

THE ITHACAN

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BY RAMYA VIJAYAGOPAL
ASSISTANT NEWS EDITOR

The sound of machinery and the tinkling of glass cut through the air at the site of the 1st Street Mosaic Project, where six Ithaca College freshmen and two student leaders joined community members to work on the art initiative on Aug. 22.

Some students worked inside a building belonging to the city and broke glass pieces, while others were outside putting together the mosaic itself. Freshman Christian Conyers said he was having fun improving the site.

“We were cutting the glass with glass cutters and we had to break it into pieces,” he said.

“We’re going to put it around a figure outside on the mosaic and just make it look nice.”

This project is one example of what 234 total participants and student leaders were able to do at this year’s Jumpstart program.

Every year, around 200 incoming freshmen arrive early to the college to participate in

Jumpstart, where four different programs are specially designed to ease their transition: Community Plunge; Experience Connections by Heading Outdoors; Lead-In; and the Gardening, Recycling, Eating, Enjoying Nature Tour.

The students are able to
See **JUMPSTART**, page 4

College enrolls 150 students below target

BY KAYLA DWYER
NEWS EDITOR

The under-enrollment by about 150 students for the Class of 2018 is creating a financial setback for Ithaca College, but the college has the means to compensate for falling short of its target of 1,700 students, Eric Maguire, vice president of enrollment and communications, said.

For the current fiscal year, the short-age results in a financial loss of about \$4.6 million for the institution, Gerald Hector, vice president of finance and administration, said. However, Hector said the college is financially prepared to handle this loss.

“The planning that the college has been doing over the last year, year and a half, has positioned us very well to address this issue,” he said.

Most of the loss will be covered by the contingency fund, a conservative amount of money already built into the budget for enrollment shortfalls or damages, Hector said.

He also said another initiative for long-term saving is shifting toward a strategic sourcing of the college’s expenditures, where the college would purchase items and supplies in bulk and through one source rather than several departments buying from multiple vendors. This, Hector said, would result in discounted prices through big-volume purchases.

“In that process, vendors compete for the right to service the campus for a particular good or service,” he said. “The strategic sourcing is going to be a culture shift in terms of how we purchase, so once we get this in place, it will become part of the fabric and culture of the campus in terms of how we purchase items.”

Hector said this more centralized system is estimated to take about 12–18 months to be fully implemented. In addition, with this method, Maguire said the college estimates to save about half a million dollars for the current fiscal year, procuring millions of dollars in savings over time.

Thus, he said, the enrollment shortage this fall is not likely to affect the college negatively in the long run.

“I don’t think this is a long-term problem,” he said. “I think this is a matter of growing pains as our application pool has grown and adjusting to that larger applicant pool, more so than it has been a broader systemic problem.”

The college is still working through the issue of looking at vacancies in staff or faculty positions as another means of addressing the monetary shortage, Hector said.

Peter Rothbart, professor of music

See **ENROLLMENT**, page 4

Bomber Athletics revamps logo and website

BY CHRISTIAN ARAOS
SENIOR WRITER

Ithaca College Athletics is getting a new look: one that will finally be shared by all of its teams. After a year-long process that sought to unify all of the college’s teams under one brand, a three-person committee led by Susan Bassett, director of intercollegiate athletics and recreational sports, presented the new logo on Aug. 20.

The new logo features the same blue and white color scheme used by all the college’s teams and features a similar design to the college’s logo. The athletics logo introduces a much sharper and bolder font than the college’s primary logo. Bassett said the logo will be featured on the football team’s helmets and as part of a new uniform for the women’s soccer team this season.

Additionally, she said she is exploring ways to quickly implement the logo on as many teams’ jerseys as possible, but acknowledged that each individual team’s jersey cycle could delay the process by as much as three years.

“We have a uniform replacement plan where every three years, teams get new uniforms, so that will happen gradually,” Bassett said. “Financially, we want to be respectful and thoughtful about how we go forward with that, but if there is a way we can expedite it, we’ll certainly try.

Right now, my expectation is that it’ll take two to three years to get there.”

As part of the implementation, the athletics department launched a redesigned website aimed at encompassing athletics and recreational activities. Most notably, the website features the new logo branded as “Ithaca



COURTESY OF JOE GLADZISZEWSKI

Athletics.” This differs from the previous website, which used the old logo with the “Ithaca Bombers” brand. The official address of the Ithaca Athletics webpage is now athletics.ithaca.edu instead of bombers.ithaca.edu.

Despite the difference in diction, Bassett said the new phrasing does not suggest that the

athletics program would be distancing itself from the Bombers nickname.

“Athletics is a more inclusive term,” Bassett said. “We wanted the website to say that, but if you notice in the video, there’s ‘Bombers’ everywhere. Anywhere there’s a scoreboard or signage, it’s going to say ‘Ithaca Bombers.’”

Earlier in the nearly year-long process that Bassett; Joe Gladziszewski, associate director of athletic communications; and Rachel Reuben, the college’s former associate vice president of marketing communications, led, Reuben told *The Ithacan* she wanted the name of the college to feature more than its nickname. Though Reuben left the college in July, the committee had already reached a decision on the new logo and was beginning to implement it.

The committee solicited feedback from focus groups composed of current and former student-athletes, coaches and the Anomaly Marketing Firm.

In recent years, Anomaly is most well-known for its Budweiser Super Bowl commercials. Additionally, it has worked with the Coca-Cola Company, ESPN and Virgin America.

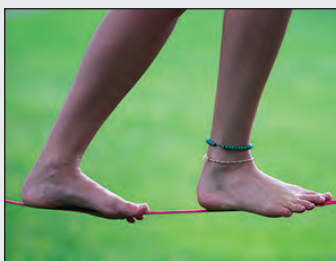
Bassett said the final step in the rebranding process is to finalize the watermark to prevent

See **LOGO**, page 25



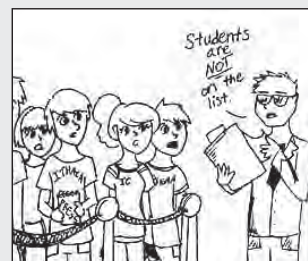
FALL PREVIEW

Get the scoop on all the Bombers’ fall teams in the sports insert.



SLACKING OFF

Students embrace slacklining to reduce stress, page 13.



IN THE DARK

All-College Meeting means no students allowed, page 10

THURSDAY BRIEFING

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

Nation&World



Surveying the damage

Napa Fire Captain Steve Becker inspects mobile homes that were destroyed Aug. 24 at the Napa Valley Mobile Home Park, in Napa, California. The 6.0 magnitude earthquake that struck the San Francisco Bay area is said to have caused a gas fire at the park.

BEN MARGOT/ASSOCIATED PRESS

War in Gaza comes to an end

The third Gaza War in six years appears to have ended in another sort of tie Aug. 27, with both Israel and Hamas claiming the upper hand.

Beyond the 70 people killed — all but

six of them soldiers — Gaza's economy has been set back, the tourism season destroyed, its people rattled for 50 days and its global standing has been pummeled by images of devastation.

Two thousand one hundred forty-three

Palestinians were killed, including nearly 500 children and hundreds of militants. The U.N. estimates the war destroyed or severely damaged 17,200 homes and left 100,000 Palestinians homeless, with a considerable amount of Gaza in rubble. The rocket arsenal of Hamas was depleted and many, if not all, of its attack tunnels against Israel have been destroyed.

For the moment, Israel has promised to open border crossings with Gaza to a degree, something it does intermittently anyway, and to increase access for Gaza fishermen. Hamas' other demands are to be later discussed. These demands include airport and seaport, prisoner releases, salaries for Hamas' thousands of civil servants and the opening of the Rafah crossing to Egypt. Israel will ask for demilitarizing Gaza.

Airline grounded by Ebola

On Aug. 27, France recommended that its citizens leave the African countries of Sierra Leone and Liberia because of the outbreak of Ebola, and Air France temporarily suspended its three flights a week to Sierra Leone.

The disease has now killed more than 1,400 people in West Africa.

The French national carrier said it is maintaining its flights to Conakry, Guinea, and to Lagos, Nigeria, cities it flies to once a day.

The United Nations has said the lack of flights is making it increasingly difficult to bring supplies to those countries.

Tropical storm brings flooding

On Aug. 25, tropical storm Cristobal strengthened into a hurricane on the Atlantic, with winds of 75 mph off the Bahamas. Cristobal lashed parts of the Bahamas and the Turks and Caicos Islands with heavy rainfall and white-crested surf. Swollen rivers swept at least three people away on the Caribbean island shared by the Dominican Republic and Haiti as well.

In the Dominican Republic, a man drowned when he tried to drive his pickup truck across a rushing river in Hato Mayor, a province northeast of the capital of Santo Domingo. Juan Manuel Mendez, the country's emergency operations director, said the death was due to the "regrettable recklessness of this driver."

In neighboring country Haiti, authorities were looking for two residents reportedly swept away late Aug. 23 by a river that burst its banks in the western port town of Saint Marc.

Cristobal, which formed as a tropical depression over the Turks and Caicos Islands Aug. 23, was the fourth depression of the Atlantic hurricane season.

Woman gets life for murder

A judge in Wyoming sentenced a 75-year-old Missouri woman to life in prison on Monday for killing her husband with a rifle in the mid-70s and throwing his body down the shaft of an abandoned gold mine, where it remained for nearly 40 years.

She claimed that she shot her third husband to defend her daughter, who was a toddler at the time.

SOURCE: Associated Press

College

Ithaca College changes to new printing system

Ithaca College has changed its print management program across campus in order to encourage sustainability and to reduce the amount of wasteful printing.

Under this new printing program, students will be allowed complimentary prints at the beginning of each semester. ID Express will be used for prints that exceed the allowance.

Each student is allowed \$10 worth of free printing at the beginning of each semester, which is the equivalent to approximately 142 double-sided pages. The unused allowances from fall roll over into the spring semester, but at the end of the year, all of the print allowances will reset.

New project to donate reusable office supplies

The Ithaca College Resource and Environmental Management Program started a project called Office Supply Collection and Reuse. The goal of OSCAR is to redistribute extra office supplies on campus. These supplies can be located at 196 Phillips Hall across from the education department.

REMP is an organization that works to help create a more sustainable lifestyle and promotes

awareness about the environment.

Through OSCAR, anyone can donate useable office supplies so student organizations, offices at the college, other departments and students can use them. This is a free service.

Currently, there are hanging file folders and 3-inch and 5-inch three-ring binders in excellent condition. A pick-up can be arranged to collect more donated office supplies by sending an email to irecycle@ithaca.edu.

Professor given award for community activism

Nia Makepeace, assistant professor of education, was awarded the Emerging Leader Award by Planned Parenthood of the Southern Finger Lakes Action.

The award was given to Makepeace for her "new and innovative" methods of being involved with community activism.

Makepeace was formerly a counselor at Beverly J. Martin Elementary School, as well as a director of the Southside Community Center.

She is currently the director of the Community Unity Music Education Program and was the leader of a Girls' Empowerment Group in the Ithacan community. Makepeace's work will be

presented at the National Association for Multicultural Education.

Director leaves position at college health center

Justine Schaff, director of the Hammond Health Center, accepted a position at Cayuga Medical Center as assistant director of emergency medicine.

Her reception will be held from 4-5:30 p.m. on Aug. 29 at the Hammond Health Center.

H&S to hold celebration events for anniversary

The Ithaca College School of Humanities and Sciences is celebrating the 50th anniversary of the Charles Percy Snow lecture series. Inspired by Snow, a physical chemist and novelist, these events will highlight the meaning of engaging in an integrative liberal arts education.

Beginning in September, there will be lectures, art exhibits and a staged reading leading up to the main lectures and events. One of the art exhibits, titled "Oral Fixations," will be located in the Handwerker Gallery, and a talk with Julia Randall will follow.

On Nov. 7, Alan Lightman, physicist, philosopher of science and novelist, will be reading "At the Crossroads of Science and Art." On Nov. 7-8, the Humanities and Technology

Camp will be hosting an unconference meeting, which is defined as an informal, open and inexpensive meeting where scientists and humanists can collaborate in workshops and short sessions, some of which are proposed on the spot.

IC garden to be featured on permaculture tour

The Finger Lakes Permaculture Institute will be holding tours around the Ithaca community to

several permaculture installations from 10 a.m. to 4 p.m. Sept. 6.

One of the tour stops is Ithaca College's own permaculture garden outside of Williams Hall. The students of the Permaculture Principles & Practice course, along with their professor, Karryn Olson-Ramanujan, have maintained the college's garden, which is populated with leafy vegetables and different types of plants. Ramanujan is the founding instructor of FLPCI.



Integrating the ICC

As part of the ICC Theme Kick-off events Aug. 25, freshmen in the Identities theme participate in an activity with Landon Hall residents.

JILLIAN FLINT/THE ITHACAN

CORRECTIONS

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

COPY EDITORS

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Got a news tip?

Contact the News Editor at
ithacannews@gmail.com or 274-3207.

Administrative comings and goings 2014–15

Ithaca College’s top administrators who left
and those who are taking their places.

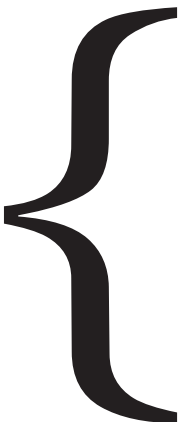
Outgoing Administrators



Name: Marian Brown
Position: Special Assistant for Campus and Community Sustainability
Status: Director of the Wells Institute for Sustainability and the Environment



Name: Anthony Hopson
Position: Associate Vice President for Community and Government Relations
Status: Senior Legislative Assistant at Florida A&M University



Name: Marisa Kelly
Position: Provost and Vice President for Educational Affairs
Status: Senior Vice President for Academic Affairs and Provost at Suffolk University in Boston



Name: Rachel Rueben
Position: Associate Vice President for Marketing Communications
Status: Vice President for Communications at Colgate University



Name: Linda Uhl
Position: Manager of Student Disability Services
Status: Retired



Name: Mary Ellen Zuckerman
Position: Business School Dean
Status: Provost and Vice President for Academic Affairs at SUNY Brockport



Incoming Administrators



Name: Lew Durland
Position: Director of Energy Management and Sustainability

- Lew Durland currently serves as an adviser to the New York Upstate Chapter board of directors of the U.S. Green Building Council. Mark Darling, sustainability programs coordinator at the college, said he and Durland are organizing the Office for Energy Management and Sustainability in the Division of Finance and Administration. “Our first task is to develop a strategic plan for the office, and that includes determining how to fill the position formerly held by Marian Brown to best meet the goals of the office,” Darling said.



Name: Laurie Worrall
Position: Executive Director for the Office of Civic Engagement

- Laurie Worrall is the executive director of New York Campus Compact, a state-wide association of colleges and universities with the goal of promoting active citizenship. In her new position, Worrall will be responsible for working directly with faculty and staff members to develop and coordinate both curricular and cocurricular community partnerships and activities. She said she plans to move forward with this as a part of IC 20/20. “We need to make some progress on assessing the effectiveness of our community engagement via both student learning and community benefit,” she said.



Name: Bailey Reagan
Responsibility: Government Relations



Name: Rory Rothman
Responsibility: Community Relations



Name: Dave Maley
Responsibility: Community Relations

- Bailey Reagan ’12, assistant to the president, will oversee the government relations portion of Anthony Hopson’s responsibilities. Rory Rothman, senior associate vice president for Student Affairs and Campus Life, will head the IC Community Work Group, which seeks to improve communication throughout Ithaca by assembling the voices of town, college, law enforcement and student constituencies. David Maley, senior associate director for media and community relations, will serve as the liaison for community members, directing them to the appropriate person at the college to address their needs.



Name: Linda Petrosino
Position: Interim Provost and Vice President for Educational Affairs.

- Linda Petrosino ’77, M.S. ’78, dean of the School of Health Sciences and Human Performance, will serve in this position from June 1, 2014, to July 1, 2015, unless a permanent provost is selected prior to that date. John Sigg, associate dean of HSHP, will serve as interim dean of HSHP during Petrosino’s term as interim provost. Since being appointed dean of HSHP in 2012, Petrosino has overseen the transition of moving the physical therapy graduate program in Rochester, New York, to Ithaca College.



Name: Bonny Griffith
Position: Interim Associate Vice President for Marketing Communications

- Bonny Griffith will lead the Office of Marketing Communications, where she has worked for the past 12 years, until Ithaca College hires a new associate vice president. She said she will continue serving as the director of client and enrollment marketing in the office, where she oversees strategic marketing campaigns for admissions and each of the five schools at the college. As interim, she will also oversee athletic, crisis and media communications and the brand strategy for the institution as a whole.



Name: Leslie Kelly
Position: Manager of Student Accessibility Services

- Leslie Kelly, M.S., graduated from Misericordia University in Pennsylvania with a degree in organizational management. She was the assistant director in the Office of Students with Disabilities at the university and then worked in academic advising at Binghamton University. Kelly said she believes these years of experience will help her contribute to the team in the Office of Student Accessibility Services at Ithaca College. “I am very excited to learn about the IC community and to help implement some positive changes,” she said.



Name: James Simpson
Position: Interim Dean of the School of Business

- James Simpson is a distinguished professor emeritus from the University of Alabama in the Huntsville College of Business Administration. He was the principal research scientist at the university’s business administration school, having retired in 2011 after a teaching and administrative career at Huntsville that began in 1990. Simpson said he will help prepare students and faculty for when a team from the Association to Advance Collegiate Schools of Business visits Ithaca College on Sept. 28 to assess the college for reaccreditation — an international recognition of excellence in business programs.

Budget impact carries weight among faculty

BY RAMYA VIJAYAGOPAL
ASSISTANT NEWS EDITOR

Members of the Faculty Council met Aug. 26 for their first meeting of the academic year to discuss the budget as impacted by the under-enrolled freshman class, the forming of the provost search committee and the Gender Equity Study conducted by the Office of Human Resources.

Members addressed the \$4.6 million issue the college was facing due to the enrollment deficit by 150 student tuitions. John Rosenthal, mathematics professor and council member, said \$2 million of the total had been accounted for through workers' compensation and by taking from contingency funds in the budget, but the administration had not figured out the last half million or so dollars.

Rosenthal said he feared that in subsequent years, workers' compensation may again be at risk when trying to find money to deal with this issue. Strategic sourcing — streamlining the college's spending through single-source vendors — was brought up as a possible solution for saving money, but Rosenthal said this would also be used to accommodate the "Under 3 Over 3" plan, which refers to the administration's effort to limit the tuition increases to 3 percent while bringing pay raises for college employees above 3 percent.

The council then discussed the procedure for the provost search committee, which will select a replacement for Linda Petrosino, interim provost and vice president for educational affairs.

Peter Rothbart, professor of music theory, history and composition and faculty council chair, said the provost selection committee will have 11 members, six of whom will be faculty. All full-time faculty members will have the chance to vote in a general election beginning Aug. 29 and choose three faculty representatives, while President Tom Rochon will select the remaining three by Sept. 3. The provost selection process is expected to begin in two weeks in an effort to decide on an appointment by early spring.

During the meeting, Rothbart said he was encouraged by the progress that was made in the communication between the administration and council. He said the Executive Committee of Faculty Council had met with the Ithaca College Board of Trustees, which was a first for the council.

The Gender Equity Study that Human Resources provided looks at the pay of positions of men and women at different levels from all of the schools at Ithaca College. Deborah Rifkin, associate professor of music theory, history and composition, and council member, said the council did not have any standing concerns about the state of pay equity at the college, but the request for the study had been for informational purposes.

When discussing what to do with the contents of the study, council members decided to make a motion for more information, such as the population for each category, before releasing the data.

Freshmen get Jumpstart on the year

JUMPSTART

FROM PAGE 1

show their preference for a specific program, which Theresa Radley, assistant director of student leadership and involvement in the Office of Student Engagement and Multicultural Affairs, said will result in them being more engaged.

Radley said although there are other colleges with pre-orientation programs, the college's Jumpstart is distinctive because of the focus on the community.

"Most schools are very centralized," Radley said. "We have these four separate programs, and they are unique to our area. They are benefiting from some of the resources we have in our area."

The 1st Street Mosaic Project was part of the Community Plunge program, in which participants spent Aug. 22 and Aug. 23 doing community service in the Ithaca area, including projects like volunteering at schools, libraries and organizations around the area such as the ReUse Center and the Ithaca Waldorf School.

The finished mosaic will feature colorful designs and reflective glass pieces on a 150-foot-long wall of the Department of Public Works on the 600 block of 1st Street in Ithaca's Northside Neighborhood, according to the project's website.

Don Austin, assistant director for community service and leadership development, has been involved with the Jumpstart program for four years and said he thinks a program like Jumpstart is valuable to incoming students because of the opportunity to make connections.

"The point of Jumpstart is to connect students to the campus and to the community," Austin said. "It's an opportunity for them to get to meet some of the upperclass students here at IC and hear from them what the college experience is like."

Senior Monica McNicholas, who was a GREEN Tour student leader, said she has four years of experience with the program: one as a participant and three as a student leader.

"Jumpstart also helps students

learn about the Ithaca community off campus and travel to places they may have otherwise missed out on," she said.

McNicholas said participants in the GREEN Tour explored sustainability issues by traveling all over Ithaca and the surrounding area, including Cayuga Lake, the Great Gully Nature Preserve, Stewart Park and Taughannock Falls. They also visited farms, the gorges and the farmers market.

Radley said the nature of the programs — taking students beyond the campus — offers an experience unlike any other.

"It's that experience," she said. "You're out camping for ECHO — when are you going to go camping in the woods with a group of students you don't know ... You are getting to experience these benefits of what the area has to offer."

Junior Megan Hooley, a student leader for ECHO and former participant, said ECHO participants took to the outdoors to learn about their carbon footprints and to reflect on how to lead a less harmful lifestyle.

"We chose our meals, packed the night before, hiked with all of our gear to the site, fell in the mud, made jokes and sang songs, learned about Leave No Trace principles, performed skits, cooked for ourselves, 'sumped' a lot of nasty leftover food from dishes, slept under the stars all together and had an all-around amazing adventure," she said.

ECHO participants also practiced their construction skills by building, using and then tearing down a maze made from natural materials in the area, she said.

Along with the 178 participants, there were also 56 student leaders assisting with the Jumpstart process. Austin said several of these students had participated in Jumpstart during their first year, although prior experience is not a requirement.

Radley said in her five years helping lead the program, she has seen an increasing number of participants applying to be leaders, and about half of the student leaders this year were returning leaders.



Freshman Chase McFarlane pastes pieces of the 1st Street Mosaic Project, where Community Plunge participants volunteered Aug. 22.
COREY HESS/THE ITHACAN

Freshman Lead-In members and their student leaders could be seen scaling wooden poles and ziplining through the trees on Aug. 22 at the Hoffman Challenge Course on Mount Pleasant. The students worked with trained course workers to navigate a series of challenges, such as ziplining, climbing and other rope course activities. Throughout the course, participants had to support each other both physically and emotionally.

Freshman physical therapy major Tyler Sheldon said arriving early for the program helped him quickly make friends.

"I figured that getting here early and knowing other people would

make it easier," he said. "Just getting here, within 20 minutes I had made two friends on my floor."

Concluding the weekend of community integration and team building was a closing event on the evening of Aug. 23 in Emerson Suites, featuring a "Salsa Magic" program and multiple opportunities to reflect on students' experiences during the weekend.

Hooley said she had a wonderful experience with ECHO her first year and wanted to share that with the new freshmen.

"Watching the first years connect, solve problems and share stories together is the most rewarding experience of all," she said.

College has means to compensate for shortfall

ENROLLMENT

FROM PAGE 1

theory, history and composition, and chair of the Faculty Council, said vacancies are created when members leave of their own volition or when the college evaluates an empty position and decides whether it is needed.

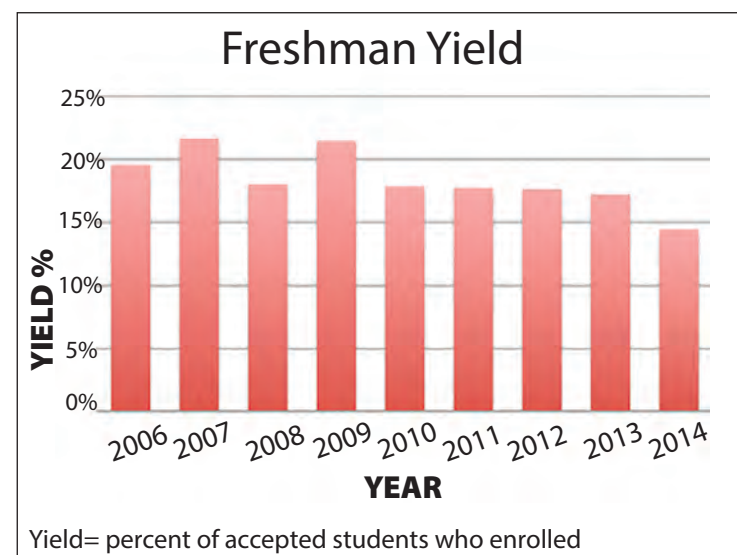
"That's probably the least painful way of dealing with it, though it could affect programs," he said.

Rothbart said the other avenue for saving money through vacancies is by laying off positions, but the procedure for doing so is meticulous and a last resort.

"I personally don't expect that they will go there," he said. "But they did open the door that there is a possibility for faculty and for staff, bearing in mind that periodic attrition isn't necessarily a bad thing."

Amanda Lippincott, chair of the Staff Council, said there has been open communication between staff and administration about feedback on the college's efforts to save money while maintaining staff efficiency.

"Administrators have been



very receptive and supportive of our interest and involvement," she said. "We strive to communicate respectfully regarding challenging and sensitive issues, and are deeply appreciative for the opportunity."

Under-enrollment places extra pressure on the college to hit its target enrollment in the coming years, Rothbart said, as the main concern of the faculty is to maintain the col-

lege's academic quality.

With a record high applicant pool last spring, Maguire said the college was more selective this year, accepting below 60 percent of the pool while previous years have averaged a 66 percent acceptance rate. He said greater selectivity had the probability of leading to a lower yield — the percentage of those accepted who decided to enroll.

"When you're more selective, you're taking a higher caliber of student," he said. "When you're taking a higher caliber of student, those students have options [for other colleges]."

With a more competitive profile of the college's applicant pool, Maguire said, the college is placed in a tier of more competitive schools.

"Those are all positive things for the institution, it's just that we couldn't exactly anticipate where that yield would come in," he said.

Despite the setback, Maguire said, the administration intends to continue the downward trend of tuition increases. The tuition increase this year was less than 3 percent, which he said is a record low for the past 40 years.

"Our dedication to creating more affordability for our students remains intact," he said.

Hector said the college's contingency plans leave the budget in an uncompromised position.

"This issue is now here, and we are more than able to address it in a very meaningful and substantial

State of Simeon's

Tractor-trailer crash leaves impact and uncertain future

BY SABRINA KNIGHT
STAFF WRITER

The fate of Simeon's bistro, following a tractor-trailer crash into the restaurant this summer, is yet to be determined as the investigation continues.

Rich Avery, co-owner of Simeon's, said the restaurant plans to reopen in the same location but is still waiting for the building's owners to figure out their plans to rebuild. Jerry Dietz, owner of CSP Management, the company that owns the building where Simeon's is housed, said the company plans to restore the building from the crash exactly the way it was in addition to possibly renovating the Simeon's facade.

Dietz said he hopes the reconstruction is completed by May 2015 but is unsure about the exact timeline of construction because the company is still waiting on insurance claims.

There were a few fundraisers over the summer to benefit the employees and the family of Amanda Bush the 27-year-old Simeon's bartender from Lansing, New York, he said. Bush was identified in a press release the same day as the incident as the one fatality in the crash. In addition, the press release stated that five people were taken to the hospital for non-life-threatening injuries.

Jamie Williamson, public information officer for the Ithaca Police Department, said the IPD turned

over parts of the overall investigation to the New York State Police.

Just after 4 p.m. on June 20, a tractor-trailer carrying a load of cars crashed into Simeon's on The Commons while attempting to make a right-hand turn onto North Aurora Street. The vehicle was traveling down East State Street before it crashed into the corner of the building.

The truck driver was taken into custody and was collaborating with the collision investigation, according to the press release. Williamson said there are no further updates about the truck driver that can be released while the investigation is still open.

Williamson said the IPD is in charge of the investigation as a whole, but it has turned over two elements of the incident to the NYSP since they have better resources: the investigation of the reconstruction of the collision and an inspection of the commercial motor vehicle to see which factors affected the crash. As for IPD's part of the investigation while waiting for the NYSP report, Williamson said the department is nearing completion of the task.

"We've interviewed countless witnesses and gathered and analyzed virtually every piece of evidence that existed at the crime scene," he said. "It's been an exhaustive effort on our part as well as other agencies in the area that have assisted us."



Passersby and construction workers assess the damage to the building that contained Simeon's bistro on June 20, the day a tractor-trailer carrying a load of cars crashed into it (left), and Aug. 27 (right).

MAX GILLILAN, COREY HESS/THE ITHACAN

Mike Niechwiadowicz, director of code enforcement for the City of Ithaca, evaluated the damage from the crash and said the fact that the structure of the building was not reinforced with steel beams holding everything together helped the outcome of the collision.

"In a way, that ended up good because the truck just punched through the brick facade and made that portion of the building that was above where the truck went through collapse," he said.

Storefronts on The Commons' side of the crash are only supported by foundation, whereas the ones on Aurora Street are stronger because of their structural framing that runs parallel to the street, Niechwiadowicz said. The night of the incident, a private contractor took

out the facade along Aurora so that the truck could be pulled out without endangering additional people.

After talking to an engineer, Niechwiadowicz said he deemed the building structurally sound and proceeded to secure and stabilize the area.

Construction on The Commons has not been affected by the incident, Niechwiadowicz said. During the hours when the area was fenced off the day of the incident, he said, construction workers moved down to a different part of The Commons to continue their work in lieu of restricted access to the Aurora side.

Ithaca College senior Charlotte Browning, who was at her home on Aurora Street during the incident, said she heard a crash nearby but thought the sound was from con-

struction. When she stepped outside, she saw a cloud of smoke and noticed that the building, containing Simeon's and the apartments above it, seemed slanted. The entire building was forced to evacuate, Browning said, and later that evening, she noticed the entire block was still barricaded.

Williamson said the IPD is expecting the NYSP's reports within the next couple of weeks, but the department is not rushing the process.

"We don't want anything less than a thorough police report and a thorough investigation from their perspective," Williamson said. "The official report will be completed and released when it's completed and released — not a moment sooner, not a moment later."

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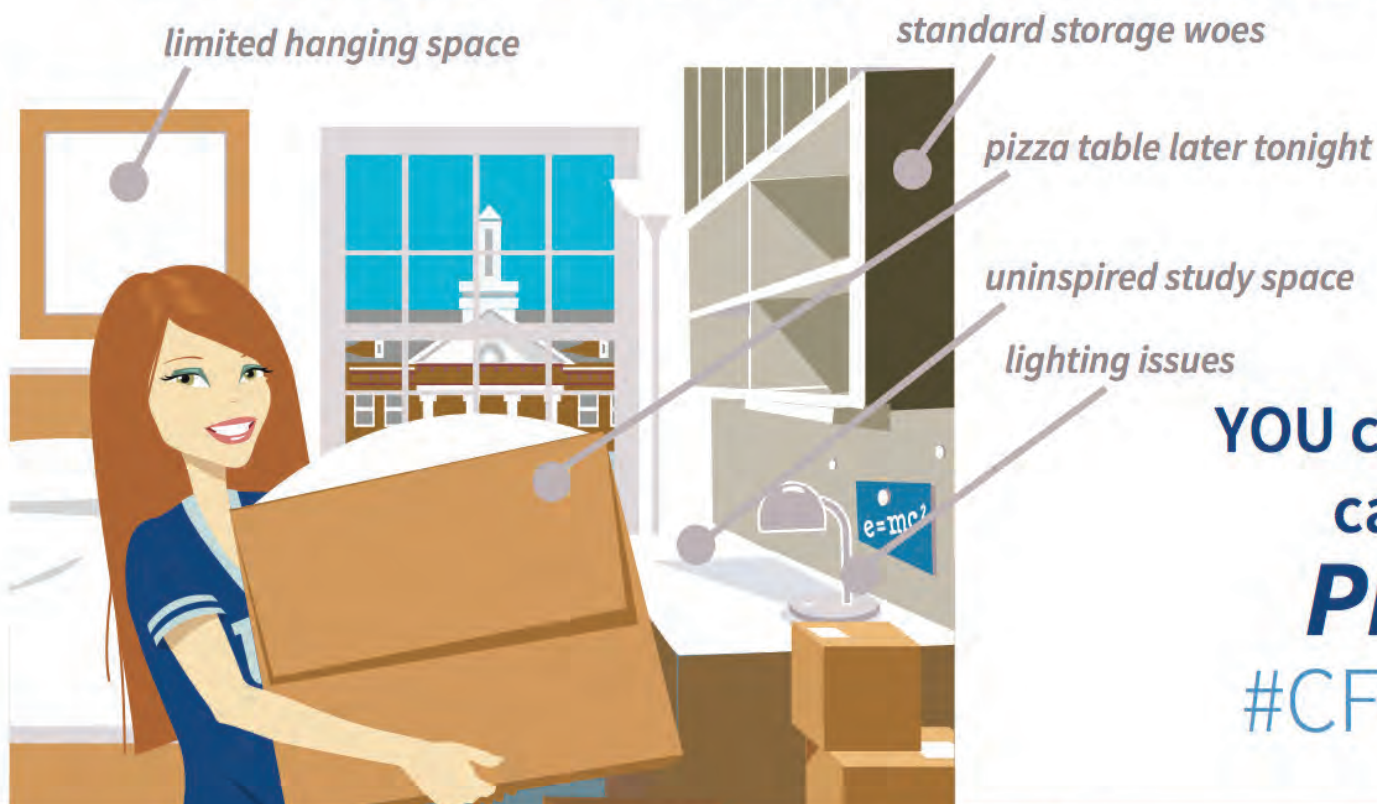
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Summer crime wave hits city of Ithaca at record rate

BY KIRA MADDOX
MANAGING EDITOR

The City of Ithaca was hit with a string of crimes over the summer, which has included a high number of burglaries, robberies and criminal trespassing charges.

Between late May and mid-August, the Ithaca Police Department responded to about 27 burglaries, six robberies and 32 incidents of criminal trespassing, according to the department's public records. Among the allegedly burglarized businesses are the Subway Subshop on Elmira Road, Ithaca to Go on Taber Street, and Ithaca Grain and Pet Supply on West Seneca Street.

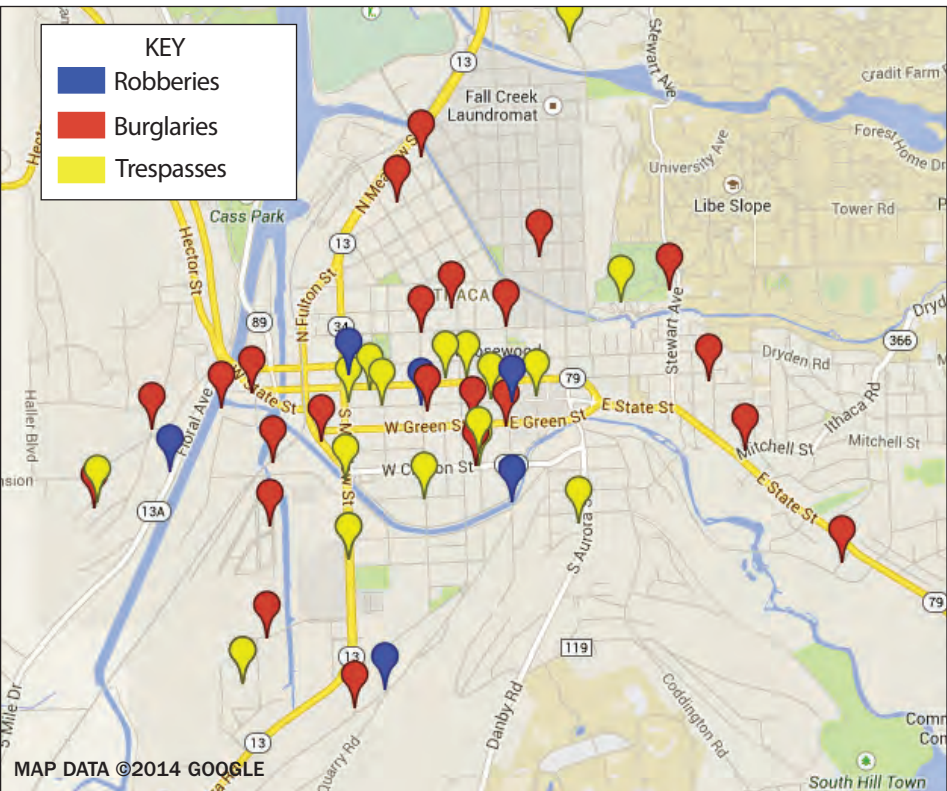
"We're getting hammered," Jamie Williamson, public information officer for the IPD, said. "We have had a significant increase in the number of larcenies and burglaries."

Some of these incidents are still being investigated; therefore, their classifications are subject to change in the future. All of the burglary cases are still open, and Williamson said the IPD is unsure if the perpetrators are the same for each of the crimes, and it has been difficult to try and track them down.

"It's baffling because it's hard to predict a pattern on the burglaries," Williamson said. "They're mostly commercial buildings ... Burglaries have the cover of darkness, and there doesn't appear to be any rhyme or reason on why he or she or they are hitting any one specific business."

John's Convenient Food Mart, located on West State Street, was one of the latest commercial businesses to be broken into, with the crime occurring Aug. 18. The alleged perpetrator was found hiding outside the building after attempting to gain access to the store by breaking its glass front door, according to the IPD.

John Tadros, the owner of the business, said he has been there for 21 years, and most of his customers are locals and regulars.



Map of Ithaca shows the locations of the burglaries, trespasses and robberies as reported by the Ithaca Police Department, with the heaviest concentration between July 9 and Aug. 19.

DESIGN BY SARA KIM

Tadros said he has only experienced one other criminal incident at his store about five years ago when someone smashed a window.

"I moved from Syracuse; that's why I came to Ithaca," Tadros said. "I had a business in Syracuse and had nothing but problems over there: break ins, hold ups. I'm surprised that this happened. Even my customers are kind of surprised."

A group of businesses that share an office space on Taber Street and were burglarized have banded together on social media to create the Ithaca Business Burglaries Facebook

page. The page is dedicated to keeping the community aware of the crimes happening across the city, and the businesses have raised a \$1,000 reward for anyone who comes forward with information about the burglaries.

While the IPD can't assume if or why certain businesses are being targeted, Williamson said he thinks the increase in the frequency of the crimes is due to the lack of resources to which the IPD has access.

"I don't think that we're understaffed — I know that we're understaffed," Williamson said. "We understand budget constraints ...

but on the same token, we are expected to provide certain services for our community. ... It's frustrating because we're not given the adequate resources to meet and exceed those expectations."

The IPD currently only employs 62 police officers, four of whom are on long-term disability leave, and Williamson said they are not expected to return to patrol any time soon. This is considered low compared to the mid-70s the IPD employed about five years ago and the thousands employed by big-city departments like the New York Police Department, Williamson said. This has caused the IPD to operate on a "mission critical" level, only having the resources to address situations that are critical for day-to-day operations of the department as a whole.

While the IPD has its hands full, Terri Stewart, director and chief of the Ithaca College Office of Public Safety and Emergency Management, said Public Safety is responding to the high-crime situation by staying in the loop with the other law enforcement departments around the city.

"We try to be preventative," Stewart said. "The county and the city share information with us on a regular basis. In fact, the Ithaca College Public Safety holds a monthly information investigators' meeting where all of the area law enforcement come together [to share information]."

Stewart said Public Safety urges students to practice precautionary measures, like locking doors and not leaving personal belongings unattended, to ensure their belongings remain safe.

"If you're not being preventative, you're being responsive," Stewart said. "If you see something, say something. We're a safe campus, but at the same time it's a collaboration ... Don't be afraid to call. Don't be afraid to use the emergency call boxes; that's what we're here for."

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35

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News

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Video
Hear all about move-in day from multiple first-year students as they unpack and transition into the Ithaca College lifestyle.



Video
Listen to team captains as they discuss their goals for the upcoming season in the Fall Sports Preview.



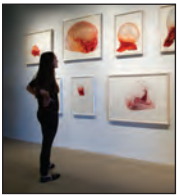
Video
Watch an overview of Jumpstart, a program designed to give first-year students a head start for the upcoming school year.



FLICKR



News
View photos taken of the Convocation ceremony on Aug. 25.



Life & Culture
Take a look at the newest exhibit in the Handwerker Gallery.



Sports
See the women's volleyball team practice for its first match.

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SOCIAL MEDIA

Public Safety Incident Log

SELECTED ENTRIES FROM
JULY 15 TO AUG. 11.

JULY 15

MEDICAL ASSIST/ILLNESS RELATED
LOCATION: Dillingham Center
SUMMARY: Caller reported person having a seizure. One person transported to CMC by ambulance. Fire Protection Specialist Mark Swanhart.

LARCENY
LOCATION: Circle Apartments
SUMMARY: Caller reported unknown person stole hammock. Investigation pending. Patrol Officer Robert Jones.

JULY 17

ACCIDENTAL PROPERTY DAMAGE
LOCATION: U-Lot
SUMMARY: Caller reported parked motorcycle fell onto another. No damage occurred. Sergeant Terry O'Pray.

FIRE ALARM ACCIDENTAL
LOCATION: Center for Health Sciences
SUMMARY: Simplex reported fire alarm. Activation caused by persons cleaning. System reset. Fire Protection Specialist Mark Swanhart.

JULY 18

BURGLARY
LOCATION: Whalen Center for Music
SUMMARY: Caller reported unknown person entered and stole musical instrument. Investigation pending. Patrol Officer Jon Shingledecker.

JULY 21

FIRE ALARM ACCIDENTAL
LOCATION: Ben Light Gymnasium
SUMMARY: Simplex reported fire alarm.

Activation caused during test of annual suppression system. System reset. Fire Protection Specialist Mark Swanhart.

JULY 22

UNLAWFUL POSSESSION MARIJUANA
LOCATION: Circle Apartments
SUMMARY: Caller reported an unknown person left a locked safe with marijuana and paraphernalia. Investigation pending. Patrol Officer Catherine Cardinal.

JULY 24

LOST PROPERTY
LOCATION: Upper Quad
SUMMARY: Caller reported portable radio lost. Investigation pending. Patrol Officer Catherine Cardinal.

FIRE ALARM UNDETERMINED CAUSE
LOCATION: West Tower
SUMMARY: Simplex reported fire alarm. No activated detector or cause found. System reset. Patrol Officer Steve Rounds.

JULY 25

SUSPICIOUS CIRCUMSTANCE
LOCATION: Communications Building
SUMMARY: Caller reported a person sent unwanted text messages. Investigation pending. Master Patrol Officer Chris Teribury.

LARCENY
LOCATION: Center for Health Sciences
SUMMARY: Complainant reported an unknown person stole picture. Investigation pending. Patrol Officer Jonathan Elmore.

JULY 29

CASE STATUS CHANGE
LOCATION: Circle Apartments
SUMMARY: Officer reported air conditioner unit originally reported stolen from Circle Apartments on July 3 was not in fact stolen, and burglary is unfounded. Sergeant Hart.

JULY 30

MEDICAL ASSIST
LOCATION: Campus Center
SUMMARY: Caller reported person having an allergic reaction to peanuts. Person transported to hospital by ambulance. Fire and Building Safety Coordinator Sherman.

FIRE ALARM ACCIDENTAL
LOCATION: Whalen Center for Music
SUMMARY: Simplex reported fire alarm. Activation caused by contractors working in area. Zone disabled and system reset. Fire Protection Specialist Perkins.

JULY 31

ENVIRONMENTAL SAFETY HAZARD
LOCATION: G-Lot
SUMMARY: Caller reported oil spilled from generator. Environmental Health and Safety Officer cleaned area, and a report was taken. Environmental Safety Specialist Mark Ross.

AUGUST 1

V&T LEAVING SCENE
LOCATION: Unknown
SUMMARY: Person reported damage to vehicle with unknown cause. Officer reported vehicle appeared to have been

damaged by an unknown vehicle that left the scene. Investigation pending. Patrol Officer John Elmore.

AUGUST 2

ILLEGAL DISPOSAL OF SOLID WASTE
LOCATION: B-Lot
SUMMARY: Officer reported person placing garbage into dumpster. Officer issued person a warning for illegal disposal of garbage. Master Patrol Officer Bruce Holmstock.

V&T LEAVING SCENE
LOCATION: J-Lot
SUMMARY: Caller reported an unknown vehicle damaged a parked vehicle and left the scene. Investigation pending. Master Patrol Officer Don Lyke.

AUGUST 5

FIRE ALARM
LOCATION: Whalen Center for Music
SUMMARY: Simplex reported fire alarm. Activation was caused by contractors. System reset. Master Patrol Officer Don Lyke.

AUGUST 8

MEDICAL ASSIST
LOCATION: Ben Light Gymnasium.
SUMMARY: Caller reported a person injured knee while playing basketball. Person declined medical assistance. Patrol Officer John Elmore.

AUGUST 9

V&T DRIVING WHILE INTOXICATED
LOCATION: College Circle Drive
SUMMARY: Ithaca College officer

reported accident occurred at the intersection of 96B and College Circle Drive, and one person was arrested for DWI. Officer issued the driver a uniform traffic ticket for driving while intoxicated and failure to keep right. Person refused chemical test and was arraigned in the Town of Ulysses court and released on his own recognizance. Master Patrol Officer Don Lyke.

ASSIST OTHER AGENCY
LOCATION: Office of Public Safety
SUMMARY: New York State park police reported one person arrested for DWI and requested an Ithaca College officer conduct a chemical test. Test was completed. Master Patrol Officer Chris Teribury.

AUGUST 11

FIRE ALARM ACCIDENTAL
LOCATION: Circle Apartments
SUMMARY: Simplex reported fire alarm. Activation caused by dirty detector and shower steam. Detector was cleaned and system reset. Fire Protection Specialist Mark Swanhart.

FOR THE COMPLETE SAFETY LOG,
For the complete safety log, go to www.theithacan.org/news.

KEY

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

EDITORIALS

STUDENTS LEFT OUT OF THE LOOP

Ithaca College’s All-College Meeting is only open to staff and faculty, giving an inaccurate and exclusionary definition to the phrase “all-college”

Every year before the academic year begins, Ithaca College hosts the All-College Meeting. At the meeting, which is limited to only the college’s staff and faculty, Ithaca College President Tom Rochon and other administrators give an overview of the past year and discuss goals for the next academic and fiscal years. However, the most important demographic is always missing: the student body.

The name of the meeting is rather deceptive. The words “all-college” are in the title, yet nearly 7,000 members of the college’s community are excluded from having any knowledge of executive decisions that are to be implemented during the academic year. The media are also barred from covering the meeting, further excluding students from the college community.

Additionally, according to those who attended this year’s meeting, Rochon did not leave any time for an open Q&A, which was originally included in the meeting’s agenda. Instead, he addressed anonymous questions that were submitted on index cards. The time Rochon spent answering the anonymous questions could have been better spent on opening the floor to staff and faculty questions as planned.

Students have the right to know information disclosed at the All-College Meeting, such as declining enrollment for the 2014–15 academic year and decisions that can affect the student body, faculty and staff. At the least, media coverage should be allowed in the meeting to report back to the student body if the administration still decides to maintain a staunch no-student attendance policy.

COMMUNITY JUMP

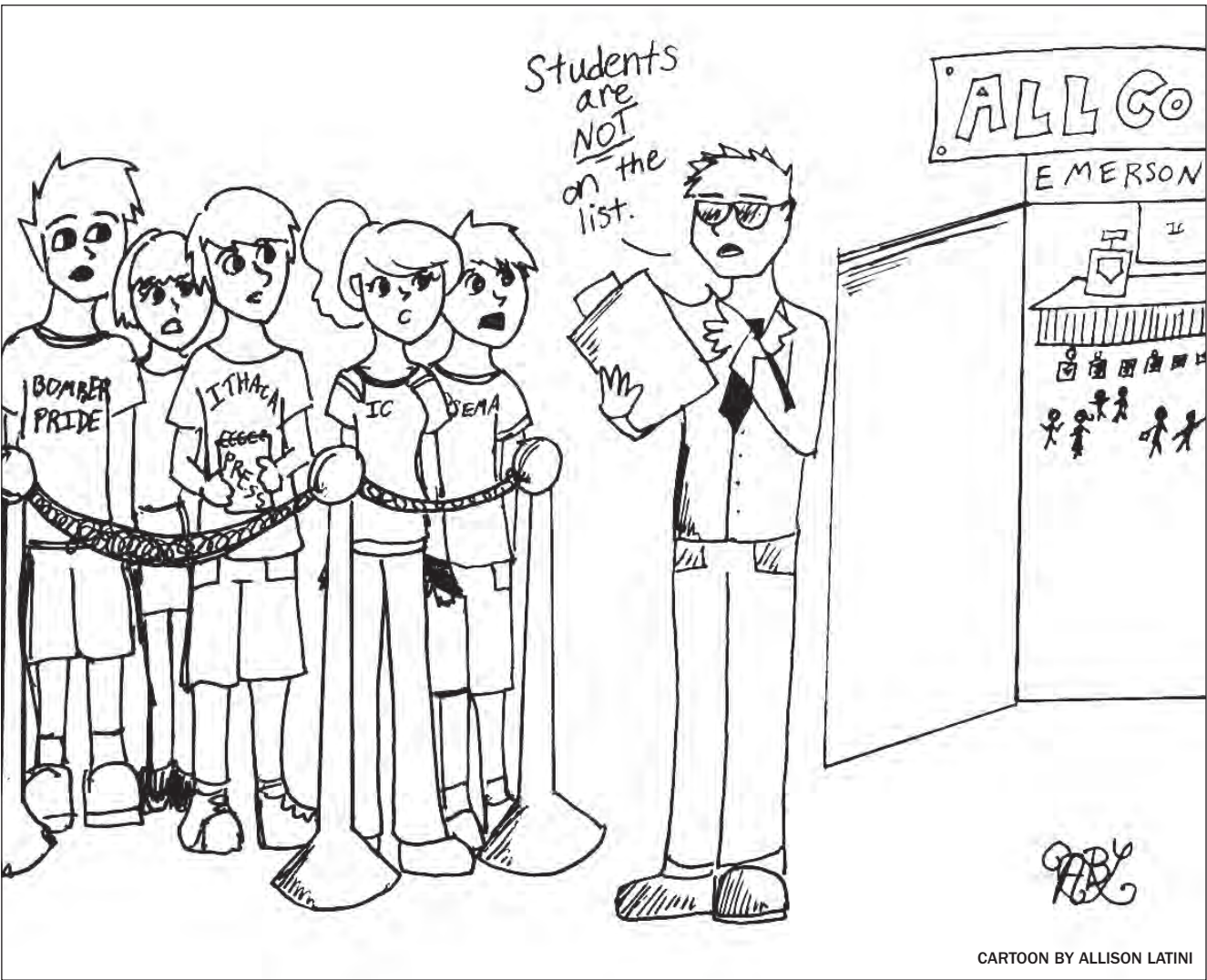
The volunteering rate among 20- to 24-year-olds is low, but programs such as Ithaca College’s Jumpstart have the potential to improve the low statistic

A few days before move-in day, about 200 Ithaca College freshmen come to campus early to participate in Jumpstart, an annual early arrival program dedicated to easing the transition into college and community service. The community service component to Jumpstart may be promising in light of discouraging statistics.

The Bureau of Labor Statistics found 26.2 percent of teens aged 16–19 participated in volunteer work in 2013. For those aged 20–24, the number is 18.5 percent.

One reason for the drop is some school districts allow high school students to receive credit for volunteering. According to an Education Week article, 19 states allow students to receive credit for volunteering, and seven states allow school districts to require volunteer hours in order to graduate. And organizations like the National Honor Society also require volunteer hours for membership.

Mandatory volunteer work leaves students with a lack of motivation to volunteer after high school. Aside from being a transitioning program, Jumpstart participants are giving back to the community by choice through volunteering, which can possibly bridge the volunteerism gap between the 16–19 and 20–24 age brackets.



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SNAP JUDGMENT

What is the hardest part of moving in?



“WHEN YOU LIVE ON THE TOP FLOOR AND YOU’RE CARRYING BAGS AND YOU HAVE SHORT LEGS, IT’S A LITTLE HARDER TO GET TO THE TOP FLOOR.”
SHAWAHL ABDUR-RAHMAN
TELEVISION-RADIO ‘17



“THE HARDEST PART OF MOVING IN IS TRYING TO MAXIMIZE THE SPACE YOU HAVE.”
VICTOR PIRELA
BUSINESS ADMINISTRATION ‘17



“I THINK THE HARDEST PART OF MOVING IN IS GETTING USED TO DORM LIFE AGAIN.”
DANIELLE CAMPBELL
EXERCISE SCIENCE ‘17



“I THINK THE HARDEST PART OF MOVING IN IS PROBABLY SAYING GOODBYE TO MY FRIENDS AT HOME AND MY DOG.”
CHRISTINA RUCINSKI
INTEGRATED MARKETING COMMUNICATIONS ‘18



“DEFINITELY GETTING ALL OF YOUR STUFF IN. I BRING A LOT OF STUFF.”
BRIANNA HUERTA
EXPLORATORY ‘17

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GUEST COMMENTARY

Race should not be excuse for police brutality

I am a 42-year-old black man with a PhD from an Ivy League university. It doesn't matter. At times, I was a younger man who stole from convenience stores, swore in public, listened to loud music, fought in the streets, hawked merchandise, wore hoodies, gambled money and jaywalked. I still wear hoodies.

I don't mention my past actions with any sense of pride. As a grown man, I know I was wrong. However, I also know I shouldn't die for these actions. I know I shouldn't be killed for them. I know I shouldn't be shot at by the police — not one shot, not six shots, not 41 shots.

I am Michael Brown, Amadou Diallo, Eric Gardner, Patrick Dorismond, Sean Bell, Malcolm Ferguson, Ezell Ford, Oscar Grant, Timothy Stansbury, Aaron Campbell, Bernard Monroe, Adolph Grimes, Jonathan Ferrell, Nicholas Heyward, Jr., Ronald Madison, Robbie Tolan, Ousmane Zongo, Kathryn Johnston and many more black men and women. This doesn't mean we share the same interests or make the same decisions. It doesn't matter.

We are one because we are viewed in one way: as constant perpetrators and continual threats. Our life is a threat. Our presence is the menace. How else do you justify shooting for jaywalking or walking in our neighborhoods or for sitting in our living rooms? It doesn't matter.

Or maybe it does. To make matters worse, as tweeted by hip-hop artist Q-Tip, "Black life has no value in this country." In other words, black life is not only a constant threat, it is disposable. It is hard to argue against this when we allow the bodies of lifeless teenagers to lie in our streets for hours — in front of parents and community.

Ferguson, Missouri, can be Anywhere, USA, and recent events in Ithaca let us know our community is not immune. However, some context regarding the Ferguson community is important. Amy Goodman recently reported that the protests in Ferguson are only a couple of miles away from the grave of Dred Scott — the plaintiff of the Supreme Court Case that argued,



Professor Sean Eversley Bradwell believes that skin color should never dictate whether or not police have the right to shoot someone suspected of committing a crime, especially when unarmed. COURTESY OF SEAN EVERSLEY BRADWELL

"The [black man] had no rights which the white man was bound to respect." This is to say that in order to fully understand the uprisings in Ferguson, we need to know more about the community's history.

St. Louis is home to a few of the most violent race "riots" in U.S. history. Be it 1854, 1917, 1968 or 2014, there is a longer history of racialized violence often at the hands of the State. The violence is compounded by a severe lack of representation in government and municipal agencies. According to local government websites and media reports, black residents are only 6 percent of the police force and comprise fewer than 17 percent of the elected members to the Ferguson school board and city government. Yet, according to 2010 U.S. Census data, black residents make up more than 67 percent of the population in Ferguson. To

quote Tupac Shakur, this an example of black taxpayers "subsidizing your own oppression." Lastly, Ferguson lays bare the grotesque militarization of local police departments. Armored vehicles, camouflage uniforms and military surplus rifles are not designed to "protect and serve."

In the end, it has to matter. I need the lives of my father, brother, cousins, nephews and friends to matter. I need our lives to have value because even when we are unarmed, we are still armed with blackness. This matters because in a post-racial nation, being armed with blackness is all the reasonable fear a police officer needs to shoot at me.

SEAN EVERSLEY BRADWELL is an assistant professor in the Center for the Study in Culture, Race and Ethnicity. Email him at seversley@ithaca.edu.

GUEST COMMENTARY

Celebrity's death prompts surge in psychological services

I lived in San Francisco's Castro District in the 1980s when AIDS was devastating the community and killing my friends. Robin Williams also lived in The Castro at that time. He responded to the crisis of the pandemic by doing whatever he needed to do to raise money and awareness for local HIV/AIDS agencies and to speak openly about a taboo topic. Williams was a compassionate man who was generous with his time, talent and money.



CORAZON

Although it was common knowledge that Williams struggled with mental illness and addiction, it was shocking to hear of his death by suicide on Aug. 11. In a 2006 interview with Terry Gross on the "Fresh Air" NPR radio show, he admitted having bouts of deep depression, but denied having clinical depression or bipolar disorder. "Do I perform sometimes in a manic style? Yes," Williams told Gross. "Am I manic all the time? No. Do I get sad? Oh yeah. Does it hit me hard? Oh yeah."

Suicide, like AIDS, is still a taboo subject. People who live with thoughts of suicide are very cautious about when, where and



Actor and comedian Robin Williams struggled with depression and addiction. He committed suicide at his California home on Aug. 11. REED SAXON/ASSOCIATED PRESS

to whom they can express these thoughts. They are afraid of being ridiculed and ostracized, losing their jobs or being institutionalized. The suicide of a famous and well-liked person brings the topic to the forefront. The tragedy creates a demand for discussion and the opportunity for education and dispelling myths.

Almost immediately after the news of Williams' death, we witnessed the usual social media frenzy and sometimes sensational, uninformed and callous news reporting. We know that inappropriate messages about suicides can

trigger others to attempt suicide. But we also saw the power of the Internet to provide positive and informed messages about suicide and mental illness. The number for the National Suicide Prevention Lifeline, 1-800-273-8255 (TALK), was posted on mental health sites, as well as on personal pages. People felt inspired to share, on their own blogs and social media accounts, vulnerable, often raw, personal stories about their struggles with suicide, suicide-caused grief and mental illness.

Since Aug. 11, the Suicide Prevention and Crisis Services has

received an unprecedented number of calls and instant messages from people affected by the news. Callers have expressed their despair at having someone like Williams, who could access the best mental health care, take his life. Callers plead, "What hope is there for someone like me with no money, no insurance and no one who cares?" Others sobbed as they grieved for the friend, lover, brother, sister, child or parent lost to suicide. Many were reaching out for the first time to tell someone about their pain and hopelessness. Parents reached out, worried about their children who were struggling with mental health challenges.

We do this work with the help of trained, volunteer crisis counselors. We offer a 47-hour training program to people who want to help. Please consider joining our team. Call the office at 607-272-1505, or email info@ithacacrisis.org.

If you need someone to speak with, someone who will listen, you do not need to be having thoughts of suicide to call us at 1-800-273-8255 (TALK) or locally at 607-272-1616. You can also log on to The Chat, Mon-Fri, 6–9 p.m. at www.ithacacrisis.org.

MICAELA CORAZON is the crisisline director of the Suicide Prevention and Crisis Services in Ithaca. Email her at crisisline@ithacacrisis.org.



MIND MATTERS

AMELIA ERIKSON

Medication isn't the best answer

Flash forward 20 years. You have two kids. You are setting out breakfast before they leave for school: two waffles, two bowls of fruit, two cups of juice — and two pills. Chances are your children are medicated. A recent study conducted by the National Center for Health Statistics revealed that 7.5 percent of adolescents are taking daily medications for emotional or behavioral disorders, a number that is on the rise.

Flash back 10 years from today. It was almost unheard of to medicate children. Why the recent increase? Are there more kids with emotional and behavioral problems, or are health professionals being too liberal with their diagnoses?

Most of me wants to say the latter — doctors, nurses and psychologists are being overzealous. The most recent Diagnostic and Statistical Manual of Mental Disorders lists enough criteria for a diagnosis that almost anyone could be "mentally ill." It has become too easy for a doctor to tell parents what they want to hear: There is a reason their child acts a certain way, and it is not the parents' fault.

But the realistic side of me can't blame doctors for their quick diagnoses. There is a connection with the growing detection of attention deficit hyperactivity disorder and our technological world. Twenty years ago, it was rare for physicians to identify children with ADHD, but those children were not spending hours playing video games, texting friends or relentlessly checking Facebook.

Changes in our world have changed our brains. Researchers at the UCLA Memory and Aging Research Center reported in 2008 that endless usage of digital devices has increased the brain's sense of stress. Because the brain believes it is in a constant state of crisis, the adrenal glands release more cortisol and adrenaline. This creates a "digital fog" where we are distracted and ill-tempered. Sounds like ADHD, right?

If the main cause is our lifestyle, then medication should not be the first option. Yes, medication has proved to be beneficial in many cases, and I am a proponent of its use for mental health. However, that does not mean 6-year-olds should be allowed to or pushed to take drugs for a problem that could be fixed by small changes to their daily routines and settings.

Do me a favor: When you have kids in 20 years and are setting out their breakfast, toss the pills. Look for something other than a cure-all drug to help them, because I do not want a world where everyone has to "pop-a-pill" before getting on with the day.

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

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WHOSE LINE IS IT ANYWAY?

Ithaca students use slacklining to find beauty in balance

ONLINE

To watch video of students slacklining on the Academic Quad, visit theithacan.org/whose-line

Sophomore Sean Phillips balances on his slackline in the Academic Quad on Aug. 23. Phillips has been slacklining regularly for almost a year.

TUCKER MITCHELL/THE ITHACAN

BY STEVEN PIRANI
ASSISTANT LIFE & CULTURE EDITOR

Locked in a focused stare with her arms hovering just above her head, junior Natalie Dionne floats in the air. She is barefoot, framed between the trunks of two hulking trees, her toes perched on a slim, scarlet ribbon of flat climbing rope. It rocks, wobbles and shakes as she brings her foot forward, laying it down carefully in front of her. Just a few feet away from her, between another pair of trees, sophomore Sean Phillips hangs just above the grass, crouched stoically on a similar stretch of purple line. All the while, passersby stare at the pair with curiosity, enamored with the two and their triumphs against gravity.

But this is no circus act: These two are not performers. This impressive display of poise is slacklining, an outdoor activity similar to tightrope walking that has fostered a new, adventurous community over the last few decades. With roots in the rock-climbing scenes of the '70s and '80s, slacklining is an activity that encourages personal exploration, inner tranquility, unending focus and, above all else, an ineffable sense of balance.

The premise is simple: Participants take a length of flat climbing cord, also called webbing, and string it up between the trunks of two anchor points, typically trees. From here, the line is pulled taut. Traditionally, adequate tension is achieved through the use of knots and carabiners, though some modern webbing made specifically for slacklining features a ratchet system for tensioning the line. Once tightened, the line is ready to be walked, leapt and balanced upon.

But what the world's many "slackers" do on their lines is entirely up to them. Frederik Zimmermann, who sits on the executive board of the Germany-based World Slackline Federation and judges slackline competitions, said it's the open-ended nature of slacklining that makes it an attractive form of recreation.

"You can make it what you want," Zimmermann said. "If you just want it to be a recreational activity, that's fine. If you're

ambitious, if you want to achieve goals, you can do so. Slacklining is what you want it to be for yourself."

For Dionne, who picked up slacklining when she was 16 during a vacation in Bar Harbor, Maine, her time on the line is tranquil. She is content balancing on her line, and while she will every now and then take a cautious step, she is usually still on the line. It's these placid moments that she said bring her peace.

"I love just balancing and just interlocking your feet with the line and trying to find your center point," Dionne said. "I think there's a very cool harmony that's created when you're just balancing."

This emphasis on inner peace is a concept near to the hearts of many slackliners. The activity takes a role akin to yoga, quieting nerves and quelling the stresses of everyday life. Phillips, whose interest in rock climbing led him to slacklining, frequently joins Dionne on her slacklining ventures, though his approach is not nearly as serene as hers. His style is cathartic, and next to Dionne, Phillips is animated, bouncing on his line with visible enthusiasm. He said slackline provides an opportunity to escape stress and quell daily anxiety.

"It's just such a stress reliever, to take a slackline out, put it in the center of campus," Phillips said. "Even if you have a lot of craziness going on in your life, if you want to be able to slackline, you need to calm yourself down and really focus."

But slacklining isn't just a solitary pursuit. Often, it's enthusiastically social, drawing in curious onlookers itching to test their balance. Phillips said this inviting quality of slackline is something that adds value to the entire experience.

"One of my favorite parts about it is just the social aspect of it on a college campus," Phillips said. "If I put up a line in the center of campus, there will probably be 15 people during the day who will come by and be like, 'Oh that's awesome. I want to try that.'"

This alluring aspect doesn't come as a surprise to Zimmermann, especially in regard to college campuses. The longtime

slackliner said the intriguing pastime provides the social and physical recreation sought after by younger individuals.

"Young people, students on campuses, they try to find something that is social," Zimmermann said. "So if you look at slacklining, it's everything that young people want to do: You can combine it with parties, you can do it in groups or just use it for recreation in between classes."

However, the world of slacklining isn't always taking it easy. As much as slacklining can be a leisurely diversion, it can also be an intensely physical and mentally strenuous sport. Many slackers have begun performing elaborate acrobatics on their lines in a sport called "tricklining." These adrenaline junkies bust out backflips and more, all while miraculously maintaining their place on their line.

Others, including Zimmermann, have taken to "high-lining," with stretches of webbing spanning massive, perilous drops. The German slacklining aficionado has traveled nation to nation. Aside from Germany, he includes Scotland as one of his favorite slacklining locations. But even with his veteran status in the scene, Zimmermann is consistently amazed with the slacklining community and said from what he has seen, he expects the community to keep on growing.

"I grew up with the sport, and every year, every week, every day I am more and more amazed about what can develop," Zimmermann said. "Nothing is impossible: Everything we can imagine can happen in slacklining. That's what I truly believe."

But no matter how it's done, be it a quiet summer distraction or something more extreme, Dionne is hard-pressed to declare any one style good or bad. While she will admit that she thinks the unorthodox offshoots of slacklining are "crazy," she finds the activity in any form to be a wholly internal experience and said ultimately it is a personal pursuit above all else.

"I think it's very hard to put a general consensus on 'Oh, you're good at slacklining,' or, 'You're not good at slacklining,' because it's a weird thing. It's not a point basis," Dionne said.

Junior Natalie Dionne carefully lays her feet on a slackline. Rather than walking on the line, Dionne prefers to peacefully stand still.

TUCKER MITCHELL/THE ITHACAN



The welcome party

Students lounge around Aug. 25 on the Fitness Center Quad during the Community Picnic. The event, which took place after Convocation, welcomed new students and those returning to campus with free food, music and good conversation.

JENNIFER WILLIAMS/THE ITHACAN

video of the week

The ALS Ice Bucket Challenge may be 2014's biggest viral movement, with celebrities like Bill Gates and Will Smith facing frigid waters to raise awareness for the neurodegenerative disease. However, few are as painfully hilarious as Meghan Waterman's, which took place a few hours after she got her wisdom teeth removed. Dazed and confused after the procedure, Waterman uses a mixing bowl to complete the challenge, all the while bleeding from her swollen cheeks. After she douses herself, she grins and concludes with a cheery, "Have a good day everybody. I love you. This is bad." It's a truly guilty but entirely worthwhile laugh.



— STEVEN PIRANI

Kickstarted

Assistant Accent Editor Steven Pirani tracks down Kickstarter's best projects.

Few things are as maddening as a badly tangled pair of headphones. It seems that every time a pair of earbuds goes out of sight, wires manage to tangle themselves into miraculous knots. However, Zipbuds' SLIDE earbuds aim to end this enraging audio issue.

The design is simple: After removing the earbuds, users simply pull up a slider that clasps around the wires. Unlike other headphones, the wires on SLIDE earbuds seal together like a zipper, forming one piece. From there, Zipbuds says all the woes of tangled earbuds will be nothing more than a distant memory.

Currently, Zipbuds promises three colors for its SLIDE models: matte black, glacial blue and electric yellow. If their \$50,000 funding goal is reached, the headphones will cost \$40.



TUNES

FAMED ELECTRONIC ARTIST TEASES ALBUM WITH BLIMP

It has been 13 long years since Richard D. James — better known by his stage monicker, Aphex Twin — released his critically acclaimed ambient-electronic album, "Drukqs." Since then, James has been relatively quiet, sporadically releasing small bits of music but never producing a full studio album. However, his rabid fans could breathe a sigh of relief Aug. 16 after a mysterious blimp sailed over London reading "2014" and sporting Aphex Twin's logo. Shortly after this tease, on Aug. 18 James revealed details of his upcoming fifth studio release, "SYRO," along with the album's track list. But the wait isn't over just yet for Aphex Twin fans, as there is currently no word on exactly when "SYRO" will release.



— STEVEN PIRANI

celebrity scoops!

Taylor Swift under fire

Pop-star and singer-songwriter Taylor Swift has come under fire after the debut of her music video for her newest song, "Shake It Off."

The video, directed by Mark Romanek, follows Swift through many ages of dance and fashion, each era being depicted in an exaggerated, melodramatic way. Shortly after release, the video was accused of perpetuating black stereotypes through its depiction of hip-hop culture, fashion and dancing.

Rapper Earl Sweatshirt was quick to condemn Swift over Twitter, calling the music video "inherently offensive and ultimately harmful." In the wake of these comments, Romanek urged Sweatshirt and viewers alike to look carefully at the video, calling it a "massively inclusive piece."

— STEVEN PIRANI



COOL!

NEW INVISIBLE CHAIR DOES AWAY WITH SEAT

Standing for hours on end can be a miserable experience, but sometimes a chair is not available. If only there was a chair that traveled with the user. Thankfully, now there is: Noonee, a Zurich-based start-up, is offering a "Chairless Chair," which straps directly to the legs of its user like an exoskeleton. It remains limber until the user shifts onto his or her heels, causing the device to lock, maintaining the posture of the wearer. Currently, Noonee is advertizing the device for factory and workplace settings but also has plans for therapy applications.



— STEVEN PIRANI

tweetuntweet

Whole Foods has started selling rabbit meat? That's great, I was looking for a place to buy way-too-expensive rabbit meat.

— "Conan" host Conan O'Brien jokes on Twitter on Aug. 22, after grocery chain Whole Foods announced it would be selling rabbit meat in stores throughout America.



Drawing on Freud

Oral fixation–themed drawings featured in Handwerker Gallery

BY TYLOR COLBY
STAFF WRITER

Equal parts alluring and surreal with a flair for the dramatic, artist Julia Randall's newest exhibit, "Oral Fixations," will be on display Aug. 25–Sept. 26 at Ithaca College's Handwerker Gallery. The exhibition is inspired in part by Sigmund Freud's studies on the subject, but it takes its own spin, featuring anamorphic birds that have mouths and sexualized bubble gum drawn in colored pencil in order to explore various manifestations of the human mouth.

Randall is an assistant professor of art as well as the director of the drawing concentration at Wesleyan University in Middletown, Connecticut. Her work has been featured in solo exhibitions in galleries in New York City and Sydney, Australia and it has been in numerous group exhibitions across the U.S. to worldwide recognition.

Though alluring and sometimes slightly disturbing, Randall said her artwork in "Oral Fixations" is mostly connected by a desire to capture the beauty of fleeting or otherwise forgotten moments. One series in the exhibit, titled "Lick Line," features mouths making spit bubbles, some shaped like flower blossoms or other colorful imagery. With this image as well as most others in the exhibit, she uses hyperrealism, an artistic technique that exaggerates reality while maintaining extreme realism, in order to exemplify each

fleeting moment. "It changes the speed in which you would be able to perceive something," Randall said. "The mouth and tongue, we see them all the time, but the way I'm choosing to draw them presents that very ordinary and public object in a very private and voyeuristic way."

Typically, the art of drawing falls into two categories: printmaking, which uses a series of drawn and stenciled images layered on top of one another, or freehand, a more technical form that uses a singular image. Many artists, like Randall, choose to draw freehand, favoring the minimalism. With Randall's vibrant, focused drawing style, the image can have a more engaging impact on the viewer, resulting in many different perspectives.

Mara Baldwin, director of the Handwerker Gallery, said while the art should stand on its own, the exhibit at least in part alludes to Freud's oral fixation theory, which asserts humans' erotic association with the mouth.

"Many would say the exhibit is a nod to Freud but in a more visceral way," Baldwin said. "The imagery itself exists somewhere between sensual and alarming, or humorous and disturbing."

Another theme of the exhibit deals primarily with fixation on breath as an ever-changing life source, represented abstractly by the bubble gum bubbles in the series "Blown" and the images of speech in



Junior Samantha Holek observes a piece by artist Julia Randall's "Oral Fixation" exhibit on Aug. 25 in the Handwerker Gallery. Randall's drawings play off of Sigmund Freud's studies on oral fixation in childhood. TUCKER MITCHELL/THE ITHACAN

the series "Lure." Randall said this exploration into the actions of the mouth can further reveal the nature of life.

"The gum is at various stages of inflation and deflation, and in a group what you start to see is the manifestation of actual breathing," Randall said.

For the first time in any of Randall's exhibits, she is using video to display her images. Clare Rogan, curator of the Davidson Art Center at Wesleyan University and curator of "Oral Fixations," said

she is happy about Randall's foray into a new format.

"Julia told me about her new, exciting venture into video, and I thought it would be a great addition to the exhibition," Rogan said. "Watching as Julia's work evolved in new directions in the course of the two years we worked on the exhibition has been a great privilege."

Still, Randall said she is continuously working on hybridizing her work with new forms of technology to explore her growing interest in the representation of time change,

but there is a challenge in crossing over into video.

Despite all the years of work and experimentation on the artwork in "Oral Fixations," Randall said she is glad to be able to divorce herself more from the artwork in order to let it become more objective.

"Sometimes with art, we tend to get hung up on the intention of the artist," Randall said. "But ultimately these things stand on their own, and I'm really happy about that. Once it's finished, the artwork can have a life of its own."

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Cosmic laughs meet explosive action in sci-fi flick

BY DANIEL WISNIEWSKI
STAFF WRITER

Opening on a barren ruin of a planet called Morag, a lone spacecraft makes contact with the surface. A figure exits and makes his way through the jagged rocks and craters until he reaches an abandoned temple. The figure steps into view for the first time, revealing an intimidating metal mask. He looks around the ruin for a moment, studies the terrain, pulls out a Walkman, plays “Come And Get Your Love” by Redbone and begins dancing.

From these very first moments, “Guardians of the Galaxy” manages to create an environment different from many of the comic book movies released in the last few years. It offers a refreshing new take on the genre by managing to blend the comedic and the dramatic. This aspect, combined with the excellent casting, makes “Guardians of the Galaxy” one of the more memorable films of the year.

The film follows Earthling Peter Quill (Chris Pratt), also known as the bandit Star-Lord. He bands together with a galactic assassin named Gamora (Zoe Saldana), a warrior seeking vengeance called Drax the Destroyer (Dave Bautista), a humanoid-plant being named Groot (Vin Diesel) and a cybernetic, snarky raccoon named Rocket Raccoon (Bradley Cooper). The five reluctantly team up to prevent Ronan the Accuser (Lee Pace), a feared warrior, from taking control of an ancient power — and taking the entire galaxy along with it.

It’s these guardians of the galaxy

that are the best part of the film, as they all show that they can easily combine the seriousness and the silliness that embodies the entire film, most notably when they are formulating their plan toward the climax. They go back and forth with their arguments and ideas, each getting a chance to show his or her excellent comedic timing. Pratt and Cooper are effective in their roles, as Pratt gives a performance akin to Robert Downey Jr.’s Iron Man — without the snarkiness and self-deprecation — and Cooper as the sardonic and hilarious Rocket.

The film’s tone is another one of its greatest strengths. While it is a superhero film, it feels like a hybrid of many different styles: part space opera, part buddy comedy and even part prison break. It offers an original and innovative style all its own that few films in the superhero genre have been able to perfect. The film runs on a “give-and-take” system: For every comedic moment, there is an intense or serious scene. The end result is an equal distribution of relief and tension that creates an almost perfectly balanced film.

While the film is balanced for the most part, there are two major parts that miss the mark. The first is that there are moments that hit a little too hard on either the dramatic or the comedic side. They come across as forced, especially when Quill

FILM REVIEW
“Guardians of the Galaxy”
Walt Disney Studios Motion Pictures
Our Rating: ★★★★★



Chris Pratt stars as Earthling Peter Quill in “Guardians of the Galaxy,” fighting alongside an eccentric cast of characters to halt encroaching evil. Merging comedy and action, the film offers a new perspective on sci-fi. COURTESY OF WALT DISNEY STUDIOS MOTION PICTURES

makes references to 1980s culture that seem out of place or try-hard.

The second, and more important of the two, is the villain. Pace’s Ronan is boring, humorless and one of the least intimidating characters in the movie. The other characters build him up as a sadistic force who enjoys the suffering of others, but his constant speeches about destroying the world come across as tedious, boring and make it seem like he doesn’t enjoy much of anything. It feels as though the script gave all of the good material to the heroes and left only overused clichés for its uninspired antagonist. He has no personality outside of being the most basic of the generic movie villains and is only saved when he interacts with the guardians.

Despite those obstacles, the film

still manages to succeed. With its superb sense of timing, care for its characters and intriguing structure, “Guardians of the Galaxy” offers a new take on the superhero film genre. It is one of the few films that dares to be different in a sea of blockbuster blandness.

“Guardians of the Galaxy” was written and directed by James Gunn.

Intrepid heavy metal band finds beauty in moderation

BY EVIN R. BILLINGTON
LIFE & CULTURE EDITOR

It would not be hyperbolic to call metal group Pallbearer’s latest album, “Foundations of Burden,” epic. The tracks, most of which clock in at more than 10 minutes long, are composed with the sort of passionate gravitas usually reserved for symphonies. This is evident from the get-go in the first track, “Worlds Apart,” which is the most stereotypically metal song out of the six-track album, with its heavy, screeching guitar licks; weighty drums; and high-pitched, crooning vocals.

“Worlds Apart” is a full 10 minutes and 17 seconds, exactly the same length as “The Ghost I Used to

ALBUM REVIEW
Pallbearer
“Foundations of Burden”
Profound Lore
Our rating: ★★★★★

Be,” and shorter than the final track, “Vanished.” While most of the songs are about three times longer than what is usually played on the radio, the length is justified and avoids tedium. These long songs allow Pallbearer’s instruments to bask in glory and showcase the intense guitars and metronomic drum.

This album is not just for the usual heavy-metal listener. The band holds back in ballad “Watcher in the Dark,” where all instruments, save for a lonely guitar or drum beat, periodically drop out and then, layer by layer, build back up again. “Ashes,” with a dreamy synth and a slowly crashing cymbal, is similarly understated. If listened to out of the context of a doom metal album, the song might even sound lifted from an indie record. This shift in genre works as a three-minute respite from the classic metal elements of the previous songs.



COURTESY OF PROFOUND LORE

Throughout the album, vocals seem to be a mere garnish to the powerful instruments. When singing is present, singer and guitarist Brett Campbell’s Ozzy Osbourne-meets-Bruce Dickinson vocals are faded, an accessory rather than a leader of the charge.

“Foundations of Burden” gives pure doom metal without the genre’s shortcomings. It’s unhurried and technically flawless. It even, at times, manages to be an adjective rarely used to describe the metal music genre: beautiful.

Monotony mars eerie venture

BY STEVEN PIRANI
ASSISTANT LIFE & CULTURE EDITOR

It’s a wave of bass that opens London-based producer Moire’s newest release, “Shelter.” This droning welcome sets the tone for the rest of the album: a dark venture that throws listeners into an eerie, industrial realm of music. Sadly, each song’s nuances are lost to monotony, putting a damper on the album.

There’s a stylistic fluidity in “Shelter” — Moire’s sampling takes cues from a bevy of electronic genres, resulting in a body of work that is not easily grouped into a genre. An example of this dynamic is album-opener, “Attitude,” a hazy sea of vocal samples and percussion, which differs greatly from the bouncing dance beats of tracks “Dali House” and

ALBUM REVIEW
Moire
“Shelter”
Ninja Tune
Our rating: ★★

“Infinity Shadow,” providing some freshness to the album.

Despite this variety, the entire album boasts a dark, brooding, low end. Sadly, rather than adding unity to the album, all these similar sounds merge together, resulting in tracks that feel repetitive, muddy and outright boring.

For those looking for a dark musical jaunt, “Shelter” may deliver. But for many listeners, the repetitive nature may cause the album to feel uninspired rather than darkly satisfying.



COURTESY OF NINJA TUNE

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



QUICKIES



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Mammals
Mammals Music
Merging dreamy vocals and entrancing, delicate rhythms, indie group Mammals delivers a serene and explorative release with “Animalia.” Notably enjoyable tracks are “Circles” and “Wolf,” which display the groups knack for crafting lovely soundscapes.



COURTESY OF EPITAPH RECORDS

“FROM PARTS UNKNOWN”
Every Time I Die
Epitaph Records
Intensely visceral and relentlessly complex, metal-core band Every Time I Die’s newest release is a heated metal masterpiece. Tracks “Moor” and “Exometrium” both provide a violent, jarring and savage musical experience.

COMPILED BY STEVEN PIRANI



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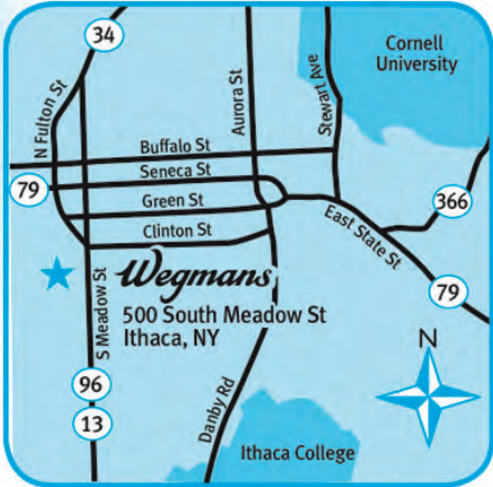
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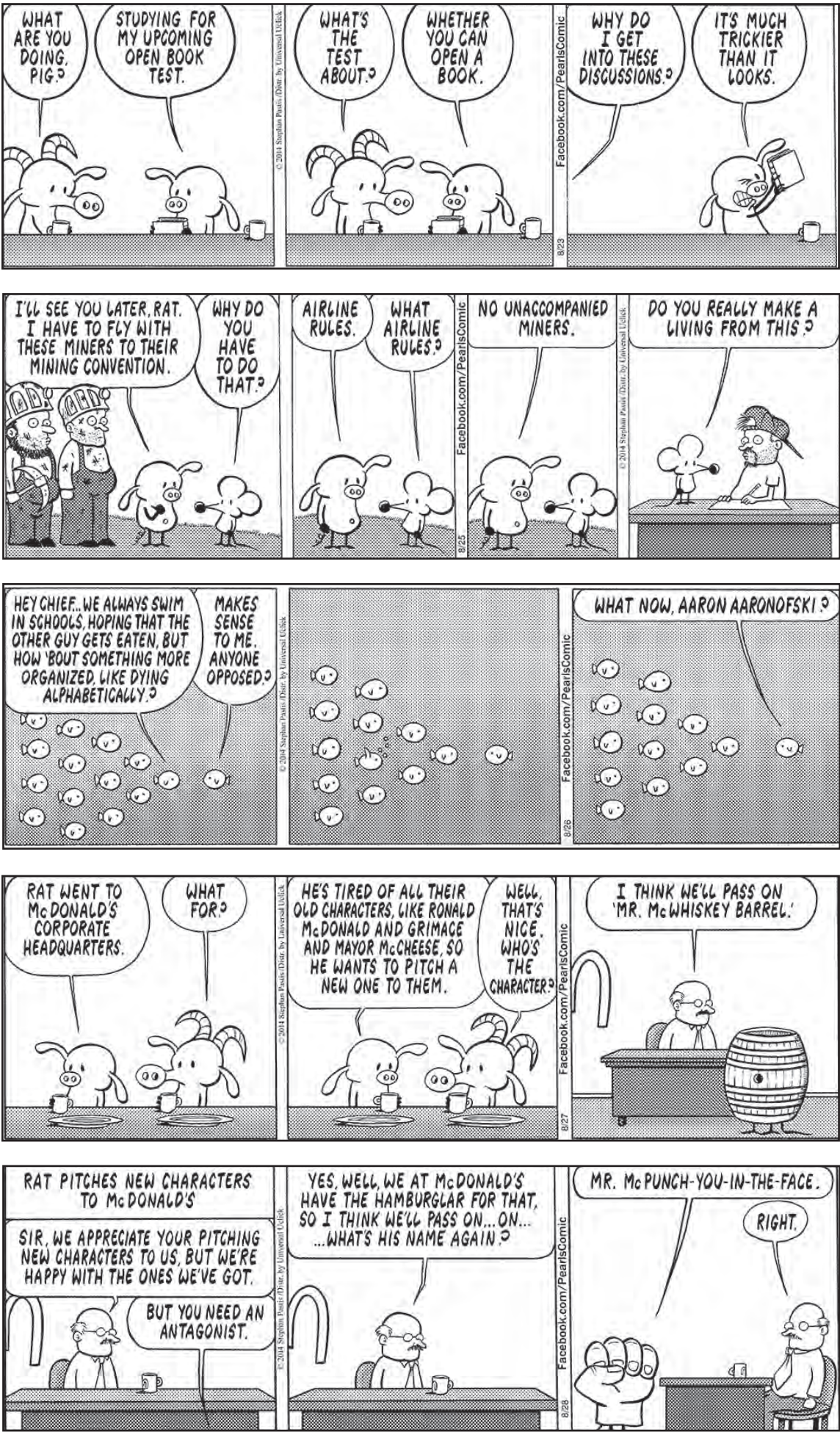
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sudoku medium

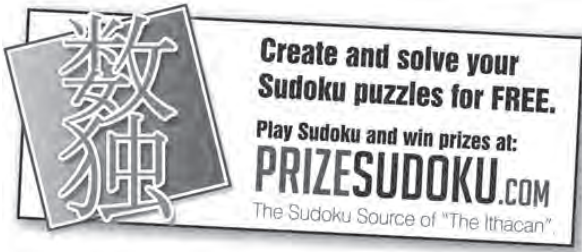
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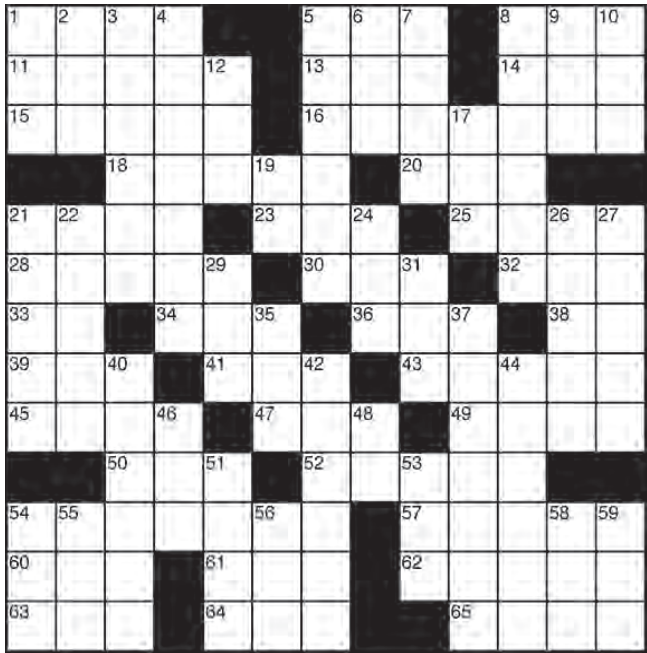
answers to last week's sudoku

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



crossword

By United Media



ACROSS

- 1 Fastener
- 5 Monastic title
- 8 Heifer's hello
- 11 Take the lid off
- 13 Sigh of delight
- 14 Hole-making tool
- 15 Fishing lures
- 16 Left a mark
- 18 Vouchers
- 20 Anaconda
- 21 Vex
- 23 Biggie
- 25 Anesthetized
- 28 Turn inside out
- 30 Once around a track
- 32 Laurel and Hardy
- 33 Polynesian plant
- 34 Incite Rover
- 36 Squirrel snack
- 38 Eur. nation
- 39 CSA fighter
- 41 Equator segment
- 43 Ms. Garbo
- 45 Fjord port

DOWN

- 47 Sturdy tree
- 49 PC operating system
- 50 Holm or Fleming
- 52 Bubbles up
- 54 Seasonal worker
- 57 Baked goodies
- 60 Cigar residue
- 61 "Luck -- Lady"
- 62 Blender button
- 63 Homer-hitter Mel
- 64 Dad, to Grandpa
- 65 Fleece
- 1 Well-worn pencil
- 2 Santa -- winds
- 3 Eaves hanger
- 4 Soaps (up)
- 5 Dinosaur bone
- 6 Sinbad's bird
- 7 Crazy captain
- 8 Pillage
- 9 Have debts
- 10 Stale
- 12 Air-pump meas.

- 17 L. -- Hubbard
- 19 DVD need
- 21 Stylish again
- 22 Dorm climbers
- 24 Prospect for gold
- 26 Civilian dress
- 27 Common cleanser
- 29 Aunt, in Madrid
- 31 Jowly canine
- 35 --Magnon
- 37 Fabricate, as charges (2 wds.)
- 40 Plant disease
- 42 Loose robe
- 44 Double-check
- 46 Rower's need
- 48 Ring stat
- 51 Apprehends
- 53 Rattlesnake kin
- 54 "Little Red Book" author
- 55 Disple
- 56 Prefix for classic
- 58 Tierra -- Fuego
- 59 Place

last week's crossword answers



Summer running

Student-athletes share
offseason work out routines

BY KRISTEN GOWDY
STAFF WRITER

The three months of summer vacation mark a transitional period for Bomber athletes, as they disperse from the Ithaca College campus and venture to various destinations across the globe. However, the summer is anything but restful for the athletes, with coaches or strength trainers often assigning them summer training schedules so they will return to campus in shape for the fall semester. Some athletes, however, stray from these guides to work out in other settings offered by their summer homes. These supplemental workouts help the athletes condition while they're away from South Hill.

West Coast

In junior swimmer Vincent Dodero's hometown of Goleta, California, warm weather often does not reach the beach until early afternoon, even on the hottest days of summer.

Dodero, who utilizes the nearby ocean to train when he is home, arrives at Devereux Beach — a local surf spot — to find a shore devoid of the normal buzz of vacationing families and sunbathing college students who typically line the sand and shallow waters. In fact, the beach is completely empty except for a couple of sandpipers, which flit in and out of the foamy wave break.

Even though it is nearing 10 a.m., the mid-August sun struggles to break through the thick layer of clouds that envelops the coastline. The gray fog matches the color of the ocean, and they merge at the horizon to form a gloomy backdrop.

Dodero is unfazed by the gray monotony. Instead, he is invigorated by the cool weather and energized by the solidarity and peace he finds at the beach.

"I just love being in nature and being able to just let go and enjoy the beauty of it," he said.

After taking in the scenery, Dodero begins to jog along the dry sand that lines the inland-most part of the beach. The coarse sand provides a more challenging surface for Dodero to train on. He continues his trek, leaving a lone set of

footprints in his wake. With each step, his feet sink deeper into the sand, forcing Dodero to exert an extra effort to keep his legs moving.

Though the run may seem irrelevant to Dodero, who spends much of his time swimming both freestyle and butterfly for the men's swimming and diving team, it conditions his endurance and bolsters muscles that he does not typically use while swimming. Additionally, it supplements his normal offseason regimen for the team.

"Running on the sand helps strengthen your ankles, and in swimming, your ankles are pretty unworked, which can be bad for when we take it to land and do cross-training," Dodero said. "Running on the sand really helps build those muscles."

After a couple of miles, Dodero slows his pace and turns to face the ocean. Exchanging his T-shirt and shorts for a swimsuit, he races into the water for the second phase of his workout.

The frigid water hits Dodero's body, sharply contrasting the warm sand on the shore. But Dodero is used to the 60-degree water temperature, and his body numbs and eventually adjusts as he plunges headfirst into a breaking wave to begin his 1,500-meter swim. He said swimming in the ocean is different from swimming in the pool because of the rough conditions.

"It's a lot harder because you have to deal with currents and waves," Dodero said. "It gives you that competitive edge because you're in a different environment."

He emerges from the ocean dripping and saturated with salt water after his swim. Tired as he is, Dodero's workout is not finished yet. He ends with sets of push-ups and abdominal exercises, which supplement the cardio he has just completed.

After his final round of push-ups, Dodero is done for the day. The shoreline is just beginning to show signs of life as several families have staked their claim on the sand with oversized beach umbrellas. The sun has finally made an appearance, poking through the fog and brightening the beach.

Dodero cools down with a series of stretches on the sand as the beach grows more crowded. Dodero

said it's a workout like this that reminds him why he loves to swim.

"Sometimes being in the pool all of the time can make it difficult to focus, so these beach workouts are great supplemental workouts," he said. "Not everyone can work out on the beach or in the ocean, so just to be somewhere so beautiful and so close to home is amazing for me."

East Coast

On the opposite side of the country, 2,880 miles from Devereux Beach, junior forward Sarah Woychick begins the steep ascent up Castle Rock trail in the Adirondack Mountains. The campsite near Raquette Lake is almost four hours from Woychick's hometown of Penfield, New York, and serves as a weekend retreat for her and a group of friends.

However, Woychick's vacation is far from relaxing. Away from the weight room she uses three times a week to train for soccer, Woychick hikes to continue her training. The climb up the mountain is an ideal combination of conditioning and strength training — both of which Woychick needs on the soccer field for the Bombers.

"Climbing up the mountains, the elevation is a big challenge," she said. "It's a good mix of weightlifting and running because it is similar to walking up a ton of stairs, so it works all of your muscles as well as your conditioning. You're constantly using those muscles."

For Woychick, the climb is as much of a mental workout as it is physical. She said the uncertainty of the trail mirrors a soccer game's unpredictability.

"It translates to soccer because you never know what to expect in a game or practice," she said. "You have to deal with the good and the bad."

Though her calves and quads are burning with the effort of the uphill climb, Woychick begins the descent down the mountain almost immediately after reaching the summit. The second half of the hike, though quicker than the first, provides a different challenge for Woychick's already tired legs by working her hamstrings.

An hour and a half later,

See **SUMMER**, page 25



Junior swimmer Vincent Dodero jogs on the sand at Devereux Beach in Goleta, California, as part of his training regimen.
KRISTEN GOWDY/THE ITHACAN

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Blue and Gold athletes travel and train

SUMMER
FROM PAGE 23

Woychick reaches the bottom of the mountain with her workout complete. Over the summer, Woychick frequently hiked in the Adirondacks and Port Bay, New York, near Lake Ontario. She added these to supplement her thrice-weekly weightlifting sessions and runs.

“We went up the trails pretty fast; it really worked on endurance and got your heart going,” she said. “It was also different from normal conditioning because when we went up the first trail, it took us two hours to get to the top, and it was straight uphill. We just had to get to the top, whereas a workout in the weight room, you’re in and out in an hour.”

International

The hot Italian sun beats down on sophomore Brendan Davis’ back as he steps out of the apartment that will be his home during his stay in Florence, Italy. It is his first day in the city, and the cross-country runner is embarking on his first run, ready to navigate the unfamiliar streets.

Before beginning his run, Davis sets his watch for 50 minutes. His summer workout schedule consists of running for time rather than mileage, and he wants to follow it as closely as possible.

With his watch set, he begins his run down the narrow streets of Florence. He turns aimlessly, not particularly caring which direction he runs in or where he ends up, instead enjoying the journey.

The streets are much different than those on which he normally runs, far thinner than those in Ithaca. One-way streets are frequent and sometimes unannounced, and Davis occasionally has to avoid oncoming traffic.

Davis is not uncomfortable with the directionless nature of his running. He has spent the past month traveling from country to country in Europe with a friend from his hometown of Cornwall, New York. The scorching sun and the unforgiving humidity, however, are a different story. Over the past few weeks, Davis has become accustomed to the heavy rains of England and Ireland, where he trained before arriving in Italy. Thus, the 90-degree weather combined with the high humidity levels make for uncomfortable running conditions.

After Italy, he is headed to Morocco, and then back to Ireland to round out his six-week trip. For now, though, he is focused on completing his run, which eventually takes him north, out of the confines of Florence. The road widens, and the urban setting becomes rural as Davis begins an upward climb.

He reaches Fiesole, Italy, a small township northeast of Florence. The view from Fiesole is breathtaking — the town overlooks Florence,



After he completes the swimming portion of his offseason workout routine, junior swimmer Vincent Dodero finishes with push-ups and abdominal crunches at Devereux Beach in Goleta, California.
KRISTEN GOWDY/THE ITHACAN

providing a comprehensive view of one of the most architecturally stunning cities in the world. For Davis, this is the reward reaped by training in different places.

Davis’ watch goes off, surprising him. The 50 minutes have passed more quickly than he expected them to.

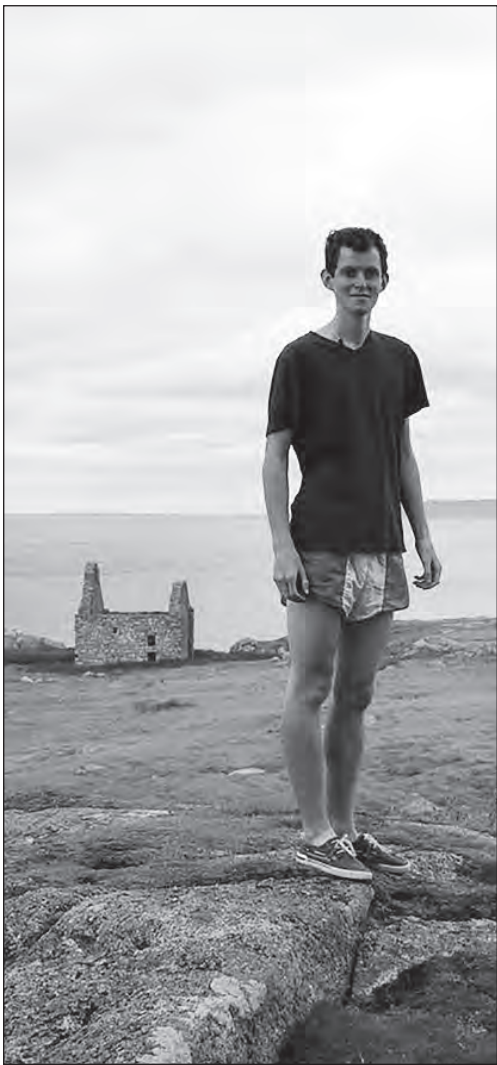
“With running, it’s important to stay consistent with mileage, so getting lost and going on these runs that were twice as long as I had imagined was a good way of tricking myself into doing more,” Davis said. “If I had known where I was going, I would have done a lot less running and wouldn’t have gotten as good of training.”

Davis makes his way back down into Florence, still running even though he is well past his 50-minute goal. He progresses back down the mountain, sticking to the streets he recognizes from his trek up. He finally reaches his apartment, tired, but inspired by the new environment. His run has lasted an hour and a half, nearly doubling his original goal.

The trip was the first of its kind for Davis, who spent all of June and half of July abroad. He said his training made the experience even more special.

“I always like using running as a way to see places, but this is the first time I’ve been able to travel like that,” he said. “I was seeing new things, and it kept me motivated to keep running. I got to travel and train all at once.”

As the summer comes to an end, the three athletes will continue to prepare for their upcoming seasons. Davis and Woychick will return to their teams this semester; Dodero will be studying abroad in London before returning to swim in the spring. Their supplemental training should give them a competitive edge.



As part of his summer trip to Europe, sophomore runner Brendan Davis traveled to Dun Laoghaire, Ireland. Davis also visited Italy and Morocco.
COURTESY OF BRENDAN DAVIS



THE
HOT
STOVE

STEVE DERDERIAN

Summer baseball still holds value

In the middle of a season, college baseball players typically have little downtime, which makes some players value the unwinding that occurs in the offseason. However, many will continue to play by trading their college uniforms and slapping on a jersey for a different team.

This summer, I interned with the Worcester Bravehearts, a summer collegiate baseball team in Worcester, Massachusetts, to see first-hand the extension of a student-athlete’s season.

But most baseball fans, and even writers, have questioned the purpose. After all, the vast majority of players will not make it to the major leagues. Even hometown sports writer Bill Ballou from the Worcester Telegram & Gazette said in a recent column the instruction and sense of comradery is wasted: Most players will not play together after the summer, and even fewer will go on to play Major League Baseball.

“Teams surround two potential big leaguers with 20 other guys in uniform, just so they can schedule games and not just do long batting practices,” he said.

But there’s a greater purpose to these summer leagues, and what this team was able to accomplish sheds light on why these teams in New England cities and towns actually matter — not just for the players, but for everyone involved.

The league brought together 10 teams of about 30 college baseball players. Practice began June 2, and the season began two days later. Despite the lack of initial familiarity with one another, the Bravehearts won their first six games and would spend days together working baseball camps or taking beach trips on off days.

Though there was a disparity in talent, each player was there to play baseball in front of fans and scouts. Sure, only certain players have a shot at being drafted, but every player I met — hailing from Worcester to Glendale, Arizona — enjoyed his experience.

And when Boston Red Sox tickets cost at least \$30 for terrible seats, fans choose to watch baseball in minor league stadiums where good seats are less than \$10, the games last two hours instead of three and kids sprint — and always defeat — the mascot in a race around the bases.

So despite Ballou’s skepticism, these developmental leagues are important because they create fond memories. In my case, the Bravehearts helped me improve my press box coordination skills. For others, they learn sales strategies that help lead to some sell-out crowds of more than 3,000 fans. But most importantly, the fans come to a baseball game that doesn’t cost an arm and a leg.

The future for everybody involved is not necessarily Major League Baseball, but when the players showed up at the ballpark, they felt like they were in the big leagues.

STEVE DERDERIAN is a senior journalism major. Follow him on Twitter @SteveDer26.

Athletics department unveils new Bomber logo

LOGO
FROM PAGE 1

unauthorized use of the logo, which should happen shortly.

The new look will be featured on athletic apparel available to students at the Bookstore, but it will simply be one of many apparel designs that can be purchased. Rick Watson, director of college stores, said he wanted to have merchandise ready to display in time for the announcement but could not file the request in time. As a result, merchandise featuring the new logo will not be available until next month. Watson said the new apparel will be primarily, but not exclusively, athletics based.

“The main focus is the athletic identity,” Watson said. “We’re still going to use the college logos that aren’t specific to athletics, so it’ll be a mixture of all of it.”

While the general student population will have to wait to wear apparel with the new logo, the women’s soccer team, as a result of its uniform cycle, will be the first team to have a completely new uniform

“

What the logo shows is togetherness, so no matter what sport it is, you’re all part of the same thing: You’re part of Ithaca College.

— Joe Gladziszewski

”

for its upcoming season.

According to head coach Mindy Quigg, the uniform features the new logo as well as a design scheme emblematic of the new philosophies based on the power

of unity that the rebrand is trying to illustrate.

The football team and its staff sported some of the new apparel at practice this week. They will also be affected by the rebrand,

coach Welch OK with it?” ‘Cause I know he’s all about tradition,” Lynch said. “He was OK with it, so the whole team was OK with it, and I’m OK with it. I like it. It looks good. I get the meaning of it.”

Lynch added that the principle idea of unifying all of the teams under one logo was something that he would not have initially thought of when he was younger, but now it appeals to him.

Gladziszewski said the logo, which will be displayed atop each scoreboard and be prominently posted throughout campus, captures that idea.

“I think the real sentiment has been that [the teams] want to have a unified department,” Gladziszewski said. “What the logo shows is togetherness, so no matter what sport it is, you’re all part of the same thing: You’re part of Ithaca College.”

as their helmets will sport a new font. Senior wide receiver Joel Lynch was initially concerned by the fact that the rebrand would buck tradition.

“My first thought was ‘Is

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Friday, August 29th

7pm: Living Single Social @ Fitness Center/Mondo Gym
- Do you live in a single (or a double without a roommate)? Then join us at this social to meet others and enjoy dessert!

8pm: Trivia Night #1 @ Campus Center/IC Square. Know your pop culture and Bomber traditions. Bring a team of 3-5 and win some great prizes!

OR

"Board Games" @ Fitness Center/Mondo Gym

9:30pm: Trivia Night #2 @ Campus Center/IC Square

OR

Flashlight Tag/Ghost in the Graveyard @ Upper Quad (Outside Holmes)

Saturday, August 30th

1pm: Join your classmates for some exercise and fun!

- 5x5 Soccer (until 2:30pm)
- 3x3 Basketball (until 4pm)
- Group Fitness Classes (until 4pm)
- Rock Wall (until 4pm)
- 4x4 Floor Hockey (2:30-4pm)

Meet @ Fitness Center

3pm: Bring your t-shirts, socks, bandanas etc. to Tie Dye with members of STAT (Students Today, Alumni Tomorrow). First 50 students to arrive will get a FREE t-shirt to dye! @ Upper Quads (until 5pm)

5pm: 2018 Class Picnic @ Campus Center Quad

6pm: 2018 Class Pool Party (until 8pm) @ Outdoor Pool

8pm: Capture the Flag @ Lower Quad (Outside Eastman)

Sunday, August 31st

11am-3pm: Take a trip to the Ithaca Farmers Market. Shuttle pick ups will be @ Bus Stops in Campus Center Parking Lot & Towers Parking Lot. Shuttles will drop off at the Market entrance and make a continuous loop.

9pm: Outdoor Movie: Maleficent @ Hill Center Lawn (under the stars)

OR

@ Emerson Suites (rain location)

Monday, September 1st

11am/12pm/1pm/2pm: See why "Ithaca is Gorges" by hiking from Upper to Lower Treman Park. Shuttle will pick up @ Campus Center Parking Lot. Pick-ups will be on the hour.

2pm: Quad Games @ Fitness Center Quad (in the sun)

OR

@ Hill Center Gym (rain location)

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THE ITHACAN



Top Tweets

The best sports commentary via Twitter from this past week



SportsPickle
@sportspickle

Pittsburgh's first team defense was just torn apart by Mark Sanchez so it's probably time to contract their franchise.



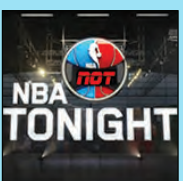
NOT SportsCenter
@NOTSportsCenter

REPORT: The Week 1 game between the #Browns and #Steelers has been moved to Western State Penitentiary, and will take place during yard time



not Johnny Manziel
@JohnnyFootball

Coach says I'm not starting cuz I don't know the playbook. Yeah sorry I've been studying strip clubs more than plays whatever it's preseason



NOT NBA Tonight
@NOTNBATonight

Coach Thibodeau on Derrick Rose's knee soreness. "He's actually ahead of schedule, we projected him to be dead by now."



Just bust a move

Sophomore Madeleine Harper leads the first Zumba class of the fall semester at the Fitness Center on Aug. 25. Zumba is just one of the various classes the Fitness Center is offering during the fall semester for all students.
AMANDA DEN HARTOG/THE ITHACAN

CLUTCH PLAY of the week

During the past week, fans had the opportunity to be introduced to some younger stars in the game of baseball during the Little League World Series. In the opening game between Illinois and Washington in South Williamsport, Pennsylvania, Illinois' 13-year-old Pierce Jones hit first-inning, third-inning and fifth-inning home runs, helping to defeat Washington 12-2.

They said it

"We were messing with him a little bit, just saying this ain't college and stuff like that. We were having a little fun. Manziel flipped us off. It was something funny. We were all laughing on the sidelines."

Washington Redskins linebacker, Brian Orakpo, comments on the obscene hand gesture made by rookie quarterback Johnny Manziel during the preseason game between the Cleveland Browns and the Redskins Aug. 18. Manziel threw up his middle finger to the Redskins bench during the game. Fans showed support for the Texas A&M alumnus, but the NFL was not amused and fined Manziel \$12,000 for his decision to flip the bird.

— Meghan Graham



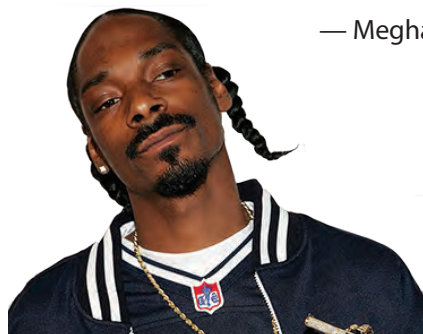
the foul line

Weird news from the wide world of sports

Famous '90s rapper Snoop Dogg has expressed disappointment in the Pittsburgh Steelers' management, demanding that offensive coordinator Todd Haley be fired. He speaks directly to Pittsburgh coach Mike Tomlin saying, "Man, the Pittsburgh Steelers need a new f---ing offensive coordinator. This guy sucks. Coach Tomlin, this is Snoop Dogg, man. Fire that motherf---er and get us a real offensive coordinator. We ain't won a playoff game since we had this bumf---er, man. S--t."

Coach Tomlin has not commented on any of Snoop Dogg's demands.

— Meghan Graham



Important moments in professional and Bombers sports history

on this DAY IN...

PRO SPORTS HISTORY
1982

The first Gay Games were held in Kezar Stadium in San Francisco. The games are held every four years and invite athletes of any sexual orientation, religion, sex, gender, etc. Similar to the Olympics, the Gay Games have events in various sports including basketball, swimming and volleyball. Ninety percent of participants are lesbian, gay, bisexual or transgender. The other 10 percent are advocates for the LGBT community or family members that participate to show support. The Games aim to change communities' views on diversity and to increase education to inform people about the LGBT community.

BOMBERS SPORTS HISTORY
2006

It was announced that the Bombers were ranked 22nd in the national poll and had four players ranked nationally in their respective categories. Senior kicker Kelly Gordon '06 ranked 10th in punt returns, averaging 19.6 per return. Sophomore quarterback Dan Juvan '08 ranked 38th in passing efficiency and 47th in total offense. Senior kicker Brett Kitenplon '06 ranked 14th in field goals with one per game. Rounding out the nationally ranked group was junior safety Ryan Terlecki '07 who ranked 41st in forced fumbles with .5 per game.



THE WALKING DEADLINE

RECRUITMENT NIGHT

THE ITHACAN

IC'S AWARD-WINNING STUDENT NEWSPAPER AND WEBSITE

8PM THURSDAY, AUG. 28 • PARK AUDITORIUM

