be made with at least 90 percent state-grown ingredients. With new laws in place, the demand for New York hops has skyrocketed.

New York state is home to more than 100 breweries that produced more than 22 million gallons of beer in 2012. This level of production requires a high volume of hops. A thick India Pale Ale, for example, may take a full pound for each 10-gallon batch. Hops will be sourced increasingly more

from in-state farmers like Grazul because of Cuomo's legislation. With these factors considered, the time was right for Grazul to get into the business.

Once he entered the hops business, Grazul began his run of trial and error. From stringing up his vines with rope instead of twine to using sheep instead of hands to clear weeds, Grazul has found ways to make his business more efficient.

Grazul found that the biggest business advantage about hops farming doesn't lie in efficient farming practices, but in the biological makeup of the plant itself. The rhizome structure of the hop makes it a cost-effective plant to produce.

"They're kind of like starfish," he said. "When you cut off a part of the root, it grows a completely new plant from that. You can buy one and have an infinite supply of plants. It's smart business."

He has used this technique and money from sales to grow his crop immensely. Even though his business is expanding, Grazul said the stress of the business end doesn't compare to the joy of getting down and dirty and raising the plants from the ground up.

"I have a bunch of them, but every time one of them falls, it still feels sad," he said jokingly. "It feels like they're all my little babies."

Mudrak said he can see the energy and passion for hops that Grazul has in the quality of his work. After pairing up on last year's Harvest Ale, Mudrak said he was glad to be able to work with Grazul on this year's batch.

"He has been awesome to work with," Mudrak said. "He'll deliver fresh hops in the early morning of the day I'm brewing. This ensures a great, unique aroma and a flavor you just can't get with processed or older hops."

At the debut event, a lederhosen-clad Grazul was there with some of his finest hops to teach thirsty patrons how the beer was made. The Harvest Ale was one of the most popular items on the menu that night. Senior Reeve Moir said it was one of the smoothest beers he has ever tasted.

"It's a great beer, plain and simple," Moir said. "It's really fresh. They must be some damn good hops."



Grazul takes his hops plant off the vine at his farm in Freeville, N.Y. Hops flourish in moist temperatures. TUCKER MITCHELL/THE ITHACAN



Danbees buzz at benefit

Seniors Will Shuttleworth, Mark Slotoroff and Wade Murphy of The Danbees perform Friday in Emerson Suites for the TC Lounge Open Mic Night Benefit Concert. The show also featured student bands Second Dam and Sam Lloyd and the Cavalcade of Sin.

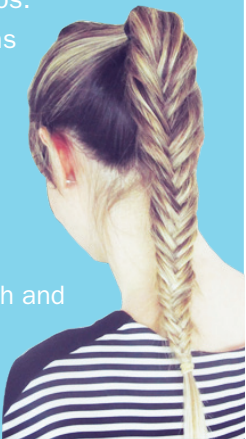
ERICA DISCHINO/THE ITHACAN

pin this!

Assistant Accent Editor Evin Billington scours Pinterest and shares her favorite pins of the week.

Ithaca’s unpredictable fall weather can wreak havoc on hair. Luckily, Pinterest provides many easy braided-hair ideas and tutorials to help sweep long and short manes back when the weather turns foul. The board “Braid Mania,” by Glamour, shows examples of many different styles, like fishtail and waterfall braids, on celebrities and even gives tips to help achieve some of the trickier looks, like braided updos.

With these instructions and pictures, Pinterest showcases hundreds of braided hairstyles to keep hair looking elegant even when it’s pouring outside. Type “braided hair” into the search bar, grab a brush and a hair tie and begin braiding away.



CYBER Cafe

Assistant Accent Editor Evin Billington surfs the Web for the most noteworthy sites.

For some, dating a close friend is the ideal love scenario. For others, it’s a disaster waiting to happen. The blog “40 Days of Dating” explores this when Jessica Walsh and Timothy Goodman, two old friends, decide to date each other for 40 days and blog about the experience.

The rules are that they will see each other every day, go to couples therapy, fill out a questionnaire each day, go on three dates a week, go on one weekend trip and not date or hook up with anyone else. The two each post a separate daily blog entry, which is like reading a personal diary, delving into Walsh and Goodman’s feelings about their formerly platonic friendship. Readers of the blog will reflect on their own romantic history as Walsh and Goodman explore theirs.



weird but true

THE WORLD’S UGLIEST ANIMAL ANNOUNCED AS THE BLOBFISH

With a cartoonish, droopy nose, two black dots for eyes and a giant frown, it’s easy to see why the slimy blobfish was recently named the ugliest animal on the planet. To win the title, the fish, which lives off the coast of south-eastern Australia and Tasmania, received 795 out of 3,000 ballots in a vote held by the Ugly Animal Preservation Society to decide the group’s mascot. The society is “dedicated to raising the profile of some of Mother Nature’s more aesthetically challenged children” and aims to shift the attention away from more classically good-looking animals like dolphins and pandas. Among the blobfish’s competitors was the kakapo, a giant flightless parrot from New Zealand, and the axolotl, a salamander that can regenerate its own limbs.

— Evin Billington



omg!

MOTOWN TRIBUTE TWISTS NICKELBACK’S ROCK SOUND

Like a unicorn, Scott Bradlee’s “A Motown Tribute to Nickelback” has no right to exist, much less to be absolutely fantastic. It’s exactly what it sounds like: the painfully mediocre sound of Canadian rock band Nickelback has been reborn in the stylings of Motown, and it’s glorious. The jazzy, peppy singing has enough tongue-in-cheek charm to transform songs like “Rockstar” from a tired tribute to a life of glamour into a swaggering, barrel-chested joyride the way only Motown can. Piano, saxophones and a furious tambourine bring a depth to the songs beyond the typical guitar, drums and bass. Though it gets its foot in the door with the premise, the band is more than just a joke. It’s a delicious mix of irony, charm and some serious musical talent.

— Will Uhl



quoteunquote

Life doesn’t happen in black and white. The gray area is where you become an adult ... that’s the place where life happens.

— Justin Timberlake, in an interview with T Magazine, recalls his shift from adolescence to adulthood. In the interview, the pop star reflected on his life in the spotlight.



celebrity scoops!

Plastic surgery decision plagues “The Talk” host

The hosts of the daytime talk-show “The Talk,” saddled up this past week for a round of secret sharing. The hosts revealed some shocking and tear-jerking secrets, but Julie Chen’s confession of an eye-widening procedure she had almost 20 years ago ignited Internet gossip as well as fan support.

Chen said the procedure was suggested to her by several agents who claimed that she needed to look more “relatable.” In an interview with Us Magazine, Chen said, “I felt vulnerable and nervous that the haters who hide behind their computers on the Internet would come out and say mean things. And some did. That was expected.”

To conclude her confession, Chen said, “No one’s more proud of being Chinese than I am ...”

— Benjii Maust



Campus Center Dining Hall instates healthy option

BY TAYLOR RESCIGNANO
STAFF WRITER

Students flood into the Campus Center Dining Hall during the 5 p.m. dinner rush and find a new assortment of food in place of the entree station. They walk toward freshly plated dishes of lemon cod and mixed vegetables in front of them and realize the food they are looking at isn't the usual meat-and-potatoes buffet they are used to seeing.

Mindful, a new option in the Campus Center Dining Hall, offers students healthy meals that are fewer than 600 calories. Some of the dishes include Mediterranean spinach and barley salad, flatbread pizzas and turkey bolognese with whole-wheat spaghetti.

Jeff Scott, dining services general manager, said it's hard to know exactly what the options are while eating in a dining hall, because unhealthy choices are more visible when students walk in.

"If you've been on campus a couple years, or if you are a savvy eater, you can eat healthy every day," Scott said. "But sometimes it just doesn't smack you in the face."

Scott said making Mindful the focal point of the Campus Center Dining Hall entrance will help to promote the Ithaca College Dining Service's commitment to the students' health.

"This approach, and the methodology of presenting [food] fresh and contemporary, is really hitting the mark," Scott said. "We don't want there to be this nagging barb that pokes you that says that 'I really can't

eat healthy here at Ithaca."

The Sodexo website only lists 12 of the recipes that may be available at Mindful, but according to the Ithaca College Dining Services Sustainability blog, the station will use "low-fat cooking methods such as steaming, poaching and grilling food."

Julia Lapp, associate professor in the Department of Health Promotion and Physical Education, said, at a glance, what she saw at Mindful appeals to her as a dietician.

"Looking at this makes me smile," Lapp said while looking at a chicken Caesar salad dressed with black beans, corn and red peppers. "It has protein, vegetables, carbs and looks like a complete meal."

Rebecca Sexton, marketing manager of Dining Services, said it was important for the Campus Center Dining Hall to cater to the increase in students' healthy food requests.

"They want fresh food, local food, healthy food and then we have the crowd that wants the comfort food," Sexton said. "But I really think that the two parties can meet at that station. They know that it's good for them, so they'll be satisfied knowing that they won't be hungry and also having something that they themselves have asked for."

Executive Chef J.J. Molina said he has heard only positive feedback. He said, because the plates are perfectly portioned beforehand, students can take the plate without waiting in line for more food.

"We've heard a lot of good things during lunch time especially,"



Chef Cecil Malone cooks during a shift Sept. 11 at the Mindful station at the Campus Center Dining Hall. The new station caters to students by serving well-portioned meals. While some students find the meals filling, others do not. **BLAIRE JANNEY/THE ITHACAN**

Molina said. "When it's very busy, it's so much easier when you can just take the plate and go."

Sophomore Dominick Recckio agreed that having a pre-portioned plate makes his life easier when he comes in for lunch. He said he is not hungry after eating dishes from the Mindful station.

"It's a good-size lunch portion," he said. "One day they had a salad, but it wasn't just a salad. It was a

salad with chicken and some fruit on it. It was very wholesome."

Senior Kyle Robertson disagreed, however. He said he wishes there were larger portions.

"I understand why they are trying to go for smaller portion sizes," Robertson said. "Just for me, personally ... I just don't feel full afterward."

Robertson said he almost always supplements his plate with french fries or other unhealthy options.

Worried the healthier side dishes completely counteracts his healthy meal, Robertson said he does not receive any nutritional gain.

"If everything at that station was laid out in a buffet-style format ... it'd be a lot more beneficial to me," Robertson said. "Aside from that, I'd have to say that the few meals that I've had there are probably the best campus food that I've had during my four years at Ithaca College."

STATE

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10/4 PAULA POUNDSTONE

10/13 AIMEE MANN W/ TED LEO

10/14 GARRISON KEILLOR

10/27 BRIAN REGAN

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* Applicants must hold initial certification prior to applying.



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THE ITHACAN

MICHAEL TAMBURRI/THE ITHACAN

ITHACA COLLEGE Constitution Day 2013 Presentation

Reproductive Justice: Celebrating and Defending "ROE" at 40

Right
to
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Tuesday, September 24
7:30 PM - 10:00 PM
Emerson Suite B, Phillips Hall

THIS EVENT IS FREE
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A reception with refreshments will follow.



ZILLAH EISENSTEIN

Distinguished Scholar of Anti-Racist Feminist Political Theory at Ithaca College will discuss the continuing importance of reproductive justice to a fully democratic society, especially for women and girls. Dr. Sarah Eisenstein Stumbar, Eisenstein's daughter, will join in on the conversation via video, to discuss the current challenges that doctors face trying to protect the reproductive rights of their women and girl patients.

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The IC Constitution Day event is co-sponsored by the Office of the Provost and Vice-President of Educational Affairs, the Politics Department, Women's Studies and the Park Center for Independent Media.

Individuals with disabilities requiring accommodation should contact Karen Emmet at kemmet@ithaca.edu or 607-274-7918 as far in advance of the event as possible.

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LYDIA DAVIS PUBLIC READING

Thursday, September 19, 2013
6:00 PM
Handwerker Gallery
Caroline Werner Gannett Center

Lydia Davis is the author of seven short story collections including *Almost No Memory*, *Samuel Johnson is Indignant*, *Varieties of Disturbance*, and *The Collected Stories of Lydia Davis*, as well as a novel, *The End of the Story*. Davis is also a renowned translator of French literature. Her many awards include the 2013 Man Booker International Prize, a MacArthur Fellowship, a Whiting Award, a Guggenheim Fellowship, a Lannan Literary Award for Fiction, and she has been named a Chevalier of the Order of Arts and Letters by the French government for her fiction and translations.

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Parkies are McLovin it

Funny or Die crew comes to Ithaca College with Dave Franco and Chris Mintz-Plasse

BY KELLI KYLE AND ALEXA LEVY
CONTRIBUTING WRITERS

A Funny or Die camera crew raced down the second-floor hallway of Roy H. Park Hall, capturing the smiles of more than 200 excited students. Choruses of “woo-hoos” echoed as the crew came down, mixing in with the buzzing of general chatter. The students were eagerly waiting to see actors Dave Franco and Christopher Mintz-Plasse.

Franco and Mintz-Plasse, along with the Funny or Die production team, paid a visit to the Roy H. Park School of Communications on Sept. 13, to film a segment in Park Auditorium for an upcoming “webisode,” called “Road Trippin’,” in which the actors attempt to teach a college course. Funny or Die is a comedy website that produces its own video content.

The lecture was geared toward teaching students the importance of creating original productions and providing them with tips on how to enter the emerging media industry.

The presentation was part of a promotion sponsored by LG entitled, “It’s All Possible,” in which Franco and Mintz-Plasse tour the U.S., doing activities they’ve always wanted to do. The journey took them from Las Vegas for skydiving to Colorado for flyboarding and Chicago to eat deep-dish pizza, bringing them to the East Coast to end their trip in New York City with a wrap-up party.

The Funny or Die executives originally reached out to the Park School knowing they would find the right audience. Melissa Gattine, marketing communications manager for the Department of Marketing Communications and one of the event’s main organizers, said the crew chose the Park School because it wanted an intimate venue to shoot in.

“The producers wanted a small campus with a great communications school, so

students would get the most from their talk,” she said.

Franco and Mintz-Plasse kicked off the lecture with their first-ever Funny or Die video, “You’re So Hot,” followed by two other segments, including the promo video for the tour. The purpose of showing the videos was to explain how the quality of their videos has evolved through the years.

Freshman Ashley Fearon was one of many students who got up at the wee hours of the morning, waiting outside Park 378 before the 9 a.m. ticket distribution to see Franco and Mintz-Plasse.

Others, however, weren’t so lucky. Some people waited in line for hours only to be turned away after the tickets ran out. Freshman Jillian Flint said she waited in line for two hours and skipped her 9:25 a.m. class, but was turned away after tickets had run out.

“I thought I would totally make the cut off, because it didn’t seem like the wait would be that long,” she said. “I wasn’t that mad after. I knew it was a bit of a long shot.”

This event, originally meant for three television-radio classes, was opened up to all majors in the Park School. Jack Powers, associate professor of media arts, sciences and studies, said he allowed his students to wait for tickets during class time, because he felt they would benefit from the Funny or Die presentation. However, Powers said he had some concerns over their reasons for attending.

“The beneficial part is actually the content, but I think they’re going because it’s two celebrities,” he said.

Junior Grant Harrison said he agreed with Powers, because the presentation could have been directed more toward production as opposed to the hype of the actors.

“A lot of people asked questions that were



Students stand with Dave Franco and Christopher Mintz-Plasse after the actors’ Funny or Die presentation Sept. 13. Franco and Mintz-Plasse discussed how they began making videos.

COURTESY OF ALEX MCKEEN

directed towards the actors and unrelated things to production aspects,” he said. “I’m sure people who were there who were interested in the production aspect of it enjoyed that and learned a lot.”

Diane Gayeski, dean of communications, said there are many opportunities in emerging

independent media, and Funny or Die brought these concepts to life.

“The producers and actors actually echoed many of themes that I stress in my presentations to prospective and current students: Don’t just get a job, create your own brand and your own career.”

Students join professor to create local Internet radio

BY TYLOR COLBY
CONTRIBUTING WRITER

Any Internet radio user can open up a Web browser and instantly have access to thousands of mainstream artists and songs. However, users on MegsRadio will supplement their listening experience with local music — contrary to other sites such as Pandora.

Doug Turnbull, assistant professor of computer science, created MegsRadio in the summer of 2011 with the help of four Ithaca College students: seniors Kris Stensland, Alex Spigel and Alex Wolf and junior Stephen Meyerhofer. Three faculty members, Andrew Horwitz, a research associate in the Department of Temp Employment; Brian Dozoretz, manager of recording services in the James J. Whalen School of Music; and Adam Peruta, assistant professor of strategic communication; along with Justin Zupnick, a 2012 Cornell University graduate, also assisted in the development of the Internet radio site.

Turnbull said he has been playing music since he was a kid, which fostered his interest in local music. Turnbull said his disappointment in not being able to find local music during college drove his desire to create a site for local music, so he began working on a prototype in the summer of 2008. He dubbed the project MegsRadio, named after his wife, Meg.

Before he began working on MegsRadio, Turnbull approached each student for their skills in computer science. Spigel said he joined

the team after the first semester of his freshman year. Spigel was able to give feedback on the layout of the site because of his experience in Web design.

“It was very barebones, and not visually appealing, not laid out in a convenient manner and didn’t adhere to conventions,” Spigel said. “I helped to color and reorganize the layout.”

MegsRadio differentiates itself from other Internet radio sites, because it’s ad-free and a nonprofit, relying on grants for funding. MegsRadio’s mission is to promote the work of local artists by contextualizing their music with songs by more well-known artists.

This contrasts with Pandora Radio, which aims to gain a profit by making users listen to advertisements every few songs unless they pay for ad-free accounts. Turnbull said he is not impressed with Pandora, because it’s listening recommendations are “too safe.”

“We have really three things Pandora doesn’t have,” Turnbull said. “We have the local focus, we have the ability to have a lot more control over the station and ... we tie the whole listening experience in with songs you like and songs you’ve listened to.”

In addition to playing local music, MegsRadio includes upcoming concert and event dates for the artist whose song is playing, which are displayed in a banner above the song. There is also an events tab, which displays a map of Ithaca, and a sidebar featuring more local shows and their locations.



The MegsRadio team collaborates in the Williams Hall conference room Wednesday. Doug Turnbull, assistant professor of computer science, developed the site to create a new listening experience for users and support local music.

TUCKER MITCHELL/THE ITHACAN

Sophomore Tim Rousseau said, while he had some difficulties using the site on his browser — MegsRadio cannot be played on Internet Explorer or Safari — he was still able to enjoy it.

“This put Pandora above it in my mind, because Pandora works on more platforms,” Rousseau said. “However, I then saw the ‘events’ tab, and that clinched it.”

Turnbull said the team is planning to fix the issue of the browsers, but it is a low priority considering

Safari users make up only 4 percent of the browser market, and Internet Explorer makes up only 12 percent.

Turnbull said both the college and Cornell University received a grant from the National Science Foundation around May 2012 to fund MegsRadio. Turnbull said the leftover funds allowed more people to work on the site over the summer of 2013 and gave them a budget to use toward expansion.

Turnbull said the team is planning to expand MegsRadio to other

communities, such as Buffalo and Syracuse, but said its ultimate goal for the following year would be to release a smartphone app featuring the same concepts.

Turnbull said his desire is for the website to remain a platform for sharing local music and connecting with the community.

“Ithaca in particular is very progressive in terms of the local-everything movement, and I think we’re trying to enhance that in music, too,” he said.

Versatile guitarist invigorates concert

BY BRONWYN BISHOP
CONTRIBUTING WRITER

The Yo La Tengo concert on Sept. 13 at the State Theatre felt like two concerts in one. The three-hour show had no opening act and was divided into two very distinct sections. The first was a quiet and gentle acoustic set. The next, a loud, electric-rock set. It was hard to believe the two sets were performed by the same indie-rock trio, but they both showcased the members' vocal harmonies and excellent playing.

The band, formed in Hoboken, N.J., in 1984, consists of guitarist Ira Kaplan, drummer Georgia Hubley and bassist James McNew. This concert showcased the band's astonishing versatility, ranging from soft, hazy dream-pop to noise rock.

CONCERT REVIEW
Yo La Tengo
State Theater
Our rating:
★★★★



Ira Kaplan, vocalist and guitarist for Yo La Tengo, performs during a concert Sept. 13, at the State Theatre. The band played songs from its latest album, "Fade," as well as its older songs and covers. COURTESY OF THE STATE THEATRE

Yo La Tengo began the show with an acoustic version of "Ohm," the first track on its latest album, "Fade." The chemistry between the musicians was immediately apparent. Between the longevity of their career together and an excellent meshing of styles, the bandmates seemed like they were meant to play together.

Generally, Kaplan led the beat of the song, with Hubley and McNew acting as the rhythm but occasionally taking the lead as well. The three musicians played side by side at the front of the stage, with orange and red lights overhead casting a warm glow upon them. After a few more songs in the slow, atmospheric style, the players took some time to address the audience.

"We're gonna play quietly for a little bit," Kaplan said. "And then we're going to come back and play loud."

After a half an hour of soft music, it was hard to believe this band was capable of playing loudly. Kaplan showcased his acoustic guitar skills during a cover of Neil Young's "For the Turnstiles," with a brief solo showing off his melodic fingerpicking style. The next song, "Tom Courtenay," from its EP "Camp Yo La Tengo," featured Hubley on lead vocals. She has a wide vocal range and can seamlessly make the switch between contralto and piping soprano within one song. The trio played three more songs, the best

of which was "I'll Be Around," an acoustic guitar-driven piece with lovely, introspective lyrics such as "When I stare into space/ I'm looking for you." The first set finished with its 2006 song "Black Flowers," in which McNew's bass is the foundation while Kaplan's guitar and Hubley's keyboard intersect nicely with one another.

When the band returned after a 30-minute intermission, it made good on Kaplan's promise that it would play loud. The gentle, soothing Yo La Tengo from half an hour before was completely replaced by a new, ear-splitting version. Kaplan now showed that he could jam with the best of them. Their performance of the 1997 song "We're an American Band" was the climactic point of the concert. The song became an extended jam breakdown in concert. Hubley's frantic drums and Kaplan's guitar chords began to resemble Rage Against the Machine — guitarist Tom

Morello's trademark feedback-heavy style.

Kaplan was in his element throughout "We're an American Band." At times, he played doubled over with his fingers flying and his entire body shaking, and at other points he waved the guitar frantically to achieve high, screeching feedback. It ended the set with "I Heard You Looking," which was a perfect closer, with all three band members rising to a crescendo together.

The show ended with a cover of George McCrae's "You Can Have It All." Hubley sang lead while Kaplan and McNew's backing vocals made it sound like a doo-wop group. This song was slow and quiet enough to sound similar to the first set, bringing the whole show full circle. Yo La Tengo is an excellent choice for fans of soft acoustic indie-pop as well as fans of noise music. All three are virtuosic players, while Kaplan's guitar alone is worth the price of the admission.

hot dates thursday

Roger Shimomura, an artist with pieces in the Herbert F. Johnson Museum at Cornell, will give a talk about his work at 5:15 p.m. in the museum. Admission is free.

friday

Chino Pons and Grupo Irek, will perform live Latin music at 9:15 p.m. at The Gates. Tickets cost \$11 in advance and \$13 at the door.

Black Joe Lewis, a punk and bluegrass band, will perform with Pickwick at 9 p.m. at The Haunt. Tickets cost \$15 in advance and \$20 at the door.

saturday

Aaron Carter, pop singer, will perform at 9 p.m. at The Haunt. Tickets cost \$15 in advance.

Dramatic to Demure, a fashion show featuring designers Petrune/Petrunia, Woolen Moss, Thane Zrongo, Diane Richards/Sundrees and Rachael Reichert, will be held at 7:30 p.m. at the Trumansburg Conservatory of Fine Arts. Admission is free.

sunday

Zoë Keating, a cellist who utilizes her laptop to create intricate and echoed orchestral sounds, will perform at 7 p.m. at The Haunt. Tickets cost \$16.50 in advance.

Haunting instrumentals magnify vulnerable vocals

BY ASHLEY WOLF
CONTRIBUTING WRITER

The sound of eerie guitar solos, comical rants and clear vocals are sewn through every beat of "The Worse Things Get, The Harder I Fight, The Harder I Love You," the latest album by Neko Case. After four years, the artist has blessed her fans with another solo album.

The album also has very relatable lyrics in tracks like "Calling Cards," where Case sings, "Every dial tone/ every truck stop/ every heartbreak/ I love you more."

ALBUM REVIEW
Neko Case
"The Worse Things Get, The Harder I Fight, The Harder I Love You"
Anti Records
Our rating:
★★★★

One of most memorable tracks on the album is "Nearly Midnight, Honolulu" because of Case's vulnerable vocals. The majority of the song is a cappella with echoing voices added for effect, creating a more sensitive and emotional sound. The track also features tongue-in-cheek lyrics like, "We were waiting for the shadow to take us to the airplane when your mother said/ your mother said like I couldn't hear her."

"Where Did I Leave That Fire" also shines for its eerie instrumentals. Though the majority of the song is a cappella, the drum, guitar and piano composition makes the song more emotional.

However, the album does have flaws. Tracks like "Magpie to the Morning" have no climax and are



COURTESY OF ANTI RECORDS

exceptionally bland. The song only features repetitive guitar riffs, drum beats and mumbling vocals. "Yon Ferrets Return" is a mess of random guitar solos, no solid beat and echoed singing mixed with background vocals to create an overall confused, muddy sound.

Despite these problems, Case's jazzy sound makes the album worth listening to, especially when relaxing, taking a break or studying.

Pixies dust off former legacy

BY AAMA HARWOOD
CONTRIBUTING WRITER

Since their formation in 1986, The Pixies has had their ups and downs. They broke up from 1993 to 2004 and recently lost their backbone and bass player, Kim Deal. Now the group is back with its newest EP, "EP1."

Unlike its predecessor, "Trompe le Monde," this EP is sure to disappoint longtime listeners because of the aggressive and hard-to-listen-to nature of the EP.

The EP's four songs all continue to uphold the dark themes the band is known for, which is explicit in the lyrics of "Indie Cindy." Above the twangy, hypnotic guitar and drums, singer

Black Francis declares, "No soul/ my milk is curdled/ I'm the burgermeister of purgatory." Joey Santiago's guitar solo is the one high point of this song, with classic-rock sounds giving a well-come break from the gloom.

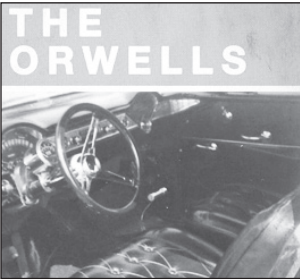
Unfortunately, this forceful EP is not a traditional Pixies album, which makes the record feel rushed and out of place from the group's usual chaotic style.



COURTESY OF PIXIES MUSIC

Check out **theithacan.org/spotify** to listen to the songs featured in this week's reviews!

quickies



COURTESY OF ATLANTIC RECORDING

"WHO NEEDS YOU"
The Orwells
Atlantic Recording
The members of The Orwells, all recent high school graduates, sound much older than they actually are. They are the Ramones reborn, especially with "Who Needs You." Fans of basic political punk will love this EP.



COURTESY OF COLUMBIA RECORDS

"THE OPTIMIZER"
MGMT
Columbia Records
MGMT returns with its signature brand of slow and dreamy psychedelic-rock in the new album, "The Optimizer." The track "Alien Days," which is heavily percussed, exemplifies the band's relaxed sound classic-rock listeners will love.

Comedian cast creates compelling film

Snappy dialogue showcases competitive world of voice acting

BY EVIN BILLINGTON
ASSISTANT ACCENT EDITOR

The voices narrating film trailers are the deep and rasping hooks that draw or deter audiences from seeing a film. While these disembodied voices may be integral to selling a movie to potential viewers, it's rare that these actors get a chance in the spotlight. "In a World..." a Sundance film directed, produced, written by and starring Lake Bell, brings these niche actors and their competitive world to the forefront with extreme wit.

FILM REVIEW
"In a World..."
Roadside Attractions
Our rating: ★★ ★



Aspiring voice-over actress Carol Solomon (Lake Bell) gets ready to narrate a film trailer in "In a World..." The film, which Bell starred in, wrote, directed and produced, won Best Screenplay at the Sundance Film Festival. COURTESY OF ROADSIDE ATTRACTIONS

The film stars Bell as Carol Solomon, the underachieving and underemployed daughter of Sam Soto (Fred Melamed), one of the most successful voice-over actors in the business. Carol aspires to be as successful as her father, but is constantly put down by his competitive and sexist comments. At one point, Soto tells her "the industry just does not crave a female sound."

With pitiful prospects for her dream job, Carol makes ends meet with work as a vocal coach for celebrities like Eva Longoria. Her life changes one day when she is selected as the narrator of a major feature film's trailer. As the voice acting gigs keep coming, she's eventually put in the running for a major adventure feature quadrilogy, a huge job that places her in competition with voice-over royalty, including her tyrannical father.

Throughout this comedy, the dialogue is snappy and quick. It's

packed with humor, especially sarcasm. One of Carol's favorite pastimes is quipping about the other characters, especially her father's 20-something girlfriend, who, according to Carol, "has a Midwestern accent unironically." All of the jokes land well, but some of the dialogue execution eventually becomes annoying. Characters talk over each other incessantly, which is funny at first, but quickly becomes tiresome.

This fast talking does, however, help get through all of the different storylines. Besides the overarching plot of Carol's voice-acting, the film covers her burgeoning love story with her manager,

Louis (Demetri Martin); her sister's marital troubles; and her father's conniving discussions with other voice actors. Each storyline is completely fleshed-out, leaving enough time for the actors to show incredible emotion while not lingering too long on one subject.

While Bell and Martin convincingly play their word-vomiting characters separately, their chemistry together misses the mark. Their exchanges are meant to be uncoordinated, but their awkward banter goes too far. It's actually uncomfortable to sit through some of their scenes, especially as their romantic tension heats up. They

continuously begin and end sentences, pausing nervously after interrupting each other, which delays much of the story.

Despite some poorly-executed instances, the film's snarky dialogue is enough to carry it. Beyond that, the story is refreshing. It sheds light on an oft-ignored corner of Hollywood through the perspective of a woman who is also swept under the rug in the still-sexist business. "In a World..." is a new take on an underdog story, and its snappy script makes it even more compelling.

"In a World..." was written and directed by Lake Bell.

Festival film succeeds with emotional performances

BY NINA VARILLA
CONTRIBUTING WRITER

David Lowery's newest addition to the film festival circuit, "Ain't Them Bodies Saints," sweeps its audience into a flurry of emotions.

After overhearing her outlaw husband Bob's (Casey Affleck) plans to abandon his longtime partner-in-crime and "strike out on his own," Ruth (Rooney Mara) decides to leave him. This leads to an argument where anger bubbles to the surface as Ruth reveals some life-altering news: She is pregnant. The argument quickly turns into joyous relief as Bob promises he will stay with her and their unborn child.

FILM REVIEW
"Ain't Them Bodies Saints"
IFC Films
Our rating: ★★ ★



Ruth (Rooney Mara) and Bob Muldoon (Casey Affleck) are torn apart by the police after a shoot-out in "Ain't Them Bodies Saints." Four years later, Bob escapes from prison to reunite with his lost love. COURTESY OF IFC FILMS

embodies a character held together by the sheer force of the past. Every word, action and breath reflects a single-minded determination, with an authenticity that can't be questioned.

Through beautifully melancholic imagery, Bradford Young, Sundance award-winning cinematographer, manages to capture a loneliness within his subjects and their interactions. He wields the elements of light and dark like a painter, emphasizing the depth of character through the implementation of moody shadows or faded halos reminiscent of blurred photographs. These glimpses amplify the happier moments: Sylvie's birth, a young Ruth and Bob embracing, and Sylvie and her mother preparing for bedtime. Shots of the rural landscape are picturesque, exemplifying the lonely beauty of a lost romance.

Despite the quiet, somber nature of the story, Lowery's anecdotal use of both music and

dialogue adds a light-hearted quality to the film. The diegetic score is character-motivated, a collection of seemingly improvised melodies that allude to past and present events, acting as a vehicle for secondary narrative. Lowery's dialogue borders between the conversationally philosophical and uncomfortably heavy. An occasional glint of wit similarly creates a sense of levity within an otherwise palpably emotional atmosphere.

Lowery's poignant narrative deserves praise for its plain but powerful content. Such subtly visceral storytelling is a rare quality to find in modern-day cinema. Lowery remains a director to watch. "Ain't Them Bodies Saints" is not the typical flashy crime-drama, it's honest and human, just like the characters it portrays.

"Ain't Them Bodies Saints" was written and directed by David Lowery.

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IN A WORLD... ★★ ★

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SALINGER

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THE SPECTACULAR NOW ★★ ★

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ELYSIUM ★★

12:20 p.m., 2:50 p.m., 5:30 p.m., 8 p.m. and 10:35 p.m.

THE FAMILY

1:50 p.m., 4:40 p.m., 7:30 p.m. and 10:10 p.m.

THE GRANDMASTER

9:10 p.m.

INSIDIOUS: CHAPTER 2

1:30 p.m., 4:10 p.m., 6 p.m., 6:50 p.m., 9:30 p.m. and 10:30 p.m.

LEE DANIELS' THE BUTLER ★★ ★ ★

12:15 p.m., 3:10 p.m., 6:30 p.m. and 8:50 p.m.

PERCY JACKSON: SEA OF MONSTERS

1:10 p.m., 3:40 p.m., 6:10 p.m. and 9:40 p.m.

PLANES

12:05 p.m., 2:20 p.m., 4:50 p.m. and 7 p.m.

PRISONERS

12 p.m., 3:30 p.m., 6:20 p.m., 7:10 p.m., 8:40 p.m. and 9:50 p.m.

RIDDICK ★★

1:40 p.m., 4:30 p.m., 7:20 p.m. and 10 p.m.

THANKS FOR SHARING

2 p.m., 5 p.m., 7:40 p.m. and 10:20 p.m.

WE'RE THE MILLERS

12:10 p.m., 2:40 p.m., 5:20 p.m., 7:50 p.m. and 10:25 p.m.

THE WORLD'S END ★★ ★

12:30 p.m., 3 p.m., 5:40 p.m., 8:10 p.m. and 10:40 p.m.

OUR RATINGS

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- Good ★★ ★
- Fair ★★
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**A conversation with
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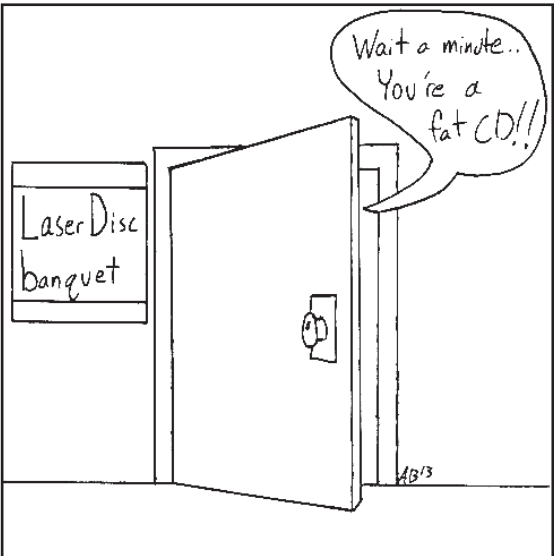
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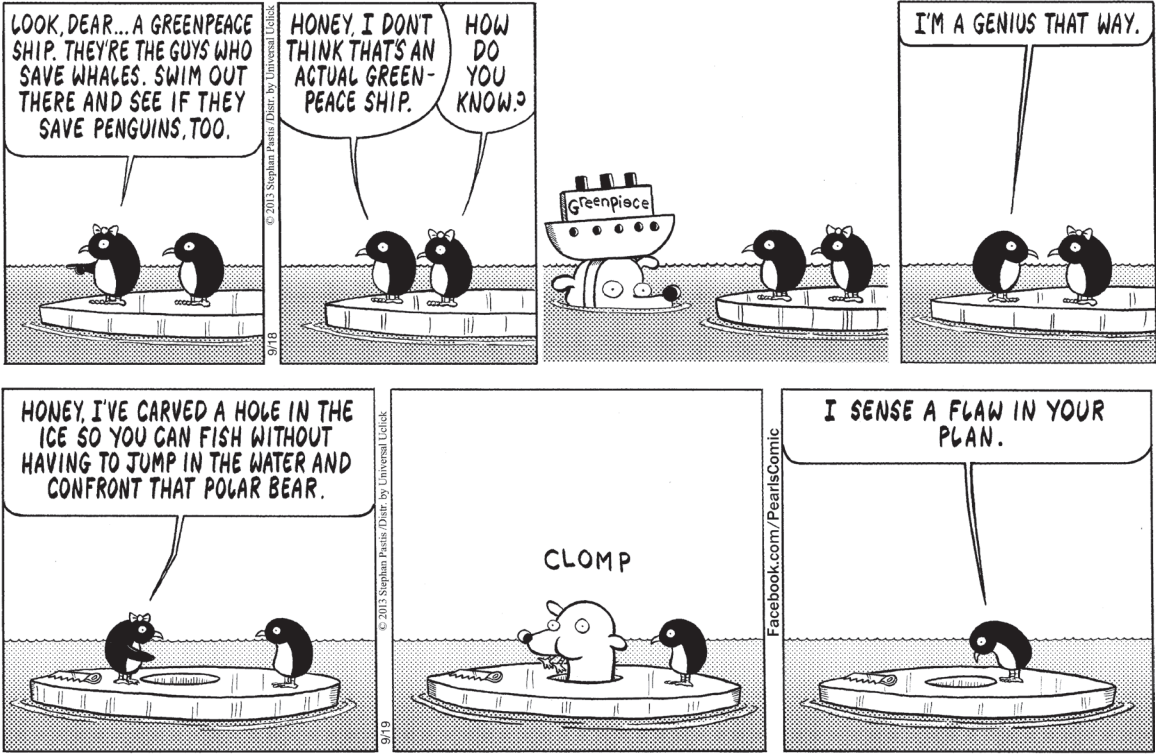
sudoku
easy

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

dormin' norman
By Jonathan Schuta '14

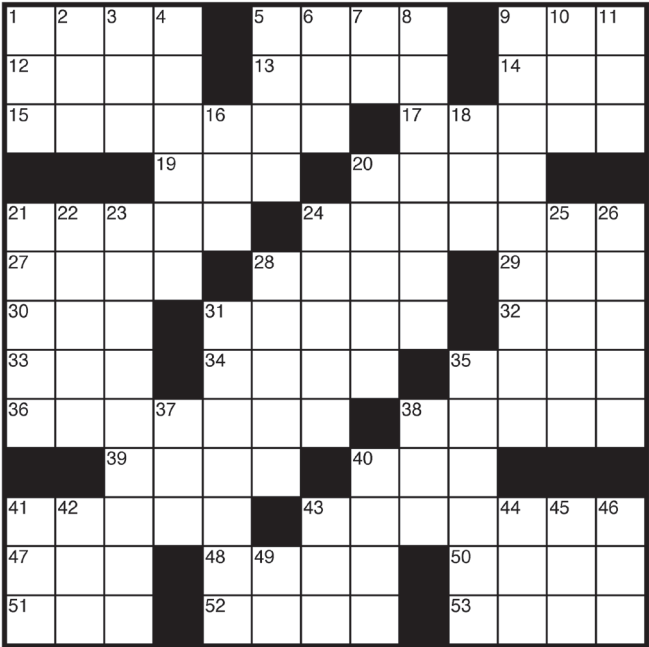


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- 1 Windy day flier
5 Hi or bye
9 Talk, talk, talk
12 Unravel
13 Major nuisance
14 Frazier foe
15 Neanderthal
17 Date
19 Fleur-de --
20 Shower alternative
21 Delhi honorific
24 In -- (behind)
27 Decker out
28 River in a Best Picture title
29 Owl's query
30 Dune buggy kin
31 Groovy
32 Tease good-naturedly
33 Daisy -- Scraggs
34 Cartoon shrieks
35 "Stormy Weather" singer
36 Pecan confection
38 Goose eggs

DOWN

- 39 Panhandles
40 Vet patient
41 Dog's restraint
43 Leaves for a minute (2 wds.)
47 Search engine find
48 Blarney Stone site
50 -- grip!
51 Toothpaste type
52 "Runaround Sue" singer
53 Black-and-white snack
1 Fast-food chain
2 S&L offering
3 Hebrew T
4 Kohl target
5 Balance-sheet gurus
6 Auric's creator
7 Three-toed sloth
8 Smallest Great Lake
9 One from Kansas
10 Pacino and Unser

- 11 Clever person
16 Playing marble
18 Country addr.
20 Baby sitter's banes
21 Rascal
22 Bachelor's last stop
23 Party hearty (3 wds.)
24 Up and about
25 Safari sight
26 Fizzy drinks
28 Wails
31 Sounded like Silver
35 Dismisses (2 wds.)
37 Guitarist -- Paul
38 Shock
40 "Fargo" director
41 Wheel nut
42 Before, to Blake
43 For
44 Not 'neath
45 Mormon predecessor
46 "-- Te Ching"
49 Two, for Livy

last week's crossword answers

HEAP		SAME		ROO
AXIS		EGAD		OAK
LADY		VENDETTA		
SMACKED		ITCHY		
	HAN	BET		
REKEY		DISARMS		
IRE		LIB		IST
PEACOCK		ADAGE		
	HOD	III		
OGLED		UNMASKS		
TRAWLERS		LINE		
TIC		ELSE		EDEN
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DAS BOOOT

German-born kicker brings strong foot to Bombers football

BY CHRISTIAN ARAOS
STAFF WRITER

It was sophomore kicker Max Rottenecker's first practice with the Bombers football team. He didn't know his teammates, and the only thing his teammates knew about him was his German ethnicity. They watched him easily drill field goals from 35 yards, and after oohing and aahing at how he hit the long field goals with ease, they dubbed him "Das Booot."

Lee Hamacher, sophomore wide receiver, was a teammate of Rottenecker on the junior varsity team last season. Hamacher said he took to the nickname and ran with it.

"He loved it," Hamacher said. "He liked it so much, he changed his handle on Twitter to das booot. When we won our JV Empire 8 championship, his shirt on the back has 'das booot' on it with three O's."

Rottenecker was born and raised in Bochum, a city with more than 370,000 people in the west of Germany. He didn't play football until he went to Meyers High School in Wilkes-Barre, Pa., for a one-year foreign exchange program when he was 16. He said the only prior exposure he had to football was watching old episodes of "Home Improvement" and playing an old version of the "Madden" video game series.

"I didn't grow up with the game, and I wanted to play it at some point," Rottenecker said. "I wanted to try out, and it turns out I kick the ball pretty well."

Rottenecker joined the team at Meyers and became its starting kicker. He was named to the all-conference team and hit the game-winning field goal for the homecoming game.

At the end of his one-year exchange at Meyers, Rottenecker returned to Germany to finish his schooling. When he completed his final year, Rottenecker said he chose to go to college in the United States, because he would have failed the physical fitness tests required to get into German universities because of his inability to swim or do gymnastics.

Rottenecker only applied to two schools in the U.S.: Kings College, near his host family in Wilkes-Barre, and Ithaca College, for its sport media program. He said the experience convinced him to continue playing football in college.

"It was a lot of fun, and I loved that year and playing high school football there," Rottenecker said. "I just applied to Ithaca [College] for fun, and they came back to me and accepted, and I was like, 'Guess what? I'm going to do this.' The year abroad definitely contributed to me ending up here."

After enrolling, he sent videos and statistics from his high school games to the Bombers coaches, who invited him to try out. Despite this opportunity and having arrived to campus in July 2012, Rottenecker said he had to wait about a month before playing because of paperwork issues.

"I was able to walk-on and be on campus pretty early, but I couldn't play because I had to get physicals and all that," Rottenecker said. "It was kind of bad having to do all the international formalities while I heard the air horn during practice, and it was really tough, because I wanted to get out there and play."

Once Rottenecker got onto the field, he impressed the coaching staff, earning a spot on the travel roster just three weeks into the season. He never had the opportunity to play with the first team but was the kicker for the JV team last season. For this season, Rottenecker will be the team's long-range kicker and kickoff man.

Hamacher said Rottenecker has exceptional range for a Division III kicker, and it showed as he converted field goals of 37 and 41 yards in the Bombers' opening game win against

Moravian College on Sept. 5. The 41-yarder was the longest field goal for the Bombers since October 2011.

Rottenecker is still working on his consistency, but his range will make him the long-range kicker, which should give the Blue and Gold more opportunities to score. Last season, the South Hill squad only attempted four field goals of 30 yards or more and only converted two of those. Jack Mrozinski, special teams coach who recruited Rottenecker, said the German kicker expands the team's kicking range.

"Max gives us the extra five to 10 yards that is inconsistent with a lot of kickers at the DIII level," Mrozinski said. "Last year, Max had the leg for the distance, but it wasn't always going through the uprights. He has honed the back end of his game and has taken the role very seriously."

Rottenecker will split the place-kicking duties with junior Garrett Nicholson, who earned an honorable mention for a preseason All-American award from USA College Football. Nicholson said he and Rottenecker are content with sharing the kicking responsibilities for the season.

"Having both of us there, it's not a bad thing," he said. "It's nothing we're going to complain about, it's something we're going to accept and do our best in order to help this team."

Nicholson said the two are happy to be partners but said he has been continually trying to improve his kicking range since the beginning of his collegiate career. He said he added five yards to his range from last season, which creates a grey area for the Bombers in which either kicker can be used.

"There's a cushion between Max and I where sometimes

[the coaches] have to decide," Nicholson said. "They're going to pick one of us. It's all based on the wind, the distance and the atmosphere of the game."

While both said they try to help the other improve, they each admitted that their influence is limited because of individual kicking styles.

One of the quirks to the Bombers' kicking game is that each kicker has his own holder. Senior quarterback Phil Neumann holds for Nicholson while Vito Boffoli, junior wide receiver, holds for Rottenecker. Boffoli said Rottenecker trusts him as his exclusive holder.

"It's funny, because as a receiver, it's unusual that I'm holding instead of a quarterback," Boffoli said. "There are obviously a lot of good holders, but he always wants me out there. He will always say, 'No, Vito's my holder,' which is really awesome to hear from a kicker who is killing it right now."

Mrozinski said Rottenecker has improved greatly since arriving at the college, but one uncertainty he has with Rottenecker is whether his performance could fall off.

"He has a chance to be a very, very good player and an All-Conference Player. He has the ability, now it's just the matter of having a great mental game," Mrozinski said. "If he is in a slump, how does he get out of it? If he misses one or two, now what do you do? ... The routine has to be maintained, and if he can maintain it through his time here, he will have a very good career."

Meghan Graham contributed to the reporting of this article.

Sophomore kicker Max Rottenecker kicks the ball Monday afternoon at Butterfield Stadium.
DURST BRENEISER/THE ITHACAN

THE
'STACHE
LINE

MATT KELLY

Runners form a social squad

Getting cut from a sports team can be a crushing experience. When junior Sterling Payne and sophomores Malcolm Wilber, Connor Cleveland and Jason Christopherson were dropped from the men's cross-country team's roster earlier this month, their natural inclination could have been to sit on the couch and pout about their rotten luck. But that's not how they roll.

They created the Social Runners Project, an informal group intended to give runners outside the varsity program a chance to train and compete in local races together. The project is made up of four definite members, but a few dozen more students have indicated interest through Facebook and word-of-mouth.

I talked with Payne about the project on Sept. 15. He said the group was first conceived as a joke once the runners were cut from the varsity squad at the end of preseason training.

"We weren't really serious when we were talking," Payne said. "We were just like 'We should make something of our own called like the 'Social Runners Project,' and then we were like, 'Oh, wait, we can actually do this.'"

Payne and his fellow runners have been meeting every day at 4:30 p.m. in the Terrace Quad. From there, they set out as a group on local trail runs around areas like the Cornell Plantations, Buttermilk Falls State Park and Stewart Park.

Payne emphasized that his cofounders have no sour grapes with the men's cross-country program. Sophomore Ben Grove, a member of the varsity team, said he and his teammates are excited about the opportunities the new project idea presents.

"In previous years, people get cut from the team, and they'll never run again," Grove said. "This is the first group of guys that have taken this bad experience and turned it into something really positive."

The Social Runners Project is open to any students who are serious about running and gives them a chance to compete against other runners in the area. Payne said the group will compete as a team at races that range from five to 10 kilometers and are hosted by the Genesee Valley Harriers at locations across New York.

Payne said he hopes students will use the group as a way to stay active and motivate one another through running.

"I'd like to see a bunch of people not walking away from running just because they're not part of an actual team, or because they don't have people to run with," he said. "No one should have to just train by themselves."

MATT KELLY is a senior sports media major. Contact him at mkelly10@ithaca.edu.

Bombers master overall stick control

BY HALEY COSTELLO
STAFF WRITER

The wood and fiberglass material of the field hockey stick creates a sleek line from the top of the handle down to the beginning of the curved toe. The inside of the stick sits flat while the outside holds a slight curve, limiting field hockey players, including the Bombers squad, to a thin area on one side of the stick to win games.

Even with the stick's limitations and lack of versatility, the Blue and Gold field hockey offense can't be stopped this season as it's averaging almost six goals per game.

Freshman forward Lauren Delia said the team can attribute a great deal of its success to stick control.

"Our strong skills allow us to have control over the ball more of the time and makes us work better together," she said. "Almost every day we practice basic stick skills, passing and moving around people, and the extra practice really helps."

While they all play a field position, forwards, midfielders and backs use their field hockey sticks in different ways.

Athletes playing forward try to have only one hand on the stick when sprinting up the field unless they are dribbling, which requires both hands on the stick and the low squat field hockey stance while keeping the same sprint speed.

Emily Lash, senior midfielder and back, said as a defender, she must focus on staying low to the ground and keeping control of the ball to send it out of the circle, rather than moving quickly down the field.

"You have to have good positioning of the field hockey stick and have good control of it," Lash said. "As a defender, you have to be able to have control to stop the ball well and hit the ball really quickly, because you need to get rid of the ball before offenders are coming in."

The stick poses an even greater challenge for the goalie, because she's required to keep her stick in only one hand underneath a hand guard. While goalies have the benefit of using their pads to deflect the ball away from the goal and zone, the stick is still needed for different situations, such as getting a longer reach when trying to make a save.

Freshman goalie Katie Lass, who has earned two shutouts for the Bombers this season, said even though she is supposed to depend on her



Emily Lash, senior midfielder and back, follows through her strike of the ball during a game against Wells College on Aug. 30. The team has been averaging nearly six goals per game this season. ERICA DISCHINO/THE ITHACAN

pads, her stick gives her an advantage for certain types of shots.

"I use my stick a lot even though most goalie coaches tell you not to," she said. "But with the stick, I can get more extension on my dive, I can use it on my sweep or I can lift my stick up in the air for an aerial shot to help deflect it."

When fully equipped in their pads, the number of times the goalies can use a field stick is limited, especially because they cannot bend at the knees. As a result, Lass said she needs a specialized stick that is flat on both sides to assist her, but it doesn't make her exempt from the game's rules.

"It is curved more than a normal stick, and it

has a bigger toe, but I still have to flip the stick over," Lass said. "[The shape] does make it harder to lift the ball, because it is curved, so my goalie stick is flat on both sides, and that helps me when I am trying to get the ball out."

With their strong beginning of the season seeming to stem from their offensive play, Delia said winning depends on every athlete, and it begins with impeccable stick work by the entire South Hill squad.

"Our team works really well together, so we excel in the league with our skills," she said. "Our skills have set us apart and helped us score goals, but everything starts with the defense, so it's really a team effort."

Track sprinter to run for new SGA sports senator

BY HALEY COSTELLO
STAFF WRITER

With a new year comes new opportunity for positions in the Ithaca College Student Government Association. However, this year's lack of response to new positions created for athletes raises concern if both club and varsity sports will gain full representation this academic year.

There was little participation by the Bombers athletes, with Zane Shephard, a sophomore track team member, the only applicant for the position of varsity sports senator.

Cedrick Simmons, president of the SGA, said the one application it received could be a result of lacking athletic commitment.

"I think because it is a new position and athletes who may not be able to commit... they feel like they don't want to get involved," he said.

Throughout last year, the SGA's executive board discussed potential athletics representation, but has never created the position.

Sophomore Dominick Recckio, vice president of communications for the SGA, said the board finally decided the need for student athlete involvement was large enough to create two positions: varsity sports senator and club sports senator.

"It came to our attention throughout the year that the voice from athletes really was not heard



Sophomore Zane Shephard stands in front of the podium on Monday night in IC Square to give his platform presentation as a senate candidate. DURST BRENEISER/THE ITHACAN

for things like the Fitness Center or the money spent on the A&E Center," Recckio said.

If the positions are filled, the two students will have the ability to bring forward concerns for athletes and

voice the opinion of athletes who don't participate in the SGA.

Junior cheerleader Angela Miranda said she fully supports the SGA's decision because the athletes around campus need the represen-

tation to push their ideas through.

"I feel like we have to jump through a lot of hoops that someone else should be doing for us," Miranda said.

Shephard said he was extremely enthusiastic to run for varsity sports senator, because he wants to provide stronger academic support.

"I thought it was a position that was needed and should have been implemented earlier," Shephard said. "It is crucial that every group is represented in student government, because it is easy to ignore their issues when they are not there."

Shephard's plans include providing easily accessible tutors for student athletes, as well as taking ideas from the Student Athlete Advisory Committee, a separate group made up of athletic administrators and student athletes, and bring them to the SGA meetings to improve athletic success.

Simmons said while the SGA is lacking a club sport applicant, he has seen lone senators make a big difference for the campus community.

"We typically only have one international student senator, and the one we had last year did an amazing job advocating the voices of students," he said. "The two athletes, once we recruit another one, will do an amazing job speaking on the behalf of their entire constituency."

New outside hitter plays through pain

BY MARK WARREN
STAFF WRITER

Rylie Bean focuses on the arc of the ball. As a teammate sets it in the air, she follows it with her eyes and moves into position. For a moment, SUNY-New Paltz’s 1,800-seat Hawk Center is silent as Bean pulls back for a strike. A right-handed swing connects with ferocity, and her teammates erupt when the ball ricochets off the court for a score.

The junior middle has joined the volleyball squad as a transfer student from Erie Community College and is already making a sizeable impact despite battling ankle injuries.

At the SUNY-New Paltz Invitational tournament Sept. 13–14 Bean added 32 kills, five digs and four blocks to her total. As a former National Junior College Athletic Association Region III Female Athlete of the Week, the middle hitter said she hopes to use her experience to set an example for younger players.

“I know I want to be someone the girls can look up to, and I will be the best I can for them,” she said.

Bean suffered a left ankle injury on Aug. 31 and played through it to begin the season. Unluckily, she sprained her right ankle in the Mount St. Mary College match on Sept. 13 but continued to play for the duration of the tournament. Head coach Janet Donovan said she appreciates Bean’s toughness but said she will have her sit out a few practices before returning to the

volleyball court later on in the week.

Battling injuries on top of adjusting to a new school and joining a new team has made the beginning of the season a bit difficult, but Bean said her teammates have helped her along the way.

“The transition has been a little rocky,” Bean said. “But the team has been there and is a really great support system.”

Several players stepped up for the Blue and Gold to compensate for Bean missing playing time with her sprained ankle. Shaelynn Schmidt, freshman outside hitter, made the All-Tournament team as she tallied 31 kills, 11 digs and four blocks. Justine Duryea, senior outside hitter, was a big contributor in the squad’s two wins, contributing 19 kills, 15 digs and four aces. Donovan said she was pleased to see all of her players step up when one of their teammates was playing hurt.

“It was nice to see Shae, a first-year outside hitter, come in and be able to put up some numbers that Rylie has already done,” she said. “When they both start doing that together and playing well at the same time it’s really going to help us put some ‘W’s in the win column.”

According to Donovan, the team played its best match of the season despite losing to SUNY-New Paltz, a team that made it to the quarterfinals of the NCAA Division III championship tournament last season. The South Hill squad also



Rylie Bean, junior transfer student and outside hitter, jumps and spikes the ball during the Bomber Invitational on Sept. 6. Bean is averaging 3.18 kills per set for the Blue and Gold just 12 matches into the season.

OLIVIA CROSS/THE ITHACAN

played tough against No. 21–ranked Salisbury University as the Bombers trailed each set by an average of six points. Sophomore setter Carly Garone said one of the strengths of the team is its ability to motivate others when teammates struggle.

“We have a lot of depth to our team,” Garone said. “There isn’t just

one starting line-up. Everyone is interchangeable, and we have a lot of talent in all positions.”

With the team a little banged up, it will take this week to heal and prepare for its next slate of games at Hartwick College. Besides Bean, the list of injured players includes Grace Chang, a freshman outside hitter,

and Maggie Mutschler, a freshman defensive specialist. Donovan said she’s excited about what the team is capable of once it bounces back and becomes healthy.

“We’re going to just take games one match at a time and hopefully get everyone out there on solid ankles and do our best,” Donovan said.

Follow us on Twitter at @IthacanSports for game updates and results:

- FRIDAY**
- 12:30 p.m. Women’s Cross-Country at the Rensselaer Polytechnic Institute Invitational in Saratoga Springs, N.Y.
 - **1 p.m. Men’s Tennis at the Intercollegiate Tennis Association Regionals on Wheeler Tennis Courts/Glazer Arena**
 - 1:15 p.m. Men’s Cross-Country at the Rensselaer Polytechnic Institute Invitational in Saratoga Springs, N.Y.
 - 7 p.m. Volleyball vs. Stevens Institute of Technology in Oneonta, N.Y.
- SATURDAY**
- 10:30 a.m. Women’s Cross-County at the Cortland Jack Daniels Invitational in Cortland, N.Y.
 - Noon Women’s Soccer vs. Hartwick College in Oneonta, N.Y.
 - Noon Golf at the Mount Holyoke Invitational in South Hadley, Mass.
 - 12:30 p.m. Volleyball vs. Houghton College in Oneonta, N.Y.
 - **1 p.m. Men’s Tennis at the Intercollegiate Tennis Association Regionals on Wheeler Tennis Courts/Glazer Arena**
 - **1 p.m. Men’s Soccer vs. St. John Fisher College on Carp Wood Field**
 - 1 p.m. Football at Union College in Schenectady, N.Y.
 - 3 p.m. Field Hockey vs. Susquehanna University in Selinsgrove, Pa.
 - 3 p.m. Volleyball vs. Hartwick College in Oneonta, N.Y.
- SUNDAY**
- 11 a.m. Golf at the Mount Holyoke Invitational in South Hadley, Mass.
 - **1 p.m. Men’s Tennis at the Intercollegiate Tennis Association Regionals on Wheeler Tennis Courts/Glazer Arena**
- TUESDAY**
- 4 p.m. Women’s Tennis vs. Houghton College in Houghton, N.Y.
- WEDNESDAY**
- **4 p.m. Women’s Soccer vs. Utica College on Carp Wood Field**
 - **6 p.m. Volleyball vs. Keuka College in Ben Light Gymnasium**
 - 7 p.m. Men’s Soccer vs. the University of Scranton in Scranton, Pa.

Bold = Home game



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Previously cut forward earns a fall roster spot

BY KRISTEN GOWDY
STAFF WRITER

On the final day of the 2012 women's soccer preseason, 10 freshmen waited to find out if they would make the team. Nearly two weeks of grueling preseason workouts in a sweltering August in Ithaca came down to the final roster decision.

When head coach Mindy Quigg posted the final roster, seven freshmen breathed a sigh of relief as they found their names. Three, however, were not listed on the paper, including then-freshman Sarah Woychick.

Woychick was among the last players cut from the 2012 squad, but she has returned to the team for her sophomore season. She made her first appearance in a Bomber uniform in the squad's first game against Kean University, playing more than 20 minutes in her debut.

Cut for the first time in her soccer career during her freshman year, Woychick said she had a hard time dealing with the fact that she didn't make the team.

"When I got cut, I wanted to trick myself into thinking that I didn't really want to play soccer," Woychick said. "I went through a phase of figuring out what I wanted to do. It was really tough mentally, because I had been preparing all summer, and my senior year of high school I had been planning on going in and playing soccer at Ithaca."

Disappointed but still determined to play soccer, Woychick played for the club soccer team. She said playing forward for the club team helped her stay in physical shape.

However, she said keeping a positive mindset was the most difficult part of getting cut.

"After getting cut, I was really down on myself," Woychick said. "I kept thinking that I wasn't good enough. I worked on staying positive and keeping my mental game."

Woychick said she found herself enjoying club soccer and wasn't thinking about trying out again for the varsity team. That changed when Quigg approached her before the spring



Sophomore forward Sarah Woychick dribbles the ball during practice Monday afternoon on the Upper Terrace Fields. Woychick was cut from the team as a freshman, but made it this year.
RENE MANTECON/THE ITHACAN

season and encouraged her to try out again.

According to Quigg, Woychick was on the verge of making the team last season but had not played her best during the team's tryouts. Quigg said because she possesses certain skills, Woychick was a strong candidate to make the

final cuts during her sophomore season.

"I wanted to give her another opportunity to come play, because I know she loves the game," Quigg said. "She's very crafty with the ball and uses her body well. Those things make her a very dangerous player."

Woychick said her interactions with Quigg during the off-season made her realize that she wanted to try out again. She rejoined the team for its spring season, which involved conditioning, weightlifting and soccer workouts. According to Woychick, these workouts helped improve her speed.

After working out with the team in the spring and conditioning over the summer, Woychick showed up for the preseason to try out for a forward spot on the team.

Senior forward Jackie Rodabaugh said Woychick's improvement was noticeable during the preseason.

"Even from the spring until now, we see improvement in her," Rodabaugh said. "She's really quick, and she has tight, quick touches that make her very dangerous."

When Quigg finalized the roster for this fall's season, Woychick's name was on it. She said making the team felt like a testament to her effort and dedication during club soccer and the team's spring season.

"My mindset during preseason was to just take it one day at a time," she said. "So when I made the team, it was very rewarding."

Though making the team was a huge achievement that involved hard work, Woychick said she wants to earn more playing time to better the team and help it win more games. Rodabaugh said Woychick's speed helps the team when she is in the game.

"I don't remember her specifically being so quick on the ball last year," Rodabaugh said. "She makes a huge difference when she is in the game and is doing that."

Now that she is a member of the varsity squad, Woychick said she believes her skills have improved to the point where she can be a contributing player on the field.

"It is crazy to look back at all of the stuff I had to do during the summer and to think about where I was last year compared to now," she said. "I feel like I [am bringing] a totally different game this year"

Golf team defeats Empire 8 competition by 188 strokes

BY KARLY REDPATH
STAFF WRITER

For the fourth consecutive year, the golf team has won the Empire 8 Championship title. The team finished with a score of 313, 314 on the weekend and set a school record of 627 after breaking a previous record of 631 last weekend at the St. Lawrence Invitational.

The Bombers defeated all other competitors by 188 strokes. Second-place Nazareth College finished with a two-day total of 815 followed by St. John Fisher College with 822 and Elmira College with 876.

Junior Taylor MacDonald went to the tournament as a spectator to support her fellow golfers.

MacDonald said the confidence her teammates had in the first two tournaments of the year may carry over into upcoming tournaments.

"It was really exciting to see them win, not only because they won the title, but also because they broke another [school] record," she said.

The women's golf team has dominated the Empire 8 tournament since it began participating in the event four years ago.

This year, junior Sharon Li earned a tournament medal with a winning score of 150. Freshman Kimberley Wong finished the weekend with a two-day total of 162 and was named this year's Empire 8 Rookie of the Year.

Senior Amanda Failla finished in second place for the Blue and Gold with a total of 156 over the weekend, recording a personal best of 77 on Saturday and 79 on Sunday. Junior

Kelsey Baker had a two-day score of 159. Freshman Lisa Calcasola posted 166 and earned all-conference first-team honors.

Sophomore Taylor Reeves, who traveled to the Empire 8 tournament to compete as an individual, also had a successful weekend. Reeves posted a two-day score of 179 and shot an 82 on Sunday to finish in a tie for ninth among 36 individuals competing in the event. Reeves was named to the Second Team All-Empire 8.

Failla was the only golfer who had played at the Blue Heron Hills Golf Club in Macedon, N.Y., where the Empire 8 tournament was held this year. There, she shot one of the best 36-holes she has ever attempted. Failla said she has enjoyed being able to travel to the Empire 8 tournament all four years of her career.

"My freshman year here was the first time we played in the tournament and was the first time Ithaca College played in the Empire 8," Failla said. "I loved the team my freshman year, and I think that this year I finished out my E8 appearances on a high note with a great 36-hole score."

The Bombers have successfully broken a school record two weekends in a row. Head coach Dan Wood said since the college began playing in the tournament, it has always been dominated by his team.

The Empire 8 conference lacks teams that are able to play on the same level as the Ithaca College women's golf team. Therefore, the competition at the tournament has never posed a threat to Ithaca like it



Junior Sharon Li looks after her drive during the team's inter-squad tournament Aug. 31 at the Country Club of Ithaca. Li earned a tournament medal for her performance, shooting a 150 combined in the two-day competition.
DURST BRENEISER/THE ITHACAN

does in other Bombers sports.

Wood explained that last weekend he wanted his golfers to focus on their individual games and concentrate on the bigger picture in a less-competitive atmosphere.

"We know that our team's stroke average is very important when it comes to rankings and NCAA selections," Wood said. "Our job was just to play good, safe, solid golf, and that's what we did."

Though Wood knew his team

would win this weekend, the Blue and Gold still have four tournaments left this fall. With the easiest of the year out of the way, the women's golf team still has to get through the hardest part of its season.

Two of its most important outings will take place in October when it plays in the Williams Invitational and Wittenberg Invitational. These events will directly affect the team's chances at making the NCAAs this spring. The better the Bombers

perform at the Williams and Wittenberg Invitationals, the higher chances they have of getting a bid.

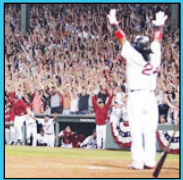
But for now, Wood is hoping that the team's success at the Empire 8 Championship will carry over to another challenging weekend at the Mount Holyoke Invitational in South Hadley, Mass.

"The tournament was supposed to give the team a good start and give them a good, positive attitude looking ahead," he said.



Top Tweets

The best sports commentary via Twitter from this past week.



Bill Simmons

@BillSimmons

Daniel Nava needs to grow an unkempt beard. I'm tired of him pretending that he never got the memo.



Faux John Madden

@FauxJohnMadden

Johnny Manziel was hit so hard by the Alabama defense I think I saw a couple \$100 bills fly out of his pocket.



Frank Caliendo

@FrankCaliendo

Michigan's win against Akron was the greatest escape since Andy Dufresne broke out of Shawshank prison.



Awful Announcing

@awfulannouncing

Now we know why Gary Danielson loves the huddle, it gives CBS time for all these fancy flow charts and family trees.



Give it a whack

Juniors Emma Lazzari and Tori Van Norden, of the team Li'l Sebastian, attempt to keep the birdie up in the air while playing a doubles intramural badminton match against Lucky 13 on Sept. 12 in Ben Light Gymnasium.

JENNIFER WILLIAMS/THE ITHACAN

the foul line

Weird news from the wide world of sports

On Saturday, James Ellingworth of Russia Beyond the Headlines, a Russian news organization published in English, reported that quarterback Tim Tebow has an offer to play football. This isn't an offer to play in the NFL, it's an offer to play in Russia.

The Moscow Black Storm of the Union of American Football of Russia offered Tebow a contract of

\$1 million to play in two football games on Russian soil. Ironically, the first team Tebow would play against is the Moscow Patriots if he chooses to accept the deal.

—Steve Derderian



SEPT
19

On this day in...

Assistant Sports Editor Steve Derderian breaks down important moments in professional and Bombers sports history that occurred Sept. 19.

PRO SPORTS HISTORY

1988

one of the scariest diving accidents in the history of the Olympic games. It was also the last time he participated in the Olympic competition.

American diver Greg Louganis won a gold medal in the Olympic springboard competition. Louganis hit his head on the diving board one day before winning the gold medal. The incident was

BOMBER SPORTS HISTORY

2010

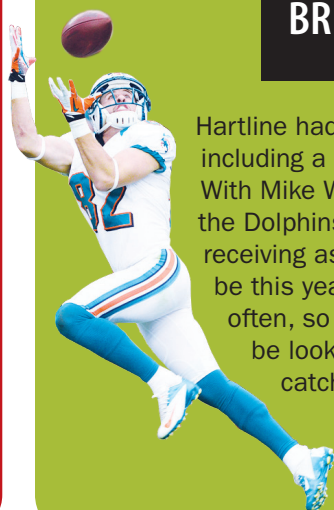
now-senior Amanda Failla led the squad with a final score of 175. Head coach Dan Wood won his first conference Coach of the Year award. As a team, the Bombers beat all competitors by 44 strokes.

The golf team won its first Empire 8 championship tournament in the first year the conference hosted a fall championship. Then-freshman and

UPSET of the week

Assistant Sports Editor Steve Derderian selects the best upset in sports from last week's games.

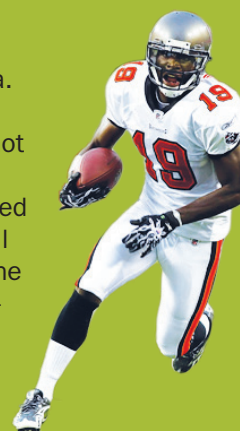
Last week, the FBS division Temple University Owls hosted the FCS division Fordham University Rams in an apparent mismatch. Two years ago, Temple won the Gildan New Mexico Bowl, and Fordham finished the season with a 1–10 record. On this day though, it was Fordham's time to shine. With 13 seconds left in the game, Rams quarterback Mike Nebrich lobbed a pass into the end zone before being hit, and receiver Sam Ajala out-leaped everybody for the game-winning catch with four seconds to play. With its first win against an FBS team in six tries, Fordham is now 3–0 to start the 2013 season.



BRIAN HARTLINE

MIAMI DOLPHINS

Hartline had sensational games in 2012, including a 253-yard effort against Arizona. With Mike Wallace as the No. 1 option in the Dolphins' passing attack, Hartline is not receiving as much attention as he should be this year. Wallace will be double-teamed often, so quarterback Ryan Tannehill will be looking his way. He already had nine catches for 114 yards and a touchdown in week one against the Cleveland Browns.



MIKE WILLIAMS

TAMPA BAY BUCCANEERS

Mike Williams has been a consistent wide receiver since coming into the league in 2010. While Vincent Jackson is clearly the man to own out of the Buccaneers' receiving threats, Williams is also a viable option. Of the 31 pass attempts Freeman had in week one against the New York Jets, 21 of those were to either Jackson or Williams.

MILES SURREY'S FANTASY CORNER

Here are two wide receivers you should consider picking up for your fantasy squad if available.

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