

THE ITHACAN

THURSDAY, DECEMBER 5, 2013 • VOLUME 81, ISSUE 13

SHAPING THE FUTURE

Ithaca has become the new hub for 3-D printing technology

BY JACK CURRAN
ONLINE EDITOR

As science advances, the gap between reality and fiction continues to shrink. Though the idea of printing objects like food and toys may seem futuristic, 3-D printing is changing that perception — and it may be coming to Ithaca College as soon as next year.

The college's natural science departments — physics, biology, chemistry and environmental sciences and studies — are in the process of submitting a proposal to the School of Humanities and Sciences for purchasing equipment to create a 3-D printing facility.

Luke Keller, associate professor and chair of the physics department, said these departments hope to purchase a 3-D printer for faculty and students to use in research.

"We're going to propose to get a medium quality 3-D printer ... and a scanner so we could scan objects and print them," he said. "I can imagine it being used for classes, but



Hod Lipson, director of the Cornell Creative Machines Lab, printed a replica of the first telegraph. TUCKER MITCHELL/THE ITHACAN

also for different research projects with students involved."

3-D printing is a process by which three-dimensional objects of all kinds, such as robots, ears and pastries, are produced based on a computer code. Typical 3-D printers place individual, small, three-dimensional pixels, known as voxels, of a given material on a tray, one at a time, based on the

design programmed by the user.

Manufacturers, such as General Electric, are currently using 3-D printing to produce small, complex parts with greater efficiency by using less equipment and energy.

Jeffrey Lipton, team leader of the Fab@Home, a small 3-D printer designed at Cornell

See **3-D PRINTING**, page 4

Tuition freeze trends won't affect college

BY SABRINA KNIGHT
NEWS EDITOR

This academic year, 52 institutions of higher education in the U.S. froze or cut their tuitions. Elmira College, located about three hours from Ithaca, froze its tuition for the 2013–14 year. In October, Elmira announced it will freeze tuition again in 2014–15.

Freezing tuition means that an institution of higher education chooses to keep its costs at the current rate rather than increasing it by a small percentage to adjust for the recent inflation rates.

Gerald Hector, vice president for finance and administration at Ithaca College, said the college will not freeze its tuition, but rather continue trying to decrease operational costs in order to avoid tuition spikes. In general, tuition costs are increasing in line with inflation rates to maintain the quality of the education the college provides. Hector said the college is working on reducing costs based on recommendations from the Huron Reviews last year.

Mike Rogers, vice president of government relations and chief of staff at Elmira College, said his college's motivation to freeze its tuition is to encourage upperclassmen to stay on track to complete their degrees at the college in four years. Rogers said cost is a primary reason for families to keep investing in education at Elmira.

"We are keeping more students because we are not increasing the charge," Rogers said. "From a business standpoint and a budgeting standpoint, if we can count on having more students that are here and that can be successful, that's how we pay for it."

Rogers said Elmira College charged \$36,600 for tuition, \$6,300 for room, \$5,500 for board and \$1,550 in additional fees for its 1,100 students for the 2013–14 academic year. After freezing tuition, these costs will remain the same for the 2014–15 academic year.

For nearby Ithaca College, Hector said the college has considered freezing its tuition before, but it is unreasonable for the college to implement a freeze for several reasons, mainly that it is not in the long-term interest of the students.

"The approach taken at IC of consistent reductions in the rate of tuition increase enables us to focus on affordability while continuing to grow our commitment to scholarship and investment in educational quality," Hector said.

Attracting prospective students is the most significant reason for why the college will not freeze tuition, Hector said. He also said increasing tuition

See **FREEZE**, page 4

Community mourns student killed in car crash

BY NOREYANA FERNANDO
NEWS EDITOR

More than 100 members of the campus community attended a vigil held Dec. 3 in Muller Chapel in memory of Ithaca College junior Michael Clark, who died in a car accident Dec. 1 on Route 88 near Cobleskill, N.Y.

According to the New York State Police, the crash occurred when Clark swerved the 2002 Santa Fe vehicle to avoid hitting a deer. Clark, 21, was a junior English major from Boxborough, Mass. Three other students injured in the crash were transported to the Albany Medical Center for treatment after the accident.

The memorial service opened with Marisa Kelly, provost and vice president for educational affairs, giving updates on the conditions of the survivors.

She said sophomore Christopher Rose, one of the injured students, had been released from the hospital, while juniors Ezra Chamberlain and Melanie Pond continue to receive treatment. She said Pond suffered fractures to her vertebra with no apparent spinal cord injury and is expected to be released by Christmas after surgery. Information about Chamberlain's condition has not



More than 100 people gathered at Muller Chapel on Dec. 3 to share their memories and celebrate the life of junior Michael Clark. JENNIFER WILLIAMS/THE ITHACAN

been made public yet.

Senior Kelly Kane, a friend of the three survivors who was with them in Albany, said via email that Chamberlain and Pond are expected to recover completely.

"Melanie and Ezra are both as well as can be expected," she said. "They are both in reasonably good spirits, and we had the chance to talk to them both again [on Dec. 3]. Although they are both going to need some more recovery time before they can return to school, they

are both expected to recover fully from their injuries."

Rory Rothman, senior associate vice president of student affairs and campus life; faculty and staff members; students who took classes with Clark; and fellow members of the college's speech and debate team were among those present at the memorial. Many shared their favorite memories of Clark, with several pointing out Clark's love for the work of William Shakespeare and Clark's smooth and

distinct voice, which friends said made everything sound like music.

Kelly read a note written by Clark's family, expressing gratitude to the college community.

"We have received some wonderful letters from faculty letting us know that our dear, shy boy had made himself known at IC," the note said. "Michael was happy and successful at Ithaca. He loved his classes, the poetry and literature that he read and studied."

Sophomore Natalie Dionne, who took Analysis and Performance of Literature with Clark last year, said the news of his death made her think about his voice, which she said matched his warm personality.

"Michael would strut up to the class and stood in front of the class in a way that only Michael would walk, button-down tucked into jeans, and I would just sit there with my eyes closed and listen to him talk," she said.

Chris Holmes, assistant professor of English and one of Clark's professors this semester, said Clark had told him before Thanksgiving break that he had plans to apply for a doctoral program.

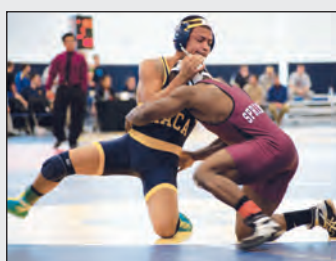
"I normally dissuade students

See **CLARK**, page 4



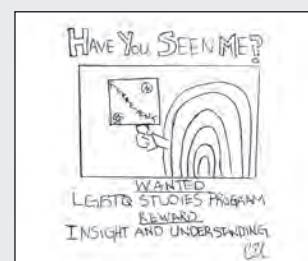
SCULPT THE PAST

Handwerker Gallery presents an inflatable exhibit, page 13.



WEIGHT LIMITS

Wrestler discusses the challenges team members face to keep fit, page 23.



LOST STUDIES

College should design an LGBTQ studies program, page 10.

Nation&World

Montana judge remains defiant

A Montana judge under fire for commenting that a 14-year-old rape victim appeared "older than her chronological age" said Dec. 3 he deserves to be censured but not removed from the bench for his remarks.

District Judge G. Todd Baugh told The Associated Press the comments violated judicial ethics rules by failing to promote public confidence in the courts.

The 72-year-old judge repeated his assertion that his comments did not factor into the 30-day sentence handed down in the case and said he has no plans to resign in the face of formal complaints filed by advocates for rape victims.

Baugh sentenced former teacher Stacey Rambold in August for the 2007 rape of high school freshman Cherice Morales, who committed suicide before the case went to trial. Rambold, a former business teacher, was 47 at the time of the attack. The office of Montana Attorney General Tim Fox has appealed Rambold's sentence as illegal and too lenient. He remains free while the appeal is pending before the Montana Supreme Court.

The judge defended the sentence in a Nov. 13 letter to the Judicial Standards Commission, despite his earlier acknowledgements that it appeared to be illegal.

New leader for Pakistani Taliban

The new leader of the Pakistani Taliban has returned to the country from Afghanistan to lead the militant group a month after the former chief was killed in a U.S. drone strike, Pakistani intelligence officials said Dec. 3.

Fazlullah was appointed the leader of the Pakistani Taliban after the former chief, Hakimullah Mehsud, was killed in a U.S. drone strike Nov. 1 in the North Waziristan tribal area.

Mullah Fazlullah arrived in Pakistan's semi-autonomous tribal region along the Afghan border several days ago, officials said.

Fazlullah was the leader of the Pakistani Taliban in the northwest Swat Valley and fled to Afghanistan after the army launched an offensive there in 2009. He is known as a particularly ruthless militant who planned the attempted assassination of teenage activist

Malala Yousafzai in October 2012.

The Pakistani Taliban have killed thousands in an attempt to impose Islamic law in Pakistan and end the government's support for the U.S.-led war in Afghanistan.

Train driver slept prior to wreck

The engineer in a commuter-train derailment that killed four people over the weekend caught himself nodding at the controls just before the wreck, a union official said Dec. 3.

William Rockefeller "caught himself, but he caught himself too late," Anthony Botalico, leader of the rail employees union, said, relaying what he said Rockefeller told him.

During a late-afternoon news conference, federal investigators said they were still talking to Rockefeller, and they would not comment on his level of alertness around the time of the wreck Dec. 1 in the Bronx.

Questions about Rockefeller's role mounted rapidly after investigators disclosed Dec. 2 that the Metro-North Railroad train jumped the tracks after going into a curve at 82 mph, or nearly three times the speed limit. In addition to the four people killed, dozens were injured.

National Transportation Safety Board member Earl Weener said Dec. 3 it was too soon to say whether the accident was the result of human error or a mechanical problem. But he said investigators have found no evidence so far of any problems with the brakes or signals.

Alcohol tests on the train's crew members were negative, and investigators were still awaiting the results of drug tests, the NTSB official said.

Political unrest grows in Ukraine

Ukraine appeared mired in a political standoff Dec. 3, as massive protest rallies showed no sign of letting up, and the government warned of its capability for force after a failed attempt to take it down.

The opposition lost its attempt to topple the government by parliamentary means when a vote of no-confidence failed by a sizeable margin.

President Viktor Yanukovich left on an



Dancers welcome Olympic flame

Performers dressed in folk costumes dance at the Olympic flame welcome ceremony Dec. 3 during the Olympic torch relay in Barnaul, about 1,850 miles east of Moscow in Siberia, Russia. The 40,389-mile Sochi torch relay is the longest in Olympic history and began Oct. 7.

AP PHOTO/OLYMPICTORCH2014.COM

official visit to China, where he is expected to sign an array of economic agreements, his office said.

He is expected to be gone until Dec. 6, and the prospects for a definitive development in the next few days are small. Protest leaders vowed to continue their demonstrations, which have brought as many as 300,000 people to the streets of the capital of Kiev, in the largest outpouring of public anger since the 2004 Orange Revolution.

Soon after the Dec. 3, vote, about 5,000 protesters gathered outside the presidential administration building, then moved to the capital's central Independence Square, where the crowd grew to more than 10,000, according to police estimates.

The opposition called for a vote over Yanukovich's shelving of a long-anticipated agreement to deepen political and economic ties with the European Union and the violent tactics used by police to disperse demonstrators protesting the decision.

Mandela photo profits donated

A photographic portrait of Nelson Mandela was bought by an anonymous, private art collector in New York for \$200,000, the highest price ever paid for a local portrait, organizers said Dec. 3.

The money will be donated to the Nelson Mandela Children's Hospital, currently under construction in Johannesburg, and to the World Wildlife Fund. The portrait depicts Nelson Mandela's face reflected in a mirror. The remaining portraits, including one of former Anglican archbishop Desmond Tutu, will be auctioned off in March 2014, with proceeds donated to the charity of each subject's choice.

Before Mandela fell ill, he campaigned for funds for the hospital's construction. The state-of-the-art hospital will be a 200-bed pediatric facility and is scheduled to open late in 2014.

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 274-3207.

COPY EDITORS

Taylor Barker, Kellen Beck, Lisa Calcasola, Matthew Dezii, Ben Gaynor, Rebecca Hellmich, Haleigh LaMontagne, Amanda Livingston, Karina Magee, Faith Meckley, Kathryn Paquet, Bethany Rock, Savannah Rychcik, Robin Schmitz



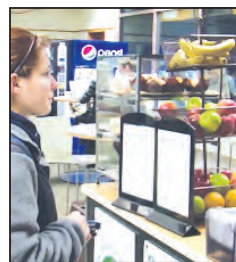
Audio Slideshow

Freshman Brendan Davis attempts to take on a challenge by riding his bike 190 miles home over Thanksgiving break.



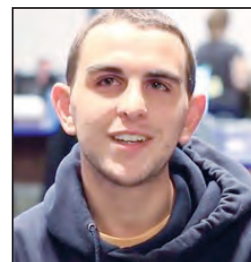
Video

Kelly Deitz, assistant professor of politics, heats up her cup of tea with *The Ithacan* in a brand new episode of Instant facul-Tea.



Video

Students express their pleasure with the college's decision to finally open a year-round coffee cart in the library.



Video

If you can't wait for the next issue of *The Ithacan*, visit our website every Monday for a preview from the editors in "Eds Up."

Follow us:

instagram.com/ithacanonline



Like us:

facebook.com/ithacanonline



Follow us:

twitter.com/ithacanonline



On Flickr



News

Watch students participate in the gingerbread house-making competition.



Accent

Follow the opening of the latest art exhibit, Sumus, in the Handwerker Gallery.



Sports

See the women's basketball team secure a victory against rival SUNY Cortland.

Contact the News Editor at ithacannews@ithaca.edu or 274-3207.

City named certified living-wage employer

BY SAGE DAUGHERTY
ONLINE NEWS EDITOR

After deciding to become a living-wage employer, the City of Ithaca received official certification from the Tompkins County Workers Center last month, taking a step forward in the living-wage movement.

The city became a living-wage employer Oct. 1, which means that people who are employed by the city will now be paid \$12.62 an hour, according to the Alternatives Federal Credit Union's bi-annual living-wage study. On Nov. 5, the TCWC certified the city and added it to the growing list of living-wage employers in the county.

The biggest impact on the city in terms of becoming a living-wage employer is financial, Myrick said. Providing a living wage to all city employees is expected to cost between \$90,000 and \$100,000 per year. Myrick said the additional funds are currently built into the budget and will come from property and sales taxes.

When people hear the term "living wage," they often think of the federal minimum wage, which is currently \$7.25 an hour. However, the two terms have different meanings.

A living wage is defined as the money it costs for a single person working full time to be able to live in a certain area. This takes into account the cost of housing, transportation, health care and recreational activities in a given location.

Tompkins County became a certified living-wage employer in 2006, but has faced criticism from community members for hiring subcontractors who do not pay a living wage. The TCWC has organized several rallies to protest on behalf of the workers. Last month, the TCWC sent a petition with 1,157 community members' signatures to the county legislature, calling for a living wage for contracted employees.

Last year, Pete Meyers, the head of the TCWC, approached Ithaca Mayor Svante Myrick about providing a living wage for city employees. Myrick said he was interested in the idea.

Myrick said the city wanted to provide a living wage to all employees so they are better able to support themselves and their families without having to rely on with government assistance.

"I was raised in a family that didn't have a lot of



Members and supporters of the Tompkins County Workers Center gathered Sept. 17 outside of the Tompkins County Legislature, rallying for the implementation of a county-wide living wage.

KELLY CUCOLO/THE ITHACAN

money," he said. "My mom worked multiple jobs — almost always at a minimum wage — which was tough. I know the toll it takes on families."

Myrick said he sat down with Meyers, as well as officials of the City Controller's and Human Resource's Offices, to figure out how much money the city would need to raise salaries to a living-wage standard for lowest-paid employees.

Leni Hochman, chief operations officer of Alternatives Federal Credit Union, was in the group that began living-wage studies in Tompkins County in 1994. Hochman said the credit union launched the first living-wage study to look at people's expenses, including the cost of rent, food, health care and extras, like savings.

About 500 people are employed by the city, and Meyers said the majority of the employees already make a living wage. However, there are 85–90 seasonal employees who would now

receive a living wage. He said having the City of Ithaca follow Tompkins County in becoming a living-wage employer is a big step.

"Having government entities declare this important kind of helps to set the tone for all other businesses," Meyers said.

The Ithaca College campus organization IC LIPS, or Labor Initiative in Promoting Solidarity, also works toward economic equality. In 2011, the group helped Sodexo workers employed by the college receive a living wage.

Senior Tim Bidon said he joined IC LIPS to help the college's dining hall workers earn a sustainable income.

"I don't think a lot of people realize that sustainability is more than just environmental sustainability; it's so that people can sustain their lives and so a living wage becomes a sustainable policy," Bidon said.

Tompkins County to create new wayfinding road signs

BY KAYLA DWYER
STAFF WRITER

With half a year of research under its belt, the Tompkins County Chamber of Commerce will receive final suggestions in January from its consulting firm, Peter J. Smith & Co., on the implementation of the Wayfinding and Interpretive Signage Plan, a master plan to redesign signage throughout the county to make navigation simpler.

The new signage system is expected to be implemented in the summer of 2014, Chamber president Jean McPheeters said.

The plan calls for a consistent design in directional signs at the county's borders, main routes and points of interest for both visitors and residents. The Strategic Tourism Planning Board has allotted \$62,970 to fund the initiative. Officials said they hope the plan will also promote more tourism.

In the grant proposal to the Strategic Tourism Planning Board, McPheeters said there is currently a lack of uniformity in the signs of Tompkins County.

The proposal said a renewed, codified system would increase the number of visitors and the length of their stays by presenting the county as a place that is easy to navigate.

"Getting around a town easily and finding places that you might want to get to should help

tourists understand what's available in the community and decide to stay longer or come back again," McPheeters said.

The grant proposal states the project aims to design signs that will direct people to venues, trails, community centers and pedestrian, bicyclist and major vehicle routes.

The general public was invited to a public meeting Nov. 7 to provide feedback for the project.

One of the two members of the public present at the meeting was Ronda Roaring, creator of the tourism website ILoveTheFingerLakes.com and a Tompkins county resident of 40 years. She said she wishes local students had been given a more significant role in the meeting process of the project, given that most of them are visitors who need help getting around at first.

Roaring also said the student input is helpful financially.

"Students bring friends and relatives to the county who spend money here as tourists, so students add to the money people earn through tourism and hospitality, and this adds to the room-tax money the county collects," she said. "Just look at all the money spent here during Commencement."

Though the college campuses are not included in the plan, project manager Laurene Gilbert said they would benefit from the more



Tompkins County is currently gathering information for plans to improve road signs that direct drivers to points of interest, such as Ithaca College.

DURST BRENEISER/THE ITHACAN

efficient system in town.

"The idea isn't to define wayfinding for those places; it's to get people to those places," she said. "Then once the people are there, Ithaca College or Cornell will have their own wayfinding systems."

Ithaca College's wayfinding system is currently being renovated but has no connection to the Tompkins County initiative, Rachel Reuben, associate vice president of marketing communications, said.

"We've been working on a program for the last couple of years to replace all of the on-campus directional and wayfinding signage to better help visitors on campus, as well as new students," she said.

Anthony Hopson, assistant vice president of community and

government relations at the college, said the county plan will better help attract students to the college.

"The new signage in Tompkins County intended to make wayfinding easier will enable students, their families and other visitors to the Ithaca College campus to access the dozens of points of interest within this beautiful area," he said.

The Tompkins County Visitor Profile conducted from 2008–09 showed the county received about 843,000 visitors in 2009.

McPheeters estimated in her proposal that the increased quality of tourism from the unified signage will result in more overnight stays from visitors, which would increase sales-tax revenue from food, gasoline and merchandise purchases.

Faculty Council reviews policy for graduation

BY SKLYER DIGUISEPPE
STAFF WRITER

The commencement of Ithaca College's Faculty Council meeting Dec. 3 began with just that: Commencement. At the meeting, the council also discussed the First-Year Reading Initiative, the possible reactivation of the Benefits Committee and a potential prohibition of presentations by student organizations at the meeting.

Senior Erin Smith, senior class president, brought to the attention of the Faculty Council the possibility of tightening the standards for selecting a faculty member to lead the procession at the college's Commencement ceremony. John Rosenthal, professor of mathematics, suggested nominating the individual based on longevity of his or her employment at the college.

Other ideas in order to choose the leading faculty member included having the dean of each school select the individual and then obtain a class vote. In the interest of time, Smith ended by asking anyone with opinions not vocalized to contact her as soon as possible.

In her report, Marisa Kelly, provost and vice president for educational affairs, said while several more conversations will need to take place about the First-Year Reading Initiative before the college can reach a decision, feedback received from the Faculty Council and across campus determined the program will continue next year.

The faculty continued by discussing reactivation of the Faculty and Staff Benefits Committee. This former committee included a single faculty member from each of the five schools, as well as one member at large, all of whom worked together to serve as liaisons between the Faculty Council and the Office of Human Resources. Over the years, it became more difficult to find people with a desire to join the committee, so the committee has been inactive as a result.

Rothbart said the committee, composed of all new members, would be an extension of the Faculty Council. It would primarily be used as a means to propose new benefits, suggest changes and poll faculties at large.

"It's an advisory council to us, really," he said.

Another concern arose at the meeting about how to handle requests from student organizations that want to present to the Faculty Council.

Rothbart said he recommends that student organizational issues should be relayed to faculty, Intercom or specific chair members. He also informed the members of the committee that students may complain because their requests for promoting their club at Faculty Council meetings have been denied. Presentation time at the meetings will be reserved for students requesting Faculty Council input on issues.

"I've sort of shut that down," Rothbart said. "I'm making a judgement that this is an advertisement vehicle."

Survivors on the path to recovery

CLARK
FROM PAGE 1

because of the long study period and lack of job prospects," Holmes said. "But when Michael said that he is interested, I thought that there was no student that I would want more to carry on with studies ... I regret that I will not know him as a colleague, which I am assured would have happened."

Clark, who began his college career as an exploratory student, declared his English major this year. Chris Matusiak, assistant professor of English and Clark's academic adviser, said Clark was a standout student who was respected by his peers.

"Students always recognized that his sharp ideas were shaping the conversation and debate in class," Matusiak said. "He was very influential in that way."

Matusiak said Clark was an Anglophile, a person passionate about English literature.

"When he got back [from break], he and I had plans to work on an honors thesis together," Matusiak said. "He was going to write a thesis about Shakespeare and the early modern English language."

Matusiak also said his advisee had been accepted to study at the college's London Center for next semester.

"He was very excited," Matusiak said. "He had not been there before. He was keen to actually start research in the British Library on his project ... and attend a play or two at the Globe Theatre."

Holmes said Clark had a seriousness and a scholarly way that was rare in undergraduates. He said Clark had been unprepared for class just once in two semesters.

"It was clear that whatever the assignment was, he hadn't read for that day," Holmes said. "He was never quiet in class, and he was quiet that day. The day after, he came to my office and handed me a handwritten note of apology for not being prepared. Students are unprepared all the time. I don't know if I have ever received an apology, let alone a handwritten one."

Clark had been recently inducted to the college's chapter of Sigma Tau Delta English Honor Society. He was also a prolific member of the speech and debate team, earning accolades and honors for the college.

Sophomore Wahid Khan was Clark's partner on the debate team and participated in five tournaments with him.

"We bonded over a bunch of things, but we had our differences," Khan said. "We bonded over British television, 'Doctor Who' and such. We differed in terms of political views ... it was a beautiful experience getting to know him."

Holmes said Clark always respected his peers, even if he did not agree with them.

"He would take what they said seriously," Holmes said. "I already miss him deeply ... He left a great and abiding memory at Ithaca."

College considers 3-D printer purchase

3-D PRINTING
FROM PAGE 1

University, said 3-D printing is becoming a crucial part of manufacturing.

"You're going to see more and more products use 3-D printing in their development and production," Lipton said. "Things that will be printed will be directly for people, but it's going to be in the industrial, commercial setting."

In a report this August, Goldman Sachs Group, Inc., a global investment banking firm, included 3-D printing in a list of eight markets that will have a major impact on manufacturing. According to the report, 3-D printing can produce complex parts at lower costs and with more customization than the majority of manufacturing machines currently in use. The 3-D printing industry has the potential to quadruple its revenue over the next eight years and reduce the cost of manufactured goods for the general public.

Engineers at the Cornell Creative Machines Laboratory are currently developing a way to speed up the printing process by placing entire layers of voxels, which vary in size, into the design at a time. Apoorva Kiran, a Ph.D. student in the Cornell Creative Machines Lab, said this process will allow 3-D printers to significantly cut down the time it takes to print by adding hundreds of voxels per second to the object.

3-D printing can significantly reduce the number of steps involved in manufacturing. Kiran said machines that normally have long assembly processes can be printed in a matter of minutes.

"If you do 3-D printing, the machine remains the same ... [and] you don't need assembly," Kiran said. "You can make this thing from scratch on a single platform within 15 minutes, and that's the power of 3-D printing."

Depending on the type of printer, 3-D printers can either place individual, small, solid pieces of materials, such as plastic and metal, or drop voxels of liquids and gels, such as plaster and clay, through a syringe.

The variety of materials 3-D printing can use has also allowed engineers to print food. 3-D printing can also be used to enhance the work of researchers outside of engineering. Michael 'Bodhi' Rogers, associate professor of physics at the college, recently purchased a 3-D printer, which he intends to use in his archeological research. Rogers said, by using a 3-D printer, he can improve the way he shares findings with the public.

"I can't hand somebody a several-hundred-years-old artifact to handle, but I can scan it, print out a copy of it, and then you can touch it and feel it," he said.

3-D printing has only recently gained attention



Michael Rogers, associate professor of physics, stands next to the 3-D scanner he purchased for use in his archeological research. The machine can create 3-D models using laser technology.

TUCKER MITCHELL/THE ITHACAN

and is still a developing field. Hod Lipson, director of the Cornell Creative Machines Lab, said the lab is already exploring the future of 3-D printing.

Bioengineers are currently studying the possibilities of creating living tissue with 3-D printers. This type of printing, referred to as bioprinting, could lead to major advances in the medical field, including the ability to produce new organs for people in need of transplants. Lipson said, while 3-D printing has not yet reached the point of being able to print working organs, engineers have made advances in printing living tissue.

"The ultimate goal is to potentially print organs," Lipson said. "We've done some stuff, like printing cartilage, but there's still quite a ways to go before we can print an entire organ."

While the prospect of 3-D printing organs

would be monumental to the medical field, many people may wonder when they'll be able to use 3-D printers in their homes as they would use a traditional printer. 3-D printers such as the Makerbot and the Fab@Home can already be purchased for personal use. Though these desktop printers are significantly smaller than commercial printers, they can cost between \$2,000 and \$5,000, and replacement parts typically cost several hundred dollars each.

While some people may want 3-D printers in their homes, Lipton said home printing is no longer the focus of the industry because limited resources and high costs make it impractical.

"The original idea was that they could do that, but as we work on it, we've realized that's not how it's going to work out," Lipton said.

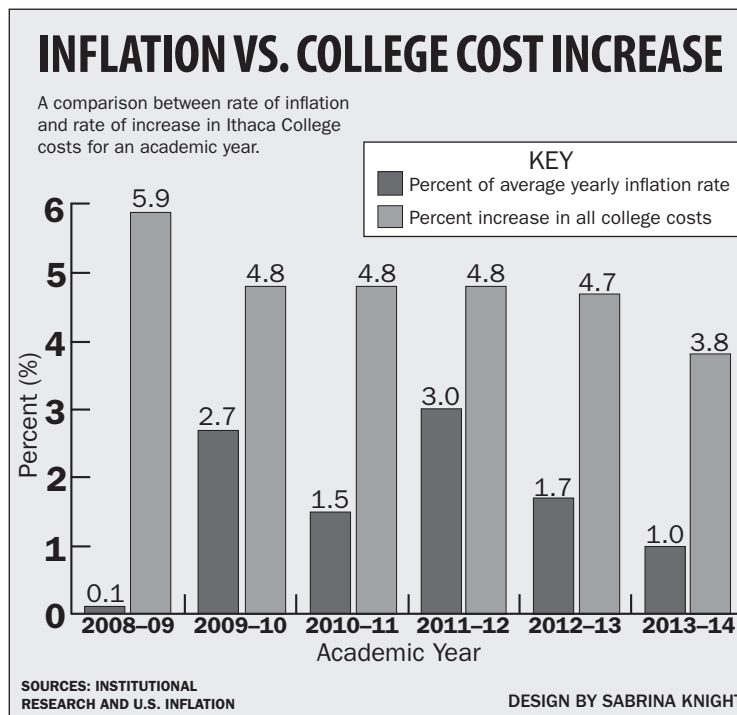
Inflation increases affect college tuition costs

FREEZE
FROM PAGE 1

slowly each year is better in the long run than freezing tuition. Institutions that freeze tuition for two or three years experience a short-term gain, however, they will need to increase tuition by a greater margin to maintain the same education quality in the long term.

A tuition freeze or reduction at Ithaca College would make the cost of education significantly more expensive for incoming students because the college would need to make up for costs incurred during this period, Hector said. This decision was made so the quality of education is not sacrificed just to keep the costs of attending college low. Keeping tuition costs consistent could force the college to cut programs, which could therefore reduce the quality of an Ithaca College education.

"Primarily what happens a lot is you can't make it up, but your college or institution continually has to run, so you're not covering the inflation aspects of it, and you're going to try to cover the cost that the



vendors' inflation is going to push on you," Hector said.

Bill Kolberg, associate professor and chair of the Department of Economics, said inflation is low now, but it is constantly changing, which affects how much the college's

tuition is in line with nationwide financial trends.

"Inflation in 2012 was running around 3 percent," Kolberg said. "Now, it's pretty low, anywhere between 1.5-2 percent — that was as recent as July 2013. It takes time to

actually digest all this information."

Elia Kacapyr '78, professor of economics, said costs for all higher education institutions are determined by a national inflation rate, which is calculated using the consumer price index based on what products consumers buy. As inflation for products increases, tuition grows at a similar rate because the college and its constituents are also consumers.

Kacapyr said it makes sense that the college's costs are increasing because the quality of education has increased. Since Kacapyr attended the college in the late 1970s, students have more opportunities for involvement available to them, mostly extracurricular activities. These additional programs parallel the increased costs of attending the college.

"One reason that prices can rise is because the quality of the product has increased, and I think that explains a big part of the tuition rise across the country today," Kacapyr said. "I graduated in 1978, and the product that I had is not even comparable to the product that today's college students have."

Getting down and dirty

Students participating in Service Saturday volunteer program has grown

BY CIARA LUCAS
CONTRIBUTING WRITER

There are 8,760 hours in a year. For the average college student, those hours are spent working, doing homework and hanging out with friends. However, for students who participate in Service Saturdays, more than 1,700 of those hours are spent doing community service.

Service Saturday is a volunteer-based program organized by Don Austin, assistant director of community service and leadership development in the Office of Student Engagement and Multicultural Affairs. Austin said the program has had about a 150 percent increase in student participation only two years after its creation in the 2009–10 academic year.

Austin said one of the biggest appeals that typically increase participation is guaranteeing transportation to and from the host site for every volunteer.

"One thing that I immediately implemented was to make sure that transportation was something that is always provided for volunteers," Austin said. "Such a significant amount of students, whether they're freshmen or seniors, don't have vehicles that they bring to campus."

Austin said he implemented new ideas to continue the progress of Service Saturdays. To show appreciation for each volunteer's commitment to community service, a recognition day is scheduled in the fall and spring semester. At

Volunteer Appreciation Day, OSEMA thanks volunteers through free breakfast and giveaways.

Junior Matt Deveau has been a loyal participant of Service Saturdays since his freshman year. His support of the program earned him the Service Saturday Volunteer of the Year Award in 2012.

"I try to attend every single Service Saturday," he said. "You can tell that each organization is extremely grateful for our volunteer work."

Deveau said partaking in Service Saturdays has given him valuable exposure to the community.

His community service at the college began when he participated in Community Plunge, a program for first-year students to volunteer and connect with the Ithaca community before the academic year begins. He said the experience inspired him to become a Jumpstart leader, and since then he has been a consistent and reliable participant of Service Saturdays.

"I like the projects that involve hard labor, activities that aren't as easy to accomplish," Deveau said.

To encourage students to join the program, Service Saturdays plans fun and enjoyable events, Austin said. Students interact with residents at the Beechtree Care Center, prepare packages to send to inmates at Books Through Bars and hand-pick gifts to be donated to charity at the Alternative Gift Fair.

"A lot of students like the opportunity to plug into these events, and



Students volunteering in the Service Saturday program cheered on participants in the AIDS Ride for Life on Sept. 7. COURTESY OF DON AUSTIN

they can say, "This is such a successful event in part because volunteers make it happen," Austin said.

The list of service projects to take part in doesn't stop there — Service Saturdays has built close relationships with community partners within the last four years, Austin said. From programs that focus on prisoner education and advocacy, community gardens, food justice in the city and programs that help the youth, students have a spectrum of volunteer work to choose from.

Austin said students see the community-service activities as a social opportunity as well. There are constantly groups of friends and student organizations signing up to participate together, which makes volunteering more fun because students can learn about the community with their friends.

"When you can make volunteer-

ing fun, you've found the Holy Grail of volunteering, because that's really the key," Austin said.

The purpose of the program is about more than boarding a bus to volunteer, then return to the college and continuing an average student's day. It offers students the opportunity to talk among their peers about why volunteer work is important and what motivates students to do it, Austin said.

From the community view, Sam Goyret, an event coordinator at the Brooktondale Community Center, said students' volunteer work is essential for the execution of events.

"By having them come and help with our events, they really help the community center and community at large," Goyret said.

Austin said he partnered with the Brooktondale Community Center for Service Saturday three years

ago. Since, the community center has played a large part in organizing annual events such as the Brooktondale Apple Fest and Book Sale.

Service Saturdays provide direct service that supplement and enhance an organization's ability to accomplish its mission, Austin said. Goyret said volunteers are vital to keeping the Brooktondale Community Center open.

With more than 1,000 student participants over the last four years, Austin said, he hopes to establish partnerships with student organizations and he wants to recruit more participants for Service Saturday.

"It's urgent, it's necessary, and it's appreciated," Austin said. "I can't expect anything less for the next year."

Students wishing to participate can sign-up on the OSEMA website.

Elect Her campaign works to increase female leadership involvement

BY ALEXA SALVATO
CONTRIBUTING WRITER

To encourage young women to run for government positions and create an opportunity to make the Student Government Association more reflective of Ithaca College's student body, the college will host its second annual "Elect Her: Campus Women Win" workshop.

The Elect Her workshop, which will take place Feb. 22, aims to involve more women in the SGA and other leadership roles on campus. Information about applications will be released later this month.

Potential participants who were nominated online by peers, faculty and staff will receive an email telling them they have been nominated and encouraging them to apply to the program. The workshop is sponsored by the college and two nonprofits, the American Association of University Women and Running Start, that work to empower college-aged women as leaders.

The workshop is 4 1/2 hours long and includes leadership workshops and interaction with female leaders in the Ithaca community, particularly those involved in politics and communications.

Senior Courtney Brown brought Elect Her to campus last year. Brown said she first learned about Running Start, a nonprofit based in Washington, D.C., whose goal is having more women run for political office, at an AAUW conference that she attended in Summer 2012. Running Start and the AAUW operate Elect Her workshops on campuses across the country, among other leadership activities for high-school and college women.

An Elect Her facilitator from D.C. will come to campus to help lead the event. The workshop will include lessons on topics such as delivering an elevator pitch and discovering what issues participants would be most interested in campaigning for, Brown said.

Last year, speakers included Barbara Lifton, a New York State assemblywoman who



Senior Courtney Brown brought the Elect Her workshop to Ithaca College for the first time last year. Applications for students interested in this year's program will be available later this month. FILE PHOTO/THE ITHACAN

resides in Ithaca, as well as Jean McPheeters, president of the Tompkins County Chamber of Commerce. The college's SGA members hosted a panel explaining what it is like to campaign for a position and to serve on the SGA. Brown said she is planning to recruit new speakers so that those who attended last year can have a different experience if they choose to participate again this year.

"[Running Start is] trying to get more women involved by getting [women] involved in student governments on their college campuses," Brown said.

Melissa Richmond, programs and outreach manager at Running Start, works in developing Running Start's various activities, including planning workshops like "Elect Her: Campus Women Win."

"Our research shows us that young women and young men in childhood have equal levels of ambition, but that specifically political ambition drops off for women in the high-school and college ages," Richmond said.

Michele Lenhart, director of student leadership and involvement in the Office of Student Engagement and Multicultural Affairs and adviser for Elect Her, said the administration actively seeks programming to create more student leaders on campus.

"We are looking to provide any kind of programming we can that will help different students to take on leadership roles, and maybe students who wouldn't have thought to take on leadership roles themselves without a bit of a push, and this could help to do that," she said.

Even though we have many women leading campus organizations, Brown said, the SGA is unbalanced in its representation of women on campus. Fifty-six percent of the undergraduate population for the 2013–14 academic year is women, whereas only 43 percent of the SGA is female.

"We have a lot of women involved in leadership roles across campus, it just seems like for some reason student government isn't one," she said.

As a result of attending last year's conference, some women are now in leadership positions, Brown said. Sophomore Victoria Hathaway now sits on the SGA senate, and senior Erin Smith is Senior Class president. Brown said in an email that, despite these additions, about the same number of women are on the SGA this year as last year.

The college will continue to host Elect Her workshops on campus for two more years after the one in February, Brown said. Elect Her's four-year workshop policy helps gradually "build a culture on your campus" of more equitable student government representation.

The encouragement and skills gained at an Elect Her workshop, Richmond said, can help a woman considering running for a position on campus to pursue the endeavor. This translates to both greater representation in student government and also to more diverse state and national governments.

Running Start is striving to increase the amount of women participating on college campuses, and therefore later on as well. Richmond said of the 16 women who ran for college president after participating in an Elect Her workshop, 14 won, evidence of the program's success.

Even those who are not directly interested in student or national politics can benefit from the workshop.

"The workshop is really a great confidence builder, regardless of what your plans are afterwards," Lenhart emphasized.

Don't let winter pass you by.
GET AHEAD
 with TC3's online winter session.

TC3
 Tompkins
 Cortland
 Community
 College

Fully online
 Popular classes that transfer
 Only \$152 per credit hour
 Visit TC3.edu and look for 'winter'



Ithaca College Television

IC TV

your choice. your channel.

On Air - Channel 16
 On Demand - www.ICTV.org



JILLIAN FLINT/THE ITHACAN

Follow us on Twitter for live game updates and scores. [@IthacanSports](https://twitter.com/IthacanSports)

LAVA NIGHTCLUB



THURSDAY | DECEMBER 12, 2013


SNOWBALL WHITEOUT

DRESS IN WHITE
 #LAVANIGHTCLUB

DJ DAVEYD EXIT 33 Turning Stone Resort & Casino Lou Malvarci

LAVA NIGHTCLUB AT EXIT 33 / TURNING STONE RESORT CASINO / VERONA, NY / THELAVACLUB.COM / 315.361.8177

LAVA NIGHTCLUB



THURSDAY | DECEMBER 19, 2013

UGLY SWEATER PARTY

#LAVANIGHTCLUB

DREAD EXIT 33 Turning Stone Resort & Casino Lou Malvarci

LAVA NIGHTCLUB AT EXIT 33 / TURNING STONE RESORT CASINO / VERONA, NY / THELAVACLUB.COM / 315.361.8177

NOT EVERYTHING HAPPENS IN VEGAS.

Divest IC plans open mic

BY SABRINA KNIGHT
NEWS EDITOR

The Environmental Leadership Action Network will be hosting an open mic night Dec. 9 to summarize its accomplishments with the Divest IC campaign and educate students that divesting from fossil-fuel industry is more than an environmental problem.

The divestment campaign is an initiative led by a coalition of student groups requesting the college take the money from its endowment, which includes donations and investments, that is currently invested in unsustainable energy corporations and reinvest it in better alternatives.

Students are invited to sign up to perform spoken-word poetry or songs and tell narratives or stories about personal experiences with social-justice issues.

Throughout the semester, senior Rebecca Billings, an executive board member of ELAN, said the Divest IC coalition has been active because students involved with the campaign were able to talk to administration and voice their concerns through multiple actions. Recently, the group protested outside a Board of Trustees dinner Oct. 23 to educate members of the board about divestment.

Billings said ELAN created the Divest IC Open Mic Night event as a way to educate, learn and voice opinions. Divestment from the fossil-fuel industry is not something that only one student organization is fighting for, but she said it concerns the entire social-justice movement.

ELAN reached out to other social-justice groups to co-sponsor the event because divesting from the fossil-fuel industry affects other common problems that students on campus are fighting for. Co-sponsors of the event are Artist 4 Artist, the Ithaca College Environmental Society, IC Organic Growers, Feminists United, IC Greens and Shaleshock. Jessie Braverman, campus outreach

coordinator for Feminists United, said every student on campus has an issue they are passionate about that affects everyone around them. She said the goal of the event is to bring these people together.

"Hopefully, this event will allow them to sit down and listen to what other people are also passionate about and really think critically about these issues and try to understand what they're passionate about," she said.

In addition to being an environmental concern, Billings said, divesting from fossil fuels usually has an impact on communities struggling from other social issues like racism, classism and poverty.

"These groups of people also often have less means to protect themselves ... against it in a defensive way and also in an offensive way, and take action against the fossil-fuel industry when they are doing harm to those people because they have potentially less resources, less means to legal rights and also are societally oppressed in other ways that our structure doesn't allow them to step up and fight back," Billings said.

Senior Tessa Crisman said she is an advocate for social and environmental justice. There are several social-justice issues, and advocates tend to stay committed to one issue, she said. Crisman said because the world is systematic, all these individual issues are connected whether or not the advocates themselves are integrated.

"It's really important to get the student body behind you because, in one way or another, we do have a diverse student body with diverse interests, so if we can get a lot of people to recognize a common cause, that's really powerful," she said. "Having this open mic night is an attempt to do that."

Billings said students interested in performing can sign up by emailing ELAN at clubelan144@gmail.com or filling out the Google Doc on ELAN's Facebook page.



Building the holiday spirit

From left, sophomores Rebecca George and Nicole Godreau work together in a race to construct the most interesting gingerbread house at the Student Activities Board's holiday-themed event, the Xtreme Gingerbread Competition, which was held Dec. 3 in IC Square.

AMANDA DEN HARTOG/THE ITHACAN

Junior receives scholarship from Advertising Club of New York

Leonard Slutsky, junior integrated marketing communications major, was recently named the recipient of the Steve Pacheco advertising scholarship award of \$5,000. The Steve Pacheco award, named after the 2013 advertising person of the year, is administered by the Advertising Club of New York. The scholarship, presented annually, is named after the current advertising person of the year.

An award ceremony to honor the work of Steve Pacheco was held Nov. 13 at the Dream Hotel in New York City. In addition to celebrating the work of Pacheco, Slutsky was presented with his scholarship. The Advertising Club of New York awards scholarships, grants and internship opportunities to undergraduate students in the marketing, advertising and communications field.

Staff Writer Elizabeth Taylor spoke to Slutsky about his reaction when he found out he had won the Steve Pacheco scholarship, how his interest in advertising began and his experience with advertising.

Elizabeth Taylor: How did you hear about the award?

Leonard Slutsky: My professor [Scott] Hamula, chair of the integrated marketing and communications department, does a really good job of keeping everyone in the major up to date about what's going on in the industry. He sent out an email about the scholarship and said, 'If you're interested, you should apply.' I applied. It required an essay, resume and a recommendation from a professor, and a couple weeks later I was very fortunate and excited to find out that I won the award.

ET: What sparked your interest in advertising?

LS: In high school, a lot of my friends were involved with theater, and I never had theater talent. I couldn't sing, I couldn't dance, but I wanted to be involved in what they were



From left, junior Leonard Slutsky poses with Steve Pacheco, director of advertising at FedEx, at an award ceremony hosted by the Advertising Club of New York on Nov. 13 in New York City.

COURTESY OF RIC KALLAHER

doing. So I helped out by doing publicity for the shows. That involved doing press releases, meeting with the media and arranging for photos to go on the website. I found out that I really enjoyed publicity because it helped take

the work everyone was doing and put it center stage, give it a lot of attention, so people could come see it and enjoy it. After I became exposed to advertising, I discovered I really enjoyed it, and I was interested in consumer

behavior and psychology. It just seemed like a right fit.

ET: Have you been involved in any advertising on campus?

LS: I co-founded Take Back the Tap, which is an environmental group on campus. I think one of the reasons it was so successful was because we used advertising and marketing principles to accomplish our goals. We had events on campus that we promoted through posters and through different marketing and communications channels.

ET: Do you want to incorporate your environmental interests into your work in advertising?

LS: Definitely, I would love the opportunity to work for a clients who are environmentally friendly and help them to promote the work they are doing.

ET: Are you involved with any advertising companies off campus?

LS: Right now I am doing the Ithaca College Los Angeles program. I am interning at Trailer Park, which is an entertainment marketing advertising agency. It's exactly what I am interested in doing, and it's a great learning opportunity.

ET: Has this award helped you to learn more about advertising?

LS: At the [award] ceremony, there was a lot of agency professionals there. It was a great opportunity to network and to learn things that they don't necessarily teach in the classroom. The Advertising Club of New York has given me opportunities to broaden my perspectives and to learn more about the industry. I definitely recommend people who are interested in the industry to go to their events.

NETWORK NIGHTS 2014

GET CONNECTED
MEET IC ALUMNI
DISCOVER NEW OPPORTUNITIES

BOSTON JANUARY 6
NEW YORK CITY JANUARY 8
PHILADELPHIA JANUARY 14
SYRACUSE JANUARY 16

REGISTER BY DECEMBER 30 ON [eRECRUITING](#)

Sponsored by the Offices of Alumni Relations and Career Services

 ITHACA COLLEGE
Office of Career Services

WINTER FESTIVAL

downtown ithaca, new york

Nov. 30 - Dec. 14

Two fun-filled weeks of festive events in Downtown Ithaca!

SATURDAY, NOVEMBER 30

Small Business Saturday

A day dedicated to supporting small businesses across the country. The day we all shop small.

NOVEMBER 30 - DECEMBER 8

Ithaca Restaurant Week

Indulge in a selection of specially priced dishes and menus from Ithaca's best restaurants.

FRIDAY, DECEMBER 6

A Special Holiday Gallery Night

A walkable tour of Downtown galleries with special events and giveaways for the holidays. 5-8pm

Runway Holiday Fashion Show

What to wear for the holiday season featuring fashions from local boutiques. 7-8pm in Center Ithaca.

SATURDAY, DECEMBER 7

Santa's Arrival to Downtown

Santa and his elves arrive at Noon followed by photos w/ Santa, games, music & dance in Center Ithaca until 3pm.

Telluride Mountainfilm Festival

Screening at the Community School of Music & Arts. 7pm

THURSDAY, DECEMBER 12

Ice Carving Begins

Carvers will demonstrate their skills as they create huge sculptures to grace Downtown Ithaca including an ice lounge! All day, weather permitting.

FRIDAY, DECEMBER 13

Ithaca Ice Wars Ice Carving Competition

Witness world-class ice carvers as they compete in 3 rounds of breathtaking competition in Downtown Ithaca. Day One: Speed Carving Competition. 5-9pm on the Commons

Winter Après-Ski Party

Don your best ski lodge attire, watch the ice carvers, sit at the ice lounge and get a drink at the outdoor bar! 5-9pm

SATURDAY, DECEMBER 14

4th Annual Chowder Cook-off

Taste them all and vote for your favorites. Noon-5pm

Ithaca Ice Wars Ice Carving Competition

Day Two: Carve and Deliver Competition 9am-12pm followed by the Two-Block Showpiece Challenge 2-6pm

Winter Fine Art Market

Just one block from the Commons at the Holiday Inn. Bring your holiday shopping list. 11am-5pm

For more events and additional information visit

www.downtownithaca.com



Find us on Flickr to see more photos.

THE ITHACAN

EMILY FULLER/THE ITHACAN

College & City

Ecuadorian native leader to discuss tribal history

Manari Kaji Ushigua, a leader of the Sapara, a disappearing ethnic group in the Ecuadorian rainforest, will speak at 4 p.m. Dec. 6 in the Park Auditorium. His presentation, "As We Die: Facing Our Extinction, Recording Our Existence," will focus on the struggles of his people in their attempts to preserve written and audiovisual records of their culture.



USHIGUA

The Sapara Nation once included nearly 500,000 people. However, deforestation, diseases, slavery and abuse by settlers reduced their numbers to somewhere between 400 and 1,000 people. The most recent threat to the Sapara people is oil drilling in their ancestors' lands.

The Sapara language is only spoken by the last five remaining elders of the nation. The language was only recently translated into a written form.

In October, Ecuadorian President Rafael Correa announced the country would begin drilling for oil in the regions of the Amazon rainforest where the Sapara are based. The Ecuadorian economy currently relies on the income from drilling for oil.

Ushigua and other members of the Sapara are currently working to create a collection of their traditional knowledge, stories, arts, myths,

rituals and creations.

In his presentation, Ushigua will share stories about the lives of his people and about the lands where his ancestors lived.

Human Resources to hold presentation on diabetes

The Office of Human Resources will give a presentation on diabetes prevention, "What is Pre-Diabetes? Learn the Facts!" at 11 a.m. Dec. 5 in the Business School in room 301. Susan Dunlop and Theresa Lyczko of the Health Promotion Program at the Tompkins County Health Department will present on the diabetes prevention program.

The presentation will also focus on how preventative care can improve an individual's health and quality of life.

The presentation is the final event in the Gaining the Edge on Diabetes series, which discusses preventative health care and the management of diabetes.

The series is a part of the Office of Human Resources' Work/Life Mission Series, which focuses on preventative health and wellness through workshops.

Anyone interested in attending the workshop should RSVP to benefits@ithaca.edu or 607-274-8000.

Career Services extends winter program deadline

The Office of Career Services has extended the deadline for students to register for the "Road Trips to the Real World" program. The deadline for registration is now Dec. 6.

The "Road Trips to the Real

World" program gives students a chance to visit job sites across the Northeast and meet with employers during winter break. Site visits may include panel discussions, site tours or networking sessions. The series of visits are scheduled for Jan. 6-17.

There is a \$10 fee for each site that students choose to visit. Participants are only allowed to sign up for a maximum of three visits.

Potential sites include J.P. Morgan in Newark, Del.; Dow Jones in New York City; Fidelity Investments in Boston; and the Madison Square Garden Company in New York City.

The program is sponsored by the Office of Career Services and the Eastern Association of Colleges and Employers. Interested students can register at the EACE website.

County to hold meeting on jail expansion project

Legislator Brian Robison, chair of the Tompkins County Legislature's Public Safety Committee, has invited the public to attend the committee's meeting Dec. 9 to voice its concerns about the county's jail expansion. The committee has invited several professionals to speak about the issues of the jail expansion during the meeting.



ROBISON

The invite came during the Nov. 19 meeting of the county legislature, when several citizens made comments about the expansion.

Residents argued against the approval of funding for the expansion. However, they were assured that no money has been allotted for the project in the 2014 budget.

Community members have voiced their concerns about the approved expansion, which would increase the facility by seven additional beds and strengthen its security and control systems. The project is expected to cost about \$900,000.

Robison requested that residents send their questions about the project ahead of time to the county clerk's office, so the committee will be able to answer all questions.

Cornell Africana center creates Ph.D. program

The College of Arts and Sciences at Cornell University has announced the establishment of a Ph.D. program in Africana studies. The program will be the first Africana studies doctoral program in New York state.

Though there are about 300 undergraduate programs in black and Africana studies in the U.S., there are only 10 doctoral programs. Only about 10 doctorates are granted in the field each year.

Cornell's Africana Studies and Research Center, which will be the base of the new program, has granted about 150 master's degrees since 1973. Many of those graduates have gone on to receive the doctorate at other universities.

The Ph.D. program plans to build on the center's tradition of allowing for student mentoring. Students in

the program will have opportunities to assist faculty with research, teaching and organizing programs. Students will also be given the chance to design and teach freshman writing seminars.

Print Production Center extends hours for finals

The Center for Print Production will extend its hours during December. The center, which is open to the entire campus community, will temporarily be open from 7 a.m. to 6 p.m. on weekdays from Dec. 2-20.

The center is normally open from 8 a.m. to 4:30 p.m. on weekdays. The hour extension is meant to increase the convenience of the center at the end of the semester.

The center allows for walk-in visits, which are completed as soon as possible based on printing demand.

Printing and duplicating requests can be submitted either via email to copyit@ithaca.edu, or documents can be saved to the center's Mentor shared folder. The center can accept documents submitted in Microsoft, Adobe and Quark programs and as PDFs.

Hard copies of requests can be dropped off in any of the 13 pickup/drop-off stations located across campus. Finished prints will be sent to the same station where they were dropped off.

Requests can also be brought directly to the center, which is located on the first floor of the Public Safety and General Services Building. Prints typically take between one and two business days.

Public Safety Incident Log

SELECTED ENTRIES FROM NOVEMBER 11 TO NOVEMBER 17

NOVEMBER 11

OFF-CAMPUS INCIDENT

LOCATION: All Other
SUMMARY: Caller reported a two-car accident causing property damage. Officer advised the operator to also report incident to local police department. Sergeant Ron Hart.

CRIMINAL MISCHIEF

LOCATION: Garden Apartments
SUMMARY: Caller reported an unknown person who damaged door. Pending an investigation. Sergeant Ron Hart.

CONDUCT CODE VIOLATION

LOCATION: Garden Apartments
SUMMARY: Caller reported intentionally cutting their arm. One person was taken into custody under the mental hygiene law, transported to CMC by ambulance and judicially referred. Sergeant Ron Hart.

NOVEMBER 12

CONDUCT CODE VIOLATION

LOCATION: Circle Apartments
SUMMARY: Simplex reported a fire alarm caused by persons using smoke machine. Area was ventilated and system was reset. Three people were judicially referred for tampering with fire detection equipment. Patrol Officer Bruce Thomas.

CRIMINAL MISCHIEF

LOCATION: Emerson Hall
SUMMARY: A caller reported an unknown person damaged dryer. Pending an investigation. Master Patrol Officer Chris Teribury.

POSSESSION OF MARIJUANA

LOCATION: West Tower
SUMMARY: Caller reported odor of marijuana. Two people judicially referred for unlawful possession of marijuana. Patrol Officer Steve Rounds.

NOVEMBER 13

MEDICAL ASSIST

LOCATION: Eastman Hall
SUMMARY: Caller reported person made suicidal statement. Person taken into custody under mental hygiene law and transported to CMC. Master Patrol Officer Don Lyke.

MEDICAL ASSIST

LOCATION: West Tower
SUMMARY: Caller reported injuring toe when they tripped over boot. Person declined medical assistance. Master Patrol Officer Don Lyke.

NOVEMBER 14

MVA/PROPERTY DAMAGE

LOCATION: Facilities Parking Lot
SUMMARY: Caller reported a two-car accident causing property damage. Report taken. Master Patrol Officer Don Lyke.

LARCENY

LOCATION: Hilliard Hall
SUMMARY: Caller reported stolen phone charger. Pending an investigation. Patrol Officer Steve Rounds.

FOUND PROPERTY

LOCATION: Gannett Center
SUMMARY: Ring found and turned over to public safety. Unknown owner.

NOVEMBER 15

CONDUCT CODE VIOLATION

LOCATION: Circle Apartments
SUMMARY: Officer reported person with alcohol. One person judicially referred for underage possession of alcohol and open container. Patrol Officer Eric Willman.

HARASSMENT

LOCATION: Hilliard Hall
SUMMARY: Caller reported person made threatening remarks. One person judicially referred for harassment. Patrol Officer Robert Jones.

NOVEMBER 16

CONDUCT CODE VIOLATION

LOCATION: Danby Road
SUMMARY: During traffic stop, officer found alcohol. One person judicially referred for underage possession of alcohol, and the operator was issued a warning for break lamp out. Master Patrol Officer Brad Bates.

CONDUCT CODE VIOLATION

LOCATION: Emerson Hall
SUMMARY: Officer reported unconscious person not responding. Person transported to CMC by ambulance and judicially referred for irresponsible use of alcohol. Security Officer Trent Lucas.

MEDICAL ASSIST

LOCATION: Butterfield Stadium
SUMMARY: Caller reported intoxicated person. Person was taken into custody under mental hygiene law and transported to CMC by ambulance. Master Patrol Officer Jeremiah McMurray.

EXPOSURE OF PERSON

LOCATION: Butterfield Stadium
SUMMARY: Officer reported person urinating in public. One person judicially referred for indecent conduct. Master Patrol Officer Chris Teribury.

EXPOSURE OF PERSON

LOCATION: L-Lot
SUMMARY: Officer reported person urinating in public. One person judicially referred for indecent conduct. Sergeant Ron Hart.

CRIMINAL MISCHIEF

LOCATION: F-Lot
SUMMARY: Officer reported unknown person damaged hood of vehicle. Pending an investigation. Sergeant Terry O'Pray.

CONDUCT CODE VIOLATION

LOCATION: L-Lot
SUMMARY: Officer reported intoxicated person. Person declined medical assistance with ambulance staff, and second person judicially referred for responsibility of guest. Master Patrol Officer Don Lyke.

HARASSMENT

LOCATION: Academic Quad
SUMMARY: Caller reported group of people made threat to rape person. Pending an investigation. Sergeant Ron Hart.

MISSING PERSON

LOCATION: Butterfield Stadium
SUMMARY: Caller reported person last seen during football game and person intoxicated. Person was located at CMC. Sergeant Ron Hart.

NOVEMBER 17

CONDUCT CODE VIOLATION

LOCATION: Tallcott Hall
SUMMARY: Caller reported intoxicated person. One person transported to CMC by ambulance and judicially referred for irresponsible use of alcohol. Patrol Officer Eric Willman.

CRIMINAL MISCHIEF

LOCATION: Terraces
SUMMARY: Caller reported unknown person damaged paper towel dispenser and light fixture. Pending an investigation. Sergeant Dirk Hightchew.

CONDUCT CODE VIOLATION

LOCATION: Circle Apartments
SUMMARY: Officer reported intoxicated person. Person declined medical assistance and another person was judicially referred for the responsibility of guest. Master Patrol Officer Jeremiah McMurray.

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
- DWI - Driving While Intoxicated

EDITORIALS

MISSING: LGBTQ STUDIES PROGRAM

By not providing an LGBTQ academic program, Ithaca College has failed to be an inclusive institution and is leaving a gaping hole in its students' education

Ithaca College strives to portray itself as an LGBTQ-friendly campus. Yet despite being ranked among the top 25 LGBT-friendly colleges by the Campus Pride Index, it does not offer an LGBTQ-oriented academic studies program. Through the Student Government Association unanimously passing a bill that calls for the creation of an LGBTQ studies minor, students are demanding a representation of queer studies in their education.

The power of student activism was proven when students pushed for the Asian American studies minor. As it was last year with the implementation of the Asian American studies minor, the administration is being reactive rather than proactive when creating fields of academic studies geared toward educating students on the politics, history and identities of underrepresented demographics.

The college may face logistical difficulties such as financial costs and finding professors to teach the minor. However, there are several courses that the college already has to work with, such as "Sex, Gender and Desire" and "Gender Issues in Sport." There are also professors already teaching LGBTQ-related issues in departments across campus.

It would be hypocritical for the college to present itself as being accepting to people in the LGBTQ community but not have a program allowing them to study the history and politics revolving around their identities. For the sake of filling in the gap in many students' educations when it comes to LGBTQ studies, it is in the administration's best interest to work with students in devising and launching a minor program that aligns with its image of being an LGBTQ-friendly campus.

FOOD FOR GOOD

An Ithaca College student contributes to the Ithaca community by finding a way for students to donate their extra meals to community members in need

Sophomore Shawn Davis has come up with an innovative way for Ithaca College students to donate their bagged lunch to the Salvation Army of Ithaca. His program, Grab and Give, is located outside of Towers Dining Hall's "In the Bag" dining station.

Ithaca College Dining Services allows students to "sign away" a meal, which takes \$2.25 of the total meal cost and donates it to various causes and organizations on campus. Now, through Grab and Give, students have a tangible way to give back directly to the Ithaca community by hand-picking the food they want to go in the bag and handing it to Davis, who brings it to the Salvation Army.

Davis could encounter issues with his project, as there is the potential for the college or Sodexo to completely shut his initiative down. However, the college should work with Davis rather than against him in order to continue this program. Perhaps they could work together to create another Grab and Give program in front of the Campus Center's "Grab and Go," a similar station to "In the Bag."

Students like him are important because of their drive to contribute and help others. Through projects such as this, students can have a tangible impact on their community.



COMMENT ONLINE.

Be heard in print or on the Web.

Write a letter to the editor at ithacan@ithaca.edu or comment on any story at theithacan.org.

Letters must be 250 words or less, emailed or dropped off by 5 p.m. Monday in Park 220.



SNAP JUDGMENT

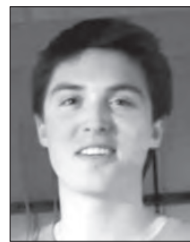
What is your perception of online dating apps?



"WHEN YOU MEET SOMEBODY, IT'S ALL ABOUT THEIR PERSONALITY AND HOW THEY AFFECT YOU, AND I DON'T REALLY THINK YOU CAN GET THOSE THINGS FROM A SCREEN."
ALEC TUCKER
THEATER STUDIES '17



"I THINK THAT IT'S WEIRD, AND IT'S CREEPY. I DON'T KNOW, I WOULDN'T DO IT."
EMMA DUNCAN
SPEECH-LANGUAGE PATHOLOGY '17



"IT'S DEFINITELY A GOOD OPTION FOR SOME PEOPLE. I'M NOT REALLY INTO IT JUST BECAUSE IT SEEMS KIND OF FAKE, KIND OF ARTIFICIAL. BUT IF IT WORKS IT WORKS."
JEREMY ROBSON
WRITING '16



"I THINK THAT YOU DO HAVE TO BE WARY, BECAUSE IT'S VERY EASY TO LIE ABOUT WHO YOU ARE."
EMMA DUNCAN
THEATER PRODUCTION ARTS '16



"ONLINE DATING IS A GOOD THING, BUT I FEEL LIKE IT SHOULD FACILITATE A REAL RELATIONSHIP ... AS IN THEY SHOULD STILL SEE EACH OTHER IN PERSON."
DAVID MARCELLA
COMPUTER SCIENCE '17

THE ITHACAN

220 ROY H. PARK HALL, ITHACA COLLEGE
ITHACA, N.Y. 14850-7258
(607) 274-3208 | FAX (607) 274-1376

ITHACAN@ITHACA.EDU
WWW.THEITHACAN.ORG

MEGAN DEVLIN EDITOR IN CHIEF
ALLIE HEALY MANAGING EDITOR
ANJALI PATEL OPINION EDITOR
NOREYANA FERNANDO NEWS EDITOR
SABRINA KNIGHT NEWS EDITOR
JACK CURRAN ONLINE NEWS EDITOR
SAGE DAUGHERTY ONLINE NEWS EDITOR
JACKIE EISENBERG ACCENT EDITOR
EVIN BILLINGTON ASSISTANT ACCENT EDITOR

EMILY HULL SPORTS EDITOR
STEVE DERDERIAN ASSISTANT SPORTS EDITOR
DURST BRENEISER PHOTO EDITOR
JENNIFER WILLIAMS ASSISTANT PHOTO EDITOR
TUCKER MITCHELL ASSISTANT PHOTO EDITOR
JACLYN CATALDI MULTIMEDIA EDITOR
DEANNA ROMANOFF ASSISTANT MULTIMEDIA EDITOR
KIRA MADDOX PROOFREADER
VICKY WOLAK CHIEF COPY EDITOR

EMILY FULLER DESIGN EDITOR
MARIANNA DUNBROOK ASSISTANT DESIGN EDITOR
EVAN SOBKOWICZ WEBMASTER
KRISTINA KING SALES MANAGER
STEPHEN SHULER CLASSIFIEDS MANAGER
MICHAEL SERINO ITHACAN ADVISER

THE ITHACAN IS PRINTED AT OUR PRESS IN CHENANGO FALLS, N.Y.

GUEST COMMENTARY

Ithaca College falls short in sustainability

Earlier this semester, I came across Sierra Club's 2013 Coolest Schools rankings, which judges colleges on their sustainability. As I clicked my way through the top-10 list, from No. 10 to No. 1, I was dying to know what place Ithaca College received.

However, the college I chose to enroll in was not in the top 10. One of my other prospective schools, American University, was in the top 10, while Ithaca College — the college I had believed to be the greenest of all my choices — was not.

After scanning through the results, I found that out of 164 schools that made the list, the college came in 69th place. Out of 1000 possible points, we received 597.35. I realized that despite all of the green initiatives pitched to me during my tours, sustainable is not the best adjective to describe the college. Meanwhile, Cornell University landed fifth place with 776.72 points.

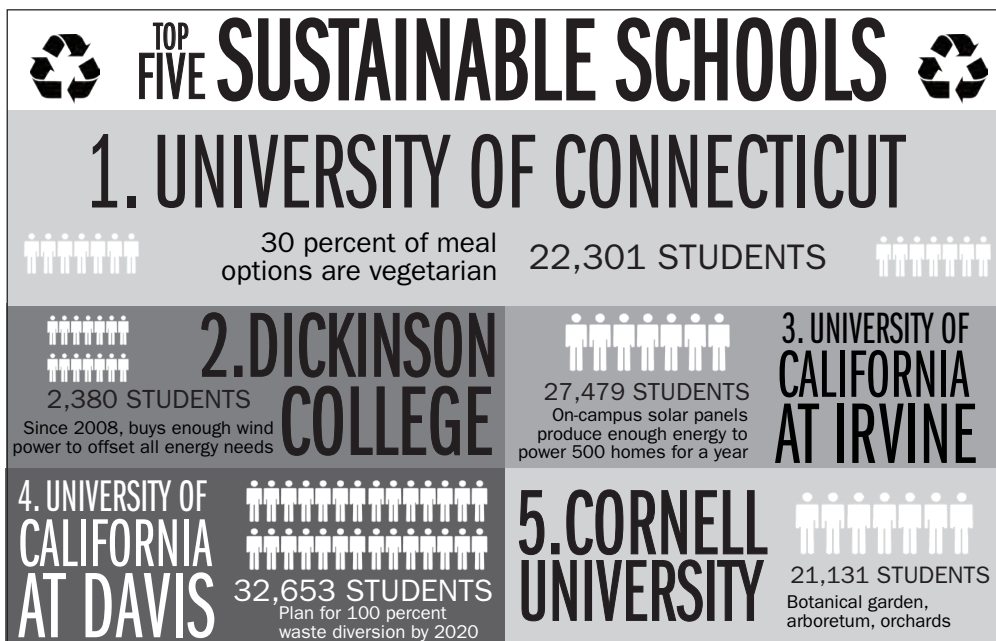
As a prospective student, one thing that made the college stand out to me above my other choices was its dedication to sustainability. On my campus tour, it seemed like the guide brought up sustainability in every building we walked through. I was impressed with the platinum Leadership in Energy and Environmental Design certified business building, which uses rainwater for the toilets, has a vegetated roof and a design that maximizes natural lighting.

Not long after moving in, I noticed shortcomings in the college's apparent greenness. My Integrated Core Curriculum theme, "Quest for a Sustainable Future," has the second least amount of themed classes. This is disappointing, as an environmentally conscious college should be leading the way in green education.

I have also involved myself with green clubs on campus. After joining Stop Wasting Ithaca's Food Today, I realized that food waste is still a



FAITH MECKLEY



Though Ithaca College prides itself on being a sustainable, "green" campus, it did not make the list of the top sustainable schools distributed by Sierra Club Magazine. The college was ranked No. 69.

DESIGN BY MARIANNA DUNBROOK

major problem on campus, despite the existence of this club and Weigh the Waste, an initiative through the dining halls.

When I first came to college, I couldn't wait to make composting a part of my everyday life. I was confused when I discovered composting isn't offered in residence halls; it seems like an obvious program to have. My fellow Terrace 2 residents and I have to manage our own composting; we collect it in a bucket on the balcony and take it to the Terrace Dining Hall.

As an environmental activist and nature enthusiast, I feel disenchanted. But the college can learn from the other schools that made Sierra Club's top-10 list. American University hosts a campus-beautification day each year. We could plant more trees to compete with Georgia Institute of Technology's 25 percent arboreal

cover. We could also install solar panels on the roofs of our buildings to provide energy, like the University of California at Santa Barbara and the University of California at Irvine.

Despite these environmental shortcomings, I know that my college is taking steps in the right direction. For example, the college has a goal to be 100 percent carbon neutral by 2050. However, it has a long way to go before it can claim sustainability as an attribute, and I think this disclaimer should be made more obvious to prospective students. I have hope that student voices such as my own will encourage the administration to raise the bar, not only for the long-term, but for the near future as well.

FAITH MECKLEY is a freshman journalism major. Email her at fmeckle1@ithaca.edu.



LADY'S LIBERTY

RAMYA VIJAYAGOPAL

Girl power can't look past racism

Lily Allen, a British recording artist and actress, released a new song called "Hard Out Here" on Nov. 17. This upbeat, sarcastic girl-power anthem reached No. 9 on the charts in the United Kingdom.

It's pretty explicit, but she basically hits every issue on the list — rape culture, the glass ceiling, body image, media pressure, patriarchy, gender roles. This song didn't leave anything out.

With hard-hitting lyrics, "If I told you 'bout my sex life, you'd call me a slut," her bold statement made waves in the U.S. as well as overseas. Her video amassed 2.2 million views within two days of being uploaded — but not all of the attention was positive.

Unfortunately, the way Allen decided to make a statement about pop culture in her music video was to appropriate culture and be racist by using women of color as props. She exaggerated everything to the point of making the video uncomfortable to watch because of the unexpected and unnecessary vulgarity through the dance and costumes. I loved the song, and I'm all for girl power, but the video did not cut it for me because her intent didn't excuse her racism. I've already written about why Miley Cyrus is racist for treating women of color as props in her performances. What I don't understand is why Allen thought it would be OK to mimic Cyrus, magnifying the vulgarity and discomfort a million times in the name of making a statement.

Allen is the only white woman in her video, and she is clothed and strutting around while her background dancers are scantily-clad, women of color. I don't care if it was to make a point, she is guilty of racism. The video was sickening and problematic.

While I applaud Allen for her song and hitting all of these issues so concisely in a 3:31 time frame, I wish she had taken a different avenue with her video. The vulgarity of the display didn't have much to do with the song. She could have taken notes from Beyoncé by creating an empowering music video with positive vibes, like "Run the World (Girls)."

I thought the lyrics were really clever, forgiving the frequent use of b---, which was actually used for reclamation purposes. She even managed to reference Robin Thicke's "Blurred Lines" lyrics at one point: "Have you thought about your butt?/ Who's gonna tear it in two?" as a swipe at T.I.'s line: "I'll give you something big enough to tear your ass in two."

Bottom line, I love Lily Allen, and I love feminism and "Hard Out Here," but she deserves criticism for her video. However noble her intentions were, her actions were far from blameless.

RAMYA VIJAYAGOPAL is a freshman journalism major. Email her at rvijaya1@ithaca.edu.

GUEST COMMENTARY

How Hobby Lobby can teach us to avoid following laws

Hobby Lobby, an arts and crafts superstore, opened up a new location in Ithaca — which isn't a huge surprise, because people

in Ithaca love arts and crafts. But, on Nov. 11, Ithaca residents and students gathered in front of the Hobby



TAYLOR PALMER

Lobby building on Route 13 to protest the store — which isn't a huge surprise, because people in Ithaca love protesting.

Protesters want people to shop elsewhere because of the store's stance on health care. Frankly, I'm not happy with the protesters, and I'm calling for them to reconsider and stand with Hobby Lobby.

The very successful chain and its CEO, David Green, are currently locked in dispute with the federal government over a mandate in Obamacare that says Hobby Lobby must supply a healthcare plan that covers a number of contraceptive medications to employees. Green is boycotting the mandate and refusing to supply contraception.

Green is a Christian man, and he believes that Hobby Lobby shouldn't have to break its moral and religious convictions by



Taylor Palmer says rather than protest against Hobby Lobby, we should learn from this corporation by also pushing for our First Amendment rights.

CONTRIBUTED BY TAYLOR PALMER

providing contraceptives to its employees, a method or substance used to prevent pregnancy, which is prohibited by their religion because it contradicts the sanctity of life at conception. Green argues that Hobby Lobby's rights are being infringed upon because it has to legally perform actions contrary to the religious values of its owner.

Corporate personhood laws in the U.S. have given companies First Amendment rights, and Green believes that his corporation should be afforded freedom to practice his religion and withhold contraception from its employees.

In essence, Green is arguing that he doesn't need to follow the law because of his religion and, because he owns a business, he can impose

that religion on his employees. At first, this irked me. Green should definitely be able to practice his religion, but he shouldn't get special treatment because of it, I initially thought. But then, I began to think this Green guy is kind of a genius. If you don't want to follow a law, just say it's against your religion — even if everyone else has to follow it.

As a partially Christian person, I'm taking a stance against federal student loans; I don't feel the need to pay back the interest on them. Deuteronomy 23:19 says, "Do not charge your brother interest, whether on money or food or anything else that may earn interest." Have you seen the interest rates on your student loans? Sorry government, but my religion says your

interest rate collection isn't kosher.

I'm also really in tune with the Buddhist beliefs that are essential to my identity. Part of a Buddhist lifestyle means mitigating harm that is done to the environment and working hard to keep the earth healthy. My Buddhist values just can't jibe with the idea that my taxes are being used to support fossil fuels. Fossil fuels are detrimental to the Earth, so I cannot support that idea that my tax dollars stock subsidies that support fossil fuels.

Now that I think about it, I really don't believe in money at all. Part of my radically Jainism-related lifestyle actually promotes non-possessiveness. If I give any tax money to the government, it is promoting a system of possession. Sorry Uncle Sam, I'm not going to give you money to give to people so they can go and buy things.

Now that I'm on Team Green, and I have the choice of which laws I want to follow, I see where this guy is coming from. Instead of getting mad about Hobby Lobby petitioning to not have to follow the rules of law, government and society because of their religion, take a page out of their book and make it work for you and stop following laws you don't like.

TAYLOR PALMER is a senior economics and writing major. Email him at tpalmer2@ithaca.edu.



ITHACA
COLLEGE

Center for
Print Production

Don't wait for your papers and projects to get all stacked up.

Bring your documents in so we can help give them a colorful, professional look.

**Extended Hours:
Dec 2nd - Dec 20th
7:00 am - 6:00 pm**

104 Center for Public Safety/General Service
607-274-3998

<http://www.ithaca.edu/businessandfinance/centerforprintproduction/>

STUDENT BANKING

Here's a relationship your parents will actually approve of.

You're growing up, and you need a bank that will be there for you every step of the way. As a part of our Student Banking program, Chemung Canal will help you with your checking and savings accounts and provide you with handy tools such as Web Banking, Mobile Banking, and fee-free ATM access. So stop on in and begin a relationship with us—it will be one that your parents will welcome and one that you will treasure for a lifetime.


Certain activity required to avoid a monthly fee.
Wireless carrier charges may apply.
Ask us for details.



 **Chemung Canal
Trust Company**

Building relationships since 1833

chemungcanal.com

Member FDIC 

The Library Café is NOW OPEN!

Located in the back of the Library on the 2nd Floor

Sunday - Thursday

4PM - Midnight

**We Proudly Brew
STARBUCKS COFFEE**



Bonus Bucks, ID Express, Credit Cards and Cash accepted

 **ITHACA
DINING SERVICES**
Member Quality Dining
by sodexo



Artist Benjamin Entner stands by pieces in "Sumus: Figurative Sculpture Through the Ages," during the exhibit's opening Nov. 14 in the Handwerker Gallery. COURTESY OF ERICA MORIARTY

A CLASSIC BLOW UP

Artist fuses antique sculpture and contemporary art in Handwerker Gallery exhibit

BY STEVEN PIRANI
STAFF WRITER

Stone-faced and unsmiling, Pharaoh Amenemhat III gazes outward into the space of the Handwerker Gallery and directly into the eyes of a middle-aged woman drawn on canvas. Through the frames of her glasses, she gazes back, locked in a staring contest with a 4,000-year-old piece of Egyptian royalty. This time-bending experience isn't the result of a rip in time, it's the work of artist Benjamin Entner, whose exhibition "Sumus: Figurative Sculpture Through the Ages" is featured in the Handwerker Gallery through Dec. 15.

The inspiration for "Sumus" came to Entner's mind while abroad in Florence, Italy. The sculptor, struck with a bout of artist's block, found inspiration for the exhibit in local sculptures around Florence. He said the classical renderings of naked

men spurred the creative vision that would inspire his collection.

"I was living specifically in Florence, and I didn't have many ideas on what I wanted to make or what I wanted to do," Entner said. "You walk around Florence, and there's just all these statues of naked men everywhere. And I figured, well, I'd fit right in."

This injection of the modern human into the classical realm is a theme that carries throughout "Sumus." Entner, utilizing his knowledge of classical sculpture and the Handwerker's collection of classic casts, provides artistic juxtaposition as he crafts each piece's contemporary equivalent: slabs of marble have been replaced by balloons of canvas, which Entner draws on and then inflates, bringing his illustrations into the realm of sculpture. In addition to these pieces, some works have been taken out of their 3-D field and re-imagined by the artist in illustration.

With the artistry of Italy fresh in his mind, Entner crafted his first work, an inflatable, 42-foot-tall adaptation of the Colossus of Constantine. The original Colossus depicted the Roman emperor Constantine the Great, and it was erected between 312–15 A.D. in the Basilica of Maxentius in Rome. It stood at roughly 40 feet tall before its destruction. Truly ardent to "fit right in," Entner has used himself as the model for his own Colossus.

Despite their differences in execution, these contemporary recreations keep the name of each classic piece they are based upon. Entner said while he is celebrating the art, he set out with the objective of parodying the pieces.

"I'm definitely celebrating [classic sculpture] and trying to contemporize it," Entner said. "All of the pieces are a parody of a classical sculpture."

In this spirit, Entner has woven humor throughout the collection.

One of the exhibit's best examples of this is the recreation of the classical Greek piece, "Discobolus." Originally a bronze sculpture, "Discobolus" depicts a nude male figure in the midst of throwing a disc. It's an image of athleticism and the masculine form, but Entner turns it on its head by ditching sculpture for illustration and swapping out the original subject for an

elderly one. This "Discobolus" is clad in a checkered shirt, painfully hunched and seems comically out of place.

Senior Dan Caplan said he found humor in Entner's new rendering of "Discobolus," especially in how different the two subjects are.

"I find it hilarious," Caplan said. "It's supposed to be a man who's supposed to be throwing a discus, but right now it looks like a curmudgeonly old man who's bending over to maybe pick up his keys."

Entner's pursuit of comedy does not stop with the creation of art. He has taken a similar degree of care crafting each of the placards that accompany the pieces. While the original pieces are paired with factual information, the re-imagined versions blur the lines of fact and fiction.

A notable example of this is the placard for Entner's recreation of Roman sculpture "Apoxyomenos," more frequently recognized as the image of a man covered with a fig leaf. While the placard mentions the very real attempts of the church to censor classical art exposing genitalia, it also lies, saying that the Neapolitans used thin-crust pizza to cover up their models. Viewers may find themselves scratching their heads as they read Entner's descriptions, which is exactly how Entner said he wants it.

"I include factual information, and I also include really absurd information," he said. "I like that idea that somebody might be reading through it, and it seems real, and then all of sudden they're like, 'What?'"

Dara Engler, assistant professor of art, took her figure drawing class to view "Sumus." She appreciated the comic nature in Entner's work and said she felt it respectfully pokes fun at classic sculpture.

"I don't think it's a criticism, I think it's a comical appreciation," Engler said. "I can't think of a better word; I keep saying it's a mocking dialogue, except mocking in a very respectful, not disrespectful, way."

Along with this friendly mocking, Entner said he also aimed to ask questions about the art on display. He said he enjoys the idea of making his audience rethink concepts of beauty and perfection.

"Discobolus' ... art historians say that's from the high classical Greek period," Entner said. "So it's the proper proportion, this is the ideal man, and I like that idea of, 'Well, here's this old man,'" Entner said. "You can question, what is beautiful? What is the



Artist Benjamin Entner's inflated piece "Anima Beata" in the Handwerker Gallery. JENNIFER WILLIAMS/THE ITHACAN

perfect body? And how is that defined? Not only is it celebrating the things in the past, but it also challenges it."

With how new some of the pieces are, Entner is still figuring out exactly what he wants his audience to take away from "Sumus." He said he ultimately hopes for laughter but doesn't want it to come easily. Entner said before a viewer cracks up, he wants them to give "Sumus" some thought.

"A lot of this work is brand new," Entner said. "It's fresh to me, and I don't know what I want from my audience. I want them to laugh, but I don't want it to be an easy joke. I want them to have to think about it."

Additional reporting was contributed by Staff Writer Nina Varilla.



Artist Benjamin Entner's piece "Anima Damnata." JENNIFER WILLIAMS/THE ITHACAN



Dancers flock to bird festival

Naga dancers in traditional attire perform during the opening day of the Hornbill festival at Kisama village on the outskirts of Kohima, India, on Dec. 1. Named after the Hornbill, the 10-day long festival is one of the largest in India's northeast region.

ANUPAM NATH/ASSOCIATED PRESS

blog of the week

How funny can a picture of a peanut butter and jelly sandwich be? Maybe a little bit funny. But call it “plemmot babber am jemmy,” and it’s a whole different story. Potabo.com, the self-proclaimed “worst site on the Internet,” turns normal food into strangely hilarious spelling conundrums that embody the idea of mindless scrolling. Orange turns to “erj,” eggs are simply “x,” and turnip is just “terp.” It makes no sense, and it doesn’t have to; after five pages of Potabo, browsers will be quoting their favorites for many days to come. Readers can even submit their own offerings to the website in hopes of having their material posted on the page.

— STEVEN PIRANI



snack attack

Staff Writer Steven Pirani finds the sweets that can't be beat

As it gets colder, drinks get hotter, and few beverages are as perfectly suited to winter as a good mug of hot cocoa. Womenlivingwell.org is claiming that its featured recipe is the best in the world. Here's the secret:

Ingredients

- 3/4 cup sugar
- 1 cup cocoa powder
- 1 cup chocolate chips
- 1 tsp salt
- 1 cup hot water
- 1/2 gallon milk
- 1/2 tsp vanilla
- 1/4 tsp cinnamon
- 8 ounces of fresh whipped cream
- Marshmallows (optional)



Steps:

1. In medium to large pot, mix milk, cocoa, chocolate chips, hot water, vanilla, cinnamon, sugar and salt at medium to high heat. Whisk all together.
2. Add chocolate chips and whisk well until melted.
3. Add milk and whisk again until well mixed.
4. Add vanilla and cinnamon. Then add whipped cream and stir.
5. Serve and garnish with more whipped cream or marshmallows.

The recipe serves 10, so there's enough to share — or not. Drink up!

wtf!

ARTIST PUSHES BOUNDARIES WITH NEW BUG EYELASHES

British artist Jessica Harrison is taking false eyelashes to a whole new level with Flylashes. The new beauty bombshell is exactly how it sounds, though it may be troubling to question. Harrison takes dead flies and dismembers their legs to attach to eyes for a whole new look, no pun intended. Flylashes can be attached using regular false eyelash glue, and can be representative of darkness or the welcoming of death. The eye accessory is assembled in a bent or crooked manner on the eye, which resembles an insect-like look. While Flylashes aren't for sale, Harrison created a video of her using them on her Vimeo page. Lady Gaga and her lobster lashes better watch out!



— JACKIE EISENBERG

omg!

PEE-POWERED PUMPER COMES TO LIFE IN U.K.

Researchers at Bristol Robotics Laboratory in the U.K. have developed a robotic heart that runs on, yes, human urine. Created with the aid of 3D printing, the researchers say the heart can pump up to 33 times on only two millimeters of human pee, and generate up to 3.5 volts of power. The researchers say the invention is one of a series of proposed “EcoBots,” environmentally friendly robots that would find fuel in urinals and public lavatories rather than the standard AA batteries. But don't expect to see these robots in stores just yet: The robot is strictly for proof-of-concept.



— STEVEN PIRANI

celebrity scoops!

Walker drives to death

Actor Paul Walker, of “The Fast and the Furious,” was killed in a car accident Nov. 30, in Santa Clarita, Calif. The police statement noted that “when they arrived, deputies found the vehicle engulfed in flames. The Los Angeles County Fire Department responded, extinguished the fire and located two victims inside the vehicle. They were pronounced dead at the scene.” Walker's official Facebook page released a statement saying, “We appreciate your patience as we too are stunned and saddened beyond belief by this news.” Known for his role as Brian O'Conner in “The Fast and the Furious” franchise, Walker was working on the seventh installment of the film, set to release next summer.



— BENJII MAUST

tweetuntweet

I'm terrible at tying towels around myself after showers like they do in Katherine Heigl movies.

— Actor Rainn Wilson muses over his inability to cover up after a shower. He's currently filming “Cooties,” a comedy-horror film starring Elijah Wood and directed by Cary Murnion.



Intern life parodied in student's sketch comedy

BY EVIN BILLINGTON
ASSISTANT ACCENT EDITOR

Internships have become almost a rite of passage for many college students looking to break into a career. They are supposed to serve as a window to the professional world, but some interns complain the experience is reduced to running errands.

"Internal Struggle," a sketch-comedy show directed and written by senior Talia Koren, explores the more unsavory side of interning. The show will be performed one-time-only at 8 p.m. Dec. 5 in Klingenstein Lounge in the Campus Center.

Koren, who herself has had six different internships, decided to write the show last May during an independent study, hoping to comment on the growing controversy surrounding internships. She said the sketches are more based on her own anxieties about internships than her actual experiences.

"One of my favorite sketches is more like one of my fears," Koren said. "It takes place in a bathroom, and it's an intern pooping next to her boss. Which to me is a scary thing ... if that ever happened, it would be so awkward."

She held auditions in October to cast 13 actors in the six sketches, and since then has had eight rehearsals. There is no overarching narrative or story, but Koren hoped to give a critique of interning in each sketch.

"I like comedy with a purpose; I wanted to kind of get a message across, like how I feel about internships," she said. "There's this experience paradox where you can't get a job if you don't have experience, so there's this sketch about how ridiculous it is."

In addition to writing and directing the show, Koren is in four out of the six sketches, where she plays an eager-to-please intern. Junior Meredith Clarke plays the "boss lady" in most of the sketches and serves as a foil to Koren's chipper character.

"I'm the boss that's just like 'No,' and



From left, seniors Talia Koren and Brennan Banta, and freshman Kate Zasowski rehearse for "Internal Struggle," a sketch-comedy written and directed by Koren, on Dec. 3 in Friends 307. TUCKER MITCHELL/THE ITHACAN

she's excited, and I'm not," Clarke said. "It's just a really funny parallel of completely opposite personalities."

Though Koren wrote the show, most of the rehearsals involved the actors giving feedback

and suggestions to the script. Koren said the cast members were very enthusiastic about giving their input to revise the show.

"I wrote really good skeletons of sketches, like sketches of sketches," she said. "I knew

that when we started rehearsing, more jokes would come. It's always better to have a group mind about it, because I can't come up with everything that's funny about the situation."

As an actor, Clarke said she had never experienced such workshop-like rehearsals, but she enjoyed being able to give her suggestions and feel like she was contributing more to the overall product.

"It's helped me enjoy the show more because I feel more a part of it than just a piece of meat getting told to do things," she said. "I just feel more integrated in the whole process, and I care about it that much more."

Clarke said adding to the experience was the fact that all of the actors got along very well together, despite many of them not knowing each other very well before casting took place.

"It's just a really relaxed environment, and I guess [Koren] chose us based off of how she's seen us perform ... I just think she did a really good job picking people," Clarke said. "She just knew that our energies were going to work with each other, and they do."

Though the show is largely comedic, sophomore co-director Rebecca Caplan saw a large amount of realism in the different sketches.

"Every sketch has to do with a truth, it's heightened a little bit, sort of more like a characterization, but there's truth in it," Caplan said. "One of the sketches is about a girl who's trying to get face time with her boss, which is a lot of interns."

Koren chose to write the show in sketches because she said the longer comedic format makes it easier to give a deeper point of view while still maintaining humor.

"I think it's the balance between standup, which is like a solitary thing where you can tell a joke, and a play which is longer and has more of a story," she said. "It's like, this is a funny thing, here's a point of view, and here's us being silly by it."

Professor's photobook receives national recognition

Ron Jude, associate professor in the department of media arts, sciences and studies, and internationally recognized photographer, released his most recent work Nov. 14 in an internationally collaborative photobook. His photobook is one of the 10 in the Super Labo project, entitled "Lost Home."

Each photobook is inspired by the prose poem, "Lost Home," by the award-winning Japanese screenplay writer, Nobuyuki Isshiki. The photographers were given the poem to respond to through their own photographic interpretation.

Natalie Matutschovsky, senior photo editor of TIME magazine, chose Jude's "Lost Home" as one of the best photography books of 2013. The magazine's third annual list of top photobooks was released Nov. 25.

Staff Writer Tylor Colby spoke with Jude to discuss his photographs in "Lost Home," his means of creating a photographic response to written word and his plans for future works.

Tylor Colby: "Lost Home" recently was noted as one of the best photography books of 2013, according to TIME magazine. What are your thoughts on that?

Ron Jude: We just launched it in Paris three weeks ago. These "best of" lists come out, and they start to come out right after Thanksgiving. Fortunately, it was released early enough to get seen by some key people. Everybody goes to Paris Photo, so it was seen by a lot of people and

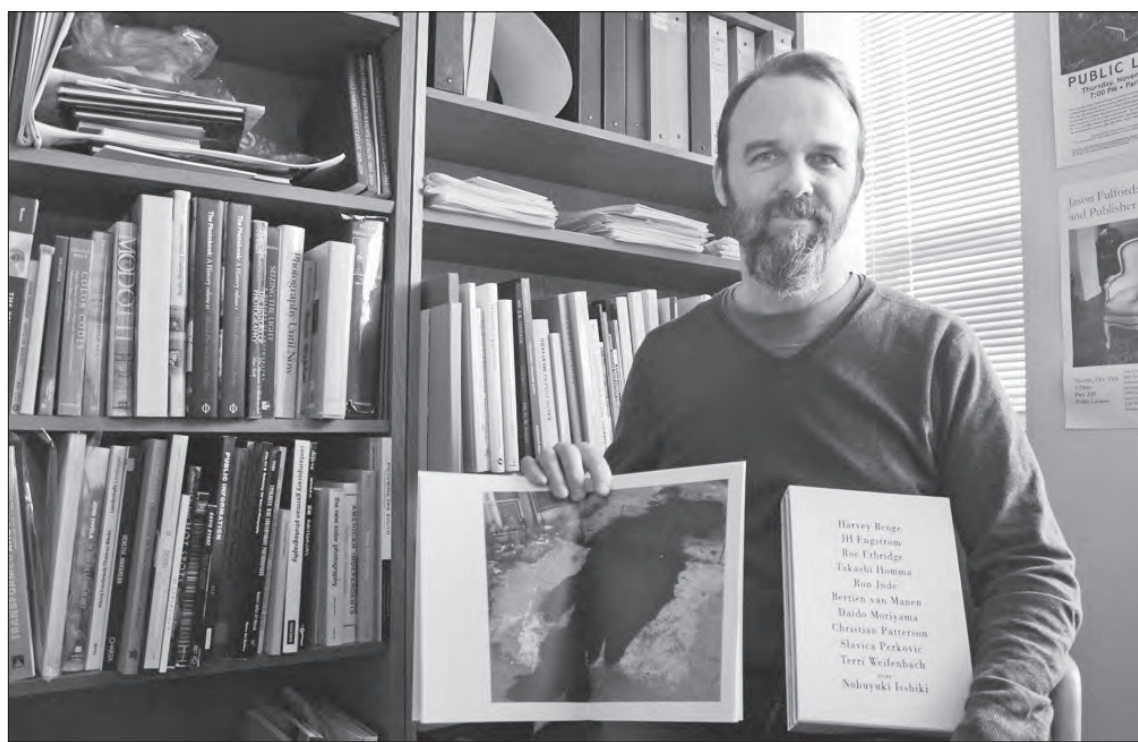
apparently caught the eye of one of the photo editors of TIME, so that was nice. It always helps with sales, too, to make the list.

TC: What was it like to put together a collaborative photography book with other photographers?

RJ: We keep using the term "collaborative work" when we talk about this piece, but in fact, there wasn't a whole lot of collaboration. It was all done very independently. There were two photographers in the group that I happen to be friends with. We shared our books with each other and gave each other feedback, and so I knew that they were up to it based on them sending me PDFs, and I would give them feedback and vice versa. Otherwise, it wasn't like we were all sitting at a table, talking to each other about what we were doing.

TC: As a collective work, though, is there an overarching theme presented between your work and that of the other photographers?

RJ: I don't think it's just because the title is "Lost Home," and I don't think it's just because of the tone of the prose poem, but there is a tremendous sense of loss in all 10 of the pieces in 10 very different ways. And I suppose, to some degree, that it does come from the nature of the prose poem and what the story was about that we're reading. There's very little crossover, in terms of subject matter. There's a similarity in tone to all of them, though. The



Ron Jude, associate professor in the Department of Media Arts, Sciences and Studies, and internationally renowned photographer, recently had his work published in an internationally collaborative photobook called "Lost Home." COREY HESS/THE ITHACAN

way they were put together and sequenced in a book form generates a similarity in tone, and a similarity in this sense of loss.

TC: You have said your recent works focus on "rediscovery of a meaning" in life. Is this still a present theme in "Lost Home?"

RJ: The narrative structure of "Lost Home" isn't altogether different. It's trying to take these disparate elements that are very ambiguous on their own and find a narrative

thread through the whole thing.

TC: Your images usually seem to encapsulate a very finely tuned idea or expression. Was this a challenge?

RJ: Yeah, it was challenging because it was the first time I've ever worked in response to something external to the work itself. So on the one hand, you're trying to stay true to your work and what people expect from your work. On the other hand, you're trying to draw some kind of a reference to the written piece.

TC: Is there anything else you are planning to work on for the future? Are you planning on publishing any other books?

RJ: I'm opening an exhibition at my gallery in LA in January, and, happily, I'm finished printing as of last week. What I really want to be concentrating on, though, is a project I've been shooting for the past couple of years in the Southern California desert. I'm hopefully getting it into book form by the end of next year. It's called "Lago."



— ITHACA COLLEGE'S —
WINTER SESSION
 offers a great opportunity to make up, catch up, or get ahead during your winter break!

REGISTER ONLINE VIA HOMERCONNECT.

REGISTRATION NOW OPEN

Visit ithaca.edu/winter for more information.

ITHACA COLLEGE

Winter Vacancy Request Forms

The Office of Residential Life strongly recommends that you complete a vacancy form indicating the individual you would like to pull into your room in the event that a space opens, whether you anticipate a vacancy or not.

AVAILABLE: December 02, 2013

Due: December 19, 2013

STATE

01/13 **NEUTRAL MILK HOTEL**

2/22 **BAND OF HORSES** (ACOUSTIC)

03/28 **KEB MO**

04/11 **B.B. KING**

TICKETS: BOX OFFICE (105 W STATE ST)
 607-277-8283 • STATEOFITHACA.COM

12/06 JESSE DEE

12/12 BIG D & THE KIDS TABLE

12/13 DRIFTWOOD

12/14 !!! w/SOLARIS

12/19 FREEDY JOHNSON

01/16 GREG BROWN

01/24 HR (of BAD BRAINS)

01/30 SPIRITUAL REZ

02/04 GREENSKY BLUEGRASS

02/08 MARIA TAYLOR

02/15 EUGENE MIRMAN

03/18 HOUNDMOUTH

03/20 KELLER WILLIAMS

THE HAUNT

702 WILLOW AVE., ITHACA
 THEHAUNT.COM
 607-275-3447

DSP
 DAN SMALLS PRESENTS

HANGAR THEATRE 03/08 RICHARD THOMPSON
 04/23 LEON RUSSELL

NEW SHOWS BEING ADDED ALL THE TIME!
 KEEP UP-TO-DATE AT DANSMALLSPRESENTS.COM

Head online to check out our newly launched website!



theithacan.org



Sterling OPTICAL

CELEBRATING 100 YEARS

100 YEAR ANNIVERSARY HOLIDAY SALE

2 Complete Pairs of Eyeglasses Starting at

\$69.99*

Fashion Frames • Single Vision Lenses

Designer Frame Closeouts

50% OFF**

While they last! Coach, Guess, Michael Kors and others.

Eye Exam Just

\$9.99

with offers

Use Your

FLEX DOLLARS

Before They Expire

The Shops at Ithaca Mall • 607-257-2333

STERLINGOPTICAL.COM

*Frames from select group. **Lenses additional. Frames from select group. Other restrictions may apply. See store for details. Limited time offer.

One-man rock show

Freshman performs classic-rock music for the college and Ithaca community

BY ASHLEY WOLF
STAFF WRITER

A slender man with long, brown hair sits in IC Square with a black electric guitar case and a tie-dye backpack. It looks like any other ordinary backpack that may be filled with books, but it actually holds a harmonica and a small amplifier.

Freshman Harrison Lindsay — or HAL, his stage name — is a musician who plays guitar, harmonica and sings with a classic-rock sound and influence.

Lindsay said he has given 72 performances since he began in 2010 and has played 10 shows at the college so far. At the college, he has performed on Wednesday nights at the TC Lounge Open Mic Night; at “Just Be Cause,” an Ithacan Underground Open Mic Night; The Nines; and in IC Square in the Campus Center. In New Jersey, his home state, he has performed at The Washington Theater, a local restaurant and a nearby pub. He also plays shows in garages and basements.

Lindsay said he began to perform and play music because music is a form of expression.

At a typical gig, Lindsay plays with a silver harmonica holder and guitar strap wrapped around his neck. He stands in front of a microphone wearing a pair of his blocky, black sunglasses and an amplifier on his side.

He plays cover songs of his musical influences, including Bob Dylan, The Beatles, Nirvana, Eric Clapton and Jimi Hendrix, as well as original compositions.

“See The Eyes” is the first original song Lindsay composed, and he also performed it for the first time in April 2013 at The Studio at the Valley Music Center in Long Valley, N.J. He said he wrote this song in “bits and spurts,” composing the first half of the song’s lyrics

and instrumentation scores in the spring of 2012. He said the song is about when he got into a disagreement with a friend and felt like no one was listening to him.

The song has bluesy guitar and harmonica melody with sad drawn-out vocals. The mood of the piece is somber and wistful with bereaved lyrics such as “What do you think when they blink/ Out a single tear of sorrow/ That drops into a sea/ Of madness.”

Ben Caolan, Lindsay’s friend who attends Fairleigh Dickinson University, described Lindsay’s sound as folky and low-fi with a strong classic-rock influence.

“He’s like the love child [of] Eric Clapton and Jess Magnum,” Caolan said. “His smooth, lethargic melodies have great vibes that lead me to reminisce about good times in the past.”

When Lindsay was younger, he wasn’t interested in music because he heard only mainstream radio tracks. Seeking something more, he began to listen to older music.

“The turning point was probably in about fifth grade when my teacher played us ‘Yellow Submarine,’” he said. “It was just like, ‘Whoa, this music stuff is actually pretty interesting.’ So, then I spent a lot of time dabbling in it.”

Lindsay’s guitar playing is greatly influenced by Hendrix because he conveyed multiple genres, including blues, jazz and funk, and processed them into dramatic, electric lead guitar chords.

“He was a maniac on guitar,” Lindsay said. “I try to be as much of a maniac as possible but in a different way.”

After he found an interest for music, Lindsay began to sing in the church choir and joined his high school’s chorus instructed by the music teacher, Michael LeRose.

“You couldn’t find a more enthusiastic,



Freshman Harrison Lindsay, a classic-rock musician, performs. Lindsay writes his own music but often plays covers of his influences, including The Beatles, Nirvana and Jimi Hendrix.
COURTESY OF HARRISON LINDSAY

energetic, passionate person when it came to being involved in music,” LeRose said. “Lindsay contributed much to our music classes and extracurricular chorus and jazz band.”

Lindsay majors in business administration with a minor in audio production. He said he would like to stay on the business side of music and keep performing as a hobby.

“I want to make something with music and business, so we’ll see what happens,” Lindsay said. “I perform for myself and for the music, not for the money.”

Subscribe to Harrison Lindsay on YouTube at [halguitarist](#), follow @halguitarist on Twitter and listen at [halguitarist.bandcamp.com](#).

Malawi, Africa

HINT-31300 Health Care and Culture:
An International Field Experience
Summer Session 2014 (June 3–17)
Instructor: Mary Taylor

This course will take place in Malawi, also known as the warm heart of Africa. In this safe and friendly country, students will observe firsthand the effects of poverty on health care.

Students will learn about traditional medicine as well as current medical practices. There will be opportunities to assist feeding babies at local crisis care nurseries, interact with orphans at the feeding centers and meet students at the University of Malawi. The students will visit hospitals and clinics in the northern region of Malawi.

There will also be an opportunity to take a safari on a game preserve. This unique learning experience will broaden awareness of the interdependence of the world communities.

Students can choose to take this course for part of independent study, fieldwork/internship.

For more information contact:
Mary Taylor at
mtaylor@ithaca.edu

Pending approval by Ithaca College.



 ITHACA COLLEGE
School of Health Sciences and Human Performance

Studying abroad?



STUDENTS PLANNING TO STUDY ABROAD IN WINTER/SPRING 2014:

Study Abroad Orientations are mandatory for all students going on an IC short term, exchange, affiliated or non-affiliated program in the Winter/Spring of 2014.

Choose the sessions that work best with your schedule, and be sure to sign in when you arrive.

IC Details

Tuesday, Dec. 3
12:10-1:00
Textor 101

Thursday, Dec. 12
12:10-1:00
Textor 103

Traveling Abroad

Thursday, Dec. 5
12:10-1:00
Textor 101

Tuesday, Dec. 10
7:00-8:00
Textor 101

International Health Insurance

(required if going on an IC, exchange or an affiliated program other than IES)

Monday, December 9, 6:00-7:00, Textor 101

For more information, contact the Office of International Programs
214-2 Center for Health Sciences ~ 274-3306

Heavenly new novel comforts readers

BY EMILY FEDOR
CONTRIBUTING WRITER

Bestselling author Mitch Albom is back in the spotlight with a quizzical tale that may make minds wonder if “the end is not the end.” “The First Phone Call from Heaven” has a different taste to it than is expected after reading Albom’s other works about death, such as “The Five People You Meet in Heaven.” But at the same time, it is clear he stays true to himself and his touching, creative writing style in his latest spiritual tale.

After citizens in the small town of Coldwater, Mich., known as “the chosen ones,” claim they are receiving mysterious phone calls from their deceased acquaintances, love and faith are put to the ultimate test. The story begins with day care owner Tess Rafferty listening to a message on her answering machine. In her mind, “a mother’s voice is like no other,” and that is how she knows the familiar voice she hears is indeed her mother, Ruth. Police Chief Jack Sellers receives calls from his son Robbie, a soldier who was killed in Afghanistan. Sellers says it can’t be his son, but the voice he hears on the telephone makes him believe it could be.

The “Coldwater Miracle” receives international attention and causes many believers to flock to the small town in the hopes of getting in contact with their deceased loved ones, but not everyone is sold on the idea. Sully Harding, who lost his wife Giselle in a car accident, thinks the entire “miracle” is a hoax. Harding opens up his own investigation in order to find out the truth behind the mysterious phone calls.

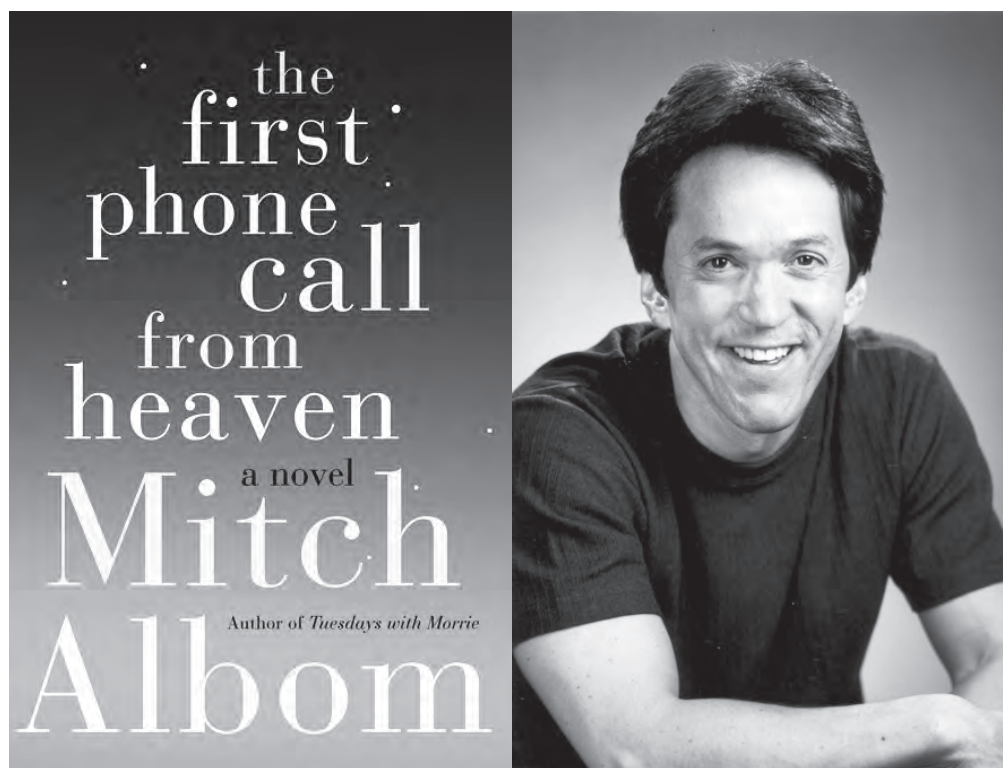
Upon beginning the book, readers would never guess Harding is the main character. But he later is revealed as an integral part of the story. By letting readers into Harding’s thoughts and including pieces of his tragic backstory, such as the termination of his job as a pilot and an undeserved 10-month prison sentence, Albom creates a complex character readers can relate to.

Albom weaves this tale with remarkable precision that adds a twist to a typical Al-

BOOK REVIEW

“The First Phone Call From Heaven”

Mitch Albom
HarperCollins
Publishers
Our rating:
★★★★



Mitch Albom released his novel, “The First Phone Call From Heaven,” on Nov. 12. The story surrounds people in a small Michigan town who receive mysterious phone calls from their deceased loved ones. COURTESY OF HARPERCOLLINS PUBLISHERS

bom novel. The plot structure has a style more commonly seen in theater because Albom intertwines two storylines. He balances the story of the phone calls from heaven with the individual story of Harding without causing readers significant confusion.

The author also includes pieces of history by taking readers on a journey from present day to the middle of the 19th century, when Alexander Graham Bell invented the telephone. Albom braids pieces of history perfectly with the events happening in Coldwater and Harding’s life, satisfying readers with a history lesson in addition to a compelling story.

Albom provides readers with an idea of what the other side is like, giving them something to have faith in without brainwashing them. Ruth Rafferty comforts her daughter over the phone by saying, “Anger, regret, worry ... They disappear

once you are here.” Robbie Sellers tells his father, “It’s awesome. You don’t see things ... you’re inside them.” Albom’s powerful storytelling allows a connection to be made with anyone who has ever lost someone. Though nothing can ever truly make the pain of losing a loved one cease, Albom does an exceptional job of comforting readers through the believable voices of the deceased characters.

By creating a mind-blowing storyline, Albom makes readers question what exactly they believe in when it comes to life and death. Though Albom’s style is slightly different than usual in this book, he’s ultimately true to himself by delivering another touching, one-of-a-kind story.

“The First Phone Call From Heaven” was written by Mitch Albom and published by HarperCollins Publishers.

hot dates

thursday

Powerdove, a rock band from Minnesota, will perform a night of live, improvised music at 7:30 p.m. at the Willard Straight Theatre at Cornell University. Tickets cost \$8–\$10.

friday

The Runway Holiday Fashion Show, hosted by the Downtown Ithaca Alliance, will be held at 7 p.m. in the Center Ithaca Atrium. Admission is free.

The Temptations, a renowned vocal group from the 1960s, will perform at 7 p.m. at the State Theatre. The show is open to all ages. Tickets cost \$28.50–\$52.50.

saturday

Santa’s Arrival to Downtown will run from noon to 3 p.m. in Center Ithaca. The event is free and will be open to the public.

A Feast of Carols, presented by the VOICES Multicultural Chorus, will be held at 7 p.m. in Sage Chapel at Cornell University. Tickets cost \$12–\$15.

sunday

Break the Silence Art Auction, hosted by Ithaca College Active Minds, will be held from 3–5 p.m. at the Community School of Music and Arts. Admission is free. Donations will be accepted.

Boy band creates sexy sound with ‘80s-style rock influences

BY FAITH MACIOLEK
STAFF WRITER

It’s time to rock — with a boy band. One Direction’s third album, “Midnight Memories,” is packed with guitar anthems that could have been pulled out of the ‘80s and showcases a maturity not only in the boys’ sound, but also in their songwriting.

Fifteen out of the 18 tracks on the deluxe version of the album were co-written by at least one of the members, like the standout track “Happily,” which was co-written by band member Harry Styles, Savan Kotecha and Carl Falk. This folk-rock tune features

ALBUM REVIEW

One Direction
“Midnight Memories”
Columbia
Records
Our rating:
★★★★

a twangy banjo and foot-stomping chorus, reminiscent of Mumford & Sons, and is a complete 180 turn from the electronic sounds repeatedly found on the band’s previous two albums.

The title track, “Midnight Memories,” is a rocking good time. Heavy with drum beats and an electric guitar, the boys seem to be channeling their inner Def Leppard. This is also the closest these 19–22-year-olds have come to cursing, with lines such as “People talk shhh/ But we don’t listen,” insinuating they are not yet ready to take the plunge from being tween-friendly to a serious band.

With four extra songs, the deluxe version is worth the extra money. The sexy rock anthem “Alive” has a similar beat to Free’s hit from the ‘70s, “All



COURTESY OF COLUMBIA RECORDS

Right Now.” The band sings about living “for tonight” while a pounding drum accompanies them. The track is so catchy it should be on the regular album to improve its rock feel.

There is not a bad song on this album, as the boys prove their growth as performers and songwriters. Even those who scoff at the idea of a boy band trying to rock should do themselves a favor and give this album a listen.

Country star picks new image

BY BENJII MAUST
STAFF WRITER

Kellie Pickler, who has spent the seven years since her “American Idol” debut churning out campy country pop, finally hit a winning stride with this year’s “The Woman I Am.”

“The Woman I Am” is a fresh take on country music and is easily the most well-balanced record to come out of Nashville, Tenn., in recent years.

Lyrical, the album tries to paint Pickler as country’s new bad girl, and while she’s no Miranda Lambert, she pulls off the snarling “Ring for Sale,” where she sings, “And I’m gonna let it go real cheap/ I got a ring for

sale/ A blue box with the velvet on and/ Act right now ‘fore he finds out/ And I’ll throw in the dress for free.” The sentiment is stinging, and while other songs cash in on this gritty image, their lack of lyrical subtlety makes this bad-girl act seem overdone.

Pickler has a strong sense of direction as a singer and an artist, making the album title more than appropriate.

ALBUM REVIEW

Kellie Pickler
“The Woman I Am”
Black River
Entertainment
Our rating:
★★★★



COURTESY OF BLACK RIVER ENTERTAINMENT

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

quickness



COURTESY OF DEADLY

“JETLAG” Milosh Deadly

Canadian musician Michael Milosh gets cozy this winter with his newest release, “Jetlag.” The album is light and warm, with tracks “Water” and “Hold Me” benefitting from Milosh’s signature, wispy falsetto.



COURTESY OF FUTURE CLASSIC

“LOCKJAW” Flume & Chet Faker Future Classic

Music-men Flume and Chet Faker have joined forces to craft their addictive new EP “Lockjaw.” The Australians blend emotive vocals with metallic sound-scapes, especially with their standout track “Drop the Game.”

Anticipated sequel heats up on screen

Lawrence ignites 'Hunger Games' film with unforgettable acting

BY JOSH GREENFIELD
STAFF WRITER

Proving that the magic of "The Hunger Games" franchise is not just a one-movie success, the newest adaptation in the series, "The Hunger Games: Catching Fire," proved to be just as engrossing and memorable as its predecessor.

The plot of the sequel picks up where the previous installment left off in the dystopian, futuristic society of Panem, a state split up into districts ruled by the oppressive Capitol. The districts are in a state of imminent rebellion against the Capitol, but are withheld by the yearly battle known as the Hunger Games. The Games require each district to sacrifice two tributes to fight to the death as a symbol of their subservience to the Capitol.

Now, one year after Katniss Everdeen (Jennifer Lawrence) and Peeta Mellark (Josh Hutcherson) won the 74th Hunger Games together, the pair must once again relive its experiences. Because of a new rule set into motion by the Capitol for the Quarter Quell, the 75th Games, the duo, along with victors from the other districts, must again face the perils of combat — even though they won immunity from future Games. At the same time, the Capitol's leader, President Snow (Donald Sutherland), haunts Katniss with his promise that any rebellion she inspires will be met with harsh repercussions for her and her family.

FILM REVIEW

"The Hunger Games: Catching Fire"
Lionsgate
Our rating:
★★★★



From left, Josh Hutcherson and Jennifer Lawrence star as Peeta Mellark and Katniss Everdeen, respectively, in "The Hunger Games: Catching Fire." This is the second motion picture installment of the "The Hunger Games" trilogy. COURTESY OF LIONSGATE

One of the film's successes is its energetic script, which Simon Beaufoy and Michael DeBruyn crafted. Much of the screenplay's brilliance stems from its ability to condense the key dialogue and plot from Suzanne Collins' original book, "Catching Fire," into a well-structured story arc. Beaufoy and DeBruyn balance the story's pre-Hunger Games buildup well, with the action-packed moments being within the Games themselves. The end result is a tale that is both engaging as well as enthralling.

One main difference that this film carries from its predecessor is its overall style, which comes from the directorial change. This

film, under the new direction of Francis Lawrence, uses clear continuity editing that keeps the viewer in a focused frame, unlike the last one, which used a shakier style. This change helps the flow of the film's storyline while still managing to preserve the raw feeling that was established with the first installment. A problem that stems from the film's new direction is the pacing that comes off as out of control and leads to some of the story's key moments, such as the actual Games and the intense combat sequences within, being skimmed through.

The film's acting is highly memorable, specifically Lawrence's performance. She crafts a

believable amount of desperation in her portrayal of Katniss. The fear and anguish Lawrence uses in her reactions to being placed back into the Games are heart-wrenching.

Serving as the perfect middle of a story arc that is only increasing in intensity, "The Hunger Games: Catching Fire" is certainly an appropriate lead-in to what is shaping up to be a grand conclusion. With unforgettable acting and a well-crafted screenplay, this sequel proves to be just as good as its predecessor.

"The Hunger Games: Catching Fire" was directed by Francis Lawrence and written by Simon Beaufoy and Michael DeBruyn.

Freezing musical warms up hearts

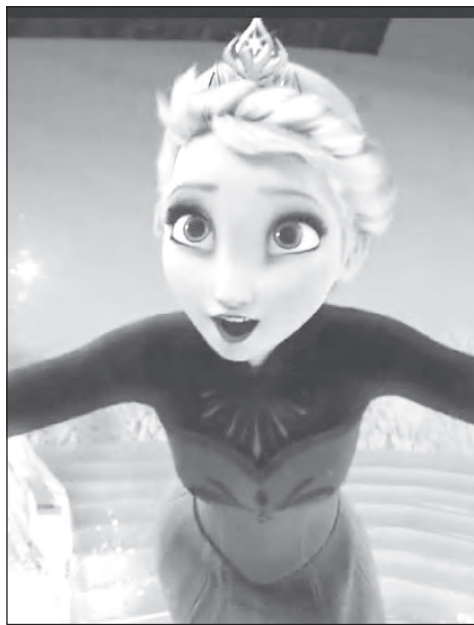
BY ANDREW RONALD
CONTRIBUTING WRITER

Sweet-hearted snowmen and clumsy reindeer star in an enchanting winter wonderland in Disney's animated-movie musical "Frozen."

Loosely based on Hans Christian Andersen's "The Snow Queen," Disney has pumped out this fairytale, updated for the 21st century audience, and it does not disappoint.

Kristen Bell lends her voice to Princess Anna, the determined heroine who sets out after her sister, Princess Elsa (Idina Menzel), after Elsa accidentally transforms their Scandinavian kingdom, Arendelle, into a frozen wasteland. Out of selflessness, she hides herself away, frightened by the thought of harming the innocent because of an ineffective ability to control her rather dangerous powers. The ice-delivery man, Kristoff (Jonathan Groff), is put out of business by this oncoming blizzard, so upon meeting Anna, he decides to serve as her sidekick in the quest to bring back the summer season.

Of course, there is no forgetting this is a musical. Composer Robert Lopez and his wife, Kristen Anderson-Lopez, wrote the score for "Frozen" and set out to showcase the main cast's unparalleled talents. Menzel bellows the movie's building, violin-driven anthem, "Let it Go," as she constructs her ice palace. The film's cinematography is stunning, and though critics argue the style is somewhat resonant of the character design in "Tangled," this should not, by any means, discredit the complexity of the animation. "Frozen's" colorful 3-D animation has an aesthetic appeal to it, transporting audience



Idina Menzel voices Princess Elsa in "Frozen." Elsa turns her kingdom into a frozen wasteland. COURTESY OF WALT DISNEY STUDIOS MOTION PICTURES

members into Arendelle and further mesmerizing them through the seamless choreography between Elsa and her undulating ice creations.

The plotline offers some refreshing surprises. Jennifer Lee's script delivers accessible characters the audience can relate to and, in the end, moving viewers emotionally. The story becomes less about the journey Princess Anna must embark upon or the magical powers Princess Elsa possesses, but instead it emphasizes reconstructing the broken relationship between two sisters, reflecting the feel-good familial theme for which Disney is often praised.

"Frozen," in the most ironic sense, will warm audiences' hearts, and this holiday season would be simply incomplete without seeing the film in theaters.

"Frozen" was directed by Chris Buck and Jennifer Lee and written by Jennifer Lee.

Bold performance proves infectious

BY FAITH MACIOLEK
STAFF WRITER

While predicting potential Oscar winners, look no further than the lead actors in the real-life story of the "Dallas Buyers Club." Starring a gaunt and nearly unrecognizable Matthew McConaughey as drunk, drug-addicted Ron Woodroof, this movie narrates the struggle of citizens diagnosed with the AIDS virus in 1985.

Directed by Jean-Marc Vallée, "Dallas Buyers Club" follows Woodroof as he learns he has HIV and a month to live. After the hospital refuses to give him a drug called AZT, he researches other drugs that may help him. Woodroof goes to Mexico to buy different illegal drugs he believes will keep him alive, and smuggles them back into the U.S. to use and sell to others infected with AIDS.

The role is a departure for McConaughey. After losing 50 pounds for the role, McConaughey is a far cry from the hunky, leading man he usually plays. His character is abrasive and homophobic, and his sentences are littered with curses.

What makes McConaughey's performance even more impressive is he never portrays Woodroof as a savior or as "the good guy." He is never likeable.

McConaughey's performance is fearless — when Oscar nominees are announced, expect to hear his name.

"Dallas Buyers Club" was directed by Jean-Marc Vallée and written by Craig Borten and Melisa Wallack.

FILM REVIEW

"Dallas Buyers Club"
Focus Features
Our rating:
★★★★

TICKET STUB

VALID FRIDAY THROUGH THURSDAY

CINEMAPOLIS

The Commons 277-6115

12 YEARS A SLAVE ★★

4:15 p.m., 6:45 p.m. and 9:15 p.m.
son Monday and Thursday, and weekends 1:45 p.m.

CAPTAIN PHILLIPS ★★★★★

4 p.m., 6:35 p.m. and 9:10 p.m., and weekends 1:30 p.m.

DALLAS BUYERS CLUB ★★

4:20 p.m., 6:50 p.m. and 9:10 p.m.

KILL YOUR DARLINGS

5:15 p.m., 7:10 p.m. and 9:20 p.m., and weekends 2:40 p.m. except on Sunday

PHILOMENA

5 p.m., 7 p.m. and 9 p.m., and weekends 2:30 p.m.

REGAL STADIUM 14

Pyramid Mall 266-7960

THE BEST MAN HOLIDAY

noon, 3 p.m., 6 p.m. and 9:30 p.m.

THE BOOK THIEF

12:40 p.m., 3:50 p.m., 7 p.m. and 10 p.m.

DELIVERY MAN

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

ENDER'S GAME ★★

11:35 p.m., 2:20 p.m., 5 p.m., 7:50 p.m. and 10:40 p.m.

FROZEN ★★★★★

11:30 a.m., 2:10 p.m., 4:50 p.m., 7:30 p.m. and 10:10 p.m.

FROZEN 3D ★★★★★

1:20 p.m., 4 p.m., 6:50 p.m. and 9:40 p.m.

GRAVITY 3D ★★★★★

11:40 a.m., 2:30 p.m., 4:40 p.m., 7:05 p.m. and 10:50 p.m.

HOMEFRONT

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

THE HUNGER GAMES: CATCHING FIRE ★★★★★

11:20 a.m., 11:50 a.m., 1 p.m., 1:50 p.m., 3:20 p.m., 4:20 p.m., 5:20 p.m., 6:40 p.m., 7:40 p.m., 8:40 p.m., 9:20 p.m., 10:20 p.m.

JACKASS PRESENTS: BAD GRANDPA

1:10 p.m. and 6:30 p.m.

LEE DANIELS' THE BUTLER ★★★★★

3:30 p.m. and 8:50 p.m.

OUT OF THE FURNACE

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

THOR: THE DARK WORLD ★★

1:30 p.m., 4:10 p.m., 7:10 p.m. and 9:50 p.m.

OUR RATINGS

Excellent ★★★★★

Good ★★★

Fair ★★

Poor ★

FOR RENT

Modern 3&4 brm townhouses living dining 1 1/2 baths, balconies, non-coin washer dryer free water free parking conveniently located on bus route between Commons & Ithaca College.
Call 607-273-8576 & 607-319-6416

Apartments for 2014-15
All available August 1, 2014
Go to Itharents.net top of the home page for details and pictures of each property.

3 bedroom apartment 103 E Spencer St.
Includes heat and cooking gas \$550 each person Call 607-279-3090 or email livingspaces1@MSN.com

2014-15 terrific houses/apts with 1 up to 6 Brs, furnished, laundry, free parking, fair rents, managed by working landlords
607-227-3153 see <http://ithaca-apts.com>

Close to IC, 1,3,4,5,6 bedroom apartments and houses for rent 2014-15 school year.
Fully furnished with off-street parking
Call (607) 592-0150

918 Danby Rd 4 bedroom, 2 1/2 baths, furnished, fireplace, lake view, off-street parking, walk to campus. For showing call 607-273-9300 or 607-351-8346. View online: Ithacaestatesrealty.com

Ithaca solar townhouses, 4 or 8 bedroom, new furniture 2/4 baths, fireplace, paved off-street parking, walk to campus. For showing call 607-273-9300 or 607-351-8346. View online: Ithacaestatesrealty.com

Furnished 4+5 bedroom houses on Penna Ave
550 per person + utilities. Available 2014-15 school year. Call 607-592-0152 or 607-273-5192

3 bedroom apartment 205 Prospect St.
1.5 bedroom 1.5 living room laundry free parking. Call 607-339-8167.

For Rent
215-17 Prospect St 6 Person House
319 Hillview Pl 5 person house
315-17 Hillview Pl 4 person house
Available Aug 2014 call 607-273-5370

3 or 6 bedroom furnished apts with washer and dryer South Aurora St.
607-272-3389
avramisrentals@aol.com

2 Bdrm house for rent located at 224 Pennsylvania Ave furnished washer and dryer walking distance to IC campus available July 1st 2014 call 339-9285 rent \$1000/month

Great 6 bedroom at 248 Pennsylvania Ave
2 living rooms, 2 kitchens and 2 baths
Furnished, washer, dryer, yard, parking, walk or bus to campus
Available June 2014
Call or text 607-227-3506
Or email dqstdenise@gmail.com

Beautiful 3Br, 2 full bath, furnished, modern kitchen, large front yard/porch, off street parking for 3 cars, walk to **IC** and **Rogans Corner**,
Please Call Peter Romano @ 607-280-7126 for showing

Ithacaestatesrealty.com
(1,2,3,4,5 & 8 bedroom units)
Now preleasing for 2014-15

For rent 2 bedroom apartment upstairs
In Fall Creek area in the foot of Cornell Univ
Living room dining room kitchen furnished
AV 2014-15 phone 607-273-9049

Writing on deadline.
Reporting.
Designing pages.
Shooting video.
Blogging.
Copy editing.
Selling ads.
Taking pictures.
Writing reviews.

Learn to do it all at
THE ITHACAN.

PLACE YOUR CLASSIFIED IN THE ITHACAN.

For Rent Employment Sublet Lost & Found Wanted
For Sale Personals Notices Ride Board

Rates: \$4 up to four lines \$1 each additional line

Classifieds must be submitted by 5 p.m. the Monday preceding publication. Classifieds can be paid for with check or credit card. Bring payment to *The Ithacan* office located inside the Roy H. Park School of Communications in room 220.

9 TIMES A DAY TO NYC!

WITH GREAT STUDENT FARES, EXPRESS BUSES & FREQUENT SCHEDULES
GETTING HOME HAS NEVER BEEN EASIER!



Low Student Fares Everyday and even LOWER TGIF specials on Friday!

Express to BOSTON for Winter Break!

Leave finals week!
Book on:
www.shortlinebus.com

New! Friday EXPRESS NON-STOP
2:50 p.m. to White Plains, Mineola and Hempstead from Ithaca bus terminal.

BOOK YOUR TRIP ONLINE

- 9** DAILY ROUNDTRIPS TO NYC
- 3** DAILY (4 ON FRIDAY) TO WESTCHESTER, QUEENS AND LONG ISLAND

HEAD HOME WITH US!

Join Free!
VIP STUDENT TRAVEL CLUB

- Prizes
- Special Travel Discounts
- Much more

f LIKE US ON FACEBOOK
t FOLLOW US ON TWITTER



WiFi™ New Buses!
Available on most schedules to NYC.

WWW.SHORTLINEBUS.COM

FOR TICKETS & INFORMATION

ITHACA BUS TERMINAL
710 W. State Street - 607-277-8800

DID YOU KNOW YOU CAN USE ID EXPRESS OFF CAMPUS!

Use Your ID EXPRESS Account At:

New

Chili's Restaurant – 272-5004

Casablanca Pizzeria – 272-7777

Jade Garden – 272-8880

Jimmy John's – 645-0075

Italian Carry-Out – 256-1111

Wings Over Ithaca – 256-9464

Rogan's Pizza – 277-7191

Sammy's Pizzeria and Restaurant – 272-2666

For on site purchases or delivery! Delivery is easy. Simply call one of the participating vendors, use your ID Card over the phone, and then present your card to the delivery person when they bring your order! It's that simple.

ID EXPRESS

GREAT GIFTS

[CHOOSE FROM HOODIES, APRONS, MUGS, GIFT CARDS & MORE]



400 N. MEADOW ST. 607-273-7110 | TRIPHAMMER MARKETPLACE: 607-257-2255
WWW.ITHACABAKERY.COM



sweatshirts.

t-shirts.

custom gear.

bulk orders.

607.273.6667

t-shirtexpressions.com
210 East State Street
The Commons

Open 7 days a week.
Official Licensee of Ithaca College



Powerdove, live in concert
Elysium
The Big Lebowski
Safety Last

showing
DEC 5-11

TCAT
11 → 30
(one bus!)
to return
30 → 11
TCATBUS.COM

cornell cinema
cinema.cornell.edu
in the historic Willard Straight Theatre

We're everywhere.



MOBILE



ONLINE



PRINT

THE ITHACAN

Everybody has issues ...

... we have a new one every week.

THE ITHACAN
Every Thursday.



Hudson Heights Apartments are located on South Hill, adjacent to Ithaca College
Prices start at \$620/month

Contact for an appointment
(607) 280-7660
renting @ithacaLS.com

Apartments available now!

Rent includes: all utilities, parking, garbage/recycling Furniture optional

Laundry facilities on premises.

Bus route on block



Ithaca Living Solutions



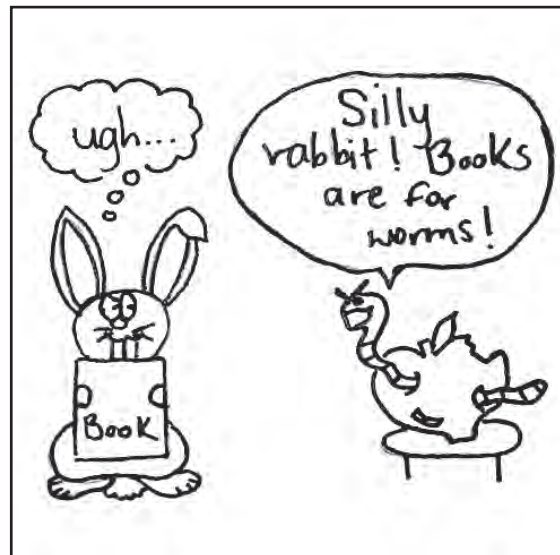
ORDER ONLINE @ JIMMYJOHNS.COM



FREAKY FAST DELIVERY!

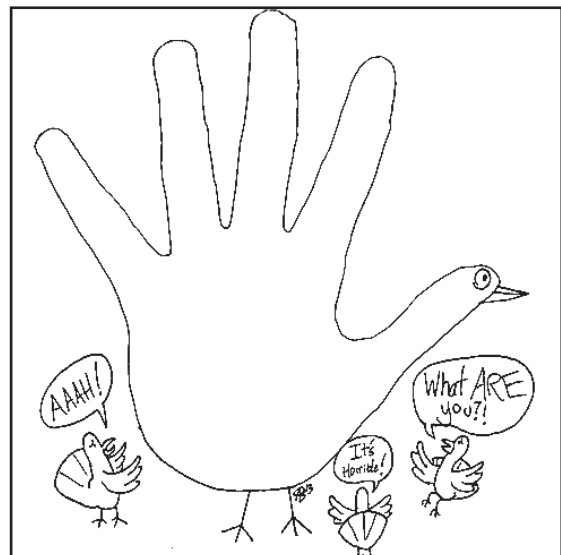
the justice league

By Joshua Dufour '17



alphabet stew

By Alice Blehart '16



sudoku

easy

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

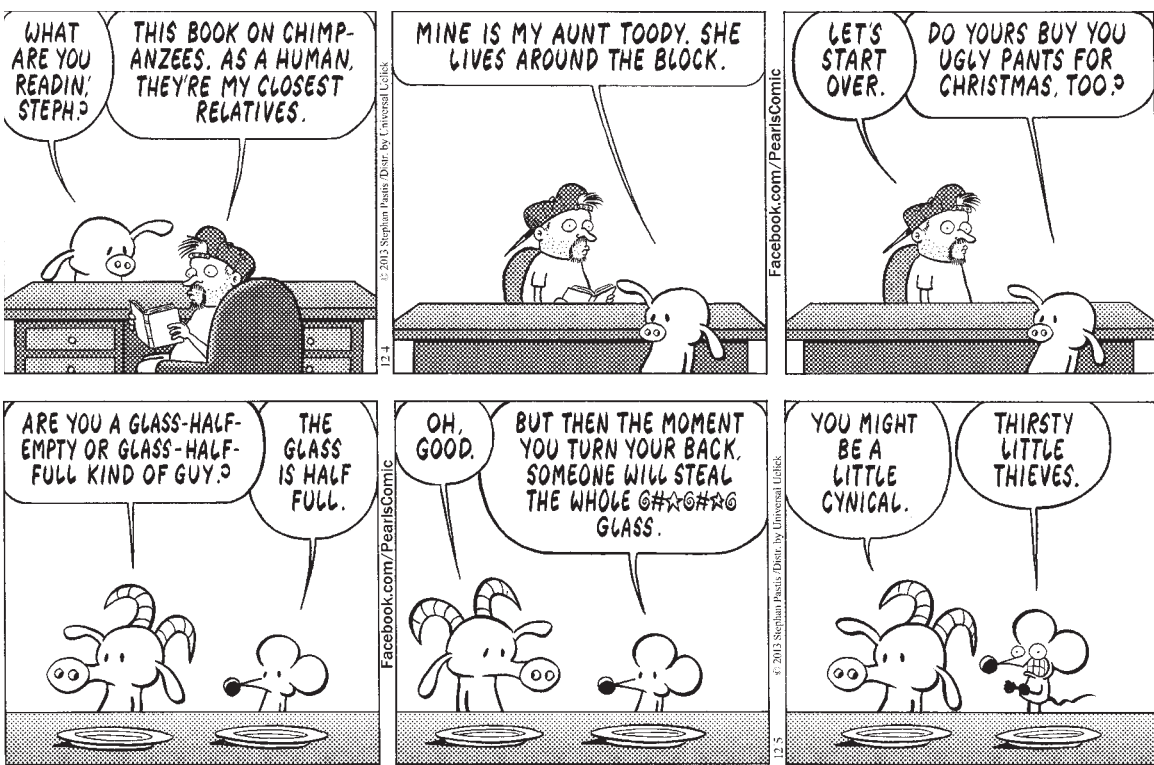
dormin' norman

By Jonathan Schuta '14



Pearls Before Swine®

By Stephan Pastis



medium

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

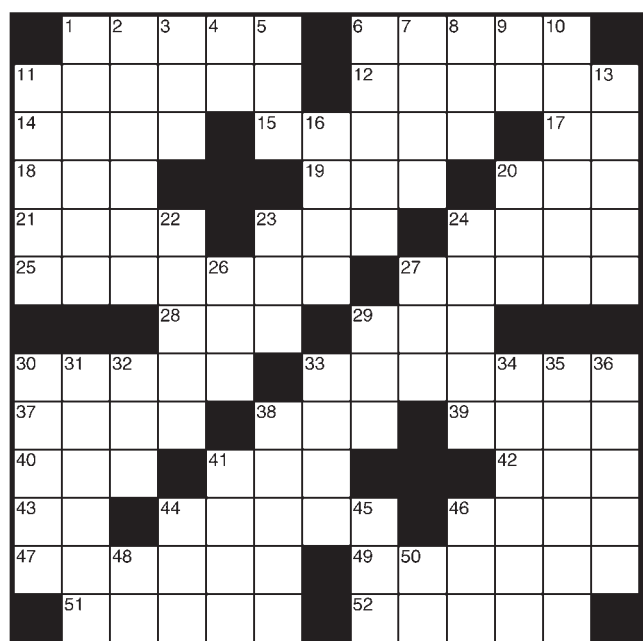
answers to last week's sudoku

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



crossword

By United Media



- ACROSS**
- 1 New Mexico's - Canyon
 - 6 Southpaw
 - 11 Better organized
 - 12 Carrion feeders
 - 14 Ocean bird
 - 15 Made like a sheep
 - 17 Dell or HP
 - 18 Rock band booking
 - 19 NASA destination
 - 20 Luxury resort
 - 21 Morales of "La Bamba"
 - 23 Literary collection
 - 24 Famous last word
 - 25 Lush with vegetation
 - 27 Wire nails
 - 28 Vinyl records
 - 29 Princess perturber
 - 30 Peep
 - 33 Beachgoer's pursuit
 - 37 Equine fodder
 - 38 Prune
 - 39 Feng -
 - 40 Truck mfr.
 - 41 Scholarship offering
 - 42 EMT technique
 - 43 News agcy.
 - 44 Mineral analysis
 - 46 You, formerly
 - 47 Kind of meeting
 - 49 Action-movie name
 - 51 Tikal dwellers
 - 52 Ditto (2 wds.)
- DOWN**
- 1 Cherry red
 - 2 Pilot's garage
 - 3 Enjoyed a smorgasbord
 - 4 After yr. 1
 - 5 Moon or planet
 - 6 Dalai Lama's city
 - 7 Scrutinizes
 - 8 Dished out?
 - 9 Opry's loc.
 - 10 Barked
 - 11 Desert near Sinai

- 13 Reads quickly
- 16 "- Misbehavin'"
- 20 Like a bairn
- 22 Runs in neutral
- 23 Ques. response
- 24 Burnoose wearers
- 26 Likely
- 27 Stiller of "Zoolander"
- 29 Kind of tent
- 30 Roman garments
- 31 Money beads
- 32 Yada, yada ...
- 33 Vending machine buy
- 34 Winter sound
- 35 Elvis' hometown
- 36 Added to staff
- 38 Enumerates
- 41 Orient
- 44 Tan or Grant
- 45 Orange root
- 46 Dynamite kin
- 48 Informal parent
- 50 Concerning

last week's crossword answers

MGM	STA	KALE
PROM	COT	ANIL
GONE	ANTER	ROOM
WARM	LY	LEANS
LTD	GEE	
GREEN	STEMMED	
IAN	PIE	ALI
SPEEDUP	BACKS	
LIP	GAL	
REBAR	LATEST	
CRANKIER	CLAM	
MIND	DIT	KITE
PEGS	ASH	MAT



Junior wrestler Alex Gomez weighs himself on a scale Dec. 3 in the Fitness Center. DURST BRENEISER/THE ITHACAN

WEIGHING IN

Junior wrestler talks about maintaining weight in collegiate competition

BY MARK WARREN
STAFF WRITER

Alex Gomez wakes up on Tuesday morning with his muscles aching. He lifts himself from his bed and walks to the scale, his quads throbbing with each step. It reads 138 pounds. He is 5 pounds overweight.

Gomez wrestles in the Division III 133-pound weight class, and in three days he will need to reach that mark at his weigh-in to be eligible to compete.

Weight management for collegiate wrestlers requires constant effort, Gomez said. For weekly weigh-ins, wrestlers have to drink gallons of water each day, exercise constantly and watch the scale, all while preparing to wrestle their upcoming opponents.

For Gomez, breakfast consists of egg whites, fruit and a cup of water. He said hydration is key, especially when he loses about 5 pounds of sweat in practice each day. After breakfast, he goes to class from 9:25–10:40 a.m. and then fits in a weightlifting workout before noon. Gomez said it is important to work out earlier in the day so his muscles have enough time to rebuild.

"[I workout] whenever I can fit it in my schedule," he said. "I usually try to get it in before 12 o'clock so my body gets healed up before practice at around 4 o'clock."

Gomez said Division III athletes are required to take care of their bodies on their own. As a result, trainers and coaches do not provide personal workout schedules or diet plans for players during the season. Gomez said he exercises at the Fitness Center every day on top of competitive practices, alternating between upper and lower body work.

Gomez said his brother Ricardo taught him the importance of keeping a strong mindset in a sport that puts considerable stress on an athlete's body. Ricardo, who is three years older than Alex, represented the Bombers as the Division III wrestling champion at 125 pounds last March before he graduated.

"It's a long season, so it's going to be draining once and a while," Gomez said. "I don't think any sport does that — constantly losing weight — dropping, gaining, losing."

Gomez said it is important to replenish the body's supply of water after losing weight from perspiration during workouts. On top of personal workouts, the team's daily practices

leave him 5 pounds lighter than he was just two hours prior. When wrestlers have their body's tuned and their metabolism working, they often wake up lighter than when they went to bed because their body is in a constant state of activity.

Originally a basketball player, Gomez switched to wrestling in fifth grade after seeing Ricardo compete and win. Gomez said growing up with an older brother involved in wrestling was crucial to his development. Their father bought them a mat to practice on, and Gomez said he spent hours there wrestling his older brother.

"We would go home after school and just

the season, which began in November and will end in March, is during winter break because wrestlers tend to gain weight while at home over the holidays. Last year, Alex and Ricardo both struggled maintaining their weight during that time because they couldn't resist their mom's home cooking.

"Over Christmas break last year, I got to 17, 18 pounds over," he said. "It was bad. I blew up, and my brother blew up, too. He got up to 150 pounds, and he wrestles at 125 — so that's a 25-pound difference."

When wrestlers are above their weight limit prior to a match, they need to lose weight rapidly — commonly referred to as cutting. The

comes first. We would never ask someone to lose weight to make a team or do anything like that. We just want them to be competitive, enjoy the sport and be healthy."

The horror stories of wrestlers going to extremes at the collegiate level are a thing of the past for the most part, Gomez and Nichols said. Wrestlers no longer starve themselves or work out to the point of dehydration. In fact, Nichols asks his team members to carry around gallon jugs of water with them to stay hydrated. Gomez said that the old way of cutting weight is outdated and dangerous.

"Nowadays, we have a new system where we have certifications where they pinch your body fat to see how low you go," he said. "It's not like back in the day. They used to do crazy stuff like go in a sauna. It's not as big now."

As a former wrestler, Israel said training doesn't stop when the season ends, making it one of the most challenging sports to maintain physical stability. Wrestlers can never take time off because they would risk falling out of sync with their eating and workout schedules.

Nichols defended his approach of letting players take the initiative when it comes to supplemental training and nutrition. He said wrestlers need to commit to an entire lifestyle change to succeed in collegiate wrestling.

"We talk to players about nutrition, and we do all different kinds of workouts — crossfit training, running, wrestling, weightlifting — all kinds of things, just so they have a good idea of different workouts and how to stay in shape," he said.

After a full day of classes and workouts, Gomez typically gets out of his team's two-hour practice drenched in sweat. He feels sore and takes an ice bath in the Hill Center training room to take the edge off before a hot shower. The heat of the steaming shower offsets the frigid ice water bath that dulls the pain of his aching muscles. But he is 5 pounds lighter than when we woke up in the morning.

When he feels the pain the morning after another long day of rigorous training and exercise, Gomez said he remembers what his brother taught him about work ethic.

"He taught me to always stay positive, strong and keep working hard," he said. "The workouts are intense, so it is very easy to quit. My brother always told me to be a leader and to have a strong mindset."



Junior Alex Gomez wrestles during the Ithaca Invitational on Nov. 3, 2012, in Glazer Arena. FILE PHOTO/THE ITHACAN

practice every day," he said. "He was much older than me, and he had more experience in the sport. Ricardo was on the varsity wrestling team as an eighth grader. He would beat up on me, and that made me a lot better."

Gomez was assigned to a weight class that he must maintain throughout the season to be eligible, but he said the current NCAA regulations prohibit athletes from rapidly losing large amounts of weight. The regulations also do not permit athletes to go below 5 percent body fat, and they are only allowed to lose 1.5 percent of their total weight per week to remain eligible to compete in matches.

Gomez said the most difficult stretch of

more they have to cut, the more the body is strained. There are various ways to cut weight, including excessive sweating, starvation and increased workout durations. Extreme cutting is a taboo practice in the wrestling world because of the stress it puts on the human body. Gomez said it is not uncommon for wrestlers to be between 5 and 10 pounds overweight the week before they weigh-in.

Marc Israel '05, assistant wrestling coach, said he often receives questions from players about what to eat and how to train.

"What I tell them is that they have to do this in a healthy manner," he said. "We want to always protect their safety, and their health



THE
'STACHE
LINE

MATT KELLY

Sport site buys voting rights

Baseball purists across the U.S. were undoubtedly horrified to learn Nov. 26 that Deadspin.com had successfully purchased a vote for the Baseball Hall of Fame elections from an unnamed writer from the Baseball Writers Association. Deadspin, a humorous sports website known for routinely ruffling ESPN's feathers, will tell this writer which players to put down on his or her ballot based on the results of a readers' poll. Traditionally, Hall of Fame votes are reserved for designated sports writers of news organizations, such as The Boston Globe and ESPN, who cast votes for players they believe belong in the Cooperstown-located hall.

As a baseball fan, does this news upset me as an affront to the mythical sanctity and tradition of the game? Not exactly. In my opinion, it's a brilliant move by Deadspin that could really bring attention to the flaws in the Hall of Fame's voting system. At the same time, it could set a dangerous precedent for the future.

As we progress further and further into the 21st century, the nearly 600 BBWA writers who decide on who gets that coveted plaque appear more archaic. The January 2013 results reached the nadir of the voting committee's jurisdiction when no one received enough votes to be inducted. The ballot included a laundry list of legendary players — including Barry Bonds, Roger Clemens, Curt Schilling and Mike Piazza — yet none of them were voted in because of suspicions that these players used performance-enhancing drugs. The voters forgot that the Hall of Fame is a museum and not St. Peter's pearly gates to heaven.

Whoever the anonymous writer is that sold his or her vote, I applaud them for recognizing how stilted the requirements have become for a former player to be considered "worthy" of these voters' admirations. While many opponents may say the fans cannot be trusted to make the right choices with Deadspin's vote, 31 voters from the BBWA don't cover baseball full time. Three of them, in fact, are writers at GolfWest.com. Are these voters really qualified?

Still, I worry that Deadspin's move may give too much power to fans. The U.S. has passionate sports fans, but remember, these could be the same fans who selected a washed-up Allen Iverson to start in the 2010 NBA All-Star game while he was on injured reserve. I'm OK with Deadspin giving fans one Hall of Fame vote — especially if the mere prospect of that happening forces the BBWA to overhaul its process. However, the majority of votes should still go to the writers who cover the game on a daily basis.

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

THE BOMBER ROUNDUP

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

SWIMMING & DIVING BY KARLY REDPATH

The men's and women's swimming and diving teams swept Hamilton College, Hartwick College and SUNY Geneseo on Nov. 23. The women beat host Hamilton 217-77, Geneseo 164-135 and Hartwick 192-102. The men defeated Hamilton 209-89, Hartwick 145-143 and Geneseo 196-106.

The women's medley relay of Kylie Bangs, Grace Ayer, Cassie Papaleo and Megan Zart took the top spot with a time of 1:53.06. Ayer also finished first in the 100-yard breaststroke with a time of 1:09.31 and the 200-yard individual medley, finishing in 2:12.89.

The 200-yard medley relay of John Carr, Lucas Zelehowsky, Taylor Van Cott and Zach Kundel took first with a time of 1:38.10. Kundel and Carr were joined by Addison Hebert and Peter Knight in the 400-yard freestyle relay and finished first with a time of 3:12.20.

The men finished first in a total of seven events at the dual meet on Nov. 23.

Divers Heather Markus and Matt Morrison were stand outs for the men's and women's diving teams. Markus earned the top spot in both the 1-meter and 3-meter dive events. She took the top spot in the 1-meter with a score of 239.30 and the 3-meter with 243.95. Morrison swept the men's events, also taking the top spots in the 1-meter and 3-meter dive. He finished the meet with a score of 311.30 in the 1-meter and 315.45 in the 3-meter.

The Bombers return to action as they host the Bomber Invitational. This year, the event will run from Dec. 6 through Dec. 8 at the Athletics & Events Center Aquatics Pavilion.

WOMEN'S CROSS-COUNTRY BY JONATHAN BECK

The women's cross-country team finished 23rd out of 32 teams at the NCAA Championships in Hanover, Ind., on Nov. 23.

Graduate student Jenn Randall led all South Hill squad runners, as she became the 21st All-American in program history. With a time of 21:37.70 on the 6K course, Randall placed 12th out of 280 runners.

Randall's individual finish was the ninth highest in program history, while the team's finish was its best since placing 20th in 2007.

The Blue and Gold's second finisher was junior Alexa Rick clocking in at a time of 22:42 to place 109th overall. Sophomore Jaime Lisack and junior Emily Smith placed back-to-back at 183rd and 184th with times of 23:14.60 and 23:14.90, respectively.

Junior Hannah Wright finished 235th with a time of 23:44:80 and junior Carolyn Malone placed 294th with a time of 23:58:60. They rounded out the Bombers' top-six finishers.

WRESTLING BY MEGHAN GRAHAM

The wrestling team placed ninth out of 20 teams with 41.5 points at the New York State Intercollegiate Wrestling Championships on Nov. 24 at Cornell University. The Bombers are ranked No. 7 nationally in Division III. SUNY Cortland was the only Division III team that placed higher than the Bombers in the championships. The Red Dragons finished with a score of 105.5 points.

Freshman 197-pound Matt Booth led the Bombers throughout the match. Placing seventh in the bracket, he had three wins and two losses. After losing his opening match, he earned two decision victory matches and finished the day pinning Hofstra junior Zeal McGrew in 1:23. Freshman 125-pound Jimmy Kaishian, junior 133-pound Alex Gomez and senior 141-pound Dominick Giacalone all finished eighth in their respective weight classes. Freshman Carlos Toribio, junior Kristopher Schimek and junior Kevin Collins all scored major decisions in their divisions at the match.

The Bombers will resume action at the Spartan Invitational on Saturday at York College.



Senior point guard Chris Jordan dribbles the ball during the basketball team's game against SUNY Cortland on Dec. 3 in Ben Light Gymnasium. The Bombers lost to the Red Dragons 79-63.

JENNIFER WILLIAMS/THE ITHACAN

WOMEN'S SOCCER BY KRISTEN GOWDY

The women's soccer team ended its 2013 playoff run in the NCAA quarterfinals, dropping the Elite 8 game 1-0 to William Smith College.

However, the team's weekend was highlighted by a dramatic overtime upset over the two-time defending national champion Messiah College. Freshman forward Megan Nash netted a goal in the top left corner of the net off a feed from freshman forward Holly Niemiec in the 96th minute to push the Bombers over the Falcons.

Sophomore goalkeeper Beth Coppolecchia recorded her 10th solo shutout of the season, stopping all seven shots. Messiah outshot Ithaca 21-6 in the game, including 12 shots to Ithaca's one in the second period.

With the win over Messiah, the Bombers advanced to the Elite 8 round to play William Smith for the second time this season. In the first matchup between the two teams, the Herons capitalized off of a goal in the first period to defeat the Bombers 1-0.

In the NCAA quarterfinal game, the Herons once again bested the Blue and Gold 1-0, however, junior midfielder Dineo Mmtula's goal came in the second half. The Herons accounted for two of the Bombers' three losses in 2013.

The Bombers finished their 2013 season as Empire 8 conference champions, NCAA Division III quarter finalists and had an overall record of 19-3.

MEN'S BASKETBALL BY MILES SURREY

The men's basketball team fell by a score of 76-67 to the Hobart College Statesmen on Nov. 22. Sophomore guard Sam Bevan led the way with an all-around performance, featuring 14 points, six rebounds and five assists.

The Bombers were able to prevail the next day, coming up with a 71-64 over Wells College. For their second win of the season, senior forward Frank Mitchell had a dominating performance with 23 points and nine rebounds.

On Dec. 3, the South Hill squad lost the first of a three game home stand against the SUNY

Cortland Red Dragons 79-63. Off to a 2-3 start this season, the Blue and Gold were looking to reach the .500 mark for the first time of the 2013-14 regular season.

The Bombers took a 37-29 lead in the first half. The Red Dragons began the second half strong and never looked back with senior center Kevin McMahon taking over with 27 points and 12 rebounds.

Though the Bombers lost, Mitchell led the way for the Blue and Gold. Mitchell had 12 points to go along with 12 rebounds for his third double-double of this season.

For their next two games, the Bombers will take on St. Lawrence University on Saturday and Skidmore College on Wednesday in Ben Light Gymnasium.

WOMEN'S BASKETBALL BY EMILY HULL

The women's basketball team traveled to Amherst, Mass., on Nov. 23 to play Farmingdale State College. The Bombers came away with the victory by a score of 75-60.

Senior guard Mary Kate Tierney led the team, scoring 19 points and grabbing seven rebounds. Freshman forward Erin Ferguson scored 10 points for the team as well.

The next day, the Bombers took on Amherst College. The South Hill squad fell to the Lord Jeffs 44-66. This was the first loss of the 2013-14 season.

Senior guard Kathryn Campbell led all scorers with 10 points and four steals. The Blue and Gold was 6-for-15 from the free-throw line.

The No. 16-ranked squad defeated the SUNY Cortland Red Dragons 72-62 Dec. 3 in Ben Light Gymnasium.

Tierney dominated play for the Bombers, scoring a career-high 28 points and eight rebounds. Campbell added 14 points for the Blue and Gold and senior forward Jenn Escobido had eight rebounds. Even though the Red Dragons outshot the Bombers 45.7 to 37.5 percent, the South Hill squad led in rebounds 42-28.

The Blue and Gold will play against the St. Lawrence University Saints at 2 p.m. Saturday in Ben Light Gymnasium.

End of football season offers new challenge

BY CHRISTIAN ARAOS
STAFF WRITER

The football team's 2013 season is over. The final product: a 9-3 overall record, an Empire 8 championship, a fourth-straight loss in the Cortaca Jug, a first-round playoff win and a playoff loss. In the recent context of the program, this season can be seen as a success story given the three middling seasons that preceded it.

That leaves a simple question to examine for the football program in the future: Does the previous season's success signify the beginning of a return to national prominence for the Blue and Gold?

The Bombers will lose all but one starter on defense and their most productive offensive player, senior tight end Jared Prugar. Though Prugar will graduate, most of the starters on offense will return next year, including junior quarterback Tom Dempsey. Dempsey said he was pleased with the offense's progression this past season.

For defensive coordinator Mark McDonough, the 10 graduating starters on defense were the core group of players that he has worked with through his three years with the program. McDonough's defense has improved each year in his tenure, going from allowing almost 20 points per game in 2011 to giving up less than 16 last season. McDonough said the unit's experience playing together will be the most difficult asset to replace.

"You can't replace game experi-

ence," he said. "There's a lot of reps and experience that we're graduating, but at the same point, we have gotten reps and plays for some of the younger guys."

McDonough said he viewed the team's success as the product of good fortune. Conversely, he cited bad fortune as the significant factor behind the average seasons that preceded this one. Of the 20 losses that occurred between 2009 and 2013, 12 of them were by a touchdown or less. The degree to which they are competitive varies.

Junior quarterback Tom Dempsey said he believes nothing separates the Bombers from the elite programs in Division III.

"When you get to the final 32 teams, every one of those teams has something special," Dempsey said. "Every one of them has the ability to contend at a high level. I think Ithaca, our Bombers, have the chance to be right there with them. I don't think that [the other programs] have anything that we don't have."

The Bombers may not be considered an elite program because of their strength of schedule rating. Their schedule was rated 81st toughest in Division III. By comparison, Wesley College, the team the Blue and Gold lost to on Nov. 30, had the toughest. With SUNY Brockport joining the Empire 8 and Cortaca on their schedule, the Bombers will only play one other non-conference game. The Blue and Gold can schedule a new opponent, as their deals



From left, junior cornerback Sam Carney runs at Framingham State sophomore linebacker Brian Montambault while sophomore wide receiver Josh Oliver throws a block during the first-round game of the NCAA tournament. COURTESY OF DENISE MONAGHAN

with Moravian College and Union College have each expired.

Head coach Mike Welch said despite this freedom, he will stick to scheduling teams with skill reputations similar to Moravian and Union because he believes their schedule is already tough enough.

"I don't think we need to strengthen our schedule," he said.

Welch said he believed that seasons are independent. Dempsey, who will lead an offense that will

have most of its starters returning, partially agreed, saying that while the team does not compare itself to previous teams, it does try to draw some lessons from the past.

"I think year in and year out, the goal is to contend nationally with the best teams in the country," Dempsey said. "The last couple of years, we've had a couple of shaky seasons, depending on how you look at it. We had a great year, and we had a lot of promise, a lot of stuff

that we can build on."

Welch plans to stick to his principles in running the football program next season. Along with his faith in the program's scheduling habits, he said he will treat next year's team with the same attitude.

"This will be a brand new team," Welch said. "All those challenges that we will face, we'll address like we have every year. That's the key to life, you don't look back and just take on what's in front of you."

Former cross-country runner takes on multi-event competition

BY HALEY COSTELLO
STAFF WRITER

Sophomore Ndue Palushi has made big transitions in the past, and this season he is preparing to make another one by taking on one of the biggest challenges in track and field: the heptathlon.

The men's indoor heptathlon comprises seven events: the 60-meter dash, 60-meter hurdles, 1,000-meter run, the long jump, shot put, high jump and the pole vault.

Palushi moved with his family in 2001 to the United States from Kosovo, a country south of Serbia in the Balkan region. The country did not gain its independence from Serbia until 2008, resulting in a period of unrest for about 20 years.

Palushi said his move from Kosovo is his primary inspiration for competing in the heptathlon because of increasing possibilities he has been offered in the U.S.

"My main source of motivation is that I was given this opportunity," he said. "I came from another country where I didn't have any of this stuff, so I want to utilize all of the resources I have, and this is an opportunity I know I would not have in Kosovo."

Palushi grew up in Pine Plains, N.Y., where he participated in both track and field and cross-country from seventh grade through his senior year at Stissing Mountain High School.

When he came to Ithaca College, Palushi said, former teammate Tyler Murray '13 convinced him to join the cross-country team. At the end of the first season, however, Palushi wanted a change and became interested in the multi-event competition.

"It wasn't for me, and the races were too long, so I asked my coach if I could do multis because it was something I always wanted to try," Palushi said. "He was willing to let me, and it is a really big time commitment, but I am really happy I made the decision."

Palushi has been working to handle the



Sophomore Ndue Palushi clears a hurdle while doing a drill as part of track and field practice Dec. 2 in Glazer Arena. The squad's season will begin Dec. 7 in Barton Hall at Cornell University. MICHAEL TAMBURRI/THE ITHACAN

three-hour practices, which are challenging aspects of the sport. He also has to balance training and class work as a business major and an analyst for both the business school's Core Trading Consultants and the Student

Consulting for Nonprofit Organizations.

Sophomore Larkin Bohanan said while Palushi does not have much free time with all of his commitments, he is still fitting in the time to do what he loves.

"He works out every day in between classes, and he has even been training a lot later lately, but he is really enjoying it," he said.

Converting from just middle- and long-distance running events to a combination of seven events will take Palushi time to adjust. But with the help of his past cross-country training, Palushi said another challenge he must overcome is the mental hurdles.

"My struggle has been mentally, with events like pole vault and shot put," Palushi said. "I do not have any experience with [these events], but I am making good progress and getting better."

While the aches and busy schedule have posed some difficulties for the former cross-country runner, Palushi said he enjoys the camaraderie with other members of the team.

Freshman Tyler Denn-Thiele will also be joining Palushi in converting to a heptathlete for the winter season. Thiele, who has a strong background in pole vaulting, said the duo has the ability to push each other in all the events.

"In events where we both have no idea what we are doing, like shot put, we are definitely working together and helping each other out with things that we notice," Thiele said. "His strengths complement my strengths and vice versa, so we are trying to work as a team."

With the track and field season beginning Dec. 7, Palushi said he will probably not participate in the heptathlon at the opening meet, the Cornell Relays at Cornell University. He wants to prepare for live competition in only two, three or four heptathlon events before jumping into all seven in one weekend.

Palushi said he wants to score points for the team like former multi-athletes Rad Arrindell '13 and Alec Svoboda '13 have in the past.

"I am really excited to try it for the first time with all the work I put in," he said. "I am not going to do it halfway, and I am going to do everything I have to get to the point I want to be to help the team."

Welch honored for successful season as coach

For Mike Welch, the past year has been a roller coaster. The Bomber football head coach underwent heart bypass surgery in October 2012 that forced him to miss the last four games of the 2012 season.

Welch returned soon after that season ended and successfully guided the Bombers to a 9-3 record, capturing the Empire 8 championship and earning himself and his staff Empire 8 Coach of the Year honors. He was also named president of the American Football Coaches Association for next year.

Staff Writer Christian Araos sat down with Welch to discuss his emotional year with the Bombers football program, his new position as president of the AFCA and his future as head coach.

Christian Araos: This calendar year has been emotional for you. How have you changed as a person through both the heart troubles and this season?

Mike Welch: When you lose your health, which in my case was a serious condition, you rethink what your priorities are. I had that opportunity to do it, and one of the things was that you just need to appreciate what you have a lot more than before the surgery. I gained a stronger appreciation for all the things in life, and most of it is just people.

CA: What was your initial thought when you returned to the office for the first time after the surgery?

MW: I was happy to be back. I wasn't able to do much at all. It was just being able to be active as a coach rather than sitting on the sidelines. That time will come when I no longer coach, and I think it comes to everybody. Right now, I'm still coaching, and I missed it, so I was really excited about being back coaching.



Mike Welch, head coach of the Bombers football squad, addresses his players following the team's 24-21 win against Framingham State University on Nov. 23 at Butterfield Stadium.
DURST BRENEISER/THE ITHACAN

CA: How much have you thought about "sitting on the sidelines" for good?

MW: Not much. That'll come. I don't dwell on the future too much.

CA: What does it mean for you and the staff to win Empire 8 Coach of the Year?

MW: I think it's an honor. It's a team award. Players play the game. We didn't make a tackle or throw a block, so it's all on the players and their ability to perform, and certainly they need coaching, so it's a total team and what we did as a team — the honors come, team awards and individual awards — and I really look at it that way.

CA: You've been named AFCA president for the upcoming year and have been a board member in years past. What will change for you serving as both coach and president?

MW: We're very fortunate to have a great executive director in Grant Teaff — the man who runs our operation and provides us with leadership. Board members contribute, and we do. Fortunately, it's not a tremendous amount of time consumption. It does increase when you become president, but I've been a member of the board.

CA: What responsibilities do you have as president of the AFCA?

MW: A lot of it is the convention and meetings that we have over the course of the year. There's two or three meetings that we all have to attend, and the president becomes the focal point in terms of running the meetings and making sure they're operated in the right way. In the convention, there's a number of activities that the president needs to be a part of, and it's a matter of preparing, just like a part of anything else, and going and just executing. There are some other things that I am not aware of that I have to attend or do, but the meetings and the convention are the primary objectives.

CA: Having the added work as AFCA president to your head-coaching duties can bring some extra stress. Do you think you can handle it after all you've been through?

MW: I'm 100 percent back to health. It's just a matter of making sure I exercise and eat right, and the job continues. The job hasn't changed much, and there has to be a balance, and I think I've done that. I've been given full go by my doctor. It shouldn't get in the way at all.

ITHACA RESTAURANTS ARE ASKING YOU

DEAR VALUED CUSTOMER

PLEASE DO NOT ORDER FROM THESE SITES. THEY CHARGE OUR LOCAL RESTAURANTS EXCESSIVE FEES.



PLEASE ORDER FROM

247YOR.COM
SO WE CAN PASS THE SAVINGS TO YOU



Local restaurants that are serving:

Sammy's Pizzeria
Papa John's Ithaca
Wings Over Ithaca
Aki Samurai Japanese Restaurant
Bangkok Thai Cuisine
Tokyo Hibachi & Sushi
Napoli Pizzeria
Fat Jack BBQ
All About Chicken
A1 Calzone
Ithaca Fried Chicken
Jade Garden Chinese Restaurant
Pizza Aroma
Bibim Bap Korean Restaurant
Bubble Tea Asian Cuisine
Tamarind Thai Cuisine
Northeast Pizzeria

SAMMY'S PIZZERIA



The Best Pizza & Pasta In Ithaca

Most Popular Restaurant in Our Network

Top Tweets

The best sports commentary via Twitter from this past week.



The Fake ESPN
@TheFakeESPN

Derrick Rose disappointed to discover Costco was not running a Black Friday deal on an entire pallet of knees.



Korked Bats
@korkedbats

Nebraska's AD publicly supports Bo Pelini as their head coach and hopes Pelini will let his family go without harming them.



Eric Stangel
@EricStangel

A coach spilling his soda on the basketball court seems like something that would happen in a Globetrotters game... #NBA



Not Bill Walton
@NotBillWalton

They have a sewing machine on the sidelines of an SEC game! Still not one book in sight, though.



Kicking up a storm

From left, Messiah College senior defender Ali Rogers tries to take possession of the ball from Bombers freshman forward Holly Niemiec in a third round NCAA tournament game Nov. 22 on Cozzens Memorial Field in Geneva, N.Y.
EMILY FULLER/THE ITHACAN

PLAYER of the week

NAME: Matt Booth
SPORT: Wrestling
CLASS: Freshman



Booth finished seventh in the New York State Collegiate Wrestling Championships on Nov. 24. He had three victories including a pin in 1:23.

the foul line

Weird news from the wide world of sports

After Brooklyn Nets coach Jason Kidd was fined \$50,000 by the NBA for intentionally spilling his drink to stall his team's game against the Los Angeles Lakers, Dallas Mavericks owner Mark Cuban posted a video on his Twitter of a similar incident occurring when Kidd was the starting point guard for the Mavericks. Playing against the Chicago Bulls in overtime during the 2008-09 season, Mavericks forward Dirk Nowitzki was sent to the foul line to sink two free throws to ice the game. After making the first one, Bulls assistant coach Del Harris spilled his drink on the court, briefly stalling the game before the second free throw was taken. Perhaps this moment was Kidd's inspiration, but it proved to be ineffective, as the Nets eventually lost the game.

—Miles Surrey



MILES SURREY'S FANTASY CORNER

With injuries hitting several NBA teams, two players who have increasing value are worth adding.

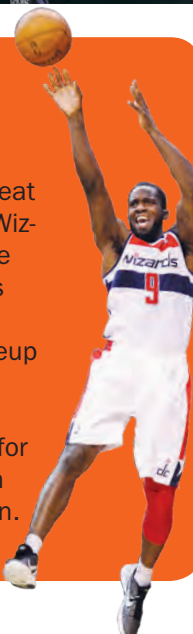
JOHN HENSON
MILWAUKEE BUCKS

Milwaukee Bucks forward John Henson does one thing better than most NBA players — and that is blocking shots. The second-year forward has seen his playing time increase with front court injuries to Larry Sanders and Ersan Ilyasova. Henson was recently named the Bucks' starting center, as the team continues to look for a spark after a horrid start. With two games of at least five blocks already, Henson is a great add for any fantasy team lacking a premier shot blocker.



MARTELL WEBSTER
WASHINGTON WIZARDS

Forward Martell Webster is a great role player for the Washington Wizards. Bradley Beal will be on the sidelines for at least two weeks with a foot injury. Webster will take his spot in the starting lineup and become a solid provider in every statistical category. Webster is also particularly helpful for 3-pointers, averaging more than two per game so far this season.



11 they said it

"I know it's a fight that should happen, and where there is a will, there is a way. If all sides cut the crap, it can be done."

Boxing promoter Bob Arum said this while discussing a possible fight between Manny Pacquiao and Floyd Mayweather.





Students attending De-stress Fest greet Maxie, a German Shepherd from the Cornell Companions program. Maxie was one of five dogs from the program that students could pet. COREY HESS/THE ITHACAN



Sophomore Sarah Gervais creates a painting using water colors in the painting and knitting room. JENNIFER WILLIAMS/THE ITHACAN

THE FINAL STRETCH

Active Minds and IC We Are One hosted a De-stress Fest in Friends Hall on Dec. 2. The event gave students the chance to relax and take a break before final exams. Students could play video games with the Video Game Orchestra, meditate with the Buddhist Community and more.



From left, junior Evelyn Hammond, senior Caitlin Davis and sophomore Casey Simonson relax on pillows. COREY HESS/THE ITHACAN



Junior Ian Rydgren from IC Circus performs with multicolored poi. COREY HESS/THE ITHACAN